

**Hygiene and self-cure : a practical guide for the application of the most efficacious hygienic principles to adults and children, as well as for the radical cure of diseases and chronic disorders based upon modern methods of natural treatment without physic / by Richard J. Ebbard.**

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*Edgar F. Smith*

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HYGIENE AND SELF-CURE



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# HYGIENE AND SELF-CURE

A PRACTICAL GUIDE

FOR

THE APPLICATION OF THE MOST EFFICACIOUS  
HYGIENIC PRINCIPLES TO ADULTS AND  
CHILDREN,

AS WELL AS

FOR THE RADICAL CURE

OF

DISEASES AND CHRONIC DISORDERS

BASED UPON MODERN METHODS  
OF NATURAL TREATMENT WITHOUT PHYSIC,

BY

RICHARD J. EBBARD

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1908





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## PREFACE

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THERE is no doubt that the Reform movement in medical science is spreading rapidly in this country, the results of the natural methods of cure being too striking to be ignored any longer, especially by the educated section of the public. New ideas and principles necessitate constant research and improvements in order to assure their efficacy and final triumph. All those who work on these new lines of therapeutics have to search and study daily in order to penetrate more and more into the secrets of the physiological laboratory of nature, in which the destinies of our body, health or disease, are determined. Considering our utter ignorance regarding the primary problems of life, we cannot depend solely upon theories, but have to be guided largely by experiments and experience, and must always be prepared to apply such modifications as this experience may dictate.

In the present treatise I publish the results of my latest investigations, comprising all the modifications which a careful study of the newest scientific researches, and especially my own vast experience of late years, induced me to adopt for the purpose of obtaining better and quicker results in



the way of Self-cure. Innumerable sufferers have, as a last resort, taken recourse to this Self-cure, and I sincerely trust that my present effort, which comprises still more practical hints and improvements, will constitute a valuable complement of my former publications and prove not less beneficial to all those who seek health and delivery from unbearable ailments.

7c, Oxford and Cambridge Mansions,  
Marylebone, London, W.,

*1st June, 1908.*

# INDEX

## CHAPTER I

	PAGE
THE MODERN CONCEPTION OF DISEASE . . . . .	1

## CHAPTER II

THE PROPER FOOD FOR ADULTS . . . . .	8
(a) THE FORMATION OF BLOOD-POISONS . . . . .	8
(b) THE CLASSIFICATION OF THE FOODS . . . . .	13
ALBUMINOUS FOODS . . . . .	14
MINERALS OR NUTRITIVE SALTS . . . . .	21
CARBOHYDRATES . . . . .	28
BREAD . . . . .	30
DATES . . . . .	31
DRINK . . . . .	31

## CHAPTER III

MENU FOR AN ANTI-URIC-ACID DIET . . . . .	38
MENU ON NEW VEGETARIAN PRINCIPLES . . . . .	39

## CHAPTER IV

HOW TO ASCERTAIN AND GAUGE THE BLOOD-POISONS IN THE SYSTEM . . . . .	41
---	----

## CHAPTER V

THE ELIMINATION OF THE BLOOD-POISONS . . . . .	47
--	----

## CHAPTER VI

THE DIET FOR ELIMINATION OF BLOOD-POISONS . . . . .	52
---	----



CHAPTER VII

	PAGE
GENERAL RULES TO BE OBSERVED IN CARRYING OUT THE TREATMENT . . . . .	55

CHAPTER VIII

THE APPLICATION OF THE TREATMENT IN DIVERS CHRONIC DISORDERS . . . . .	57
(a) NERVOUS DERANGEMENTS AND AILMENTS . . . . .	60
(b) THE RECIPROCAL ACTION BETWEEN DISEASED ORGANS AND NERVE WEAKNESS . . . . .	67
(c) THE DISASTROUS EFFECTS OF MEDICINES AND OPERATIONS . . . . .	69

CHAPTER IX

AUXILIARY REMEDIES AND METHODS IN THE APPLICATION OF THE TREATMENT . . . . .	112
(a) THE COMPRESS . . . . .	112
(b) THE CAMOMILE STEAMING . . . . .	122
THE STEAM BATH . . . . .	122
THE BEDROOM STEAMING . . . . .	123
(c) THE HOT SITZ BATH . . . . .	124
(d) THE STEAM COMPRESS . . . . .	126
(e) THE OIL ENEMA . . . . .	126
(f) THE BEEF TEA . . . . .	130

CHAPTER X

PRACTICAL APPLICATION OF THE TREATMENT, ILLUSTRATED BY MY OWN EXPERIENCE . . . . .	131
THE PRINCIPLES OF THE DIETETIC TREATMENT . . . . .	191

APPENDIX

THE PROPER FOOD FOR INFANTS . . . . .	200
---------------------------------------	-----

INDEX . . . . .	211
-----------------	-----



## CHAPTER I

### THE MODERN CONCEPTION OF DISEASE

It is an indubitable fact that Dr. Koch's discovery of the cholera bacillus has completely revolutionised medical science and stripped it of all fantastic and superstitious embellishments. Before that time we had not the vaguest idea about the real nature of disease, and the entire medical science confined itself to the study of the special symptoms of the various diseases and their treatment by the application of medicaments. Through Dr. Koch's discovery we, for the first time, established the *material* cause of one disease, viz., cholera, and soon a similar *material* cause was discovered also in all other so-called infectious diseases, as yellow fever, diphtheria, influenza, typhus, syphilis, consumption, small pox, measles, etc. The material causes are microbes which invade the body, and which in each case are of a specific form or shape and follow up specific conditions of development. They are parasites, living on the blood and tissues of the usurped organism. I propose to call them—comprehensively—*animated poisons*.

The virulently infectious diseases have at all times terrorised humanity most because they spread so rapidly



and were of such deadly effect. Their nature was a complete mystery, and thus they were readily connected with the most absurd notions: evil spirits were blamed, or the wrath of heaven was feared. Now that we can account for them on purely material grounds, through Dr. Koch's discovery, it will not be such a difficult matter to extend similar reasoning to the investigation of all other diseases and ailments. May we not draw a parallel and say: if the infectious diseases be originated by *animated* poisons, could not the other diseases be originated by *inanimate* poisons? Any substance, animated or inanimate, constitutes a poison, in one sense of the term, when it has no legitimate place in our body, or is not required in the normal processes of building up and maintaining our system. Such substance may either be introduced into the body in the shape of medicinal poisons or poisonous foods, or it may be produced in the system itself. This rationalistic conception of the causation of disease is amply supported by Dr. A. Haig, who embodied his exhaustive studies in his famous book on Uric Acid, wherein he described uric acid as a retrogressive produce of metabolism,<sup>1</sup> in short, as a blood poison. We know now and understand that a man may be quite intact, all his organs may be sound, and yet he can be suffering from some chronic disease, undergoing agonies for years, or even for his whole lifetime. His system, his blood and tissues, is simply infiltrated with inanimate poisons—in a similar way as a steam engine may be perfect in all its parts and show no defects

<sup>1</sup> Metabolism=change of matter: the chemical process which takes place between ingestion and excretion.



whatever, only some malefactor has thrown a handful of sand or dirt between its delicate parts and consequently the machine cannot work properly, in spite of steam and all efforts.

Dr. Haig has shewn and proved by studies and experiments, extending over a period of some twenty years, how disastrous the effects of uric acid can be on our health, and how it is not only the cause of rheumatic affections—in this Dr. Haig had been anticipated—but also of high blood pressure, headaches, epilepsy, diseases of the brain, hæmoglobinury and anæmia, asthma, Bright's disease, diabetes, gout, and other ailments. Above all, Dr. Haig has ascertained that uric acid blocks up the capillary vessels, thus lowering the circulation of the blood and increasing the pressure on the heart. For this condition of the blood circulation, he employs the term *Collæmia*, because the uric acid in the blood is in a colloid<sup>1</sup> form. As the change of matter takes place largely in the capillary vessels, they play a most important *role* in all tissues and organs, and consequently, if obstructed, the circulation in these parts will be seriously impaired. Slow circulation means decreased metabolism, *i.e.*, malnutrition on the one hand and defective elimination of waste matter on the other. A slow circulation, thus, invariably entails weakness and decreased power of resistance.

Uric acid, however, is not the only blood poison which we have to take into consideration, as some people seem to believe. The deranged exchange of matter in the capillaries is prone to engender a great many products of

<sup>1</sup> Colloid=glue-like.



decomposition, such as aceton, diacetic acid, phenole, leucine, tyrosin, indol, ptomaine, a large number of acids, scatol, putrescin, etc., etc., all of which have the effect of poisons, and should, therefore, be expelled from the system in order to maintain its health. Waste matter, including the debris of tissues, can do as much harm as uric acid, and it is a fallacy to speak of the latter as the one and only inanimate poison in the blood which causes disease. Waste matter can just as easily obstruct the capillaries and produce all the derangements which we ascribe to uric acid.

It is admitted, uric acid is one of the most dangerous blood poisons, because it settles in any organ of our body ; collæmia can produce its disastrous effects in any corner of our system. It will infect the brain and the entire nervous system, the heart, lungs, kidneys, liver, the muscular system, cartilages, glands, mucous membranes—to wit, as Dr. Haig says : “ Every tissue from the roots of the hair to the nails of the feet.” Especially all the nerve troubles, which are so characteristic of our time, find their full explanation in the deposits of uric acid in our nervous system, and especially in the brain. With this knowledge we are in a position to successfully treat all nervous affections simply by eliminating the uric acid from the brain, whereas, formerly, nervous troubles defied all medical efforts and were considered almost incurable.

There are a great many phenomena which not only fully uphold these modern views on the matter of disease, but also illustrate the wonderful reactive power of the body against these blood poisons, *i.e.*, the body's own curative force. In consequence of these facts we must carefully differentiate



between an actual or genuine disease, and the curative reactive efforts of nature. If, for instance, the system be overcharged with blood poisons, it happens that the body endeavours spontaneously to rid itself of them by forcing a copious amount of blood into the skin, thereby increasing the temperature of the latter and facilitating the elimination of the poisons through it. This process is commonly called a fever. Thus it becomes evident that a fever is not a disease proper, but merely an effort on the part of the system to free itself from the blood poisons, it is a self-healing process. Further, when in consequence of deposits of blood poisons in the bronchial region an over-production of phlegm takes place, the muscles of the windpipe contract spontaneously in order to shift the obstruction and induce unimpeded respiration. Viewed in this light, such a cough is not a disease, but a natural reaction. In the same way, ulcerations, catarrh, diarrhœa, certain discharges, etc., are simply reactive processes through which the body endeavours to purify itself from poisons. Physicians of the old school, instead of attacking the *cause* of these reactive processes, *i.e.*, instead of eliminating the blood poisons try to combat these reactive processes themselves with medicaments, or by cauterisations, only to succeed in cutting off the natural roads along which Nature tries to secure an elimination of morbid matter. Instead of checking a fever with a drug and hindering Nature in her curative efforts, would it not be wiser to assist her by stimulating the activity of the skin and securing profuse perspiration through which the blood poisons may be expelled? As soon as the blood is purified the fever ceases *per se* and the patient is saved.



That this modern conception of the nature of disease is correct, is amply substantiated by the astonishing therapeutical results which have followed the practical application of these natural principles and methods. If we can free the system from its poisons, animated or otherwise, we are able to cure every disease. Only then is a disease incurable when the poisons have accumulated to such an extent that the reactive powers of the system have succumbed, and the poisons can no longer be checked in their destructive work, that is to say, can no more be eliminated from the body.

It would, however, be one-sided to adhere absolutely and uncompromisingly to this classification of disease. We have so far considered the main issue, viz., that the lowering of the circulation through blood poisons causes, in the first instance, a weakening of the tissues and organs and reduces their power of resistance. Yet we know fully well that a great number of people are weakened and diseased, not necessarily by blood poisons, but merely through *under-nutrition*. It is obvious that starvation can play as much havoc among the tissues and organs as the blood poisons. Whereas our higher classes generally suffer from excess of blood poisons in the system through over-feeding, the lower classes are in want of efficient food and degenerate and fall a prey to disease through undernutrition, or even starvation. In the latter case the remedy is very simple—give them more and better food. It must, however, be borne in mind that the quantity of food alone will not prevent the system from remaining weak, it depends as much, or more, on whether the food contains all those



substances and ingredients which are required in the physiological economy of our body. This most important point will have to engage our careful attention at some length.



## CHAPTER II

### THE PROPER FOOD FOR ADULTS

#### (a) The Formation of Blood Poisons

IF, according to the preceding chapter, blood poisons are the immediate cause of disease, our most important task must of necessity be to investigate whence these blood poisons come. As far as medicine poisons—and there are innumerable people who may aptly be described as veritable walking drug-stores—are concerned, we know but too well who administers and supplies them. We further know quite well how they can be avoided, and we know that all people will derive the greatest possible benefit and the most striking results from them by *not* taking them.

As to the real inanimate blood poisons, we know now that they are produced, directly or indirectly, by improper food and drink. But before entering into details it behoves us to make one important distinction. Fanatics and quacks are always inclined to establish one system or method to suit all and sundry, indiscriminately—a mistake which has wrought much harm. There are healthy people and diseased people, and, again, people pre-disposed to disease.



My contention is that a strong healthy individual, whose metabolism is in perfect working order, may eat and drink practically whatever he likes, and, provided he does not commit constant excesses, he will probably live to a healthy old age. This has been proved in thousands upon thousands of cases. Therefore, we may exclude all such happy folk from our pedantry and hygienic exhortations, and we need not disturb their cheerful existence with all the petty injunctions: don't eat or drink this, that, and the other thing; or, don't have carpets on your bedroom floor, etc., *ad nauseam*, as is the fashion with faddists. There have been centenarians who lived on meat, took alcohol, coffee, tea, tobacco, etc., in fine, carried on a mode of living altogether contrary to the principles which the faddists assert are the *sine qua non* for every man, regardless of distinction. I believe in allowing a healthy man a wide margin within which to find a style of living suitable to him and his family. Thousands have done it, without, figuratively speaking, knowing what disease meant.

However, the greater majority of people nowadays suffer from deranged metabolism one way or another, and are easy victims to disease. For those unfortunates the question of food and drink becomes of the most vital importance, and they should be well acquainted with the consequences of a wrong or inadequate diet. The metabolism of a large number of people is disordered from childhood. Why, we do not know; it is yet a secret which science must endeavour to lay bare. A family may be quite healthy, and out of six children only one may suffer from deranged metabolism. A disposition to this disorder is



sometimes hereditary, especially when it takes the form of gout or rheumatism. The immediate effect of a faulty metabolism is the production of blood poisons, *i.e.*, the results of incomplete oxidation generally. The blood poisons are also described as the retrogressive products of metabolism. Uric acid, undoubtedly, is the most dangerous of them all, but certain waste matter, debris of tissues, mucus, which frequently accumulate in large quantities, can also interfere with the circulation and do almost as much harm as uric acid.

Though we owe Dr. Haig a great debt of gratitude for the discoveries he has made as regards the nature and effect of uric acid, we must emphatically join issue with his contention that uric acid is directly introduced into our system by the diverse articles of food. Dr. Haig asserts that all animal food contains uric acid. This deposition is quite unacceptable, inasmuch as a healthy animal will produce as little uric acid as a healthy human being. Certainly, there may be some domesticated animals whose flesh may contain uric acid, because they suffer, say, from rheumatism; but those, surely, are very exceptional cases. As a rule—it is to be hoped—we eat the flesh of healthy animals, and millions of people eat meat daily without ever suffering from uric acid troubles in consequence. It is a well-known fact—of which Dr. Haig was fully aware—that uric acid is produced from albuminous foods, hence Dr. Haig excluded, also, eggs and pulse from his dietary. But, contrary to Dr. Haig's contention, we know to-day that no uric acid ever exists *a priori* in any albuminous food, but that it is produced in the human body itself, especially



through the nucleine substances contained in albuminous foods. These nucleine substances exist largely in pulse (dried beans, peas, lentils, peanuts), cheese, milk, meat, and eggs, slightly in mushrooms, asparagus, etc. Any person with a deranged metabolism will produce uric acid if he partake of these foods, but Dr. Haig, ignoring this important fact, replaced pulse, meat and eggs, by cheese and milk, as albuminous food, thus encouraging uric acid to form in the systems of his patients, believing all the while that he was curing them of it. It is well known that children, fed exclusively on milk, produce large quantities of uric acid, but, as their excretory organs are in good order, they eliminate it again. Dr. Cantani confirmed this fact on the strength of years of investigation and experiments. Ignorant of these facts, many diseased people pride themselves on their rational style of living; they will tell you that they have become vegetarians, teetotallers, and what not, but yet, somehow, they cannot get rid of their ailments. The explanation is simple enough: they eat pulse and cheese and drink milk and, consequently, produce just as much, if not more, uric acid, as they would by eating meat and drinking beer. Besides, such people generally turn vegetarians or teetotallers because they are ill, because they are already choked up with uric acid, and they think they can cure themselves by avoiding "poisonous" foods. All albuminous food is "poisonous," *i.e.*, can lend itself to the formation of uric acid. The one exception to this rule, is nuts, but they can only be digested by comparatively few people, as they generally cause much flatulence. Now, if a vegetarian were to derive his albuminous food from nuts



only, thus actually producing no more uric acid, he, nevertheless, would not be freed from his troubles, because *he would still have old blood poisons in his system*, and with them the cause of his troubles.

Experience, moreover, has established the peculiar fact that a deranged metabolism may produce blood poisons in very varied forms. In some people meat will exclusively produce uric acid, whereas in others, pulse will have that effect, and again, in others, it will be milk and cheese or eggs, or even any kind of albuminous food, without our being able to account for this diversity.

To be quite correct we must certainly adhere to the deduction that every person, in fact, produces blood poisons, be it only in very small quantities; in similar manner, as every fire will leave a certain amount of ash, so must a certain amount of waste matter be the direct resultant of even quite normal metabolism. But, pursuing the same metaphor, as we have to clear out a grate from time to time in order to keep the fire alight, so must the waste residue of metabolism be eliminated from the blood. For the latter purpose the excretory organs, especially the kidneys, skin, and bowels must be kept in a normal condition and good working order. In a healthy person, even though he produce blood poisons, these excretory organs *are* in good working order and will therefore eliminate the blood poisons and thus keep the body in perfect health. Children with normal excretory organs will remain healthy although, as I have pointed out above, they produce uric acid through exclusive milk diet. As soon as the excretory organs do not functionate properly, the blood poisons cannot be eliminated



satisfactorily, but remain in the system, causing disorders and disease. The correctness of this statement will always be borne out by the fact that a deficiency in the kidneys, skin, or bowels will invariably be found in every chronic malady. This fully explains why people with sound excretory organs remain healthy despite blood poisons, while persons with weak excretory organs retain the blood poisons in the system and become diseased. It is, therefore, exceedingly one-sided to hold "poisonous" foods responsible for all ills, and totally ignore a person's organic idiosyncrasies, *i.e.*, the functional capacity of his excretory organs.

#### (b) The Classification of the Foods

In former times, when physiological knowledge was an unknown quantity, people were of opinion that the organism had simply to be supplied with a certain amount of food, whatever it might be, and that the body would pick out its own requirements, and even manufacture out of it new organic substances. Modern physiology proves this conception to be utterly fallacious. We know to-day that correct nutrition is subject to two distinct conditions, and that the food ingested must be assimilable by our system.

We have to distinguish between two groups of foods—one serves to build and keep up our body (construct the machine) and includes *albuminous* substances (proteids) and *minerals*, the other to produce strength and energy and make it work (fuel for the machine), which is effected by *carbohydrates* and *fats*. According to the latest investigations



we can, however, entirely dispense with fat, which constitutes a great advantage, as fat is a heavy strain on the digestive process. The stomach cannot digest fat, which latter is only ultimately digested in the bowels. Carbohydrates will be found amply sufficient for the production of all the energy requisite for the proper working of all the organs. Moreover, it should be remembered that, with the exception of vegetable fats and butter, nearly all other fats are, in fact, waste matter, and may simply be considered as poison. The so-called dripping, which is so largely used in family cooking, should be eschewed as a most objectionable substance, and should be replaced by vegetable butter or oil when and wherever possible.

We thus have to deal with only three special groups of foods :—

*Albuminoids or proteids,*  
*Minerals or nutritive salts,*  
*Carbohydrates.*

The greatest difficulty will be encountered in dealing with the albuminous foods and minerals.

#### ALBUMINOUS FOODS

We find albumen in a great many foods in large or small quantities. Pulse, milk, cheese, meat, fish, eggs, and nuts are particularly rich in it, and may be specified as albuminous foods proper. They are indispensable for building up our body and keeping the tissues in normal working order. Still, they have the one great disadvantage, viz., that they all contain nucleine substances which produce uric acid in



any organism predisposed to the formation of blood poisons. We must, therefore, label them "poisonous foods."

The vegetarian reform movement has been especially directed against these foods; but, strange to say, the vegetarians only seriously attack meat, including fish, and, to some extent, eggs, while they serenely take their albuminoids from pulse, milk and cheese, which are quite, if not more poisonous than meat. I have often found vegetarians living on pulse just as surfeited with uric acid as meat-eaters. The only non-poisonous albuminous food is nuts—almonds, walnuts, hazelnuts, pine kernel, American nuts, Brazil nuts, cocoanuts. I must here call attention to the fact that *peanuts* must not be classified with the nuts, but with the pulse, and as such they are poisonous. There are a great many nut preparations on the market, especially those called *nut butter*, which are prepared from the cheapest material, namely, peanuts, and are consumed in large quantities. The poor victim, thinking he is escaping the dangers of meat, pins his faith to this nut-butter, oblivious of the fact that he is jumping out of the frying-pan into the fire. I trust this will be accepted as a timely warning. However, a great difficulty with nuts is that they are very indigestible. Dyspeptic subjects should never touch them, and even in healthy people they are a great strain on the stomach and nearly always produce flatulence. When they are not digested they can, naturally, not be assimilated, and are of no use at all. Whoever is in doubt regarding this point need only watch his stools, and when he sees there the white particles of the nuts, it will be obvious that they have simply passed through his system without having



assimilated. The various nut preparations, such as almond, walnut, hazelnut-butter, etc., are manufactured with a view to presenting nuts in a more digestible form and prevent flatulence, and are a good non-poisonous substitute for meat or any other albuminous food.

Not only scientific research, but practical experience as well, show that of all albuminous substances meat is not only the one most readily digested, but is also used up in the most concentrated form, and thus constitutes the most convenient and economical albuminous food we know. On this point we cannot do better than be guided by the advice and experience of Dr. Cantani, who is one of the greatest authorities on blood poisons, and has effected most wonderful cures in cases of gout, rheumatism, diabetes, etc., and who has studied the effects of meat more exhaustively than any other physiologist. Cantani contends, as a result of his astounding cures, that uric acid can only be produced by an *excessive* ingestion of meat; but, if taken in moderate quantities, it will go through a rapid process of combustion and assimilation, *i.e.*, pass through all the phases of metabolism and leave no residue.

According to the latest and most reliable investigations, the daily quantity of food for the average active man should approximately consist of:—

Albumen	..	100 grammes	=	3.58 ounces.
Minerals	..	32 „	=	1.02 „
Fat	..	60 „	=	2.02 „
Carbohydrates	..	400 „	=	14.28 „

As already mentioned, for the fat we may substitute carbohydrates.



Profiting by Dr. Cantani's invaluable researches, I obtained the best results by covering the above amount of 3.58 ounces of albumen by a *daily* consumption of 10 ounces of meat, distributing this amount over two or three meals, according to choice. These 10 ounces are worked up without producing uric acid, provided, of course, a normal physical and mental activity being maintained. I chose the meat, beginning with the most innocuous, in the following order:—*Fish, oysters, pigeons, chickens, turkey, partridges, grouse* and other *black game*; in general, fish and fowl are the most convenient albuminous foods. Ducks and geese I would exclude as being too fat and rich. For a change, *veal, lamb* or *mutton, rabbit, hare,* and *venison* may be admitted. *Brains, tongue* and *sweetbread* are especially to be recommended in cases of weak digestion. Beef should be avoided as much as possible, and pork altogether. Very objectionable are all meat *sauces, gravies,* and especially *beef tea, mutton broth,* and these *meat extracts,* which have no nutritive value whatever, and only contain fat and potassic salts; the latter have a most deleterious effect on the heart. It has been finally ascertained that those meat extracts which contain no albumen, merely act as stimulants, and the money spent on them is simply wasted.

It is preferable to have all fish and meat stewed, as it is more easily digested than when fried or roasted. Of course, for a change, the latter may occasionally be admitted. Fish and meat should be eaten dry, only a little lemon-juice may be used with the fish.

It is not necessary to make up the 10 ounces of albuminous food of fish or meat only. They can also be



composed of meat and eggs, especially as the latter are rich in phosphates—lecithine (nerve substance). I would not recommend a combination of meat with milk and cheese, because these are more dangerous to people who incline to the production of blood poisons, and it is only for these people that I am developing the present dietetic principles ; a healthy man may eat and drink what he likes, as I pointed out above. Dr. Cantani has proved that milk and cheese provoke gouty and rheumatic attacks much more readily than any other albuminous food, and every gouty patient knows how careful he has to be with milk if he wants to avoid an attack. All those who recommend milk to diseased people simply ignore the simplest physiological principles of food.

Pulses should not be taken in conjunction with meat, as they are too dangerous, and produce uric acid in excess.

The best combination is meat and nuts. The best stomach would not be able to digest 10 ounces of nuts every day for years ; but a good many people will be able to take, for instance, 6 ounces of meat and 4 ounces of nuts daily. The proportion can, of course, be changed at any time, according to the digestive powers of every subject. With such a small quantity of meat there remains scarcely any risk of producing uric acid.

I have considered it my duty to say all that we know of albuminous food ; and as this book is published for the public in general, who are practically all meat-eaters, rather than for the vegetarians, I maintain what I have said about meat, or as a modification the combination of meat and nuts. Even in my principal menu of the " Uric-acid-free "



Diet, and in the "Eliminating" menu, I take meat as the basis of the albuminous food.

But, on the other hand, the Food Reform movement advances rapidly, and to-day there are thousands, nay millions, who do not touch meat. I am myself strongly in favour of vegetarianism, and have devoted much study and experiment to discover a non-poisonous albuminous food. I was guided, or rather induced, to this fervent study by my experience with many patients of the great difficulty they had to digest the nuts, and again by the fact that so many ailments, especially headaches and nervous troubles, disappeared by giving up meat.

There are certain cereals and seeds that contain albumen, with the advantage that they are free from nucleine substances and thus are not open to the objection to those articles which do contain nucleine, and are therefore uric acid producing, such as pulse, meat, milk, eggs, etc.

I have, therefore, utilised a discovery of the extraction of the albuminous qualities of these cereals, etc., and have been enabled to make what I call a "*Cereal Albumen*." This food is entirely non-poisonous, unlike nuts it is easy of digestion, and answers all the purposes of a rational dietary. It is in powder-form, and can be added to both liquid or solid food, or combined with meat-food in the same way that I mentioned previously the nuts may. This is naturally of the greatest import to vegetarians for the food may totally replace the meat.

We know that *milk*, in spite of its poisonous effects, is the only food which contains all the ingredients necessary for building up and maintaining the human body, and



what is most important, it contains them in the *right proportion*, especially the minerals or nutritive salts. Nature has provided the milk as the exclusive food for children. But we also know that the nucleine substances which produce uric acid are contained in the casein of the milk. Therefore, if we wish to exploit all the virtues of the milk and avoid all the injurious parts, we simply have to eliminate the casein. This can be done by coagulating the milk. Take fresh milk, add rennet or lemon (1 teaspoonful of rennet or 1 good-sized lemon to 1 pint of milk, or mixed  $\frac{1}{2}$  teaspoonful of rennet and  $\frac{1}{2}$  lemon), place the mixture on the fire and heat it, but take care *not to let it boil*. The milk will soon separate, then take it from the fire and let it stand ten minutes. After that strain it through a piece of linen; the fluid that passes through is the whey, which contains all the salts of the milk, whilst the casein collected on the cloth lumps is thrown away. This casein is the poisonous part and is the very stuff which renders milk indigestible for weak stomachs, and also for many children. The whey, on the contrary, can be digested by the weakest stomach, and a dying man, who can take no other food, can be kept up on whey. When straining some particles of casein always pass through. If any pressure is felt on the stomach, the whey must be strained a second time, and in very severe cases even through a filtering paper, which takes a fairly long time. Especially with children of a weak disposition, whey does wonders.

Now, it indicates a great ignorance on the part of the public, and on the part of the unscrupulous manufacturers, when preparations of proteids from milk are advertised



largely and advocated as an especially albuminous food, whereas these proteids are manufactured from the very casein which produces uric acid and must, therefore, be qualified as poisonous. When we want to get all the benefit of the milk, without any of its disadvantages, we throw this casein away, but these worthy advertisers of proteids impose this very poison on a guileless public. It is high time that the public be instructed in questions of such vital moment. Besides, these proteids preparations are produced under boiling heat, and we now know positively that milk is simply killed by boiling, it loses all its nourishing properties. The latest and most reliable statistics show that of all children brought up on *sterilised* or *boiled* milk, *fifty per cent.—actually fifty per cent.—die!* This fact reveals such a horrible prospect that mothers who ignore it any longer should be made liable for a criminal offence. I shall return to this question more especially anon.

My "Cereal Albumen" or "Proteid Food" therefore is, as its name imports, purely *cereal* and, unlike many proteid foods which are now being sold, contains *no milk in any form.*

#### MINERALS OR NUTRITIVE SALTS

For building up and maintaining our body the minerals are as important as the proteids. Although they represent a very small percentage in the analysis of the animal and human body, and have been as completely neglected as "ash" in former times, we know since the days of Drs. Schuessler, Hensel and Lahmann what an important part



they play in the structure and function of all our tissues. In former times the ash was simply derived from the solid frame of our body, from the bones ; to-day we know, it is indispensable for the normal maintenance of any tissue—muscles, nerves, glands, mucous membranes, etc. In fact, every cell of our body requires certain minerals for its function. The whole metabolism of our body is entirely dependent upon a proper supply of minerals. Without iron no cell or tissue can assimilate oxygen. According to Dr. Schuessler, a want of iron is the primary cause of all inflammatory processes. Magnesium phosphate is necessary for the building up of the blood corpuscles (especially the white ones which play such an important *role* as phagocytes), the brains, nerves, bones, teeth, etc. Sodium phosphate dissolves lactic acid into carbonic acid and water ; the want of it causes scrofula and tuberculisation. Silica is an indispensable constituent of the connective-tissue, the periosteum, skin, hair, nails, nerve-fibres ; its lack causes diseases of these organs, etc., etc.

In all these instances we have simply to deal with under-nutrition and its destructive effects apart from blood poisons. But even if the want of minerals do not engender direct disease, it weakens all tissues gradually to such an extent that they lose their power of resistance against the blood poisons ; they get invaded and infiltrated by them and eventually become diseased. Therefore, undernutrition in minerals not only weakens and indirectly diseases the tissues, but it also exposes them to an invasion of blood poisons if the organism be disposed to produce them. Want of albumen or carbohydrates will never do any immediate or



lasting harm. Their absence may reduce a man to a skeleton ; but as soon as he makes good the deficiency he will soon pick up again. Lack of minerals, however, for building up the bones of a child, for instance, will make that child a cripple for life, and once a cripple, no amount of minerals will ever repair the harm. The want of minerals is far more disastrous and irreparable than the want of albumen or carbohydrates. Therefore, give your children whey, and you protect and save them from the greatest dangers.

Now, whilst proteids and carbohydrates are plentiful in our food stuffs and can be easily procured in any quantity, we encounter an enormous difficulty with the minerals on account of their scarcity. Hensel has been the first to show and prove that our soil, exhausted by hundreds of years of agricultural exploitation, has become gradually poorer in minerals, and that the present system of manuring is entirely inadequate to restore these important constituents. The consequence is that our plants, grain, vegetables and fruits are nowadays wanting in nutritive salts to a much larger extent than they were in former centuries, so much so that we notice certain epidemic diseases amongst the plants themselves through lack of minerals, which phenomenon was unknown in former times. I do not, however, wish to be misunderstood ; I am only referring to a *great scarcity* of nutritive salts in our food, and am not asserting their entire absence. There are nutritive salts in a great many vegetables, especially in spinach, also in watercress, celery, cabbage, cauliflower, Brussels sprouts, etc. ; in salads, strawberries, apples, etc. ; but they contain them in very different proportions and not all of them adapted for the



requirements of the human body, apart from the fact that they are not at all times procurable. The only food in which we find nutritive salts in sufficient quantity and in the correct proportion is in *human milk*. This, however, is only available to infants, and even they are being deprived of it more and more, the mothers being either unable or unwilling to nurse their children, preferring to bring them up on cow's milk. The composition of cow's milk differs somewhat widely from that of the human milk, the former containing, for instance, twice the quantity of lime, and must, therefore, be mixed with water. What there is of salts in vegetables, fruits, and milk—to make the misery of the saline famine more acute—is destroyed by the stupid way they are prepared. The vegetables are boiled until all the mineral salts are extracted from them, and the water which contains them is thrown away. In London alone 50,000 gallons of this valuable liquid float down the Thames every day. Most people, before eating an apple, peel it, and throw the peel away, which alone contains all the nutritive salts. I have already referred to the destructive effect of sterilisation and boiling on milk.

Taking all these arguments into consideration, we may safely say that we are literally starving through want of nutritive salts, and we really should not be surprised at all the resultant symptoms of weakness and degeneration which characterise modern humanity. It is, above all, the nervous debility of all cultured races which is so alarming a feature of our times. Hysteria and neurasthenia are the despotic rulers of our age. If we connect the increasing scarcity of nutritive salts in our food with these signs of



nervous degeneration, we will find an easy and well founded explanation of this alarming fact. Physiology teaches us that every organ will do any amount of work as long as it is properly nourished and trained. The best proof of the correctness of this assertion will be found in the systematic development of our muscles. If they be properly nourished, the more they are exercised (trained) the stronger they will become, and all athletes become athletes simply by systematically training (or using) their muscles. The same axiom applies with equal force to the tissues and the nervous system in general. Modern life imposes an enormous strain upon our nervous system every hour of the day, more than on any other organ. Compared to our forefathers, who led a more or less quiet and undisturbed life, we are, on the contrary, "kept on the go" from morning to night by a thousand and one different things. We no sooner go out into the street than our eyes, ears and brain are continuously engaged and kept busy in controlling all the marvels and excitations of modern life. Well, through this constant training of our nerves we all ought to become "*nerve giants!*" But, do we?

Every nervous breakdown is accompanied by the complaint of *overwork*. What an absurd paradox! Has anyone ever heard of a muscular breakdown through overwork? There is no such thing as overwork possible in any tissue. A tissue which is tired, simply ceases working, and a nervous breakdown merely expresses the very unwillingness of the nerves to go on working. But, if they could obtain the proportionately increased amount of nourishment for their increased amount of work, they



could never break down. As it is, they are simply underfed, they are deficient in the constituent elements and consequently lose their functional capacity. A nervous system which is properly nourished can compete with the muscular system of any athlete, and daily experience shows that there are men who do five and ten times the amount of intellectual work that other men—who break down—do, without suffering from the effects of overwork. It is merely a question of nutrition. Our nervous system, like every other system, requires albumen, carbohydrates and minerals, especially minerals, next to the osseous tissues more minerals than any other tissue. Now, albumen and carbohydrates can be supplied in any quantities, and the overstrained and hard-worked nervous system can obtain them readily enough. But when it comes to the minerals—and this is the salient point—the task is rendered much more difficult on account of their extreme scarcity in our food. We can, therefore, assert emphatically that nervous debility is the immediate outcome of the *saline famine* from which we are suffering.

This intricate and vital problem has engaged the minds of food physiologists for decades, and the conviction has grown more and more with them that the means of regenerating exhausted humanity and forestalling disease must be sought in that direction. Nothing has had a more disastrous effect on the human organism than all the so-called tonics, pick-me-ups, drugs and medicines which are constantly being administered as soon as a case of nervous debility has been diagnosed. The strongest poisons that exist, such as bromide, quinine, strychnine, phenacetine, antipyrine,



belladonna, arsenic, etc., etc., are over and over again prescribed for the hapless victim, and it is not too much to say that more people have been driven into the lunatic asylums by bromides than by syphilis or other causes.

Many efforts have been made to cover the wants of nutritive salts in our food. At first it was thought that by simply adding minerals in chemical form to our food the deficiency would be adjusted. This, however, turned out to be a mistaken notion. One of the most important discoveries of modern physiology consists in the fact that our body can only assimilate minerals in *organised form*. Vegetables, fruits, and milk contain the nutritive salts in that form, and only in such organic form are they of any alimentary value to our physical economy. Well aware of all the conditions enumerated above, I have spent over fifteen years in the study of this question, and my investigations and experiments have at last led me to a mineral or powder food I call "ESFON," which answers all the demands of our body and whose wonderful effects in strengthening and restoring physical and mental power prove it to be the correct mineral integral to our food. In "Esfon" all the nutritive salts are in organised form and can thus be assimilated, and, above all, they appear in the correct proportions to the requirements of our system, which is the main point. It is nearly impossible to select vegetables and fruits in such quantities and assortments so as to obtain the correct proportionate combinations of their respective yield in nutritive salts. "Esfon" is, at the same time, a perfect substitute for the whey, and thereby saves the trouble of preparing the latter. "Esfon," in fine, solves the much



vexed problem of the nutritive salts and organised mineral food constituents.

### CARBOHYDRATES

Whilst albumen and minerals pre-eminently serve to build up the tissues and maintain them, the carbohydrates produce heat and energy, in fact, the working power of the tissues. The same may be said of the fats, but, as we have seen that they present many drawbacks, it is fortunate that we can dispense with them and replace them by carbohydrates. Contrary to the minerals the carbohydrates are more than plentiful in nearly all foods, much more plentiful even than proteids. They are specially classified as starch and sugar. As they can only be used up in our body in the shape of sugar, all starchy food has first to be converted into it through the digestive process. The principal sources of carbohydrates are all farinaceous foods, milk, root vegetables, potatoes, rice, fruits, and especially sugar and honey. Seeing that all starchy food must first be converted into grape sugar, it is self-evident that the most economical source for carbohydrates must be sugar and all sweet foods like honey, jams, marmalades, etc., and these are directly assimilated. It is remarkable that the Americans, the hardest working people in the world, consume one-third of the entire sugar production of the world.

The 14·28 ounces of carbohydrates required as daily food for a man, are easily covered by the same amount of starchy food and sugar in weight. It is, of course, quite



natural that an athlete, or any other exceptionally active man, either physically or mentally, may use up a considerably larger quantity of carbohydrates than indicated above. In general, however, I strongly protest against the abuse of carbohydrates, they should always be kept in relative proportion to the body's requirements in energy and heat. The process of converting the carbohydrates into heat and energy is accomplished by the aid of oxygen, in a similar way as a fire is kept burning through the oxygen in the atmosphere. On the other hand, we know that oxygen plays a great *role* in the economy of our organism, and that *it burns up the blood poisons*, as demonstrated by Dr. Cantani. All his wonderful cures have been brought about by husbanding the oxygen, in other words, by supressing all fats and carbohydrates in the diet. He has cured the severest cases of gout and rheumatism by a diet consisting of meat, vegetables and fruits, without allowing any bread or other farinaceous food, sugar or sweets, and avoiding, of course, at the time, all foods which produce uric acid or other blood poisons, and reducing the meat allowance to moderate quantities. Dr. Cantani has demonstrated that people living exclusively on bread, macaroni, rice, potatoes, etc., must in time develop scrofulous blood because all the oxygen is consumed by the carbohydrates and none is left to burn up the blood poisons. So many people in this country, who live largely on bread and potatoes, are ignorant of the fact that they thereby imperil their health and encourage the accumulation of blood poisons in their systems.



I have mentioned above that starch must be converted into grape sugar in the digestive process to render it assimilable. The saliva contains a ferment, known as ptyalin, which possesses the peculiar property of converting the otherwise unusable starch of grain into grape sugar. People who do not masticate their food thoroughly, but “bolt” it, cannot convert starch into sugar through proper insalivation in the mouth, nor can the starch be dextrinised when acidity prevails in the stomach and the digestive faculties are reduced.

Recently a method has been discovered by which the starch of the grain is transformed into grape sugar during a slow process of fermentation, which lasts about two months. The flour so prepared is called *Veda*-flour and is used for making *Veda*-bread.

All people with a weak digestion or with dyspeptic troubles should eat *Veda*-bread exclusively, until they are completely restored to health. Even to healthy people *Veda*-bread is strongly to be recommended. It is not only more easily digested, but infinitely better assimilated than ordinary white or brown bread, you obtain better nutritive results by eating half the quantity of *Veda*-bread than by eating twice as much of ordinary bread. In the menus for the elimination of the blood poisons, when bread is mentioned, I wish it to be understood as bread made under these principles. There should be no difficulty in obtaining the *Veda*, and for the benefit of my readers a list of the more important addresses where it is retailed will be found at the end of the book.



## DATES

There is scarcely a food stuff which combines albumen and carbohydrates in such lucky proportions and renders it, therefore, so eminently nutritious, as *dates*. The Arabs live largely on dates, and are a strikingly healthy people, with great staying power. Dates, moreover, are as digestible as they are nourishing. On account of their richness in albumen they may serve as a substitute for meat to a large extent. The 10 ounces of meat required *per diem* can easily be reduced to 6 or 8 ounces by eating from 20 to 25 dates. The most rational system—when taking three meals a day—is to eat meat only during one meal and take dates at the remaining two; for instance, have dates for breakfast and luncheon, and meat for dinner. I do not recommend the dates one buys in boxes (Tunis dates) because they are rather too sweet, it is better to buy them loose by the pound. Dates are quite a food by themselves, and cannot be compared with, or substituted by, figs or raisins, as many people erroneously believe.

## DRINK

Drink has always been the subject of endless controversies and much diversity and confusion of opinions. At the outset, I once more wish to point out that I am at present only dealing with invalids or subjects pre-disposed to disease or the formation of blood poisons. Let healthy people drink what they like—besides, they will do it whatever you may preach to them.



Firstly, I must deal with the quantity of drink. As a rule people both eat and drink too much, particularly the latter. Modern physiology tells us that the daily requirements of liquid for a man, who does regular work, should not exceed two pints. There are, however, very few people who are satisfied with that quantity, and yet if they go beyond it they may injure their health in many respects. It is true that if a larger quantity be taken a certain amount of it is again eliminated, but the rest of the surplus enters into the circulation, liquifying the blood and increasing the blood-column and the blood-pressure. The heart, consequently, has to work much harder, and if it be not equal to the task the circulation is reduced. It is a great mistake for people to imagine that by taking copious imbibitions of hot or cold water they can wash out the blood poisons—uric acid—in cases of gout or rheumatism. They will not eliminate one atom of blood poisons, on the contrary, they will seriously impede the process of elimination. Only by increased circulation and higher metabolism can the blood poisons be eliminated (fever), but if a surplus of liquid overtaxes the capacity of the heart, the circulation will be reduced and, naturally, no elimination, no excretion of blood poisons can follow.

It is one of the first hygienic principles never to take much (if any) drink with meals. As soon as the food reaches the stomach the digestive process commences, for which purpose the gastric juice is excreted by the stomach. This must be of a certain consistency in order to perform the digestive work properly and if any extra liquid be introduced with the food, the gastric juices will naturally



be diluted, and lose the digestive power. Those who are accustomed to wine may take a small glass at luncheon and dinner, but never any watery liquid. Regular drink should be taken two hours after meals. For similar reasons, soups must be deprecated.

WATER.—The most natural drink is undoubtedly water—for *healthy* people. Weak or diseased people should leave water alone, as they can take liquids from which they will derive more benefit. Much abuse is committed with distilled water, which is considered the purest liquid, and therefore the healthiest. Experience once more shows that this is not true. In the belief of doing away with dangerous microbes, it is not taken into consideration that distillation also deprives the water of those useful organic and inorganic constituents which are so important in the economy of our organism. I have always noticed better results from ordinary than from distilled water. The latter may only be recommended in certain localities where the water is overcharged with certain specific substances, such as lime, iron, etc.

I also warn against drinking *hot water regularly*. To do it occasionally may be quite beneficial, but not every day, as it makes the stomach “flabby” and robs it of its digestive energy. We take tea, coffee, etc., hot, and in between have cold drinks; this change from hot to cold and *vice versa* constitutes a species of salutary gymnastic for the stomach, and from time to time, especially in hot weather, it is even well to partake of an occasional ice. As a rule, however, extremes in temperature should be avoided, largely on account of the teeth, upon which sudden and violent changes



of temperature have a most destructive effect.

WHEY.—If you wish to take watery liquids take at least those which have some special virtue. As above described, milk produces uric acid unless the casein is separated from it, whereupon we obtain the whey, which is a really excellent drink, embodying in it, as it does, all the nutritive salts our body requires. There is no other drink which has such wonderfully beneficial and curative powers. If you wish to obviate the trouble of preparing the whey, or if you cannot obtain good milk, take two or three teaspoonsful of “Esfon” for one pint of hot, or even cold, water, and you will have a perfect substitute for whey.

HERB-TEAS.—In most of my previous works I have insisted, at some length, on the salutary effect of herbs. In fact, not only in cases of disease, but also when in perfect health certain herb-teas should be drunk every day. After years of experimenting, I composed, by the aid of an old herbal, a *Tonic-Tea*, containing achillea millefolium, erythraea centaurium and carduibenedicti—which is one of the finest stimulants for the nervous and digestive systems. I have a cup of this tea on rising every morning for the last twenty years, and I would not miss it for a single day, as it stimulates my nerves, keeps stomach, liver and kidneys in order, purifies the blood and proves a safeguard to me against the accumulation of blood poisons. One cup a day suffices, as it is not so much the quantity as the regularity with which it is taken, that has the beneficial effect.

MILFOIL TEA is also a most health-giving beverage and has an effect similar to that of the tonic tea. It has the advantage that anyone can pick for himself, as it grows all



over the country and is well known. The best time to gather it is during the summer ; dry it in the sun, keep the whole plant, except the roots, and cut it up fine before preparing the tea.

TEA, COFFEE, COCOA.—Much controversy has been going on these last few years as regards the injurious effect of these beverages. Dr. Haig has stated that tea and coffee, as well as cocoa, produce uric acid directly. Other doctors condemn them, not so much as stimulants, but as irritants of our nervous system, especially tea, which is stigmatised a direct brain-poison. It is a peculiar fact, however, that the Chinese, who are the most extravagant tea drinkers in the world, suffer no apparent ill-effects from its consumption—at least none of those we complain of. On the other hand, it has been proven by recent physiological research that the above drinks have an injurious effect on the heart through expanding it too much, and thus weakening it. The sensation accompanying the expanding and contracting of the heart is one of revivification on account of the momentarily increased circulation, but reaction quickly follows, and if the process is continued the heart eventually becomes weakened. The question may be raised : Why do not the Chinese, who take their tea so much stronger than we do, suffer in a similar way ? The answer is ready at hand : Because they possess a much stronger and healthier nervous system than we do, and their centres of innervation in the brain have a more powerful control over the heart. Many people prefer Ceylon tea to China tea, because the former contains less tanine, but the weakening effect of both on the heart remains the same.



APPLE-TEA.—The best substitute for tea, coffee and cocoa is *Apple-Tea*, which is free from any poisons and has no injurious effect on the heart. It is purely made of apples, and in flavour resembles ordinary tea closely. It has the further advantage of aiding the elimination of uric acid, and is, therefore, especially recommended to sufferers from gout, rheumatism, heart troubles, etc. It may be taken at breakfast time or in the afternoon, exactly as the ordinary “cup that cheers.”

ALCOHOLIC DRINKS.—Alcohol is destructive. This is not a mere conjecture for the sake of argument, but a fact, confirmed by scientific findings. To begin with, it has been ascertained that alcohol affects the heart in a similar manner as tea and coffee. The stimulating effect is based on heart expansion and momentarily increased circulation. Furthermore, every alcoholic drink, as is well known, will produce intoxication, if partaken of in certain quantities, which deteriorates the brain and nervous system.

Besides alcohol, many of these beverages contain ingredients which have varied effects on the system, some good, some bad. Some wines contain certain aromatic and stimulating substances, which are decidedly useful and beneficial. We have found, for instance, that port, *from the wood*, checks attacks of gout, certain white wines (Vöslauer, Hochheimer, Graves,) and dry champagne encourage the elimination of uric acid and other blood poisons, provided a certain diet, which I shall discuss anon, be observed. Sweet and strong wines, such as Port, Malaga, Madeira, Sherry, etc., should only be taken very moderately. *Sour* wines must be qualified as nothing less than dangerous.



It is absolutely absurd to say that any wine, by itself, produces uric acid. The danger lies in the acidity of the wine which enters the blood and renders it liable to the production of uric acid and other blood poisons. Uric acid is developed in acid, never in alkaline, blood, and does not emanate from the wine directly, but is formed in the blood made acid by sour wine. Hence, the latter is a poison, pure and simple, to people prone to the development of blood poisons.

BEER, especially, is dangerous for similar reasons. It produces uric acid indirectly like wine. The same applies to *cider*. *Sweet* cider made *freshly* from apples is a most wholesome drink, like any other fruit juice, but as soon as it starts fermenting it not only produces alcohol but much acid. Sour wines, fermented cider and beer must be deleted entirely from our dietary.

If a person declines to give up alcoholic drinks the best thing he can take is, after all, whisky or brandy, of good and pure quality ; he risks, at least, no acid fermentation. Needless to say, moderation must be insisted upon.



## CHAPTER III

### Menu for an Anti-Uric-Acid Diet

*On rising.*—One cup of tonic-tea.

*Breakfast.*—One cup of apple-tea, bread-and-butter (preferably Veda-bread), a little jam or marmalade, 8 to 10 dates.

The best plan is to take the daily ration of "Esfon" (6-8 teaspoonsful) in the apple tea for breakfast and be done with it for the whole day. It dissolves very easily in hot apple tea.

Twice or three times a week it is advisable to take one good dish of "Ebbard's Porridge" for breakfast, instead of tea and bread-and-butter. The dates, however, should not be omitted. The "Esfon" may be added to the porridge instead of to the tea.

*Luncheon.*—About 5 ounces of fish, fowl, or meat; vegetables, bread-and-butter, 8-10 dates.

5 *p.m.*—One cup of apple-tea; biscuits or cake, in moderation.

*Dinner.*—About 5 ounces of fish, fowl, meat or eggs; bread-and-butter; stewed or fresh fruits; from time to time, puddings.



This menu represents the most strengthening diet in existence, not because it contains rich foods, but because it contains the different foods—albumen, minerals and carbohydrates—in the right proportions. The 10 ounces of albuminous food (fish, fowl, meat or eggs) may also partly be replaced by *nuts*, if the digestion can support them.

To obviate these digestive difficulties the “Cereal Albumen” may be substituted, or, if it is desired that meat be avoided altogether, then the *meat* may be replaced by the Cereal Albumen.

As to drink, the above menu contains in the three cups of apple-tea, the vegetables and fruits, about  $1\frac{1}{4}$  pints of liquid, so that only another  $\frac{1}{2}$  pint is required, which may be taken in the shape of water, lemon-squash, light white wine, or even whisky or brandy and water, according to habit. I do not recommend effervescent waters, but those who insist upon them should take seltzer rather than soda water. No other foods or drinks than herein set forth should be taken, as this menu is compiled with a view to satisfying the requirements of our theoretical exposition in the previous chapters.

### Menu on New Vegetarian Principles

The “*New Vegetarianism*” is based on the principle to obtain the albuminoids from nuts instead of vegetables. Dried peas, beans and lentils, formerly the chief sources for albumen, have now been proven as “poisonous” as meat, *i.e.*, productive of uric acid, and to be eschewed. In order to derive the albumen from other vegetables, enormous



quantities must be consumed and the digestive system is dangerously overtaxed. On the other hand, if we utilise nuts, we can compose the simplest and, simultaneously, the most nourishing, food from the following elements, which even do away with the bother of cooking and save much time :—

*Daily.*—Eight ounces nuts (or  $1\frac{1}{2}$  ounces “ Cereal Albumen ”); bread, 16 ounces; fruits (including dates), 20 ounces; “ Esfon,” 6 teaspoonsful; water,  $1\frac{1}{4}$  pints.

The bread may be taken with butter and jam, and the “ Esfon ” is best dissolved in some of the water. This diet is quite adequate and allows full scope for physical and mental activity. A strong stomach, however, is necessary for the digestion of such a large quantity of nuts. The above amounts will supply two or three meals.

Still, I should say, it would require a man with an exceptionally philosophical turn of mind to live on an uncooked diet like that !



## CHAPTER IV

### HOW TO ASCERTAIN AND GAUGE THE BLOOD POISONS IN THE SYSTEM

WHEREAS the representatives of the old-fashioned medical school treated the progress of physiological investigation with serene indifference, and were content to apply their medicines and drugs simply on the off chance of stumbling on the right thing—the modern school of natural treatment does away with all guesswork and only operates on the basis of positive data, practical deductions and demonstrations. Hence, if we assert that blood-poisons be the primary causation of nearly all diseases, and that certain persons are pre-disposed to their formation, logically we must also endeavour to evolve a method by means of which we can ascertain and gauge the amount and nature of the blood poisons in the system. And in effect, it is simple enough for anyone to do this: By keeping “dry,” *i.e.*, by abstaining from any liquid or drink in any shape or form for one day, the urine will show up the blood poisons in a most striking manner, and this, undoubtedly, is the best and most reliable test in discovering the nature of the blood poisons and, in many cases also, it diagnoses the disease. There is nothing more futile than to judge the condition of a patient merely



by examining his ordinary urine in the ordinary orthodox way, without trying the above "dry" preliminary. I have dealt with so many patients who told me their doctors had examined their urine and found it all right—*i.e.*, that there was nothing wrong with them—whereas they were, in fact, full of blood poisons. These latter were simply retained in the system—thus originating a disease—and could, therefore, not appear in the urine. When, then, I put these patients on the "dry" test for one day, the urine immediately revealed the blood poisons in thick and copious deposits in the vessel.

Now, the old-fashioned physicians join issue over this test, and say that by keeping "dry" every urine will get dark and rise in its specific gravity. We readily admit this, but, it must be remembered that in different individuals both the deposits and the specific gravity of the urine, quite apart from one another, vary enormously. One may put hundreds and thousands of people on the same test and with each subject one will arrive at a different result.

In the first place, we have to distinguish between young and old people. Under ordinary circumstances a young man has certainly more vitality and reactive power than an old man. So, if I put a young man on the test, he will eliminate the blood poisons more easily and quickly than the latter, and, as a rule, they will appear in the urine on the first day. With an elderly man it will, for the above reasons, take longer, and sometimes two or three days of "dry" diet are necessary to dislodge and show up the blood poisons. Children, again, eliminate more quickly and easily than adults. It thus becomes manifest that very run



down individuals, whose vitality and reactive powers are on a low plane, will, likewise, take a longer time in showing up the blood poisons.

Furthermore, the nature of the elimination differs with each patient, which fully confirms the correctness of our theory. If, as the "old school" physicians aver, it were merely a question of the condensation of the urates and their ordinary elimination in the course of the metabolic happenings, there would be no reason why they should vary in their nature when exactly similar foods are ingested.

At the outset the colour of the urine after the test-day is most significant and characteristic. It generally represents three main groups: greenish-yellowish, reddish-brown and milky. The first variety immediately suggests powerful nervous disorders, the second uric acid, and the milky debris of tissues and waste matter.

Frequently the urine decomposes already after a few minutes, or hours, and shows the sediments. In some cases, however, the sediments do not become visible for a day or two or longer. In order to determine the blood poisons it is important to find the specific gravity of the urine, and for this purpose the *urinometer*<sup>1</sup> (Fig. 1) is used. Before



FIG. 1.

<sup>1</sup> In purchasing the urinometer care must be taken to obtain the correct kind. The urinometer most generally sold is one for testing for sugar in cases of Diabetes, this is useless for our purpose.



the urine is "measured" it must cool down to the average temperature of the room. The best plan is to pour the urine in a rather narrow high glass or, better still, a test-glass, so that the urinometer may float in the liquid freely and perpendicularly. The narrow part of this instrument bears a scale which indicates the specific gravity from 1,000-1,060, or, abbreviated, from 0-60. Exactly where the instrument emerges from the liquid, *i.e.*, on a level with it, the corresponding number on the scale will show the gravity. One should be most careful to make no mistake in this.

It is generally assumed that the urine of a healthy individual fluctuates between 2 and 25, and sugar may be extant if it rise beyond 30. There is, however, no foundation for this assumption. It is, of course, quite possible that sugar may be present, if the specific gravity rise above 30, but I have examined thousands of specimens where it rose even above 40, and where I could find no trace of sugar, only plenty of other blood poisons. Apart from sugar, we may take it for granted that a high specific gravity always indicates the existence of blood poisons and that when these are eliminated the specific gravity will sink to its normal level, provided a completely dry diet be observed. This, I think, proves our conception of the nature of disease to be correct, and simultaneously disposes of the argument that the specific gravity will always rise when all fluids are withheld. The normal specific gravity of the urine of a healthy subject should be found between 2 and 12; when it exceeds that we may deduce the presence of blood poisons.

The exact analysis of urine is very complicated, and rather a costly matter. For everyday observation it will



be found sufficient to simply watch the eliminations and carefully note these important features : *mucus* (generally a cloudy substance floating in the fluid) ; *debris of tissues and general waste matter* (whitish, sticky matter, which settles at the bottom of vessel in solid masses—when much medicine has been taken it frequently assumes a reddish or grey-green hue) ; *medicine elimination* (settled closely at the sides of the receptacle and exhibiting the most diversified shades of colours) ; *uric acid* (sinking to the bottom of the vessel as reddish-brown sand, or clinging in numerous tiny grains to the sides of the glass).

In a healthy person the urine should not decompose within forty-eight hours, nor should it contain any of these eliminations. The best thing to do is to collect the urine passed during the day in one cone-shaped glass or tumbler, and that of the night in a second. Each vessel should be allowed to stand undisturbed for two days, hence—pardon the obvious simplicity of the arithmetical calculation—four tumblers in all are required. A conic glass is preferable, because, as we have seen, some of the constituents of the elimination settle on the sides of the vessel, and it will be found more difficult to distinguish the different deposits in a cylindrical glass where they all sink to the bottom. The specific gravity of the contents of each receptacle should be jotted down on paper systematically in rotation, so that one is enabled to control the fluctuations of the eliminations.

As a guide for carrying out the “test,” I suggest the following *menu* :—Tea, coffee, cocoa, wine, beer, water, in fine, liquid of any description, is strictly prohibited for



the whole day. In order not to provoke too much thirst, it is advisable to remain as quiet as possible during that time, to do the least possible amount of work, and to abstain from physical exercise.

*Breakfast.*—Bread-and-butter, a little jam or marmalade, 8 to 10 dates.

*Luncheon.*—Fish, fowl, or meat without gravies or sauces ; bread-and-butter, 6 to 8 dates.

*Dinner.*—Fish, fowl, or meat, as above ; vegetables ; bread-and-butter.

No drink before going to bed or during the night.

Collect the urine of the day in a tumbler.

On rising the next morning water should again be passed, inasmuch as the second lot of urine is particularly significant as regards the elimination. As soon as this urine is collected potations may be resumed.

When an invalid notices blood poisons in his urine he may rest assured that he can be delivered from his ailments by an elimination treatment. Should, however, no deposits appear after two days of dry diet, we may assume that the patient has lost all his reactive power, and a cure can no longer be expected. Those who extend the test over two days may take one cup of tea at breakfast on the second day—that is to say if they be incontinently tortured by thirst—and then resume the “dry” state until the next morning.



## CHAPTER V

### THE ELIMINATION OF THE BLOOD POISONS

THE modern views on the nature of disease, as set forth in our opening chapter and elsewhere, have met with appreciation and recognition by a large and ever increasing number of people. Indeed, quite a literature has started on this subject, and monographs, pamphlets and controversial discussions help daily to swell its already extensive compass. Uric acid appears to be the favourite subject of debate, and all and sundry seem to admit its devastating effects, and combine in their efforts to prevent the poison from entering into, or being produced in, the system. From what we have heard in this respect, we can draw the obvious inference that a correct diet, *i.e.*, the avoidance of all food-stuffs calculated to encourage the formation of uric acid, will solve this problem without much difficulty.

But it is by no means suggested that, simultaneously, also, all diseases and ailments are removed or cured. We have learned that the blood poisons, and in particular uric acid, have a tendency to settle in the tissues, whereby they engender disorders and ills. It happens they become so firmly rooted in certain tissues, which have lost their



reactive powers, that they cannot be shifted for years or decades. The prevention of uric acid will not have the slightest effect on such old deposits, and the question arises, *how to dislodge and finally eliminate them from the body.*

All these books, treatises, screeds and methods treat of preventive measures, but not a single one contains as much as a hint as to how to deal with these old concretions—and this very thing we should endeavour to sift at the very outset. Innumerable specifics and methods are being extolled as eliminators of uric acid, but, in effect, there are but very few which possess any such virtue, and those that do only touch the uric acid and other blood poisons in the *blood*, but *not* in the *tissues*. The result thus achieved is, after all, a superficial one, seeing that the blood constantly exerts itself to get rid of the blood poisons by unloading them into the tissues. So much for the specifics. They never have the power to move the deposits from the tissues. The elimination of the blood poisons, including the oldest deposits, can only be accomplished by means of Schroth's and Cantani's methods, upon which I need not dwell at length in this volume, having described them exhaustively in my previous efforts. I have interwoven and modified these two methods in such a manner that I may claim to have created, to all intents and purposes, a method of my own. The original Schroth treatment, in particular, only very few subjects could support on account of its uncompromising severity, viz., exclusively stale bread (or rolls), and that only, without any liquid whatsoever for two or three days, and on the third or fourth day one bottle of wine. This procedure has a most lowering and weakening effect, causes



much loss in weight, and, particularly in nervous subjects, becomes a "double edged tool." I have modified this treatment to the effect that *anyone* can follow it up with ease, and carry on the diet without the slightest inconvenience, and still be fully, substantially, and yet rationally, nourished.

But always must it be gratefully remembered that Schroth has done humanity a vast service by establishing the theorem: that by withholding all liquids the body will rally in the endeavour to expel all the blood poisons, deposited or otherwise. The explanation of this remarkable process of elimination lies, probably, in the fact that total abstinence from liquids reduces the blood column and relieves the heart. Consequently the activity of the heart is raised, the blood circulation, and through it the metabolism, is heightened to such a degree that the blood poisons and deposits are finally dislodged, even from the remotest corners of the organism, and eliminated. Where weakness of the heart obtains, this treatment affords distinct relief.

Cantani's principle of blood purification consists in the reduction of the fats and carbohydrates in order to save the oxygen, which is so greedily absorbed by them, for the combustion of the blood poisons.

These two methods I have combined in the following manner: Whereas the exclusive stale roll diet and the rigid liquid deprivation in Schroth's treatment causes the patient to fall off rapidly and renders him unfit for any work, my principle, on the contrary, is to keep the system fully nourished in order to give it strength to cope with the



somewhat strenuous task of expelling the morbid matter. I administer no medicaments whatsoever and appeal merely to the great physician who dwells in every organism and strives to keep it healthy and in perfect order by stubbornly fighting against the blood poisons and endeavouring to rid the system of them. This great physician, alone, does the actual work and we will render his task more easy by keeping the body well supplied with adequate and wholesome food. And, as a matter of fact, I have experienced that the elimination progresses more readily and energetically under my regimen than under Schroth's, even though I permit a somewhat plentiful allowance of liquid. The system requires liquids as much as solid food, and the tissues are incapable of functioning properly if the former be unduly withheld. In my system I have made a peculiar compromise by permitting the consumption of liquid foods only at certain hours. I divide the day into twenty continuous hours of dry diet, and four hours of drinking time. As a rule I permit drinking from 4 till 8 p.m., and prohibit it from 8 p.m. till 4 p.m. on the following day. The drink allowance is  $1\frac{1}{2}$ -2 pints, inclusive of juicy or watery dishes, such as vegetables, fruits, etc. This quantity is absolutely sufficient for a healthy individual. By this means I keep the patient strong and fit for physical or mental work. As a matter of fact no outsider will notice that a treatment is being followed.

However, dissolution and elimination of the blood poisons is not such a simple affair as it may appear at first sight. Schroth made the peculiar observation that certain white wines, particularly those grown in Austria, *e.g.*,



Vösslauer Goldeck, favour the elimination in a remarkable degree. After some time of experimenting I discovered that dry champagne had a similar effect, but that all other wines, including still white wines, were vastly inferior in their action. The eliminating power of Vösslauer Goldeck is so infallible that I even permit it during the twenty hours of absolute dry diet in cases where the patients are too much inconvenienced by thirst and are unable to swallow the dry food. The same applies to champagne. But seeing that not all the patients can afford to pay the prices of these wines (32s. per dozen bottles of Vösslauer), or, at least, only now and again, I recommend a cheap Hock, Graves or Sauterne, during the four drinking hours. *But only Vösslauer* (1 or 2 glasses) is permitted during the twenty "dry" hours. Those who cannot even indulge in that small luxury, must remain absolutely "dry," inasmuch as any other wine will suspend the process of elimination. The latter must, under all circumstances, be achieved during the twenty hours of dry diet. Furthermore, it should be borne in mind during the four drinking hours that the more wine and the less other liquids the better the elimination, and *vice versa*.

In pursuance of the foregoing delineations, I herewith append a "menu" which will answer two purposes, viz., it will effect elimination, and at the same time prevent the formation of fresh blood poisons.



## CHAPTER VI

### THE MENU

#### Diet for Elimination of Blood Poisons

*Breakfast* (absolutely dry, no tea or drink whatever).—  
Bread-and-butter, a little jam or marmalade; 8-10  
dates.

*Luncheon* (absolutely dry, no vegetables, fruits or liquid)  
—Five ounces of fish, fowl or meat; a little lemon-  
juice with the fish; bread-and-butter; 8-10 dates.

Drinking hours from 4 to 8 p.m.

4 *p.m.*.—One or two glasses of wine, in which the daily  
ration of "Esfon" (6 or 8 teaspoonsful) should be  
dissolved; a few biscuits or cake. The wine should  
always be slowly sipped.

*Dinner.*—Five ounces of fish, fowl, meat, or eggs; bread-  
and-butter. Alternatively, one day vegetables and  
one day stewed fruit. When there are no dyspeptic  
troubles the vegetables may sometimes be replaced  
by salads (no vinegar for dressing, only lemon-juice,  
oil, and a little salt), and fresh fruit may be taken  
for dessert; 1 glass of wine.



*Up to 8 p.m.*—Two to three glasses of wine, to make up  $\frac{3}{4}$ -1 bottle of wine in all during the day, provided the wine be a cheap quality. If *Vösslauer* be used, one glass at about 11 a.m. and one glass at luncheon may be taken to quench the thirst.

*Between 4 and 8 p.m.*—Either *Vösslauer* or a cheaper variety may be imbibed.

Whether *Vösslauer* alone, or, in the evenings, cheaper wine be drunk, the daily allowance of one bottle should never be exceeded; moreover, the body requirements in fluids are amply covered thereby.

Considerable difficulties are encountered in cases where wine cannot be tolerated on account of acidity of the stomach, or pronounced weakness of the heart. In such cases the elimination of the blood poisons will be much more tardy, entailing a longer duration of treatment. To meet this emergency I admit the following beverages instead of the wine:—

*4 p.m.*—One cup of apple-tea, with 4 teaspoonsful of “Esfon” dissolved in it.

*One hour after Dinner.*—One small tumbler of water, with 2 teaspoonsful of “Esfon” in it.

*Up to 8 p.m.*—Another small tumbler of water with 1 teaspoonful of “Esfon,” or a small tumbler of lemon-squash *without* “Esfon.”

The total of liquid should not exceed  $1\frac{1}{4}$  pint.

I should not during the treatment recommend the substitution (partial or entire) of nuts for the 10 ounces of albuminous foods, *i.e.*, fish, fowl, meat, etc. Even a strong stomach always has some difficulty in digesting nuts well,



and for that purpose too much energy is expended. And it is energy we would husband for the proper elimination of the blood poisons, which is more readily accomplished by the comparatively easy task of digesting flesh foods.

Those who wish to absolutely avoid meat or nuts may substitute for them the "Cereal Albumen."



## CHAPTER VII

### GENERAL RULES TO BE OBSERVED IN CARRYING OUT THE TREATMENT

IN order to control the elimination it is as well to collect *all* the urine in tumblers in the way described above, ascertain its specific gravity with the urinometer and keep a record of the results on paper. The higher the numbers the more effective the treatment, because larger quantities of blood poisons are being discharged. As soon as a mistake in the proper management of the dry diet is made (*i.e.*, if water be drunk or a watery vegetable be consumed during the twenty hours) the elimination will either decrease or stop entirely, and it must not be assumed that, therefore, all the blood poisons are excreted.

The above menu has been compiled with a view to self-treatment. In some of my previous works I have mentioned various accessories, such as milk and water compresses, hot Sitz baths, etc., for expediting the cure. But I have since observed that these "packs," etc., cause much trouble, and in spite of the minutest instructions are frequently applied improperly, in which case they may even prove to be disadvantageous. After much experience



in this direction, when in prescribing a system of self-treatment, I prefer to abandon them altogether, and prefer to lay the entire stress on the diet, which suffices for our purposes, though it may take a little longer time. The diet can be followed by anyone without either risk or supervision. In serious cases where the eliminating diet requires the above addenda, it may be as well to call in the assistance of the physician who is familiar with the Natural Method of Healing.

I have already emphasised the fact that the menu given above represents the most strengthening diet in existence. It keeps the patient fit for work which I prefer during the treatment because experience leaves no doubt that moderate work and activity aids in the elimination of the blood poisons. At the same time, I must once more urge the necessity of giving up medicaments or artificial means, the eliminating process must be performed *through the work and efforts of the body itself*. For this purpose the body requires strength, and with most patients a considerable amount. Hence, it happens that some patients feel a certain fatigue at the commencement of the treatment, despite the nourishing character of the diet. There is, however, nothing alarming in this, and in due course it will vanish; but it shows that any work or exercise indulged in during the treatment should never be overdone, because, if too much energy and strength be wasted in work and exercise, not enough is left to assist the system in eliminating the blood poisons. An indiscretion in this respect will be indicated by the urinometer on the following day.



## CHAPTER VIII

### THE APPLICATION OF THE TREATMENT IN DIVERS CHRONIC DISORDERS

OUR knowledge regarding the very intimate life-processes, the secret, mysterious happenings which add fuel to, or damp, the flame of life, is too scant to furnish us with a determined and all embracing standard of criticism applicable to any principle or method by which we may endeavour to evolve a curative system available in any emergency. We must rest content with experiment and successful results. And the latter can be claimed for the treatment here expounded. An ever-increasing number of people who had despaired of delivery from their ailments, at last find relief in this cure after years of unsuccessful experimenting with all sorts of treatments, and after vainly consulting the first authorities or specialists. My claims for this treatment can be fully and undeniably substantiated by innumerable patients who, after trying practically every expedient under the sun, came to me as a last resort, and were not disappointed. They found not merely relief, but, indeed, a radical cure in all cases where they followed the treatment conscientiously. There is no method of cure which is so



universally successful in combatting disease, and since Schroth's days testimonies innumerable have been forthcoming from all parts of the globe as to its efficacy.

The extraordinary success of the treatment justifies us in assuming the correctness of our herein delineated conception of the nature of disease, upon which the cure is founded. The old school of medicine, on the other hand, had, apart from the infectious diseases, no such conception, and was unable to account logically for the application and action of its medicaments over which it could exercise no control.

The fundamental principle in the application and effect of the treatment consists in the elimination of all blood poisons, the restoration of the metabolism to its normal form, and in the creation of healthy blood through normal assimilation. Healthy blood will banish all ills and disorders, rebuild the organism and imbue the tissues with fresh vitality, restore reactive power and repair any damage an organ may have suffered. We might, indeed, call the treatment a panacea for all diseases, provided all the blood poisons be removed.

Of course, there are exceptions, and cases where the body has lost all its vitality and reactive power, and is so overcharged with blood poisons that a check can no more be put to them. Then, indeed, no treatment in existence can cope with the evil. For instance, in the incipient stage of consumption, the treatment has excellent results and can effect a radical cure; but as soon as the disease is very advanced and the tuberculous poisons have done their devastating work, the treatment will be powerless. It is



inconceivable that neoplasms, such as cancer, fibroid tumours, etc., should be able to thrive in healthy blood, even if an hereditary taint exist. Their fostering soil must needs be blood poisons, and when these growths appear, it becomes manifest that blood poisons in prolific quantities have prevailed for a long time, and then it will be futile to hope to expel them, and the treatment remains ineffective. Still, much can be done in the incipient stages of these diseases. I have not as yet tried the treatment in any case of cancer, but have most successfully dealt with fibroid tumours, even of very considerable size. In cases of dementia and spinal diseases, where the nerve substance itself is already affected the treatment will also come too late. The same applies more or less to all infectious diseases. We have positive knowledge that no infections can take firm root in a healthy blood and that the microbes only thrive in diseased or sour blood. Hence, if an infectious disease break out, it must be assumed that bad blood pre-existed, and it is then generally too late to begin with the elimination of the inanimate poisons and gain upon the start the infection has been granted. However, in all the various stages of syphilis, the treatment is wonderfully efficacious, and the same holds good with all venereal diseases.

In assuming that the treatment is a cure for all diseases (apart from the above exceptions) we must not ignore the fact that there are many cases where it would be most one-sided to rely exclusively upon the treatment. The quantities of blood poisons generally vary considerably with different individuals. It is, *a priori*, self evident that a man of sixty years of age will have accumulated more blood



poisons than a man half his age, assuming that they started forming and augmenting them at the same time in their respective ages. The older man's reactive powers, moreover, will be less vigorous than the younger man's and hence in his case the process of elimination will be of longer duration. Furthermore, one man may be prone to accumulate more blood poisons in a day than another, and consequently the former will take more time in eliminating. Let us, then, assume a case where the elimination is slow and the patient is afflicted with some heart trouble, it would certainly be little encouragement for him to have to wait until all the blood poisons are expelled for the metabolism to be re-established and the blood to be so purified and renovated as to render the heart assistance. Meanwhile, too, the heart trouble may have become more acute and the patient may lose patience and faith in the treatment.

It is, therefore, imperative to assist the general treatment in such cases by local or symptomatic remedies.

In the following chapter I propose to discuss all those modifications and expedients which may be employed for local application and tend to abbreviate, and simultaneously considerably support, the treatment.

### (a) Nervous Derangement and Ailments

In order to fully comprehend the nervous phenomena, it is absolutely necessary to understand the reciprocal relations existing between the nervous system and the various organs of the body. The central nervous system (brain and spinal cord), as well as the sympathetic nervous system,



control the functions of the entire organism. The action of the heart, lungs, stomach, liver, intestines, etc., is stimulated, maintained and controlled by the nervous system. Not the slightest twitching of a muscle can take place without being prompted by a nerve. The cardinal function of the nervous system is to stimulate all the organs of the body to activity, *i.e.*, *innervate* them. Without innervation no organic function is conceivable. We, therefore, speak of a normal innervation of the heart, blood vessels, stomach, bowels, general movements, etc., etc. The heart, it may be urged, contracts through its own muscular system. Quite so, but not one pulsation could occur without the regulating and supervising innervation from the brain. Immediately a hæmorrhage in the brain disorganises the centre of innervation of the heart, the latter will stop still for ever without the muscles of the heart being in any way weakened or diseased. The heart, for instance, in the case of palpitation, may be perfectly sound, only the innervation from the brain is either disturbed or irregular. Similarly, the muscles in paralysis may be perfectly healthy in the affected part, only the innervation is suspended. In nervous dyspepsia, the stomach itself may be quite sound, but the innervation of the stomach, the secretion of gastric juice, and the excretion of acids and mucus, are impaired; thus, the real cause does not lie in the stomach, but in the nervous system. Whenever an ailment, or the derangement of an organ, comes under our notice we should primarily ascertain whether the organ itself is diseased or whether its innervation from the nervous system is disturbed. In many cases both afflictions co-exist. Another important fact



should not be overlooked, viz., the nervous system can affect an organ, and, inversely, a diseased organ can react on the nervous system.

We can, therefore, divide all nervous maladies into two main groups: (1) where nerve substance itself is diseased; (2) where impaired or irregular innervation prevails. The following diseases belong to the former category: headaches, depression, insomnia, nervousity, irritability, in fine, all nervous symptoms which are classified in the terms neurasthenia and hysteria. The second group comprises the defective functions of all organs as far as their innervation is concerned.

Each organ has its own centre of innervation in the brain, spinal marrow and sympathetic nervous system, from which it is stimulated into activity. The most important organs, such as the heart, lungs, etc., even have several centres of innervation in different parts of the brain, so that should one fail the other may be recruited. Derangements of innervation may occur with the heart, lungs, stomach, liver, kidneys, bowels, muscles (hence epilepsy and paralysis), skin, in short with all functions of the vegetative system.

Medicaments have been impotent as regards all nervous diseases, all they yielded was poisons: bromides, strychnine, belladonna, morphia, chloral, phenacetine, antipyrine, etc., etc., which perhaps brought relief for a short time, but aggravated the disorder and eventually ruined the patient completely. These poisons have certainly done more damage than the diseases they were destined to cure. Only the psycho-therapeutic methods of cure which have come to light during the last few years, and emanate principally



from the Nancy School, have brought real relief in nervous cases, and in some cases accomplished a complete cure. The foremost method is suggestion, or self-suggestion, of which I have treated exhaustively in my monograph, entitled, "How to acquire and strengthen Will Power," which has brought very many people, even in desperate cases, relief and a cure.

The most reliable and, at the same time, infallible method of cure for all nervous disorders will be found in my treatment, for the simple reason that all nerve ailments, of either of the above groups, are primarily caused by deposits of uric acid, chiefly in the brain. These deposits are, in some cases, so copious that even suggestion will be powerless, and a certain amount must first be eliminated before the latter can take effect. The nerves in themselves are (except where actual lesions obtain) mostly sound, the evil being rooted in the brain in consequence of infiltration with uric acid. This is the most dangerous poison because it has the power of infiltrating all tissues and organs and particularly the brain, to which it is carried through the blood, and wherein it is easily deposited. Uric acid, according to Dr. Haig, is always at high tide in the mornings and at low tide in the evenings. In all nervous complaints, such as headaches, depression, etc., which are worse in the morning than in the evening, we may infer the existence of uric acid. The centres of innervation of the different organs are impeded in their action by deposits of uric acid, and the organ affected thereby becomes diseased. All nervous afflictions can, therefore, be cured by removing the uric acid from the brain and eliminating it from the body. Megrims, epileptic



fits, etc., occur periodically, *i.e.*, the blood carries the uric acid periodically to the brain, and the attack is produced. Either spontaneously or by certain means the poison may be again expelled from the brain and washed by the blood current, and the attack ceases. The evil, however, is not remedied, because the uric acid is meanwhile shunted off into some organ, where it remains quiescent until such time when it again enters the blood and is once more swept into the brain. Hence, only complete elimination from the body can cure the disease radically. This should be accomplished as speedily as possible, because through delay uric acid may accumulate in the system to such a degree that the brain may become permanently infiltrated, inflammatory symptoms may set in whereby the nerve substance properly is attacked and destroyed (syphilis and other poisons may have a similar effect). Such complicated cases are practically hopeless.

The finest adjuvant for accelerating the effect of the treatment in all nervous disorders, and for strengthening the nervous system, is to be found in the Swedish *Kellgren Nerve Massage*. This massage should not be confounded with the ordinary so-called Swedish massage, which consists in simple muscle friction, etc., and owes its success to the fact that it raises the blood circulation. The system was, in the main, founded and developed by Ling, a Swede, whose pupil, H. Kellgren, independently conceived the idea and evolved the practical method of directly massaging the nerves and the organs controlled by them. (N.B.—The nerves govern the muscles, not *vice versa*.) This massage speedily strengthens the nerves, and the organs controlled by them regain



their normal functional capacity in an astounding manner. The Kellgren heart-massage, *e.g.*, has such a wonderful effect that it is called the Kellgren digitalis! It is, indeed, the only means by which the heart is strengthened immediately, whereas, it is well known all remedies employed heretofore were either abortive or merely of transient effect, which was invariably followed by an ever increasing exhaustion. In weakness, palpitations, cramp of the heart, etc., the Kellgren massage takes immediate effect. All purely nervous complaints, as headaches, depression, insomnia, neuralgia, epilepsy, paralysis, nervous dyspepsia, etc., further, all ailments caused by partially disturbed innervation, as constipation, bad circulation, piles, liver and kidney troubles, lung troubles, asthma, etc., yield to the Kellgren massage in a surprising manner.

It is a regrettable fact that the Kellgren massage, although formulated in a scientific system as far back as 1864, is very little known, while the few persons who practice it demand enormous fees, probably because it requires a thorough knowledge of anatomy which the ordinary masseur does not possess, whereas the medical practitioner, who is well equipped in this respect, has not the time to use the massage, hence he does not even study it.

Another drawback is that Stockholm alone owns a kind of university for gymnastics and massage and that masseurs can only there be trained in the Kellgren system. There are, as far as I know, only few Kellgren masseurs in London. One should be very careful in dealing with an ordinary masseur, who, generally, on being asked if he knows the Kellgren system will answer in the affirmative, imagining,



or pretending, that the common Swedish massage—Ling's system—embodies the Kellgren nerve-massage. For some patients it is even dangerous to fall into the hands of an ordinary masseur. I have applied the Kellgren massage to invalids (chiefly in cases of heart-disease, epilepsy and dyspepsia), who were so run down that they could never have endured the ordinary Swedish massage.

Only very affluent people can afford to pay the exorbitant fees of the genuine Kellgren masseurs. I am contemplating the establishment of a school for training—principally nurses—in this system, and thus make its wonderful healing powers more widely and generally known. In the meantime I cause the patient, who I consider should have the massage, to send to me a person, man or woman, and preferably a member of the family, whom I instruct in those movements of the massage which the particular case demands. It would, naturally, be impracticable to teach the entire system, which would take up too much time, whereas the movements necessary for a special case can be learned quickly enough, and persons coming up to me from the provinces can generally return to their homes after a day or two, provided appointments for that purpose be made in good time.

No matter how wonderful the effect of the Kellgren massage may be, it cannot produce lasting results if the blood poisons be allowed to remain, hence it must go hand-in-hand with the treatment—the two combined and assisting one another bring about a speedy and lasting cure. The regenerated nervous system will strengthen the tissues and help to eliminate the blood poisons more rapidly.



(b) The Reciprocal Action between Diseased Organs  
and Nerve Weakness

In the preceding chapter we have dealt with the great importance of nervous activity and its influence upon the functions of all organs, and, indeed, all life-processes. I have premised the two main causes of all diseases: (1) undernutrition of organs; (2) infiltration of organs with blood poisons.

Undernutrition in the ordinary sense, viz., starvation from want of food, need not be specially gone into. We are here chiefly concerned with undernutrition through want of minerals or nutritive salts, as indicated above.

In rickets, for instance, the food may be quite adequate, as regards albumen, fat and carbohydrates, but is deficient in minerals for building up the bones. The same applies to nervous diseases with which I dealt at some length in Chapter (a). Were our nerves supplied with the requisite amount of nutritive salts, *i.e.*, properly fed, they could do more work and would not become as exhausted as they generally are with civilised peoples.

We have chiefly emphasised the disturbances of the central nervous system through blood poisons which assert themselves in laming the centres of innervation of the corresponding organs (heart, muscles, stomach, bowels, etc.), as well as the conductive nerves, which in themselves may be perfectly sound. Many modern nerve specialists make these central disturbances responsible for all the ills which are described collectively as neurasthenia and hysteria. Now, there can be no doubt that an organ attacked by



blood poisons and lowered in its functions must, of necessity, re-act on the nerve conductors. In miocarditis, for instance, the muscle of the heart itself is diseased, its working capacity is reduced and it obviously cannot respond correctly to the promptings of the innervations from the brain. The conducting nerves will continually make fruitless efforts to regulate the activity of the heart, and eventually become exhausted and weakened through this continuous ineffective work. The same applies to the conducting (or connecting) nerves of all other organs. As soon as the diseased organs become restored to health, which can mostly be accomplished by expelling the infiltrating blood poisons, the conducting nerves will also soon rally, particularly if adequately supplied with nutritive salts. The nerves themselves, being strongly protected by insulating sheaths, only rarely become infiltrated with blood poisons. Generally nerve pains are caused by a chemical irritation of the nerve ends, and in most cases by pressure, as in neuralgia, sciatica, backaches, headaches, etc. In all such cases it is impossible to act on the nerve direct and any such attempt would be unsuccessful. When, for instance, backache is produced through an enlargement or displacement of the womb pressing on the ramifications of the spinal cord, no massage of the nerves will ever remove the pains unless we do away with the pressure of the uterus. It is quite obvious that the reflex action of a diseased organ on the conducting nerves will render a state of disease more obstinate than would be the case were the organ itself sound and only the innervation disturbed. Innervation, as such, is generally easily restored.



(c) **The Disastrous Effects of Medicines and  
Operations**

Assuming our premises as regards the nature of disease to be correct, it becomes manifest that medicaments and operations can, in most cases, be of no avail. Were there any drugs that could expel the blood poisons we should at once be reconciled to them, but there are none; neither can operations do anything in that direction. Anything outside of food, anything that does not belong to the constituents of the body, must be regarded as a poison which must again be eliminated. Drugs are poisons. Whether they have a direct deleterious effect on the system or no is immaterial. They do not belong to the economy of the organism and must always be expelled again. If we attempted to employ medicines for the elimination of blood poisons we should only add poison to poison, and would be trying to cure bad by worse. The action of medicaments is, in effect, either merely *suggestive, irritant* or *narcotic*.

Let us just glance around in everyday life. A healthy individual only requires his natural food—bread, meat, vegetables, fruit, and, as drink, pure water—on which he will remain perfectly fit in every respect, and enjoy a sound night's rest. He requires no so-called stimulants as tea, coffee, alcohol, tobacco, etc., to keep him in a cheerful frame of mind and able-bodied.

Take, on the other hand, a person predisposed to the formation of blood poisons. He does not eliminate them, the uric acid clogs up the capillaries, the circulation is retarded and the pressure on the heart increased. He quickly



becomes fatigued, the insufficient blood-circulation in the brain causes lack of energy, irritability and depression, and he can no longer follow his calling cheerfully. Hence, he believes that his ordinary food is inadequate, and takes to tea, coffee, alcohol, nicotine, etc., and immediately he gains the desired result—resuscitation and invigoration. And it is a deplorable fact that the majority of modern civilised humanity “keeps itself going” by the aid of stimulants. When they begin to fail in their effort, larger and ever-increasing doses are taken, until the day arrives when there is a complete breakdown and a rude awakening from a pernicious delusion. While imagining that they were benefiting their system, they in reality were ruining it. These so-called stimulants were poisons and irritants of the most fatal description, which over-excited the nerves and brain and dulled the original complaints for a few hours at best, but after this their effect had ceased, all the old troubles reappeared in an aggravated form. The reaction after the use of stimulants always produces a state of increased weakness, and people who have recourse to them and believe that at last they have found a “pick-me-up,” or tonic, will sooner or later discover their mistake. On reflecting a little it will become apparent how ludicrous, nay, stupid, such a notion must be. We know that these specifics act on the brain and nerves merely as irritants, but take no part in the task of eliminating the blood poisons which are the primary causation of the exhausted condition. We further know that tea, coffee, alcohol and tobacco weaken and affect the heart, and thus create the very contrary effect which a *curative* means should exercise, and it is obvious



that a specific which weakens the heart already overtaxed through a lowered circulation consequent upon the prevalence of blood poisons, cannot be logically described as a salutary remedy, let alone a cure. We might just as well say that the driver of an overloaded van can strengthen his broken-down horse by a brutal application of the whip, and consider the latter a remedy for the weakness of the animal!

We need only proceed a step further. When the blood poisons are particularly active, infiltrate the organs and derange their functions, the ordinary stimulants no longer suffice. People then consult a doctor, and he prescribes irritants more stringent still—a heavier whip, as it were—which are supposed to relieve the local troubles. These medicaments act as narcotics, or, more frequently, as irritants; and, again, they do not touch the root of the evil, and will, consequently, never effect a lasting cure.

All medicines are used for symptomatic treatment only, because the “old school” knows nothing of the general causation of disease. In a similar way, the surgeon operates merely locally; he does not, for instance, know the cause of cancer, but he operates on it wherever he can lay hold of it—the cancer, however, breaks out in a different place, and grows again and again until the patient succumbs. Operations are performed for nephritic calculi, tumours, lumps, appendicitis; but all these diseases reappear because nobody seems to trouble about removing the causes—which, indeed, are frequently undivined. When a patient is at death’s door some medicines, acting as narcotics, and also operations may sometimes be advisable, but while a person is in no immediate danger of his life, medicines as



well as operations are, in most cases, not only useless or superfluous, but often downright injurious and fatal to health. As exceptions to this may be mentioned: the homœopathic medicines, Dr. Schüssler's remedies, and the coloured sugar water which some progressive practitioners prescribe to their drug-maniacal patients.

For my treatment I claim that it attacks the *causes* of the diseases and dispenses with all medicaments and most operations. A large number of people have been saved through it from the lancet with its terror and fatal consequences. A surgeon will boast of his successful operations, but he does not inquire—nor does he wish to know—what has become of his poor victim after the operation. No matter how simple an operation may be, the nervous system invariably receives a shock or a lesion which will always make itself felt and may lead to evil after-effects in the organ and nerves concerned. Whereas in all other countries the “progress of the knife” is checked as much as possible, in England it still holds its undiminished sway.

The eagerness for operations is almost a fashion in good society. One frequently hears ladies discussing operations and encouraging each other to undergo one, as if it were mere child's play. How frequently one sees women and girls with scars on their necks, of which they seem to be quite proud, whereas they are, in reality, most disfiguring.

In the following I propose recapitulating my—and other reform-movers'—experiences of the most important chronic disorders, with the intention of preserving my readers from the baneful consequences of the medicine-poisons and



operations, and, at the same time, instructing them in the employment of my treatment.

COLDS AND CHILLS.—I have gained the noteworthy experience—supported by many others—that the blood poisons, and principally uric acid, settle in certain specific tissues or parts of the body in most people. This fact no longer strikes us as peculiar; on the contrary, it appears quite a natural one, when we have sifted it. It is well known that when a person catches a cold, the latter generally settles in the same organ over and over again. One individual will have the toothache, another earache, a third catarrh, and yet another colic, etc., and if they grow to be a hundred years old, a cold will always play them the same trick again. Dr. Haig's explanation for this is very lucid. The blood and the tissues are continuously fighting against each other, as it were. The former, when it cannot eliminate the circulating blood poisons, endeavours to deposit them in the tissues, who, in their turn, strive as hard as possible to discharge the poisons back into the blood stream. Now, if there be a weak spot or organ in the system, the blood poisons will find a welcome settling place because there is less power of resistance there than in a healthy organ. A cold is the consequence of a sudden change of temperature through draught or cold which causes the skin and blood vessels to contract, lowering the circulation. The outward excretion of the blood poisons through the skin ceases and the blood endeavours to rid itself of them by expelling them into the tissues. The weakened tissues readily succumb, and become diseased with this infiltration. As long as the tissues remain weak and prone to saturation with blood



poisons, a cold will always settle in the organ. When there is more than one weak organ, they will either alternately or even simultaneously be affected by each chill. The worst of it is that the blood poisons will be attracted to the weak spot on every possible occasion, and become so firmly established that the area of disease gradually grows, and the large accumulation of blood poisons eventually breaks down the resistance, even of the healthy tissues.

On the other hand, experience has demonstrated most strikingly that a person who has cleansed his system of blood poisons through the treatment will never catch cold again. He may expose himself to the severest changes in temperature, but when there are no blood poisons in the system none can be deposited in the tissues. I have tested the truth of this statement on myself. While my system was still charged with blood poisons I could never sit near a window or in a garden, even during warm weather, without catching a cold. After I had undergone the treatment, I had, metaphorically speaking, forgotten what a cold was. I could stand the severest changes of temperature and the strongest draughts without ever taking a chill; and many thousands have had a similar experience after the treatment.

Those who have followed the above exposition or have had personal experience, will understand how absolutely futile the application of medicines or nostrums must be in treating a cold. The only thing a drug may do is to alleviate the pain, and I further concede that certain expedients, *e.g.*, massage, may force the blood poisons out of the tissues into the blood, where they remain until an



opportunity arises, and the whole trouble starts afresh. No medicine, no "remedy," will remove the disposition to colds, only elimination of the blood poisons through the treatment will constitute a safeguard.

HEAD COMPLAINTS.—The above explanation of the cold or chill leads us to another important fact. We have seen that the blood poisons always tend to attack the weak tissues, *i.e.*, always to be deposited in one and the same spot or organ. This principle applies generally, not only to accidental colds, but to diseases and chronic disorders all round. Whether a weak organ be congenital or acquired, the blood poisons will preferably settle in it. And it should be noted that as a rule only *one* system of tissues, or *one* part of the body becomes infected with the blood poisons, but never the entire organism, because all the blood poisons accumulate in that part where they meet with the least resistance. Hence, the ailment at that particular spot grows apace until the whole organ involved is disordered or destroyed, while all the other organs may remain healthy. In the case of muscular rheumatism, for instance, the uric acid settles in the muscular system, accumulating more and more and causing increased pain, while all the other organs may be free from it. There is a certain consolation in this fact, for were the entire system to be attacked by blood poisons, similarly as most infectious diseases seize the whole body, chronic diseases would be more rapidly fatal. The weak parts, so attractive to the blood poisons, act as a kind of guard, or lightning rod, against the ravaging effects of the blood poisons.

The duration of the treatment depends largely on which



organs or tissues are impregnated with blood poisons. If the tendency, chiefly of uric acid, be towards the head, where it does such enormous damage, the elimination will, nevertheless, be accomplished in a comparatively short time, because the uric acid cannot then expand itself as much as, for instance, in the muscular system, which comprises the whole body. It takes much longer to cure rheumatism than nervous disorders, of the worst description, which have their origin in the brain. A small quantity of uric acid can do much harm in the brain, but if the body react energetically, a cure is speedily obtained, because only a slight amount need be eliminated.

Uric acid may be found in any organ, but it is not formed by all. Formerly the theory prevailed that uric acid was exclusively produced in the kidneys; modern investigation has proven that it is only deposited in them. Uric acid is, probably, developed throughout the metabolic system, and is collected by the blood, whence the invasion of the tissues—and *inter alia*—the brain, takes place. The duration and intensity of the deposits vary considerably. In the brain the deposits generally appear periodically, producing, for instance, megrims, epileptic fits, depression, etc. The attacks stop as soon as the blood washes the uric acid away from the brain substance. While uric acid remains in the system it will naturally, ever and anon, be carried into the brain, and the attacks are repeated.

But the uric acid may also settle in the brain substance more or less permanently, and produce a constant state of irritation with all its concomitant phases of nervous disorders.



We have already mentioned that the "old school" was quite powerless to cope with these ailments. Only palliatives were administered, which, to a certain extent, soothed the brain but caused deleterious after-effects on the brain itself, and on other organs, the heart in particular. Those who share our views will understand that these specifics were quite unable to cure, because they did not attack the cause of the trouble, nor could they be directed towards it, because it was an unknown quantity. An absolute cure can only be brought about by our treatment, which, by accomplishing the elimination of the uric acid, removes the cause of the malady. It goes without saying that all drugs and medicaments are strictly prohibited during the treatment. In some cases it requires not a little strength of mind on the part of the patient to abandon the accustomed stimulants, and he will at first feel somewhat low-spirited because he misses his narcotics while the elimination of the blood poisons must necessarily take some time. It is, however, much better to put up with this sacrifice and to endure the complaint a little longer than to continue over-irritating the brain and retarding a cure.

SENSORY ORGANS.—Not only the brain, but all parts of the head, and most particularly the sensory organs of the eye, ear and nose, are favourite settling places for the blood poisons. In most such cases specialists are only too ready to operate. But these most delicately constructed organs least of all tolerate an interference with surgical instruments.

Ear and nose trouble are frequently aggravated mainly by too frequent examinations with instruments. The human body revolts against being touched with metal. I



knew two young people of the same age who were suffering from inflammation of the ear. I explained to them that the disease was caused by deposits of blood poisons, and advised them to undergo the treatment in order to eliminate them. One of the two followed my advice, and was completely cured in a short time, but the other went to a specialist who examined him from time to time, and applied injections. The disease, however, became chronic and lasted for years. I eventually lost sight of him. The irritation of the examining instruments frequently does more harm to delicate organs like the above than even the blood poisons. With the exceptions of very extraordinary cases, it is safe to suspect an infiltration with blood poisons in all disorders of the eye, ear and nose, and to undergo the treatment before consulting a specialist. The treatment can *never* do any harm, but it can help and render examinations and operations unnecessary. When the treatment has proved unsuccessful, and other causes prevail, there will be ample time to place oneself in the dangerous hand of the specialist.

THROAT, GLANDS AND WINDPIPE.—What I have said in connection with the sensory organs applies with equal force to the lower portions of the head. Inflammations and swellings of the glands and mucus membranes are caused by deposits of blood poisons, be they animate or inanimate. Where no actual infection exists, we have merely to deal with the latter. How wantonly operations for swollen glands are performed, whereas these distempers yield to my treatment in the shortest possible time. I have saved innumerable women and girls from the ugly



scar which always remains after an operation. With equal wantonness children are operated upon for swollen tonsils, on the slightest provocation. We are told forthwith that we can dispense with these organs, but we have no positive knowledge concerning them, and such a statement is, to say the least of it, frivolous, because the tonsils must certainly serve some purpose or else they would not be there. The timely employment of my treatment will, in most cases, prevent the loss of the tonsils.

The nose, throat and windpipe are undoubtedly the organs most exposed to the vagaries of external influences, such as inclemencies of the weather and changes of temperature, and therefore liable to become weakened. As we have seen, the blood poisons always rush to the weak spots, and in these organs, principally, the mucus membranes and ligaments are infected. Colds in the nose and sore throats are, with most persons, quite the order of the day. Legions of specifics for the complaints are extolled, some of which may bring transient relief, but not one of them has the power to cure. But how many singers owe a strong and healthy voice to my treatment. The vocal chords are very easily affected by the blood poisons, and the surest and best means to preserve their elasticity is to eliminate the morbid deposits.

**THE TEETH.**—There is scarcely a pain more excruciating than toothache. All sorts of causes are made responsible for it, particularly cold, but the most important one is overlooked, viz., vitiated, uric acid-containing blood. The fact that toothache comes and goes bears out the view that the blood carries the uric acid to, and away from, the teeth



in a similar way as it produces the periodical head-aches. It has also been observed that the decay of the teeth is precipitated by sudden changes of temperature through taking very hot and very cold foods or drinks in quick succession. The enamel of the teeth is thus suddenly expanded and contracted, and must naturally crack. The Americans, who have the worst teeth of all peoples, furnish a striking proof for this theory. Through the incontinent abuse of ices and hot cakes they not only ruin their teeth but their entire digestive apparatus, from the tip of the tongue to the rectum. At the same time, the alimentation of the American—with all their hot and sour dishes and immoderate sweets—is so irrational that bad acid blood indubitably adds largely to the causes of the decay of their teeth.

I have noticed, in numerous cases, that the elimination of the blood poisons, and essentially uric acid, through the treatment puts an immediate stop to the toothache, and prevents further decay. Even if microbes take part in the destructive work—and investigation seems to point to that—my treatment will still constitute the most radical remedy, because the bacteria only thrive in acid, never in healthy, blood. I have noticed in some cases, after the treatment had been completely carried out and the blood poisons eliminated, that the decaying of the teeth came to a standstill and what was left remained intact. I should, however, add that I have only noticed this with persons under 50 years of age, and where the decay of the teeth had not progressed too far. I, myself, used to suffer, in my youth, very much from toothache, but by the aid of the



treatment, I have succeeded in ridding myself entirely from it, and two teeth which at the time of the cure were half-decayed, have now lasted me for thirty years, and not the slightest further change has taken place in them. After I had exhausted all the available remedies and consulted a number of dentists, it was left for the treatment to save my teeth and free me from agony. All the precautions I took, for instance, in avoiding the effects of sudden changes from hot to cold, by eating a piece of bread in between, did not stop my teeth from decaying, the cause for which was the uric acid in my blood. Only after that was eliminated did my tooth troubles cease.

THE SKIN.—Next to the kidneys the skin is the most important excretory organ of the body. Its normal activity conditions our well-being and health more than one might think. I have already pointed out that the accumulation and deposits of blood poisons in our system is largely caused by a lowered activity of the skin and kidneys. These two organs are the principal agents in expelling the blood poisons from the blood. As most of the poisons throng towards these two excretory organs, it cannot surprise us that the latter become most easily diseased and, lastingly, infiltrated. The pores are the outlet valves proper for the blood poisons, the safety valves of the body as it were. The larger the amount of blood poisons in the system, the more they will rush to the skin for elimination, and a harder task is put upon the latter. When the skin is incapable of coping with all the work, the blood poisons are deposited in certain places, and produce spots, pimples, patches, and eventually ulcers



and supuration. All these skin affections demonstrate, purely and simply, the endeavour of the body to throw out the blood poisons through the skin, and the same appertains to all infectious diseases, such as scarlet fever, measles, syphilis, etc., with the reservation that the latter are caused by animated poisons. It is, therefore, quite a mistake to endeavour to dispel the eruptions with medicines, ointments, cauterisation, etc., in the old fashioned manner. Instead of drawing them out, these irrational manipulations only drive the poisons back into the system and frustrate the curative efforts of the body. Ointments, for instance, merely clog up the pores and suspend the process of elimination. If, instead of applying a host of cosmetics and systematically ruining the skin, ladies would purify their blood through the treatment, they could soon boast of a beautiful complexion. All the women I have treated for various complaints have received in addition to other benefits, rejuvenation and a spotless complexion.

While we can control and analyse the poisons excreted by the kidneys, it is but rarely possible to do so with the eliminations through the skin, which, however, manifest themselves through the odour. When, in order to accelerate the elimination, milk or water compresses are used, the sheets employed for that purpose frequently become so malodorous that they cannot be tolerated in the room. How many people suffer from perspiring feet and armpits, and make themselves, much to their chagrin, obnoxious to their surroundings. Perhaps "suffer" is not quite the accurate term, because, after all, the body



endeavours to get rid of the blood poisons through these channels, and everybody knows that it is dangerous to drive the sweat back. The treatment will also stop this evil effectively, because all the blood poisons are eliminated, and need not try to find a way out through the feet. It is one of the principal hygienic laws to stimulate and maintain the activity of the skin through cleanliness, baths, ablutions, frictions and exercise in the open air. One should, however, guard against overdoing anything in this direction. The excessive immersion in water tones down the activity of the skin considerably, robs it of its natural grease and suppleness, dries it out and makes it brittle.

THE LUNGS.—On account of their particular duties, the lungs are exposed to similar dangers as set forth in regard to the throat and windpipe, viz., changes of temperature and a variety of external influences. They must, therefore, be equipped with especial power of resistance to ward off all perilous attacks, and it cannot surprise us that most people suffer from some affection or other of the lungs. Asthma, catarrh, inflammation, bronchitis, consumption, etc., rage in an alarming way among civilised humanity, and extort, by far, the largest number of victims, all of which could be saved if the first indications or symptoms of a disease were promptly combated by expelling the blood poisons from the system through the treatment.

I have explained, on several occasions, that the blood poisons always choose a certain weak part or organ for settlement. And the lungs are eminently exposed to such a danger, and catarrh, inflammations, etc., will easily set



in. The same applies to consumption. The important fact—which should be preached to the whole world—must ever be borne in mind: *all bacteria, the tubercular bacillus not excepted, can only live in acid, or poisoned blood.* A bacillus can no more develop in healthy, alkaline blood than a bog-plant in spring water. Tuberculosis can only thrive in lungs infiltrated with blood poisons, upon them the disease depends for sustenance. It is time the stupid fairy tale of the heredity of consumption were shelved. Consumption is no more hereditary than syphilis, cholera, yellow fever, or any other infectious disease. Hereditary only are the deplorable conditions of life and the unreasonable modes of living which obtain in those sections of the populace where consumption is most rife. We can only concede that a certain weakness of the lungs may be congenital, which, however, must not be confounded with consumption as such. Out of a bootmaker's family of six children—father and mother both consumptive—I singled out the youngest, brought him among normal conditions of life, purified his blood through the treatment, and succeeded in an absolute cure. The boy subsequently went to sea and grew a healthy strong man without the slightest suspicion of consumption. His parents and all his sisters and brothers, on the contrary, died of consumption.

If what has been said in this short chapter were taken to heart generally, we would henceforth require no more sanatoria or hospitals for consumptives. They all come too late. If what is being done in these institutions had been done years before at home and if, above all, the treatment had been employed at the first appearance of a cough



and the blood thoroughly cleansed, we would have required no homes for consumptives, and human lives innumerable, and vast sums of money, could have been saved, inasmuch as the treatment costs no more than the ordinary mode of living.

BLOOD CIRCULATION AND HEART.—Contrary to all other organs, who have the power to recoup themselves after a strain, the heart, it must be remembered, has no power in that direction. Although the heart is a muscle, its nature differs from other muscles. An ordinary muscle has the power of recuperation after exhaustion, not so the heart. This fact makes caution imperative, the more so as blood poisons are hardly responsible for this, and we cannot therefore seek refuge under the treatment. In insufficiencies of the valves of the heart, miocarditis, and endarteriitis, the treatment moreover is powerless. Bad blood, surfeited with blood poisons, will, of course, also affect the heart, but of the gravest danger are the stimulants, viz., alcohol, tea, coffee, and the direct heart poisons, digitalis, coffein, etc. Nicotine, according to the latest discoveries, acts injuriously on the blood vessels.

On the other hand, the treatment, through eliminating the blood poisons and re-establishing normal metabolism, will be of singular service in the case of a weakened heart and even in fatty degeneration, particularly when it is combined with the Kellgren massage, which alone can influence the heart favourably. Even attacks of mock angina pectoris can be stopped and their severity lessened by the Kellgren massage, with the avoidance of every risk of medicine, poisons. The Kellgren massage is the only



means by which a curable heart disease can be relieved or even removed. Ordinary massage may disburden the heart through increased circulation and may assuage breathlessness, but its effect is merely temporary ; as soon as the circulation becomes again retarded and the pressure on the heart heightened, the old troubles will re-appear. The Kellgren massage, on the contrary, has a direct strengthening action on the heart and cannot be replaced by any other measure.

The prescribed diet of the treatment, apart from producing normal and healthy sanguification, is the most suitable for sufferers from heart complaints, for two reasons :

Firstly, by withholding a certain quantity of liquid the blood column is reduced, and the heart relieved, as already demonstrated ; secondly, the blood poisons, and chiefly uric acid, stop up the capillaries and lower the circulation, and thereby increase the pressure on the heart. The expulsion of the blood poisons does away with these evils, and thus the diet will also considerably help in alleviating heart derangements. When the latter are caused by deficient innervation from the brain, through uric acid infiltration, it will also be obvious that the treatment will eradicate the complaint and assure regular innervation for the activity of the heart.

Most people, unfortunately, know less of the condition of their heart than of any other organ. The activity of the heart is the basis of life, and a thorough knowledge of its state and condition is indispensable. How many people have a weak or expanded heart without being aware



of it until the day arrives when some cause: a strain, cold bath, over excitation, etc., may be followed by an apoplectic stroke, and death supervenes. Anyone in doubt about his heart should immediately consult a physician and be examined, and take all necessary precautions, because prevention is easier than cure, particularly where the heart is concerned.

A person with a weak heart should carefully guard against over-strain, and avoid all exercises which produce palpitation or shortness of breath. Stairs should be climbed slowly, and with intermediate pauses, bicycle riding indulged in moderately and no hills attempted. Bicycling on the plain is harmless enough, but the strain in riding up inclines is fraught with danger. Many cyclists have dropped dead under the strain on such occasions.

The circulation of the blood does not solely depend upon the activity of the heart. The latter certainly regulates it, but the blood vessels themselves assist through their contractibility, largely in propelling the blood. Hence, bad circulation may be produced by a weak and insufficiently innervated heart, and, secondly, by the feebleness of the blood vessels which have lost their contractibility. The theory that nicotine affects the heart is exploded, and we know now that its abuse tends to weakening of the blood vessels and reduces their contractibility. However, by far the most common cause for this impairment is infiltration with blood poisons, and pre-eminently uric acid, which deranges the circulation by accumulating in the ramifications of the vessels. A third causator of these derangements is to be found in the presence of poisons in



the blood, which, as we have mentioned before, choke up the capillaries.

In all disorders of the circulation and in stagnation of the blood—not directly the outcome of heart weakness—such as piles, varicose veins, congestions, etc., the treatment will render the quickest assistance. For piles it is, indeed, the most radical cure.

THE DIGESTIVE SYSTEM.—In stomach and intestinal disorders nervous complications are conspicuously prevalent, *i.e.*, direct disturbances of the innervation, as in nervous dyspepsia and most cases of constipation. In nervous dyspepsia, for instance, the tongue may be quite clean and no local disorder or disease of the stomach may be diagnosable, and still the patient suffers tortures and imagines some dangerous disease of the stomach. How many physicians are deceived by the lack of tangible symptoms and subsequently make a wrong diagnosis. The explanation is simple enough. The cause of nervous dyspepsia must be sought for in the brain. The innervation of the stomach is deranged and the secretion of gastric juice is not regulated, and thus all the attendant phenomena of a direct disease of the stomach are simulated. Hence all we need do in the curing of nervous dyspepsia is to remove the blood poisons from the brain and sympathetic nervous system through the treatment. In this manner I have succeeded in curing cases of nervous dyspepsia so desperate that all other physicians had abandoned them as utterly hopeless. Such patients always eliminated large quantities of uric acid which had been lodged in the brain and sympathetic nervous system. When the stomach



itself is infiltrated with blood poisons, the purely nervous symptoms are usually absent and the tongue is coated. Both affections, however, may co-exist. Ulceration of the stomach, we know, has its origin in infiltration with blood poisons, and is, therefore, most amenable to the treatment, and, be it remembered, *without operations*, which in so many cases have been fatal.

The same principles apply to functional disorders of the intestines. In most cases of constipation, the innervation is impaired; and we know that all aperients have an irritant effect on the centres of innervation—situated in the sympathetic nervous system—of the bowels. When this artificial irritation is prolonged for a certain period, a condition of over-excitation and sluggishness is produced, the old aperient no longer answers the purpose and a more powerful one is requisitioned. On the other hand, the walls of the bowels themselves may become infiltrated with blood poisons and lose their contractibility. The treatment will prove a radical cure in either case, as through it the infiltrations will be removed from the centres of innervation and the walls of the bowels.

Likewise does the treatment cure all inflammations, ulcerations, etc., of the stomach and bowels, which are the direct consequences of deposits of blood poisons.

In dilation of the stomach and atony of the bowels, however, much patience is required, because it will take some considerable time for the muscles to regain their normal power of activity in such cases.

The diet of the treatment, as given in the menus, will generally suffice to bring speedy relief, as it is adapted to



the weakest stomach and prefers but small claims on the digestive powers of the stomach. As a rule, this diet dispels all direct stomachic troubles forthwith.

**THE LIVER.**—The cause for most liver complaints may be reduced, almost exclusively, to blood poisons, and more particularly to medicine poisons which are deposited in that organ. Most patients who have swallowed much medicine have a diseased liver; the derangements in the secretion of bile and the formation of biliary calculi are only retraceable to infiltrations of blood and drug poisons. The treatment effects a quick and certain cure of these maladies.

**THE KIDNEYS.**—The kidneys and skin are referred to as practically the most important excretory organs, and their disease jeopardises the general health of the body and, indeed, life. The blood poisons settle in the kidneys with predilection, and the most common and dangerous result is Bright's disease. Uric acid plays, here, the most important part. Formerly it was believed that it is formed in the kidneys, but we have now come to the conclusion that, if defective elimination prevails, the poison will most naturally accumulate largely in the excretory organs. The deposits may grow to such an extent that gravel and nephritic calculi are formed with all the attendant inflammatory processes and decay which characterise diseases of the kidneys.

The treatment is the most complete and radical cure of all kidney diseases, because it promotes the elimination of the uric acid quicker than any other measure or specific. Even Bright's disease yields to it, provided it be not too



far advanced. Patients who, from time to time, had to undergo operations for nephritic calculi, have been completely cured of their ailment, and no more operations were resorted to.

In kidney diseases and the concomitant bladder affections it is of importance to observe the precaution of assisting the elimination of the blood poisons also through the skin. Seeing that the kidneys themselves are enfeebled in their activity through infiltration, they cannot be expected to do the work of elimination alone, and should be assisted by energetically stimulating the activity of the skin, which is best accomplished by frictions, baths, milk and water compresses, massage, etc.

VENEREAL DISEASES.—The effect of the treatment is particularly striking in venereal diseases, be they gonorrhoea, soft chancre, or syphilis. The original Schroth cure was renowned as the most radical means for healing all these diseases, and those thus afflicted flocked to Lindewiese (Austrian Silesia), where, after all other fruitless experiments, they, indeed, became absolutely restored to health. Seventy-five per cent. of the inmates at Lindewiese suffer from these distempers, and here we have the proof conclusive that *the treatment frees the body from all poisons, whatsoever their nature be, whether animated, inanimated, or dubious.* We need not discuss whether an infection be syphilitic or not; whatever the poison may be, it becomes eliminated, and all the distressing after-effects of the virus are pre-stalled. Whether gonorrhoea, soft or hard chancre, whether primary, secondary or tertiary syphilis, acute or chronic gonorrhoea, the *modus operandi*



remains the same, *i.e.*, the elimination of the poisons must be the issue or *Ultima Thule*.

The advantage of the treatment is its absolute harmlessness, and it cannot possibly have any bad after-effects; on the contrary, it prevents them.

I do not propose entering upon the merits and demerits of the mercury treatment; it is sufficiently well known, and even acknowledged by physicians of the old school, that mercury poisonings frequently occur, and the contention of the Reform doctors that the appalling phenomena of tertiary syphilis are the direct consequences of former treatment with mercury, is undoubtedly correct. The Old School submits that mercury neutralises the syphilitic virus and renders it innocuous. But the question arises what becomes of the mercury and the latent virus? Experience tells us that they remain in the system and are but very rarely, and then only partially, eliminated in the course of time. In by far the larger number of cases they settle in the body and sooner or later do their mischievous work. We need only call to mind the terrible tertiary symptoms of syphilis and the ever recurring eruptions of roseola, which often last for eight or ten years after the mercury treatment. Our treatment does away with all the terrors of tertiary syphilis and the ravages of mercury, and even chronic gonorrhœa, the despair of all physicians, cannot withstand it. I have successfully treated strictures of from twenty to twenty-five years' standing. The efficacy of the treatment is easily explained: it aims at, and succeeds in, expelling the poisons from the system and purifying the latter completely and



lastingly, instead of neutralising, and storing, the virus in the organism.

The expulsion of the vitiating elements is the main object of our treatment and simultaneously the secret of its radical success. The Old School goes diametrically in the opposite direction. The poisons are not only retained in the system by the mercury, but even driven straight back into it through wantonly applied cauterisations, scraping, curetting, injections, etc. All the symptoms of venereal diseases demonstrate how energetically the organism strives to deliver itself from the poisons by, first of all, driving them towards the skin, with the resultance of all the characteristic symptoms of syphilis, such as skin eruptions, pustules, ulcers, papilloma, etc. My treatment follows in Nature's footsteps, whereas the Old School works against her and frustrates her attempts at healing, for which, sooner or later, a heavy penalty must be paid, not, however, by the doctor, but by his unfortunate patient, who may be lulled into security by the temporary disappearance of the first symptoms, not knowing that the virus quietly continues its destructive work in his body, and at some time will manifest itself in the shape of relapses and fatal affections of some internal organ or organs.

The dogged obstinacy with which the Old School adheres to the mercury treatment can only be explained by the fact that the primary symptoms of syphilis apparently disappear under that treatment quickly. All other means or methods failed, and the only radical, not merely symptomatic cure, to wit, Schroth's—from which my treatment has been evolved—medical men would not



deign to notice. The principal object in treating the primary symptoms must be the checking of the formation of ulcers. How many people have been ruined through hydro-therapy, which is too slow a process, and does not stop the ulceration. For similar reasons I do not rely solely on the diet of the treatment, which involves the whole body and does not attack the local concentration of poisons quickly enough. I, therefore, employ, in cases of gonorrhœa, soft chancre, hard chancre, bubo, pustulous, papulose and gummy syphilides, stricture, etc., *steam compresses*, which are placed on the affected parts, sores, etc. The effect of these compresses is to absorb the poison, disperse and decentralise it, and carry it into the blood-stream, from which it is then eliminated through the treatment. The steam compresses by themselves would be useless, because it is *not* sufficient to disperse the poison and project it into the blood. It must also be expelled from the system, which can only be accomplished by the diet. Failing the elimination we would commit the same error as the Old School physicians, with their cauterisation, etc., and only drive the poison into the system. The steam compresses should be applied as soon as the first symptoms appear, the earlier this is done the quicker the spread of the poison will be stopped.

Steam compresses are made in the following manner: A steam compress, to be effective, should not be too large. In the case of bubo, for instance, it is better to use two small ones, *i.e.*, one each side. In papulose or gummy syphilides, which are far apart, a small compress for each is used separately, and one after the other is thus treated.



In the steam compress we have the means of applying the highest possible degree of heat on the body, far higher than in hot baths, Turkish baths, etc. The steam compress possesses the greatest dissolving power, probably simply on account of *freshly developed steam*, which can be replaced by no baths, hot water bottles, hot fomentations, etc.

A piece of flannel is placed on the part to be treated to prevent the skin from being scalded and enable it, thus protected, to stand the great heat of the steam compress. The most important thing is to place the compress *as quickly as possible* on this flannel.

Take an empty basin, spread in it a towel and on it place the compress, a handkerchief or larger piece of linen folded in four. Then pour *boiling* water over the compress, put the kettle away as quickly as possible or give it to a person standing close by, so that *no time* is lost in placing the towel around the compress and wringing it out. It is impossible to wring out the compress with the bare hands, *i.e.*, without the towel, as it is too hot. Then open the towel, take hold of the compress and place it quickly on the flannel. Over the compress spread, also quickly, a piece of india-rubber cloth (not a mackintosh), which keeps in the heat, and on that another piece of flannel. Cover the lot over with a rug, or, if the subject be in bed, with the bedding. The patient, of course, must bear the pain, but should the heat be absolutely intolerable, a little air may be admitted to the compress, but not for longer than two seconds.

The compress should remain for five minutes, and after that be removed. For this purpose the basin should first be emptied. After the boiling water (the kettle is



kept boiling on the fire) has been poured over the second compress, the towel folded around it and wrung out, the closed towel is placed near the first compress, from which the outer cover, flannel, indiarubber cloth, and compress are removed. The towel is then quickly opened out, the second compress is placed on the nethermost flannel which has been allowed to remain, then the indiarubber cloth, flannel and cover are replaced. As long as the towel is kept closed, all the heat of the compress is retained.

The second compress also remains for five minutes, and altogether six compresses every five minutes are made, the whole procedure taking half an hour. A compress should always remain until the following one is ready in the folded towel. Obviously, therefore, two sets of compresses are required.

In cases of quickly spreading ulceration the series of compresses may be applied twice during the day. The diet makes wine an absolute necessity, but watery foods such as vegetables, fruit, etc., had better be avoided, while spirits must be rigidly eschewed.

When the compresses are handled dexterously, *i.e.*, quickly, and applied very hot, chancres, bubos, syphilides, etc., disappear in most cases after a few days, and certainly quicker than under the mercury treatment.

In roseola, which generally covers the entire body, steam compresses are *not* to be employed; only when gummy syphilides co-exist may the latter be treated with compresses.

A very frequent complaint with men is inflammation



and swelling of the prostate gland. Operations are considered the last resort in these ailments, and the organ is removed, *i.e.*, a partial castration is performed, with the usual consequences of a violation of Nature, *viz.*, a severe shock to the nervous system. These diseases of the prostate gland are also caused by infiltration with blood poisons, although the nature of the latter may be a specific one. At all events, by expelling the morbid matter, through my treatment, the trouble is completely removed, and no after effects need be feared, and I have been fortunate enough to save a large number of men from the "knife."

It may sound well nigh incredible, but the treatment has been found most useful even in cases of masturbation. The initiation to the habit—possibly produced by irritation of the private parts through deposits of uric acid—decreases and finally vanishes, while all the evil consequences of the practice, such as nervousity, loss of memory, lack of concentration, physical and mental insufficiency and exhaustion disappear simultaneously.

DISEASES OF WOMEN.—We now enter upon the chief domain of surgery. In no department of pathology is there a greater abuse of the knife than in diseases of women. The number of victims is legion. Of course, the operations are successful; but what happens to the victims afterwards little concerns or troubles the gentlemen who do the clever work at the operative table. And this can hardly surprise us considering that their knowledge of the vital physiological processes is frequently infinitesimally scant. Take, for example, a single displacement of the womb. We know



that this organ is supported and kept in its place by ligaments. When these ligaments become relaxed, or lose their contractibility, they are no longer equal to their task, and the womb gets out of place. What is the cause of a displacement? The answer is, weakness of the ligaments. And when a physician or surgeon knows this, why does he not remove the cause and cure the trouble, instead of severing and shortening the ligaments or trying ventrofixation of the womb? The consequences of the operations are always ominous, and I have seen enough of them to be in a position to speak authoritatively. The mania for operating on our women should be combated the more energetically, as woman is by far more important to the general weal and the health of the race than man. From woman we expect healthy children, and we should have her welfare more at heart than anything else, and under no circumstances should allow her health and life to be trifled with. In this connection, I wish to quote the cogent remarks of one of the leading reform doctors, viz., Dr. Lahmann :

“ According to the feelings of the patient, and indeed of every normally thinking person, operations should never be resorted to until they are quite unavoidable. Every bloody operation falls short of complete restoration, at least in one respect, and be it only a scar which will remind the woman of the operation for her lifetime.

As soon as the operative surgeon knows that he will do no positive bodily harm, he proceeds to operate, because he has been taught to do so, because it is the fashion, and because it gives him renown and fills his pocket.

Thus, a number of untoward factors converge to make



operative interference the aim and object of gynæcology, much to the detriment of the public.

This should not be allowed to continue, and I am confident that the time is not far distant when a reaction from this craze for operations will set in, and that will happen the sooner the more rabidly extravagant the operations become. The public is beginning to hear and take note of those physicians whose methods are not operative, but causal and hence scientific—which, after all, is merely a matter of routine and invincible courage—and whose non-sanguinary local treatment, such as massage, baths, douches, plugging, etc., and, on the other hand, general treatment, secure successes which are quite unimaginable after operative interference.

Certainly, a life-endangering or undoubtedly troublesome tumour of the womb or ovaries, and perhaps also a dangerous cyst (Pyosalpinx) should or may be operated for, although a non-operative treatment will possibly be quite as beneficial. The operative removal of polypi, certain operations for various fistulæ, perineal sutures, and sometimes also vaginal sutures, are undoubtedly perfectly legitimate and salutary procedures—but nothing further are we disposed to admit.

The stupid scraping of the swollen mucous membrane of the uterus should be shelved as so much antiquated rubbish. In its place the cause should be attacked. The venous stagnations should be removed by regulating the bowels, and the chronical cold feet attended to; massage of the womb should promote arterial insanguination, and thus facilitate natural retrogression.



A similar fate should befall cauterisations, for which there is no justification, inasmuch as their effect on the production of a salutiferous arterial flow of blood is of too short a duration.

The use of pessaries of all shapes demonstrates the lack of causal conception in therapeutics most strikingly. As long as the uterus is brought back through the pessary into its correct position, no one seems to trouble about a possible psychic depression caused by the apparatus, or whether its irritant effect may produce vaginal or uterine inflammation—some appalling growing inflammations of the neck of the womb, consequent upon using a certain novel, perforated pessary, made of vulcanite, have come under my notice—or whether the forgotten ring may, in later life, grow into the organ with calcinated edges.

It always makes me smile when a girl comes to me with an alleged inflammation of the ovaries. What are the people thinking about when they are diagnosing in this off-handed manner? Is a passive stagnation of blood through general congestion of the abdomen (cause: cold feet, constipation, tight lacing, want of exercise,) necessarily an inflammation? How horrified the poor little girls are about their "inflammation," which prevents them from walking, dancing, and skating! How easily can such a diagnosis—by transferring a not understood, unimportant, physical sensation into the realms of contemplative consciousness—lay the foundation to hysteria. I have hardly met one girl with alleged inflammation of the ovaries who did not exhibit hysteroid tendencies.

Instead of probing for the cause of these all too frequent



cystic degenerations of the ovaries, the disease is encouraged through a wrong diet, and then one operates on the young, vigorous body and cuts out portions of the most vital organs.

In these days of so much talk about over-population, some even plume themselves on having done an act of social usefulness. But where are the men who would meekly submit to castration?

No one remembers that prevention is better than cure. The family doctor permits the women to continue carrying the heavy weight of the skirts and petticoats on their abdomens until floating kidneys arise; young children are already pressed into corsets until the muscles of the back and abdomen become so relaxed that in later life the abdominal stagnations of blood with all their consequences become chronic. The consequences are chronic congestion of the womb and the adjacent organs, infraction of the womb itself and its mucous membranes, which is bombastically described as metritis, although it is not at all a matter of inflammation. (I only know of infectious inflammations, infectious possibly including blood poisons). Of course, cauterisation is again resorted to, an enlarged cervix is amputated, and then one waits until the permanent stagnation causes a growth, until myoma and fibro-myoma offer a further opportunity to demonstrate the operative art and surgical skill.

Naturally, the swollen, loose, congested mucous membrane of the uterus cannot regulate the monthly flow of blood, hence the patient is ordered to lie down during the period! That thereby the trouble is only aggravated,



that this lazy and timid mode of living only increases the congestion of the abdominal organs, that the swelling of the parts prone to pathological enlargement is encouraged and that the local metabolism becomes more and more deteriorated through the venous blood stagnation—these considerations are not taken into account.

I wish some of those pamperers of the female sex would come to me and witness how their former patients had regained their self-confidence and physical exuberance after I had treated them during one period with internal massage, baths to regulate the circulation, and a rational diet. Some of the women were, indeed, prepared to dance and do mountaineering during the next period, which was, of course, more than even I could sanction.

Your statistics look nice enough, I must admit: so and so many successful operations have been performed, *i.e.*, no septic poisoning has set in; no, or only few, deaths have occurred. But how many subjects have actually been restored to health in body and soul? According to my ] statistics miserably few!

And here is another chapter: The ill-treatment of childless women.

How many doctors are so honest or experienced (as specialist, in the bad sense of the word, they frequently are painfully ignorant as regards general etiology and therapeutics) that when they can find nothing strikingly abnormal in the childless woman, they first of all summon the husband and have a chat with him, and examine him, who, in half of the cases, is the guilty or innocent cause? But no, the poor woman is cauterised, cut about, dilated,



etc. ! Why this game of hide and seek ? Because we are also men ?

Would it not be better to counsel them to adopt a child ? While in that case no glory can be reaped, we can, at least, make a woman happy ; but by the accepted methods eighty women out of a hundred, after years of torture, become embittered, miserable creatures.

Whilst writing this (I wish to state the example for the good of many) I was consulted by another victim of the knife, a charming young girl, of 22, who three years ago had been operated upon by Prof. X (of the ..... University) for neuralgia of the right ovary, which was removed. I beg to emphasize the word *neuralgia* of the ovary, because the learned Professor pretended to have found a swelling the size of an apple (one does not operate on one's *own* wife or daughter in such a case). The suggestive effect lasted for a year, but for the last two years the pain had settled in the left side. Of course, somebody had already offered to cut out the left ovary, which in itself was quite sound. To turn such a young joyous creature, who has a legitimate claim on life, into a sexless scarred body—is that gynæcological art ? I curse such gynæcology !

And how simple, how scandalously simple, was the whole matter ! Years ago the patient had suffered from stubborn constipation, and, since her early childhood, bad circulation existed, cold hands and feet, and congestive states in the abdomen as a consequence. Hence, chronic hypersensitiveness, which increased during menstruation, hence—*i.e.*, in consequence of stagnation in the abdomen, and



deranged nutrition of the pelvic organs—a slight displacement of the womb (for which, of course, a pessary had already been worn without effect!) and perhaps the alleged cystic change in the one ovary. I said to my assistant: 'In the course of a few weeks this girl will be a mentally and physically sound human being by the aid of causal treatment.' My words came true already after a fortnight.

If it concerned your own flesh and blood, would you not rather try everything else before proceeding to castration?

And does one never think of the consequences? Are there not enough abnormal creatures about; should we add to their number by our art? The most terrible consequence, however, lies in the fact that, in the by far larger number of cases, these operations lead to cancer, the insidious disease which has baffled medical art for decades, and which our operators, on the other hand, conjure up with such unconscionable wantonness.' (*Translation.*)

We endorse Dr. Lahmann's eloquent exposition with the fullest admiration, the more so, as the lust for operating is still in full bloom in England, much more so than in Germany, where the public is more enlightened in these matters and gives preference to the physician who avoids operations. Thousands of women are saved from untold suffering through anti-operative treatments, and are spared to their families as healthy mothers. In England, too, a movement in the right direction is beginning to make itself felt and it is to be hoped that the public will awake and



launch a combined protest against bloody operations, as has been done in other countries, much to the relief and welfare of womankind.

The question of operative interference with abdominal troubles is of vital importance to our womankind. Next to Dr. Lahmann, I consider that Dr. John Shaw has contributed most valuable information, more particularly on the subject of *uterine fibroids*. I quote from his wonderful essay on "Fibroid Tumour."

"There is a great field for the non-operative treatment of fibroid tumour and some other diseases of women now frequently dealt with by mutilative operations, on the grounds that non-operative measures can heal the patient more quickly, more safely and less expensively, than can be accomplished by mutilative operations, with their increased liability to subsequent cancerous degenerations.

In the analysis of the special statistics furnished by the great London Hospital, whilst one death only occurred *without* operation, the mortality on patients operated on varied from 15 per cent. (including the lesser operative procedures) to upwards of 20 per cent. for hysterectomy (removal of the womb by cutting) alone.

Taking the lower of these figures, it would appear to me that on Mr. Roger Williams' estimate, the average risk of operating on fibroids is some four hundred and fifty times as great as of leaving them alone.

It would moreover be noticed that these figures do not represent the whole truth, for the simple reason that the returns of the Registrar General include the deaths following operation. In 1903, there were 359 deaths from uterine



tumour (not malignant). If from this number those were subtracted which died after operation, it must be obvious that the mortality from non-operation must have been very small indeed.

So far as I can understand the position, therefore, it appears to me that, after allowing for the accidents that may happen to a woman who carries a uterine fibroid, *the average risks of operation are more than five hundred times those of non-operation.*

Two eminent German colleagues (Dr. A. Döderlein and Dr. B. Koenig) make the following statement in a work on 'Operative Gynæcology (1905),' which I give in my translation of an extract from the preface:—'The result of a gynæcological operation will, in the first place, naturally depend on the success with which external infection has been prevented at the operation. Mortality statistics, even to-day, are most burdened by the infection which found entrance at the time of the operation, and especially by the septic peritonitis arising in consequence. . . . In comparison, however, with operations on other parts of the body, the result of a gynæcological operation is not so exclusively dependent on the prevention or otherwise of infection. Unfortunately we have to regret the death of so many patients from post-operative pneumonia, embolism and thrombosis: from the sequelæ of long continued anæsthesia, and from operative shock, which is greater in peritoneal operations than in other parts of the system. Not a small proportion of patients succumb to ileus, which is so dreaded after operations. In conclusion, the ultimate result of gynæcological operations is unfortunately influenced



by the rupture of the scar, which is of special importance after peritoneal operations, as the development of abdominal hernia prejudices (and that by no means insignificantly) the general well-being of the patient.'

Without dwelling on the acknowledged fact that cancer may attack any operation wound, and that occasionally a very acute form of cancer follows quickly an operation, it would appear that there are valid reasons why such cancerous degeneration is likely to follow after mutilative operations on the female organs of generation, whether the ovaries be left or whether they be removed.

The late Sir Spencer Wills traced the cause of death in eighty-eight of the patients who had survived the operation of ovariectomy, and subsequently died. Of these eighty-eight, thirty-six died from malignant disease, twentyseven such cases being fatal within three years of operation. On these data, Mr. Roger Williams, whose name is so honourably known for his work on this and kindred subjects, estimates that a woman's chance of dying from malignant disease is increased more than fivefold by losing an ovary, and that even this risk is further augmented if she loses both of these organs.

Mr. Henry Morris, in the Bradshaw Lecture of 1903, alluded to the same tendency in the following words :—' The remnant of ovarian tissue occasionally left behind after an ovariectomy may become pathologically active, serve as a post-natal matrix, and develop into malignant disease.'

Dr. Richelot, of Paris, has collected during the last two or three years no less than twenty-four cases in which cancer of the stump followed removal of the womb for fibroid



tumour. Although the majority of these cases occurred as a sequence to the form of operation which is most fashionable in this country, it was also observed after the total extirpation of the organ. Similar observations have been made in this country and in America.

That such cancerous degenerations are to be expected on *a priori* grounds appears to me clear from the facts already quoted from Mr. Henry Morris's lecture, as well as from the further fact to which he draws attention in confirmation of Mr. Roger Williams, of Bristol, viz., the frequency with which accessory ovarian structures are present in the broad ligament of the womb and its vicinity. When one remembers that, at the cancer age, the cervix is, even under ordinary circumstances, specially liable to cancer, it would appear as if most of the possible local factors necessary for the development of cancer were actually present.

There is another very important point on which some stress should be laid, namely, the liability of women, after mutilative operations on the organs of generation, to suffer from mental disturbance, a risk which is a very real one indeed. It would be interesting to know what proportion of women admitted to asylums have undergone severe operations of this nature, and how far such operations are causative of the increase of lunacy in the female sex."

Dr. Shaw concludes his remarkable book, with the gloomy anticipation, that "these operations will not be done away with until the State provides that the Statistics of the Registrar General shall distinguish between the mortality of operations and that of the disease for which the operations were undertaken, and shall further require the surgical



history, in respect of accident and operation for the seven years immediately preceding death, in the case of every patient certified as having died from cancer. Until this is done, the field of operative activity will ever extend. The ritual of modern surgery appeals too strongly to human nature, of which Naaman the Syrian appears to be typical, in so far as he was willing to pay a big fee for restored health, provided that the methods of cure were commensurate with his own importance and the price paid. Naaman, however, appears to have been in advance of a good many sufferers in the present day, in that he was quick to appreciate the strength of the argument summed up in the few words, 'how much the rather then.'

The patients whom I long to reach are those who dread an operation and its entailed mutilation, and struggle on against their symptoms with heroic fortitude, although believing that sooner or later they must accept the inevitable, such as the victims of the old-day torture saw the slowly in-moving walls, and knew that, sooner or later, those walls would crush them. That such a conclusion is not inevitable is the message of good news which I publish.

Another group whom I would gladly reach are those for whom, as lately as April 4th, 1906, hysterectomy was recommended for 'persistent, excessive and uncontrollable hæmorrhage,' due to alleged chronic infective metritis following on childbirth, miscarriage, gonorrhœa, or local interference,' in the absense of 'any gross lesion such as fibro-myoma or malignant disease.'

I would not dare to affirm that hæmorrhage under such circumstances is never uncontrollable. I can but assert



that in a quarter of a century I have failed to meet with such a case. I note with interest, however, the remark that such uncontrollable hæmorrhage may owe its origin to 'local interference,' a statement which confirms my contention that one operation may be the actual cause of another and graver one.

'How much the rather then!' These words carry me back to the statement quoted from the late Dr. Thomas Keith. If that distinguished operator had been in possession of the present day knowledge of the danger of cancerous degenerations following such operation; if he could have seen a mortality amounting to 9, 12, 15, or 20 per cent. year after year in public institutions of the highest eminence, what would he, who stood alone in his day as a successful hysterectomist, have said? I dare not surmise, but content myself with the repetition of what I find recorded:—

'I say deliberately that hysterectomy is an operation that has done more harm than good, and its mortality is out of all proportion to the benefits received from the few. So strongly do I feel on the subject, that I would consider myself guilty of a criminal act were I to advise my patient to run the risk of her life before giving a fair trial to this treatment, even if I were sure the mortality would not be greater than that which hysterectomy has given me in my private cases, under 4 per cent.'

In the review of an American work on 'Conservative Gynæcology and Electro-Therapeutics' in the *British Medical Journal* of April 28th, 1906, there is the following statement:—'The words of the great Scotchman which Dr. Massey reprints were written in days when hysterectomy



for fibroid was more dangerous than it has been for the last ten years.' During this period (1895 to 1904) I find that the mortality from abdominal hysterectomy at the great London Hospital, whose published reports have been made the basis of my argument, amounted to 15.4 per cent., that is to say, something like fourfold the mortality referred to by Dr. Keith.

I am content to leave the matter to the judgment of those to whom this essay is addressed—'suffering women and their responsible advisers.' "

**METABOLIC DISEASES.**—That in all metabolic diseases, such as rheumatism, gout, oxaluria, chlorosis, diabetes, etc., the cause has to be sought in the blood poisons is an old-established fact, but with the exception of the Schroth Treatment, no method whatever was known which freed the system from these vitiating elements. All medical art could do was to provide remedies and methods to procure temporary relief. All the famous watering places (Karlsbad, Marienbad, Harrogate, etc.) had only transient effect; the water did purify the blood but was unable to draw the deposits out of the tissues. Our treatment, however, provides a *radical cure*. In diabetes certain modifications have to be made.



## CHAPTER IX

### AUXILIARY REMEDIES AND METHODS IN THE APPLICATION OF THE TREATMENT

#### (a) The Compress

THE elimination of the blood poisons is the main object of the Treatment; the key to it is the regulation of the drink, *i.e.*, the dry diet during twenty hours (the only drink permitted being the Vöslauer Goldeck, or the driest Champagne), whilst the drinking is reduced to  $1\frac{1}{2}$  pints to 2 pints during the remaining four hours of the day. The food may be taken as you choose, distributed over the whole day, with the exception that poisonous foods must be eschewed as much as possible, according to my menu for the eliminating diet.

This eliminating treatment can be carried out as self cure by anybody without any risk or danger, *i.e.*, it can never do any harm, even if a cure should not be obtained for one adverse reason or another. This same assurance can certainly not be given in the application of poisonous drugs and medicines, and to a great extent in the performance of operations.

As I have pointed out already, by eliminating the blood poisons and purifying the body radically, we restore the



normal metabolism, engender fresh and healthy blood; and this healthy blood will in the end rebuild and regenerate the whole body, doing away with any debility, weakness or defect of whatever organ it may be, always, of course, under the restriction that the treatment is not applied too late, *i.e.*, that the body still possesses sufficient power of reaction.

But in many cases this process of regeneration takes a long time. The greater number of people have little patience, they want to see quick results. I know this fact too well from my own experience, since I had nearly always to deal with very severe and desperate cases, when people had been trying drugs and medicines for a lifetime *in vain*, then they generally came to me as a last resort. I had to convince them in so many instances, that if they introduced and accumulated the blood poisons in their body for forty and fifty years day by day, they cannot expect to get them out again in a few days or weeks. Therefore, in order to accelerate the treatment, I use a great many auxiliary remedies and methods, which I apply according to circumstances, *i.e.*, according to the case, the personal disposition of the patient, his temperament, his occupation, etc. In some cases it is even necessary to continue for some time the old medical treatment of a patient. In cases of constipation, for instance, it would be impossible to wait for the curative effect of the treatment, *i.e.*, the elimination of the blood poisons which caused the constipation, without in the meantime procuring the stools in the same way which the patient had adopted, *viz.*, by the aperients he had been accustomed to.



These *auxiliary* remedies I describe now, so that the reader may know them when I mention them in the practical application of the treatment to special cases, but I do this with the explicit understanding that the reader should only apply these *auxiliary* remedies in severe cases, and always under the control of a medical man. If the case applies exactly to him, and he sees by my description that he can use the auxiliary remedy without any risk, he may dispense with the control of a medical man. I mentioned, for instance, that I abstain from giving in this book the description of the water and milk packs as a part of the treatment, because if not properly applied they can do more harm than good. Nevertheless, I give this description in the following list of auxiliary remedies, with the distinct restriction that if the reader has the least doubt as to their proper application he should consult a medical man.

THE COMPRESS.—The compress, water or milk, is of the greatest assistance in restoring the activity of the skin; this is not only imperative for the immediate purpose of eliminating the old blood poisons, but also that future health may be secured, for a diseased and inactive skin will always breed fresh troubles. I repeat the description of this auxiliary remedy from my former books.

THE PARTIAL WATER COMPRESS.—I use a sheet (plain calico will do) large enough to go from the armpits to the hips, and *once* round the body. The sheet must not be larger (must not go twice round the body), and in order that it may not absorb too much water should not be thick.

The sheet, after being steeped in warm water, should



be well wrung out, and then quickly placed round the body. Over this sheet I place a second *dry* one, so that the wet one is completely covered. This second sheet may be larger than the first, and go even *twice* round the body. A woollen blanket is then wound over the dry sheet and fastened with a safety pin, the usual night attire covering all; the patient should then lie down well covered. Such a partial compress can be put on by the patient himself without help.

THE FULL WATER COMPRESS.—With the partial compress, the legs remain free, while with the full compress the whole body is covered, from the armpits and including the feet. Larger sheets are necessary, but the feet should not be covered up too much with the wet sheet, lest too much moisture accumulates around them. The moisture should be equally distributed over the whole of the body. In applying a full compress, the help of a second person is always necessary. The best plan is to wrap the wet sheet round the body, then put the dry sheet and the woollen blanket over it as quickly as possible, while the patient is standing at the bedside. The night attire may be placed over the compress without paying particular attention to the proper folding of the sheets and blanket around the feet.

As soon as the blanket is fastened with the safety-pin, the patient should sit on the edge of the bed; the nurse will then be able, by raising the lower portion of the body with the compress into a reclining posture, to help the patient into bed; then the sheets can be properly secured around the feet, and the blanket arranged and fastened



with a second safety pin. A third pin may be placed above the hips, so as to keep the blanket in position. It is important that no air should be allowed to penetrate the compress.

Great care ought to be taken so that the compress around the feet is sufficiently loose to allow them to be moved, otherwise the patient will become nervous and sleep badly. If the compress is made properly, the patient need not lie all night on the back or on one side, but will be able to move from one side to the other, and thus have an occasional change of position.

Another good plan for putting on both compresses, *i.e.*, the partial as well as the full one, is to first of all spread the blanket over the bed and place on it the dry sheet. Wind the wet sheet round the body while standing beside the bed, and then lie down quickly and complete the compress by winding the dry sheet and the blanket round the body and fastening the blanket with safety pins.

The partial, like the full compress, should be left on for from seven to eight hours. If put on at ten o'clock in the evening, it may be removed at six in the morning. This must be done with care, so as to prevent the outer air from coming into contact with the patient while in bed. The patient must be well rubbed down with a dry bath towel, while remaining carefully covered, and then stay in bed for at least another hour.

The object of the compresses is to produce moist warmth, by which the skin is stimulated and regains its full functional power. Therefore, the principal point to be remembered is, that about from ten to fifteen minutes after putting on the compress the patient should feel warm and



comfortable. Under no circumstances should the patient after that time, or if awakening in the night, feel cold. The covering must be ample and well tucked in, and, in case of need, hot water bottles may be placed against the feet and at the sides. If in spite of this, the patient fails to get warm, and feels chilly, it is better to discard the compress at once, for this is a very important point which must be borne in mind, viz., any application of water on the skin demands an *internal reaction*. The water produces *contraction* of the blood vessels and the tissues, which must be followed by *expansion*. It is a sort of gymnastic action provoked by the application of the water, and this is the source of the wonderful effect of all hydropathic treatment. The application of the water is very simple, but it is important to ascertain whether the body can produce *sufficient internal heat* to create a corresponding reaction. In a very great number of cases the patient is too weak to summon sufficient heat for such a reaction, and thus the water compress not only fails to produce an effect, but may even do harm. This is the reason why so many people are ruined by hydropathic treatment, and why I would not like the reader to apply the compress without the control of a medical man. Therefore, if in from ten to fifteen minutes of putting on the compress the patient does not feel warm and comfortable, it proves that there is no reaction, and the compress has to be discarded. All depends, of course, on the size of the compress. If there is not heat enough to produce any reaction when a full compress is applied, then it is advisable to try a partial compress, and if still unsuccessful, then the



partial compress should be reduced to a smaller size ; and in extreme cases a compress only covering the abdomen may be applied. This is the most important place of application, and I always found that this small compress produced the desired effect. As soon as the patient's strength is increased by the treatment, the larger compress can be tried again.

If the compress is well made, the skin absorbs all the moisture, and by the time for removing the compress in the morning, the first sheet is quite dry and warm.

The sheets, at least the first sheet, needs to be well washed in hot water with soap, and dried in the fresh air if possible.

The original prescription directs that *cold* water be used for the compresses. I, however, found that many, especially nervous, people, could not stand cold water ; the shivering feeling was so painful to them that they were afraid to put on the compress. Besides, it is to-day an acknowledged fact that cold water treatment does nervous people more harm than good. I, therefore, use warm water ; the patient has no disagreeable sensation, and the compress has exactly the same effect as with cold water. Only the sheet ought to be put on quickly after having been wrung out, lest it get cold while being unfolded ; when the compress is put on slowly the water settles downwards, and the legs get more moisture than the upper part of the body.

The dietetic section of the treatment has for its special object the elimination of the blood poisons through the kidneys, while the compresses are designed to promote the elimination of the blood poisons through the skin. As



the skin covers the whole surface of the body, it represents a most extensive medium of purification, so that the great importance of its functions and effect can be easily estimated; in fact, in some cases the elimination through the skin may be as copious as through the kidneys themselves. The elimination through the kidneys can always be controlled by the urine, while there is no such reliable control of the elimination through the skin. Nevertheless, when using the compresses, the elimination through the skin is indicated by the odour, as the eliminated poisons penetrate the sheets of the compresses. In some cases, the elimination is so copious that an unbearable odour emanates from the sheets, and they have to be taken from the patient's room immediately the compress is removed. The eliminated poisons are so intense that they act even destructively on the sheets, in cases of small-pox, for instance, the sheets fall into pieces when the compress is taken off.

This proves the great importance of the elimination through the skin. It is also easy to understand that the more the skin perspires and eliminates, the less the kidneys have to eliminate; and consequently the blood is more quickly cleared of its poisons. If the kidneys have to do all the work of elimination—that is to say, if the skin is inactive and does not participate in the elimination—the treatment and cure must take a much longer time than if the kidneys and the skin act together.

Perfect perspiration always shows in the face, and only when the face is wet and perspiring has the effect of the compress proved to be satisfactory and complete.



THE MILK COMPRESS.—In desperate cases, when for weeks no perspiration appears, or the sheets have no odour at all, I substitute *milk* for the water. The milk compresses have a wonderful healing effect on the skin. These milk compresses are applied in exactly the same way as the water compresses, the milk (fresh from the cow) must be hot, but never *boiling*. To boil it would destroy its healing effect. The only difference is that, while the water compress is kept on all night, the milk compress is only applied for from one and a half to two hours, because the milk turns sour after that time.

Although the time of application is brief, the milk compress produces its full effect. While the sheet for the water compress is wrung out well, the sheet for the milk compress should be well soaked in the milk; the more milk carried on to the skin the better. Milk means life and health. A quart of milk will make a full milk compress. When taking off the compress the body requires to be washed with warm water. The sheets have to be put at once into warm water and cleansed.

The best time for applying the milk compress is just before going to bed, it induces refreshing *sleep*, and is the best remedy for insomnia. If retiring at eleven o'clock, the milk compress should be made at nine (allowing about two hours to elapse after the last meal), the patient remaining in it an hour and a half to two hours. However, the milk compress can also be applied at any other time during the day, in the morning or afternoon, between meals.

In very obstinate cases, I recommend two milk compresses a day—the first in the forenoon, about ten o'clock,



and the second in the evening before retiring. If taken in the morning, it is essential to dress quickly after washing, and not to leave the house for at least half-an-hour. It is not necessary to lie in bed when applying the milk compress; to lie on a couch will answer the purpose, provided care be taken to have the body well covered.

The action of the milk compress on the elimination of the blood poisons is far more marked than that of the water compress, for in spite of the much shorter application of the milk compress, the sheets give off the same penetrating odour, only mixed with that of sour milk. However, the latter can be easily distinguished from the odour of the eliminations.

The milk compress does wonders in all affections of the skin. Small-pox has been completely cured by milk compresses alone. Wounds, abscesses, ulcers, eczemas, pimples—in short, all impurities of the skin are easily and radically cured by milk compresses. The application of a small milk compress to the face (in form of a mask) for an hour daily preserves and produces the finest complexion.

RULES FOR WOMEN.—I would especially mention that pregnant women should be very careful with the compresses, water or milk, not to contract any cold or shivering feeling while using the compress. If not warm within a quarter of an hour after applying the compress, it is better that they should throw it off without delay. The same observation refers as well to the time of the periods. The full compress should be replaced by the partial compress during the periods—not for sanitary reasons, but simply as being more convenient and cleanly.



(b) The Camomile Steaming

THE STEAM BATH

There is no other herb of a more soothing and beneficial effect, especially on the *mucous membranes*, than camomile. Whenever mucous membranes are affected, camomile, in form of tea, injections, enemas, compresses, washing, and especially *steaming* should be applied. In women troubles it renders the most valuable services.

The camomile tea is prepared by simply pouring boiling water on the camomile flowers and covering the pot well, in order not to let escape the healing substances of the flowers which are very volatile. According to the strength wished for, one to two tablespoonsful of flowers are sufficient for one pint of water. After the boiling water has been standing ten minutes on the flowers, the tea is strained and ready for drinking.

When the tea is used for baths, enemas, injections, etc., it is better to place the camomile flowers in a small linen bag, well tied up, then no straining is necessary, and no particles of the flowers can be introduced by the enema, the douche, etc. This precaution should always be used with douches in the vagina, douches in the nose, washing the eyes, etc.

The most effective form, in using the camomile for women troubles, is the steaming. Place one or two handfuls of camomile flowers in a pail or bucket (the best is a nightstool) and pour boiling water over them. The flowers must be loose and not in a bag. Sit immediately over it



and let the steam act on the lower part of the body. Put a blanket over you, so that no steam can escape. On a nightstool no steam can escape and the steaming has the best effect. If the steaming lessens, put more boiling water on the camomile. Sit fifteen to twenty minutes over the steaming. The effect is so soothing and agreeable that some women sit twenty-five to thirty minutes over the steam. This steaming can be done at any time of the day; the best time is, however, before going to bed. It can be done twice a day, morning and evening.

In all women troubles the camomile steaming is of a splendid effect and gives relief especially in all troubles with the periods, painful or irregular periods; it takes away irritation and inflammation of the mucous membranes, it reduces ulcerations, whites, etc. If there is a disposition to piles, however, the steaming must be done moderately.

#### THE BEDROOM STEAMING

The camomile has a wonderful healing effect on the lungs. The inhalation of the camomile steam does away with the most obstinate cough, and is the best and most effective remedy for bronchitis. It facilitates the expectoration of phlegm and does away with the trouble entirely, even in cases which have lasted for years.

You put in your bedroom, doors and windows well closed, a large spirit lamp and over it an open saucepan. Put a good handful of camomile flowers (loose) in the saucepan and pour boiling water over it. The camomile steam develops at once and fills the whole room, and you



inhale that steam during the whole time of your sleep, that is to say for about six to eight hours. It is the length of the time inhaling the steam which produces the wonderful effect on the lungs. Of course, the saucepan must be large enough and contain water for the whole night's steam. Also the spirit lamp must contain spirit enough to burn the whole night ; it requires a very small flame to keep up the evaporation of the camomile tea. It takes a little practice to find out the right working of the arrangement. The best way is to have the saucepan close to the bed, so that the patient receives the steam as directly as possible.

Generally, five to eight consecutive nights with steaming suffice to cure severe attacks of cough and bronchitis. Troubles with phlegm and asthma take a few weeks.

### (c) The Hot Sitz Bath

It is a well-known fact that if any derangement in the circulation of the blood takes place, it is most felt in the abdomen, because here circulate the largest masses of blood. A retarded circulation means at once weakening of the tissues and reduction of their power of resistance, and the immediate consequence is that the blood poisons settle with predilection in these weakened tissues. Therefore, we have to deal with the so innumerable abdominal troubles of both women and men. We have to consider, in the first place, the infiltration of the bowels, and we know that constipation is one of the most universal troubles, coupled in many cases with piles, as an immediate outcome



of a retarded circulation. We may say that nearly all women troubles are caused by the infiltration of the abdomen by blood poisons. A great auxiliary method to remove the abdominal deposits consists in simply accelerating the circulation of the blood in the abdominal region.

I obtain this object by a sort of gymnastic exercise of the abdominal tissues. I use, in the first place, a hot sitz bath. A hip-bath is filled with hot water, you sit in it so that the water only reaches more or less the navel, whilst the legs are out of the water, the water really only touches the lower part of the abdomen. In certain cases of women troubles, a bath speculum is at the same time introduced in the vagina, in order to bring the hot water in touch with the internal organs. The water must be as hot as the patient can bear it, and must be kept up at the same temperature, boiling water must be at hand to this effect. The length of the bath is ten to fifteen minutes, according to the fatness of the patient. The more fat on the body the longer it takes to let the heat penetrate. After this time the patient gets out of the bath, and the part of the body which has been in the bath, and only this part, is sponged with *cold* water for about one to two minutes. Immediately after the sponging this same part of the body is well massaged by kneading, rubbing and slapping it for about five to ten minutes. The patient ought to do this himself, only if he is very weak and has no strength another person may do the massage for him.

By this trick we obtain a wonderful increased circulation throughout the body, and—what is important for heart



sufferers—without in any way affecting the heart, as is the case with steam baths, Turkish baths, etc. On the contrary, this sitz bath assists the heart by accelerating the circulation without calling on any heart effort. By the hot sitz bath we expand the tissues and blood vessels, the cold sponging contracts them; by this expansion and contraction we initiate an acceleration of the circulation which by itself and by the massage is transferred to the remainder of the body.

The hot sitz bath can be taken at any time of the day. With women troubles, I generally put camomile (in a bag) in the water. At the time of the periods it must be suspended. If there is a disposition to piles, it cannot be applied, because it brings them on.

#### (d) **The Steam Compress**

In cases of great rheumatic and gouty pains, lumbago, ulcerations, syphilis, strictures, fibroid tumours, etc., the steam compress is a splendid paliative remedy. It is fully described on page 94.

#### (e) **The Oil Enema**

All irregularities of the bowels, especially constipation, are based on two causes: weakened or irregular innervation, or atony of the bowels. In the former case the bowels themselves are intact; they possess their normal capacity of contractibility. All that is wanting is the proper innervation from the various centres to promote their



muscular action. In the case of atony, there exists a condition of the bowels in which, setting aside the deficient innervation, they have lost their contractibility, and with this all power to move the fæces. The fæces stop then at certain points, become hard, accumulate and produce by and by an abnormal expansion of the bowels, thus aggravating more and more the state of atony.

The hardened fæces can usually be felt under the abdominal wall ; besides, the stool itself exhibits a reliable symptom. When the motion is in small solid pieces, sometimes like beans or small narrow strips, it is evident that there are hardened old fæces to be dealt with.

The primary cause of this atony is no doubt infiltration of the bowels by blood poisons, by which infiltration the contractibility of the bowels is affected in the same way as that of any muscle by infiltration of uric acid. As the stoppage of the bowels by old fæces is however very dangerous, it would be impossible to await the end of the treatment, which might clear the bowels of the infiltration and restore their contractibility. As a palliative remedy in the meantime, I use oil enemas.

There is no other more radical remedy against the atony of the bowels than oil. Oil has the greatest dissolving power of all similar remedies. Poppy oil or olive oil may be used, but it must be of the finest quality. Oil not only dissolves the old fæces, but it has also a remarkably healing effect on the bowels themselves. If bad, rancid oil is used, it has the contrary effect on the bowels ; it only sets up irritation.



In my book on "Dyspepsia and Costiveness," I recommended the oil enemas in the following way: The oil has to be applied warm (80-90° fahr.) by means of a syringe or an irrigator. After each application the instrument has to be very carefully cleansed, so that no oil remains to become rancid. It is indispensable to take the oil in bed, and retain it from five to seven hours. The best effect is produced in the morning, but as few have time to lie down during the day, the next best plan is to use it when retiring and keep it in until the morning. An adult should begin with say about seven ounces, and gradually increase the quantity to about ten ounces as the maximum. Children require only from three to six ounces.

To obtain the most perfect cleansing possible, I use every precaution contributing to this effect when applying the oil clysters. The oil will make its way through the bowels when kept in all night, but in order to obtain a quicker and more effective result, I induce the patient, immediately after the injection of the oil, to raise the posterior by kneeling on the bed, and then place the elbows before the knees. In this posture the patient should remain from four to five minutes, thus allowing the oil to pass into the colon descendens, and more especially reach the flexure of the latter, a point at which the old fæces commonly settle. Then to facilitate the circulation of the oil through the colon transversum, the patient should lie on the right side for another four or five minutes, and then on the back. This latter position may be maintained for about ten minutes, and then any position may be chosen.

To obtain a really relieving effect on the bowels, the



clysters must be used daily for from four to six weeks ; it is then best not to stop using them suddenly and altogether at once, but gradually, by allowing intervals of one, two, and three days before dispensing with them entirely.

It is, however, important to note that the oil does not act as a purgative ; its main purpose is to soften and dissolve the hardened fæces. In light cases of constipation the oil suffices to discharge the dissolved fæces, but in severe and obstinate cases it is necessary to employ certain specifics to promote their expulsion. These have to be applied at once in the morning if the oil alone fails to effect a motion. I here name three of the specifics ; they do no harm whatever, and should be applied alternately :

The first day a *physiological enema*, so called, should be employed, consisting of luke-warm water, to which only a pinch of common table salt has been added—nothing else.

The second day, one to one-and-a-half tablespoons (or the equivalent in 4-6 capsules) of *castor oil* should be used.

The third day *senna water* may be applied. To make this take one to one-and-a-half tablespoons of senna leaves and soak for a night in half-a-pint of *cold* water—no hot or boiling water to be used. This should be drunk in the morning.

The following day commence again with the physiological enema and proceed as before. These specifics are only to be used provided no motion whatever is produced by the oil.



(f) Beef Tea

In desperate cases of dyspepsia, when all the appetite is gone, and it is imperative to bring it on again, I use with very good effect the juice of the grape fruit, one or two teaspoonsful before every meal. The grape fruit has a special healing power on the stomach, and light cases of dyspepsia can even be cured by grape fruit juice. The grape fruit, however, is only to be had in large towns, and not all the year round. In such cases, when it cannot be procured, I substitute it by a special beef tea, which I allow in small quantities before or with the meals, and which has a similar appetizing effect. It is prepared in the following way :

Take 1½lb. of beef (top ribs) in two pints of water, add a small carrot, a small stick of celery, a piece of turnip and one leek ; add a teaspoonful of salt ; boil it on the fire (not in the oven) slowly and let it simmer for about two hours. If the water boils away, replace it by fresh water, so that the quantity of two pints is kept up. Then take it from the fire and let it cool off. The moment it is cold all the fat will float in a solid mass on the top, and must be carefully taken off. This is an important point ; no fat whatever has to remain in the beef tea, and this can only be avoided by letting the beef tea get cold. Whilst hot the fat could never be taken away so completely. The patient takes only the tea, whilst the meat and vegetables are very nice to be eaten by the family.



## CHAPTER X

### PRACTICAL APPLICATION OF THE TREATMENT ILLUSTRATED BY MY OWN EXPERIENCE

THE indulgent reader who has followed me so far may, in the first place, be interested to learn how I developed the treatment and tested it on myself. I come of a healthy and strong stock, and out of a family of five, I was the only one who, from the age of 12, was predisposed to the development of blood poisons. I can give no reason for this, because as I have said before, we know nothing about the causes of these predispositions. I chiefly formed uric acid, which I encouraged by copious consumption of milk, pulse, sour foods and, later in life, beer. When quite a child, I was constantly troubled with skin eruptions, my face was covered with pimples, and from my 12th year, I suffered for a long time from boils on the seat. With my 14th year constipation commenced, and when I was 18, megrims and depression set in which rose to thoughts of suicide. At that time the steadily increasing constipation (up to five and six days) was aggravated by piles, which for 15 years rendered life a burden to me. Toothache and earache troubled me alternately after every cold. My principal complaint, rheumatism, set in when I was 26, and I often was laid up for six or eight weeks, unable to move a limb. I suffered from varicose veins and repeated attacks of



phlebitis ; my liver was affected, and in the course of years, I suffered from all the complaints for which an excessive formation of uric acid is responsible, and, in consequence, was physically and mentally so exhausted that I was, at times, incapable of doing any work, unable even to read a book or write a letter. My memory began to fail and my energy was lost. These states prevailed until I was thirty-five, and although, as a medical scientist, I knew and tried all imaginable remedies and methods, they only helped me temporarily, without freeing me from my complaints.

One day, an attack of rheumatism, which was so severe that I could neither sit nor lie down, drove me into the street, and I tried to walk off the pain, as it were. I accidentally stopped in front of a small bookshop, and my eye alighted on a small pamphlet, entitled :

JOHANN SCHROTH'S  
DIETETIC METHOD OF CURE  
AND ITS EXCELLENT RESULTS.

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A RADICAL CURE OF CHRONIC AILMENTS, FEVER,  
INFLAMMATIONS AND INFANTILE DISEASES, WOUNDS  
AND SYPHILIS.

---

DEMONSTRATED FROM PERSONAL EXPERIENCE AND  
OBSERVATIONS AND PUBLISHED FOR THE BENEFIT  
OF SUFFERING HUMANITY,

BY  
DR. W. CYBULKA  
(Medical Practitioner.)

(Translation.)



I purchased the booklet and found in it the following description of the diseases amenable to this treatment.

“ Theory and practice both bear out that most acute  
“ and also most chronic diseases are curable by this method.  
“ The origin for most diseases, it has been found, lies in  
“ the vitiated humours of the body. As the tendency of  
“ the whole method is to remove the impurities and to  
“ destroy the root of the maladies, it follows that acute  
“ and chronic disorders are remediable on those lines.

“ Schroth proved the efficacy of his treatment most  
“ brilliantly in epidemics of cholera, dysentery, scarlet  
“ fever, etc., and his excellent results helped him largely in  
“ obtaining a license to practise his method. In inflammation  
“ of portions of the bowels, this method is surprisingly  
“ successful, but, as a rule, the cure is resorted to in chronic  
“ disorders, where it often accomplishes miracles. Some  
“ deeply rooted diseases, of years' standing, which yielded  
“ to no other remedy, not even the much praised Priesnitz  
“ water cure, have been lastingly cured by Schroth's simple  
“ means, when conscientiously followed up, in the short  
“ space of time of a few weeks.

“ Scrofulous swellings, ulcerations, exostosis and caries,  
“ inflammations of the eye—so frequent in scrofula—and  
“ consequent opacity of the cornea, otableorrhœa and  
“ defective hearing or deafness—also through scrofula—  
“ have been completely cured through Schroth's method.  
“ When the foregoing diseases are the result of an old  
“ syphilitic infection, there is no more reliable cure than  
“ Schroth's, and many such patients who after months of  
“ cold water treatment received no benefit, but, having



“ undergone terrible agonies, were in danger of disfigured  
“ faces and of losing their eyesight—found relief at  
“ Schroth’s Institute, and all dangers were averted, and  
“ they had only the one regret that they had not taken  
“ refuge there before.

“ Rickets and its concomitants, curvature of the spine  
“ and limbs, rheumatism and gout, with their peculiar  
“ alterations and functional derangements; piles, varicose  
“ veins, hysteria, all sorts of ulcers and chronic eruptions;  
“ weeping fistula, fistulæ of the rectum and urethra, urethral  
“ stenosis, have been cured at Lindewiese in a few weeks,  
“ obviating the frequently most painful operation in the  
“ last-named disease.

“ Even in the so-called hopeless or incurable diseases,  
“ Schroth’s treatment has done wonders, as, for instance,  
“ in paralysis, melancholia, epileptic fits, caries, impotence  
“ and sterility. Instances of cures of these diseases through  
“ Schroth’s method are by no means rare. Indeed, I believe,  
“ there are but very few diseases which will not yield to a  
“ systematic course of this radical method of cure, and I am  
“ happy in being able, with conviction, to hold out hope to  
“ the greatest sufferer, who need not doubt the possibility  
“ of a cure before he has undergone the Schroth treatment  
“ carefully. In very stubborn cases a second course may  
“ bring about the desired effect.”

The treatment consists, as I have pointed out before,  
and elsewhere, in an exclusive diet of stale rolls, without  
any liquid whatsoever; every third or fourth day one bottle  
of light white wine and a dish of rice and tapioca in addition to  
the rolls. At night a water compress round the whole body.



I immediately decided upon doing the treatment, and started that very day, although neither myself nor any of my friends had ever heard of the name of Schroth. I had suffered so much that no sacrifice for possibility of a cure seemed too great for me. Moreover, Schroth's theory appealed to me: all diseases originate in impure blood, in blood poisons! I went without a drop of liquid for two days and sometimes even three days, the drink days being, naturally, festive occasions. Already on the first day the urine assumed a very dark hue, and yielded heavy deposits. The uric acid appeared in gravel-like deposits, and the sheets of the compresses were intolerably malodorous in the mornings, and had to be taken from the room quickly.

I suffered terribly from thirst, and it required all my energy not to break down. I fell off to a skeleton. At first, the eruptions in my face grew worse, because the poisons were being stirred up and sought an outlet. The rheumatic pains grew less already on the third day, and ceased entirely and for ever after a fortnight. The headaches, likewise, disappeared during the first few days, but a certain nervous irritability continued, probably on account of my having lost so much weight. Summoning up all my energy, I did the cure for six weeks, during which time a complete change took place in my body. All skin eruptions had vanished, my skin was pure and felt velvety, my palate had become purified and refined, earache and toothache stopped, my memory improved, fresh energy awoke, and, indeed, new life pervaded my body. My bowels became regular, and to this day I have never again suffered from constipation for a single day. The piles lasted for some



time, but were gone after six months. I, undoubtedly, had too much uric acid in my system, and the six weeks did not quite suffice to eliminate all, but when once I had regulated the function of my excretory organs, chiefly the skin and kidneys, the expulsion of the remainder happened as a matter of course. Moreover, certain diseases will take a longer time, however busy Nature may be in trying to eradicate them. Thus I had had trouble since childhood with my toenails: the one on the big toe always thickened and grew badly and into the flesh. A year after the cure I discovered, much to my surprise, that my nails had become absolutely normal. There was no more thickening or trouble of any kind. Dr. Haig, indeed, uttered a great truism, which bears repetition, when he said: "The uric acid troubles and diseases our body from the roots of the hair to the nails of the feet." I have had that experience with my hair. Whereas my father was bald in early life, and my younger brothers have thus been disfigured for years, I still possess a good growth of hair.

The Schroth Treatment is often described as a rejuvenating cure, which I can confirm from my personal experience. Not only was I delivered from all my ailments, but I have maintained my health and strength ever since, and I am now, after thirty years, sound, vigorous, fresh, capable of work, and of a more cheerful frame of mind than I was during my youth before the treatment. During these thirty years I have had no ailment whatever. While before the treatment I never dared to expose myself to any draught or to sit in a garden, even on a hot summer's day, for fear of catching cold, I now hardly know what a cold is, and



can risk all changes in the weather and temperature with impunity. And all this without one drop of medicine! All my patients will attest what I have said here, and they always see in me a living advertisement for the wonderful efficacy of the Schroth cure.

After my personal experience of this marvellous treatment, I naturally dropped all my former allopathic and homœopathic remedies once and for all, and concentrated my whole attention on the Schroth cure, which alone succeeded in curing me. However, I encountered some insurmountable obstacles. Most patients lacked the energy of undergoing all the privations of this rigid regime. Only stale rolls and the tortures of thirst; death seemed preferable! Moreover, the worst of it is the serious loss of flesh and weight, which, in the case of nervous subjects, is a very grave matter, quite apart from the fact that work becomes impossible, and that they sometimes even grow bed-ridden.

I, therefore, set to removing these drawbacks, and finally succeeded in evolving the treatment described in this treatise, which has the same effect as the Schroth cure, *i.e.*, expels the blood poisons as quickly and thoroughly, without involving such terrible privations and, above all, without reducing and weakening the patient. The subject may lose from three to five pounds (through reduction in the quantity of liquid), but is adequately nourished throughout and remains fit for work. My axiom is: *The body must be well fed, in order to dispose of sufficient energy to eliminate the blood poisons.* The original Schroth cure weakens the system too much, and the expulsions of the poison is retarded, particularly with patients who are already run



down. As a consequence, the cure is frequently interrupted before a complete elimination of the blood poisons has been brought about, or the patient must make occasional pauses in order to recuperate his strength for the continuation of the treatment. My treatment, on the other hand, entails no such weakening, and can be carried through without stoppages until all the poisons are expelled.

### Colds

Mrs. L., age 45, had suffered from cold since childhood. Summer or winter, the least chill would cause a catarrh of the nose, throat, lungs, and a continual cough. The winter was her worst time, and she sometimes had twenty or thirty colds during that season. She was accustomed to take homœopathic remedies, which always brought her relief, but the attacks constantly returned. She began with the treatment in winter and the number of attacks decreased considerably, the following winter she had none at all. Two years later I heard from her, stating that she was completely cured from the trouble which had rendered her wretched for so many years.

*Treatment.*—When she began the treatment, her cough was so bad that I preferred to give her first some immediate relief before putting her under the eliminating diet. She had camomile steaming in her bedroom and three cups of herbal pectoral tea during the day. She had been accustomed to sleep with open windows. I had to fight hard against this stupidity. I fully agree with a full supply of air, and advise every *healthy* person to sleep with open



windows. But if you are coughing or suffer from bronchitis, that is to say, if your lungs are in an irritated or inflamed condition, it is simply ridiculous to constantly increase this irritation by inhaling the cold and damp air of the night. At daytime, especially when the sun is shining, you may open the windows; the dry warm air will not have any such effect. The diary was the following :

The patient had to stay in bed.

7.30 *a.m.* One cup of warm pectoral tea.

8.30 *a.m.* *Breakfast*: One soft boiled egg, bread and butter, with a little honey; 4 dates, 1 cup apple tea, with 4 teaspoonsful "Esfon" dissolved in it.

10 *a.m.* Milk compress from the armpits to the hips, two hot water bottles were put on the sides, half cup of pectoral tea was drunk very hot to favour the perspiration.

1 *p.m.* *Luncheon*: Chicken and green peas, one small potato, bread and butter, 4 dates, one cup beef tea (*v.* page 130). The following days, instead of chicken, other meat was allowed, also the vegetables were changed.

4 *p.m.* One cup hot barley water, with two teaspoonsful "Esfon" dissolved in it; bread and honey.

6.30 *p.m.* *Dinner*: Fish, boiled, with sauce Hollandaise, bread and butter, tapioca pudding; ten minutes later, the yolk of an egg. The following days the fish was changed or substituted by brains, sweetbread, etc., also the pudding was changed and substituted by stewed fruits. No drink with the dinner.



8.30 *p.m.* One cup of hot milk with honey.

10 *p.m.* One cup of pectoral tea. The camomile steaming in the bedroom was begun.

The first night was little satisfactory, the sleep being constantly interrupted by coughing and heavy expectorations of phlegm. The second day I added a second milk compress at 9 *p.m.*, giving the hot milk with honey in the compress. The sponging off with warm water after the compress was done in the bedroom. After that one cup of pectoral tea and camomile steaming.

The second night was better. On the third day the second milk compress was given again. The patient slept that night four hours without coughing. On the fourth day only the compress in the morning was given. The cough had considerably lessened and also the expectoration of phlegm. After ten days the cough had entirely ceased, also throat and nose had considerably improved. She went out from the 9th day. On the 12th day I put her on the eliminating diet and she left the bed entirely. She took the Vösslauer wine.

As her skin was in a very poor condition, I continued the milk compresses in full size, once a day, before going to bed.

She took one glass of Vösslauer in sips at 11 *a.m.*, and one glass with her luncheon. In the first week I allowed her at 4 *p.m.* one cup of apple tea with six teaspoonsful "Esfon" dissolved in it. From the second week she substituted the apple tea by 1½ glasses of Vösslauer, dissolving in the ½ glass six teaspoonsful of "Esfon." At 8 *p.m.*, she finished her drink with 1-2 glasses of Vösslauer.



In the beginning, the urine showed a specific gravity of 28-30, with heavy deposits of mucus and debris. When leaving the apple tea at 4 p.m. and taking more wine, the specific gravity rose to 35, and kept up at this figure for two weeks. After that time it lowered slowly. In the third week the elimination of large quantities of uric acid began and continued for weeks. The patient continued the treatment at home until all elimination ceased and the specific gravity had gone down to 10-12.

### Headache

Mrs. D., age 54, mother of eight children, very active, suffered from distressing headaches. They started at 5 or 6 o'clock in the morning and lasted, unabated, until the afternoon, accompanied by depression. The attacks, while they lasted, made her unfit for any work, and she only brightened up towards evening. She had suffered thus for six years. The doctors gave her bromide, phenacetine, etc., but only aggravated her condition.

*Treatment.*—I put her under the eliminating diet and gave her a milk compress before going to bed. As she had been accustomed to alcoholic drinks, I began with the Vösslauer wine at once, and from the first day she eliminated copious quantities of uric acid, the real and primary cause of her sufferings. The specific gravity of her urine opened with 25 and rose to 32. As she had been in the habit of taking 6-7 cups of tea daily as a stimulant, I did not wish to cut them off at once, and allowed her one cup of ordinary tea at 5 p.m., with six teaspoonsful



of "Esfon." But the bromide, which she had been taking, I stopped completely.

The attacks of headache became less severe after a few days, and in the second week, instead of occurring daily, they left intervals of one or two days. In the third week, the depression disappeared altogether, and only two attacks of headache set in. The elimination of uric acid continued unabated for six weeks. During this time, some relapses occurred, but the intervals with clear head grew consistently until the elimination of uric acid stopped, and the cure was completed.

### Depression and Insomnia

Mr. H., age 35, suffered from depression and insomnia. He was in such a state that the doctors had given him up and wanted to put him into an asylum. His brother, however, refused to sign the certificate and, as a last resort, brought him to me. The patient could not be left alone, because when the fits of depression seized him, he wished to throw himself out of the window. The case was a very serious one, but, on examination, I became convinced that the brain in itself was intact, and that it was simply a question of uric acid infiltration, and a cure might be possible. It was difficult to administer the treatment, as, in the beginning, the patient obstinately refused to take the wine.

*Treatment.*—I began with the eliminating diet, and I used the auxiliary remedy of sitz baths, in order to obtain an increased circulation. Immediately after the sitz



bath, he was put in a milk compress. This was done regularly every day. Very soon copious eliminations of uric acid made their appearance. During the first two or three months, I had to fight against discouraging relapses, which sometimes lasted for a week, and seemed to render the whole treatment hopeless. After the relapses the patient was in a healthy and cheerful condition and could be safely left alone. From the fourth month his sleep became regular and sound. After six months of treatment no further relapses occurred and a complete cure was effected. I had the opportunity of watching him for three months afterwards.

The relapses always have a very discouraging effect, but they are unavoidable as long as there is any quantity of uric acid, as small as it may be, left in the system. Wherever this last remainders of uric acid may be deposited, as soon as they are stirred up and brought into the blood they can be carried to the brain, and produce an attack of headache or depression or insomnia. Only after the last atom of uric acid is eliminated from the system the cure is to be called a radical one, and no attack can possibly occur again.

Mr. R., age 45, suffered from headaches, depression, and insomnia. While formerly most active and energetic, he was scarcely able to attend to business when he first consulted me. He had to summon up all his strength to do the simplest work. One day's dry test revealed large quantities of uric acid.

*Treatment.*—He observed the eliminating diet very strictly. He had constantly endeavoured to stimulate



his nerves by large quantities of alcoholic drink. I reduced them to one bottle of Vösslauer a day. Before going to bed he had a milk compress every night. No tea at 5 p.m., one glass of wine instead. He eliminated large quantities of uric acid, the specific gravity rose some days up to 45.

From the beginning of the treatment the headaches and depression grew gradually less, and during the second week he had two whole days free from any complaints, an experience he had not had for two years. The insomnia, however, still continued. After six weeks his sleep began to improve, but I told him he would not recover completely sound sleep until almost all the uric acid had been eliminated. Headaches and depression no longer troubled him much; he had regained cheerfulness and energy, and, especially, he noticed that his memory had considerably improved. He continued with the treatment by himself, and after a few months, I heard from him that he felt a new man, was rid of his pains and slept soundly.

### Megrims

Miss R., age 14, had megrims since her 8th year. Every week she had three or four attacks, some of which ended with vomiting. She had already, in spite of her young years, been treated with poisons by doctors. Whereas her sisters looked fresh and healthy, the poor little girl was pale, and had dark shadows under her eyes. When the attacks set in, she broke out into a cold perspiration all over her body, and could bear no light, but had to be taken into a dark room



*Treatment.*—She underwent the eliminating diet rigorously, and, as she had to go to school, I allowed her as the only modification, an apple with her breakfast. Besides, she took a few dates with her to school. As she was strong and had a good digestion, I let her drink 3-4 glasses Vösslauer daily. At 5 p.m. she had a cup of apple tea. She eliminated enormous quantities of uric acid, nobody would have believed that such quantities could come from a child of fourteen years. The specific gravity went up to 35. In the evening she had a full milk pack.

The attacks lessened in the first week and stopped entirely after six weeks. Although the complaint had lasted for six years, her youth and vitality assisted a speedy cure. I saw her a year later with rosy cheeks, happy and cheerful. Her parents were advised to keep her on a uric-acid-free diet.

### Throat and Tonsils

Miss L., age 22, had constant throat troubles. With every cold she had an inflamed throat and swollen tonsils. Her doctor recommended cutting out the tonsils. Happily the patient opposed an operation, and underwent the treatment instead. The swellings disappeared after a few days, but I induced her to persevere with the treatment until her whole system was cleansed, to prevent a renewal of the trouble.

*Treatment.*—I adopted the eliminating diet, but with great difficulties, as, besides being a vegetarian, she refused to take wine. At this time, I had not yet completed my "Cereal Albumen," so I relied for the albuminous food on



eggs and particularly dates. She had to keep the twenty hours strictly dry; 4 p.m., two small cups of apple tea; dinner, a larger proportion of vegetables and fruit; 8 p.m., half-pint of water with "Esfon."

Every evening a full milk pack and a special milk compress round the neck. The milk compress also in the morning. In spite of the watery diet, she eliminated freely, thanks to her youth. The specific gravity rose to 30-32, with heavy deposits of uric acid and waste matter. A complete cure was effected. The throat and tonsil troubles ceased entirely.

### Lumps and Pimples

Miss B., age 26, had two lumps, one large one on the upper part of the chest and a smaller one on the throat. A few years ago she had a lump on the right side of the neck, for which she had been operated, leaving a very nasty cicatrice. Hearing of my treatment, she hoped a second operation might be avoided. She was in a situation with an old lady, whose physician, likewise elderly, treated her. I advised her not to tell either that she was under the treatment, as, undoubtedly, the old doctor would oppose it, insisting on an operation. The date of the operation was already fixed to take place in a fortnight's time. After a week's treatment the small lump on the throat had disappeared and the large one had gone down considerably. The old doctor had not even discovered the small lump, all his attention being focussed on the large one, which had grown to five inches in diameter. I suggested



to the young lady to allow the doctor to watch the lump. He did so, and when he saw it gradually decrease, was sorely puzzled, but at last exclaimed joyfully: "Oh, the lump is coming to a head." As a matter of fact, there was not the slightest sign of such a thing. All pains had disappeared, and the patient was hardly aware of the existence of a lump. The old doctor still insisted upon the operation, but the young lady opposed it determinedly. After three weeks the lump was scarcely visible. When the old family doctor examined it, the patient asked him ironically: "Well, doctor, is the lump now ripe for operation?" He snatched up his hat, and snapped irately: "Young woman, how dare you laugh at me, old and experienced practitioner that I am."

*Treatment.*—As she seemed to be full of blood poisons—for there were not only the lumps, but her face was covered with pimples and red patches—I put her under very strict diet. She had great difficulties to stick to it, as she did not want her entourage, and especially her employer and the doctor, to know that she was under a treatment. For the same reason she could also not apply the full packs, therefore I let her make two small milk compresses, one around the neck and the other one over the large lump on the chest. Already in the first days both lumps got softer, and the small one disappeared within a week. I intended to use steam compresses for the large lump, but this was not necessary; it was reduced and disappeared with the aid of milk compresses and, naturally, by the eliminating diet. The eliminations showed heavy deposits of waste matter and uric acid. The urine decomposed nearly imme-



diately, looking like pea-soup, with a specific gravity of 30-35. In the second week, the pimples on the face began to disappear, at the same time her complexion became purer, and her friends admired the change in her appearance. Also digestive troubles, which she had had for many years, yielded completely to the treatment.

The old lady soon after died, so her experienced practitioner had no more opportunity to interfere with the young lady's health, but should he by chance read this book and recognise the case, he may seek consolation with some other victims of his operative skill, for that famous lump of this young lady never got ripe for his knife; it went for ever!

### Erysipelas

Miss R., age 26, was constantly troubled with skin eruptions all over her body and especially in the face, which sometimes had the colour of a boiled lobster. She felt most unhappy, for otherwise she would have been of very prepossessing appearance. She had tried every imaginable "remedy," but all in vain. With her it was simply a matter of blood poisons, which sought an outlet through the skin. Within a few weeks of the treatment, her face was clear, and she gained quite a new complexion, and by continuing the uric-acid-free diet the eruptions on her body ceased altogether.

*Treatment.*—She began with the eliminating diet very strictly. No drink during twenty hours, and at 4 p.m. she had one glass of Vösslauer wine, half hour later another glass with six teaspoonsful of "Esfon." During the first two



weeks I suppressed vegetables and fruits for dinner, so that in fact she had no watery food whatever. I allowed one glass of wine for dinner, and up to 8 p.m., two more glasses. The eliminations showed up enormous deposits of uric acid, the specific gravity rose on the third day up to 42. I applied every evening a full milk pack, the sheets of which, from the first evening, exuded, after they had been taken off, such a fearful smell that they had to be taken out of the room at once. Besides, they became a pink colour, which only disappeared after the sheets had been boiled for a whole day. I also applied a special milk pack over the face in the form of a mask, *i.e.*, cutting holes in the linen for the eyes and the mouth. This mask also exuded an intense odour, and was pink in colour.

As the face began to be clearer, and the patient was suffering from thirst, I allowed from the third week vegetables and fruits for dinner, and on the fourth week I allowed one cup of tea at 4 p.m. In the same week the milk packs were free from any bad odour, but they were continued for another fortnight, in order to regenerate the skin completely, and secure its normal functional capacity in the future.

### Self-Abuse

Mr. R., age 30, was addicted to self-abuse since boyhood, and imagined he felt its consequences in depression, loss of memory, lack of energy, shyness and fear of meeting people. He was perfectly candid about his habit. After a fortnight of the treatment he had greatly improved, and had only two relapses.



He eliminated large quantities of uric acid, which seemed to have had an irritating effect on his sexual organs. While the elimination was in progress, I taught him to use self-suggestion whenever he felt any temptation, and he was successful in overcoming it each time. He first came to me a pale and miserable looking man, but after six weeks he had regained full mental control over himself, and had a healthy complexion, clear and steady eyes, and, indeed, the change was so marked that the neighbours expressed their lively astonishment at this change. Being a chemist, a man who had been dealing solely with medicine poisons, it may be interesting for the reader to learn what he wrote me after the treatment :

“ Dear Sir,

I wish to thank you heartily for the thorough success with which you have applied your treatment to me. It is not often a chemist can be found to undertake, still less to uphold, a system which deprecates the use of medicine ; but laying aside unworthy motives, I can confidently say that your treatment has been a profound benefit to me ; for now I never suffer from mental depression at all ; and, further, I am so much better in physical health that people call me a walking miracle.

Hoping you will continue to spread your beneficent system,

I am, etc.”

*Treatment.*—I put him under the eliminating diet, but suppressed all meat and reduced the wine to 2-3 glasses a day. I wanted to reduce all irritating effects as much as possible. The albuminous food was supplied by eggs and



dates. At 4 p.m. a cup of tea and for dinner vegetables and fruits. Every evening a milk compress, and twice a day a sitz bath in *cold* water, not lasting over *one* minute. Every second day a cold rubbing down over the whole body.

He eliminated large quantities of uric acid, the specific gravity keeping up to 30 all the time. The sheets of the compresses, with few interruptions, had a very strong odour during the whole treatment.

As he was in possession of my book on "Will Power," he had no difficulties in using self-suggestion, which rendered him great services.

### Bronchitis and Incipient Consumption

Miss H., age 26, looked consumptive, and had had a cough for two years, feeling weak and tired after the slightest effort. The expectorations, however, showed very little symptoms of tubercular infection. She had had an attack of bronchitis just before she came to me and was still suffering from pains in the chest. The treatment, assisted by milk compresses and camomile steaming in the sleeping apartment, removed the cough in the third week. After three months of treatment, the lady looked a new woman, full of activity, and able to do any work without becoming fatigued.

*Treatment.*—I first wanted to fight the attack of bronchitis completely, and try to get rid of the cough which had lasted such a long time, and seemed to be so firmly rooted. I, therefore, did not begin with the eliminating diet; she had to undergo first the following regime:



*On rising* : One cup of pectoral tea, warm.

*Breakfast* : A large cup of hot milk, with a tablespoonful of extract of malt in it. Bread and butter and a little honey ; 6-8 dates.

*At 11 a.m.* : Again a cup of hot milk with extract of malt, taken in sips.

*Luncheon* : Fish (or fowl or boiled mutton), vegetable (or stewed fruits), bread and butter ; no drink.

*4 p.m.* : One cup of apple tea, with eight teaspoonsful of "Esfon."

*Dinner* : One boiled egg, bread and butter, 6-8 dates ; no drink.

*At 8 p.m.* : A cup of hot milk with extract of malt, in sips.

Before going to bed, a full milk compress. At the beginning of the compress, a small cup of hot pectoral tea.

I allowed meat only once a day, at luncheon, about five ounces ; the remaining albuminous food was supplied by milk, eggs and dates.

I kept her in bed for the first week, and every night the camomile steaming was done in the bedroom. As the weather was fine and warm, I let her get up the second week and take fresh air as much as possible.

The camomile steaming in the bedroom was continued every night for two weeks longer, when the cough ceased, and she had good undisturbed nights.

After the fourth week, I put her under the eliminating diet, but very gradually, doing first away with the pectoral tea and reducing the malted milk to half the quantity. In the sixth week I stopped the malted milk for breakfast and at 11 a.m. altogether, and I only allowed half a cup



of malted milk for luncheon. The elimination began with heavy whitish deposits and a specific gravity of about 25.

In the meantime the patient had become visibly stronger, and in order to force the elimination, I soon suppressed also this cup of malted milk for luncheon, keeping her dry for the full twenty hours. The elimination increased, the specific gravity going up to 30. She had the cup of apple tea with "Esfon" at 4 p.m., vegetables and stewed fruits for dinner, a large cup of malted milk at 8 p.m., and in the milk pack again a cup of hot malted milk. She improved rapidly, but I made her continue the milk packs for fully three months, when she had completely recovered. In the third month, I made her drink 2-3 glasses of wine daily, which produced a good uric acid elimination, and reduced the malted milk instead.

### Heart Troubles

Miss S., age 32, was very delicate and looked pale. When a young child, she had had chorea four times. Four years ago she had had influenza, and remained in bed for a month. After the influenza she developed heart troubles; she was afflicted with shortness of breath, especially after any exertion, palpitation, and a feeling of oppression in the cardiac region. During the last year, she had swelling of her feet and hands, which came on during the afternoon and got worse during the evening. In bed, the swelling disappeared. The pulse was sometimes 110 and 120.

*Treatment.*—I put her under the eliminating diet, being



very careful with the wine. I began with one glass for dinner. At 4 p.m. she had a large cup of apple tea, with six teaspoonsful of "Esfon"; for dinner, vegetables or stewed fruits, and at 8 p.m., a tumbler of water, with four teaspoonsful of "Esfon." The second week I added one glass of Vösslauer wine for her luncheon, increasing it next week, one glass Vösslauer at 8 p.m., and reducing instead the water with "Esfon." To quench the thirst, I also allowed some raw fruits after dinner.

Every evening before going to bed, a milk compress, but only from the armpits to the hips, as she was too reduced to react on a full compress.

During twenty minutes every day I had applied the Kellgren heart massage, which had a splendid effect, as shown by the following pulse rate of the first fortnight:—

Date.	Before Treatment.	After Treatment.
June 28	110	90
„ 29	104	86
„ 30	100	85
July 1	95	85
„ 2	104	84
„ 3	88	85
„ 4	95	88
„ 5	98	84
„ 6	87	81
„ 7	80	74
„ 8	80	73
„ 9	78	72
„ 10	79	72
„ 11	78	72



I allowed her to go out, but to walk slowly and to ascend no steps or stairs. In the second week the breathlessness diminished considerably, and in the fourth week, when I allowed her to walk quickly, she could do so without getting out of breath at all. At the same time, the feeling of oppression in the cardiac region had quite disappeared, and there was scarcely any swelling of the feet and hands, and she had gained 4 lbs. in weight.

Eliminations showed heavy deposits of uric acid, though the specific gravity never passed 28-30. After eight weeks she was free from all the troubles, her heart in a good condition, her complexion, from being pale, of a healthy colour. I recommended the continuance of the uric acid-free diet. She was fond of cycling. I advised her at least for the first year to be careful not to try and ascend steep hills, in order to avoid a relapse of the heart troubles.

Mr. L., age 34, suffered from a weakened heart, in consequence of overstrain through cycling. At the same time, he was dyspeptic, and complained especially of liver troubles. He came from India to undergo my treatment.

I found his heart dilated; when lying on his side, he felt pains. His pulse was 98; he had palpitations, but little breathlessness, and there was no cough nor swelling. His digestion troubled him very much; he felt a good deal of acidity, and suffered dreadfully from flatulence. He had to get up several times during the night to find relief.

*Treatment.*—I applied at once Kellgren heart massage, but with little effect for the first week. The second and third week I used a sinusoidal bath (electricity) for five minutes, the second week daily, the third week every second



day. Then I stopped it, and only continued the Kellgren massage. The heart improved, and after that time the pain ceased when lying on the side. After the treatment the pulse always showed an improvement. Breathlessness had disappeared altogether.

From the beginning I had put him on the eliminating diet, and though I was careful with the wine, on account of the heart trouble and the acidity from the stomach, he eliminated quantities of uric acid and waste matter, the specific gravity rising to 45. From the first day he took this diet the digestive troubles disappeared as by magic, and the flatulence lessened. After a few days he slept all night undisturbed by flatulence. The acidity was obstinate, and the wine was favouring it. But the "Esfon" reduced it, and with severe attacks I gave him the yolk of an egg, which is a very good remedy for acidity.

Every evening a full milk compress was applied; the sheets had a very strong odour.

He had been eight weeks under the treatment, when he had to return to India. His digestive troubles were completely cured, but I recommended him to keep up the eliminating diet for some time and always stick to a uric-acid-free diet, not to form blood poisons again. His heart was not quite in a normal condition when he left, and I instructed his companion to continue the heart massage. After ten months I heard from him confirming his complete recovery, and that he was in excellent health; his heart did not trouble him again.



### Nephritic Calculi

Mr. J., age 34, suffered from stones in the kidneys (nephritic calculi). He had been operated upon several times, but the stones always formed again. The last operation had been performed six months ago, but he already suffered pains again when he underwent the treatment. No doubt a fresh stone was forming. This was his only trouble. He looked a little pale, but was in generally good health.

*Treatment.*—I put him on the strict eliminating diet. As he had to attend to his business and walk a good deal, which made him very thirsty, he kept always a few bottles of Vösslauer wine in his office, and even carried a small flask of it in his pocket, as well as some dates, as he had to take his luncheon outdoors. When he was invited to a drink, he only took a glass of champagne. He drank nearly every day two bottles of Vösslauer wine, sometimes a little less, but no watery drink whatever. He only had watery food, vegetables or fruits for dinner.

I prescribed him full milk compresses, but as he had to travel sometimes, he could not make them regularly. The sheets of the compresses smelled sometimes, but not very strongly. He eliminated large quantities of uric acid, specific gravity 30-35. In the second week the pains disappeared, and he continued eliminating uric acid for two months. He was freed from his pains and no more stones formed, but it will be necessary for him to continue with a uric-acid-free diet. He had become much stronger and better



looking. He felt happy that he was freed of all pains and could indulge again in golf. I saw him again after six months, full of life, and free from all fears of an operation as in former times.

### Bright's Disease

Mr. O., age 42, was suffering from albuminuria, and his doctors had diagnosed on Bright's Disease. His face was very pale and with the characteristic appearance of bloatedness. There were also uræmic symptoms: headaches and restlessness, great anxiety, coupled with accelerated breathing. The pulse was reduced to 50-48 and hard. The case was, however, not serious; except in the face there were no other swellings, and on examination I found a very small volume of albumen. He came in time under the treatment, and with good prospects. After two months he was completely restored.

*Treatment.*—Bright's Disease is, no doubt, simply a blocking up of the kidneys by blood poisons, amongst which uric acid plays a principal part, and the ejecting of these poisons into the system instead of being eliminated by the kidneys. At the same time, the kidneys are deranged in their normal functions, causing the elimination of albumen. The principal aim of the treatment must therefore be to discharge the kidneys and, above all, to reduce the inflammatory processes in the kidneys as well as in the whole system. This is obtained by securing the elimination of the blood poisons as much as possible through the *skin*.



I put the patient from the beginning on the elimination diet, but suppressed the wine in order to avoid every irritation. I allowed meat, *i.e.*, fish or fowl, only once a day for luncheon. For dinner, only soft boiled eggs. His drink consisted at 12 a.m., an hour before luncheon, in a small cup of hot milk; at 4 p.m., a cup of apple tea, with six teaspoonsful of "Esfon"; at 8 p.m., a tumbler of lemon squash, and during his milk compress, a cup of hot water with two teaspoonsful of "Esfon."

I kept the patient in bed for the first fortnight. He had a milk compress early in the morning before breakfast, with four hot water bottles around him. In the evening, a hot sitz bath, with cold sponging and massage, and immediately after, again a milk compress with hot water bottles. Every second night he slept with an abdominal water compress. Towards the end of the first week very free perspiration set in, and the sheets had a very strong odour. The milk was always applied as hot as possible. During the first four weeks the quantity of the urine remained very small, but there were heavy deposits of uric acid and waste matter, and the specific gravity rose to 35, although no wine had been given. From the fifth week the quantity of the urine began to increase, and now I began with the wine slowly, which caused a more copious elimination of uric acid. After two months all symptoms of the disease had disappeared; the patient looked and felt healthy. I stopped the compresses, but advised him to continue the eliminating diet, as the urine showed still heavy deposits, and maintained a specific gravity of 20-25.



### Dyspepsia

Mr. R., age 36, had been suffering from indigestion since childhood. Every meal repeated on him, and when he came to see me he had had vomitings after every meal for the last four years, and had to use the stomach pump every day. He suffered dreadfully from flatulence. He had consulted every well-known specialist in Europe and America, but had found no relief. I elaborated a special diet for him, and from the first day the repeating ceased and only recurred when he deviated in the slightest form from my regulations. As his tongue never showed the slightest coating (a fact which puzzled all the specialists he had seen), the cause of his trouble was a nervous one, and I did all in my power to accelerate the eliminations which, in fact, showed up uric acid largely. The case was a very obstinate one, and a number of relapses occurred, the patient being a *viveur*, and not always proof against temptation. After four months, however, the cure was completed; at least, all his digestive troubles had disappeared, but he continued the eliminating diet for another four months, as his uric acid eliminations did not stop before that time.

*Treatment.*—I kept him for the first week only on stale white bread and fish or fowl and “Esfon.” The innervation of his stomach was completely deranged; he suffered from an enormous over production of mucus, which enveloped the food and prevented the gastric juice from penetrating the food. It remained therefore undigested, part of it



was thrown out again, and the remainder fermented and brought on the torturing flatulence. My object was to give quicker relief by absorbing the mucus until the proper innervation of the stomach could be regulated by the treatment, *i.e.*, by freeing the nervous system from uric acid. To effect this I ordered the patient to live, in the first place, on stale white bread, which has a great soaking power (much more than brown or Veda bread), and would absorb the mucus to a large extent. The bread had to be 5-6 days old. I let him first eat a piece of bread alone, telling him not to masticate it much, so that it should reserve all its soaking power for the stomach. After he had eaten it, I let him wait ten minutes, so that the swallowed bread might do its soaking work in the stomach. Then he ate more bread and the meat, masticating both well. The effect was marvellous. From the first meal there was no repeating and no vomiting. The patient was extremely astonished, and could scarcely believe it. Imagine that for four years he never had taken one meal without this disastrous effect. The whole week passed without a relapse, and the flatulence had become so little that he could sleep without getting out of bed once, whilst in former times, he had sometimes passed whole nights out of bed. His drink was exclusively "Esfon," ten teaspoonsful, dissolved in hot apple tea. He kept dry for eighteen hours, and though he had not a drop of wine, for fear of acidity, he began to eliminate, but only uric acid, with a specific gravity of 25. The first week he remained at home. The second week he went to business again, and I added to his diet eggs, one for breakfast, one in the evening, and dates,



reducing the meat accordingly. At the same time, I allowed for the meals Veda bread (at least one day old) instead of the stale white bread. But before *each* meal he had to eat a piece of stale white bread as before, to cleanse the stomach from mucus, and wait ten minutes before beginning with the meal. He had to do this for eight months until the elimination of uric acid had ceased and the innervation of the stomach was restored. Whenever he neglected this measure of precaution there was trouble again. For four weeks he lived on this diet. From the fifth week I allowed him vegetables and stewed fruits, especially spinach, celery, cauliflower, stewed or baked apples. Never vegetable and fruit together with one meal. He was not allowed to take anything raw, neither salads or fruits, nor add anything to my diet for eight months.

In the fourth week he began with one glass of wine a day; it produced no bad effect whatever, and we gradually came up to five glasses a day, reducing instead the apple tea. The elimination of uric acid increased, the specific gravity rose to 30-32.

Every evening he had a hot sitz bath for ten minutes, with cold sponging and massage, and then a milk compress. During the whole treatment the sheets showed up very little odour, which proved that his main trouble was uric acid. As he was very much reduced, being half starved at the beginning of the treatment, he could not stand a full compress, so I commenced with a partial compress from the armpits to the hips. Every second night I applied a small camomile compress (dipped in hot camomile tea) over his stomach, around the whole body, in which he



slept. The sixth week he had so much improved, he had gained 10lb., that we could apply full compresses. After the tenth week I stopped sitz baths and compresses. The milk compresses had contributed greatly to strengthen his nervous system ; the man, having been half starved, and at the same time being a hard working business man, had become a nervous wreck. After four months, his stomach was in a splendid condition, the flatulence had disappeared completely. He was a new man ; he only now realised in what a dreadful condition he had been. He could really not make out how he had stood his daily vomiting after every meal for *four long years*. Eight months' treatment compared to such a long time of unbearable sufferings, and, after all, this treatment involved no real sacrifice, no inconvenience whatever, only consisted in a regulation of the proper diet, without interfering even with his business, and the only little trouble was caused by the milk compresses. He had despaired of ever getting better again, after having consulted so many authorities in vain (and who only had poisoned him with heaps of bismuth), and his joy was beyond the ordinary limit of daily patients, who soon forget their desperate conditions, and find the cure quite natural and simple. He showed himself very grateful to me. This was the worst case of dyspepsia I had ever treated, and which brilliantly confirmed the truth of the theory that nervous dyspepsia is caused by the infiltration of the nervous system, and certainly, to a great extent, of the sympathetic nervous system, by uric acid.



## Nervous Dyspepsia and Constipation

Mr. L., age 46, had been suffering from nervous dyspepsia and constipation for seventeen years. He was plagued by flatulence day and night, and had to get out of bed sometimes five or six times during the night to allay the pains. He had not known one day free from pain during these seventeen years. After each meal he felt pressure and discomfort in his stomach and abdomen for two or three hours, the food repeating acidly (heart-burn). The effect of the treatment on this patient was quite astounding. He began with a specific gravity of 35 and heavy deposits of uric acid and waste matter. From the very first day of the diet his digestion was changed as by a miracle. He had not the usual feelings of discomfort, and within four days, the flatulency was reduced to such an extent that he could sleep the whole night for the first time after seventeen years without being driven out of bed by pains. When he first came to me he was very much depressed. After six weeks he had had only one relapse; his digestion and working of the bowels was in order, and he left for abroad in a most cheerful frame of mind. He said that he felt stronger, had a better memory and more capacity for work than ever before in his life.

*Treatment.*—I put him under the eliminating diet, but, as under the previous case, before every meal he had to eat a piece of stale white bread. To check the acidity, he had to take ten teaspoonsful of "Esfon" a day, and I began with the wine very cautiously. He had two cups of



apple tea with "Esfon" at 4 p.m., one glass of wine with dinner, and two cups of apple tea with "Esfon" up to 8 p.m. On increasing the wine, these two cups of apple tea were decreased accordingly. Only from the second week I allowed him vegetables or stewed fruits for dinner, nothing raw, only cooked food.

His dreadful flatulence came chiefly from the bowels, characterised by great pains in the left side. Examining his stools, I found small dark pieces, proving that he was troubled with hardened fæces. I therefore began from the first day with oil enemias, which were continued for six weeks every night before going to bed. The oil softened all the hardened fæces, but in the beginning we had to use the assisting aperients (*v.* page 129). After the third week we could leave them, the oil produced the stools by itself. I had, however, not given him the senna water, because this would have interfered with the elimination, he took the herb pills instead.

After the six weeks he had natural stools, and all signs of hardened fæces had disappeared. I heard later from him that he had had a few relapses, but they disappeared quickly, for in such an event, I had advised him to go back at once to the oil enemias, and he did so each time with good results. He soon recovered the complete regularity of his bowels. Indeed, if these oil enemias will not regulate the stools, nothing will regulate them, always, of course, under the condition that the treatment frees the bowels from infiltrations and restores their contractibility. Without this latter achievement, all oil enemias will not *cure* constipation. The enormous quantities of uric acid which this



patient eliminated proved again that only their infiltration had caused the constipation.

### Syphilis

Mr. U., age 34, had a syphilitic infection which had been treated with mercury but then greatly neglected, and after ten months the patient came to me in a pitiful condition. His throat was swollen and inflamed with the characteristic grey coating. The whole body, except face and neck, was covered with pustules of different sizes, some of them very large and ulcerous. Amongst them were gummy syphiloids. He was in a greatly depressed state of mind.

*Treatment.*—I put him under the strict eliminating diet; no vegetables, no fruits, nothing watery. Only once a day fish or fowl, ten teaspoonsful of "Esfon." I kept him strictly dry for twenty hours, but in the four drinking hours he had nearly two bottles of Vösslauer, sometimes one bottle of Vösslauer and half a bottle of champagne. The elimination was very copious, of a thick whitish nature, with heavy deposits of waste matter, specific gravity between 35-40. I treated the gummy syphiloids with steam compresses (*v.* page 94). Of course, only two or three could be treated at a time with small compresses. It lasted five weeks before these gummy syphiloids stopped and disappeared. At the same time, I applied every day two milk compresses, but without hot sitz baths. The sheets of the compresses had a fearful smell. His throat he had to gargle every day three and four times with warm



camomile tea. After seven weeks all the pustules had disappeared, and the patient was in a good condition, but there was still elimination, and I advised him to continue the eliminating diet, only adding now vegetables and fruits to his dinner, but no watery liquid.

As I had foretold him he might later on get an outbreak of roseola or two, he was prepared for it. After four months he had a light attack of roseola, when he adopted again the eliminating diet, with milk compresses for a short time with good success. He had no further attacks ; whilst, with mercury treatment, it is a well-known fact that these recidivations or relapses of roseola occur for eight and ten years, sometimes nearly every month.

### Tertiary Syphilis

Mr. H., age 56, suffered from tertiary syphilis, and had had an open leg for 22 years, which at times confined him to his bed for months, and even in better days he could hardly walk. He was much depressed, especially on account of a permanent buzzing in the ears, which sometimes almost drove him mad. On several occasions doctors insisted upon his having his leg amputated, but he declined to give his consent. A friend of his who had been cured of syphilis through my treatment, recommended it to him. Having tried so many remedies unsuccessfully, he, at first, had very little confidence, but when, in the second week, he observed an improvement in the buzzing in the ears, he suddenly became enthusiastic, and followed the treatment strictly.



His eliminations, in spite of his age, were very encouraging. The leg closed up completely after five months, and he could walk four or five miles a day. The buzzing stopped entirely. To complete the purification of his body, he had to continue the treatment for another three months, and maintain a uric-acid-free diet.

*Treatment.*—He had to follow the eliminating diet strictly, without vegetables or fruits for dinner for the first six weeks. As he was accustomed to wine, he began with the full quantity of  $1\frac{1}{2}$ -2 bottles of Vösslauer a day, and no tea; every watery food or drink was excluded. The urine showed from the beginning large quantities of waste matter, the uric acid only turning up in the third week, the specific gravity went up to 45-48.

He had every day two full milk compresses and in the evening a hot sitz bath, with cold sponging and massage just before the milk compress. He took eight teaspoonsful of "Esfon" daily. He did not like to take it in the wine, so he took it on his bread and butter, and when he was allowed vegetables and stewed fruits, he sprinkled it over them.

### Gonorrhœa, Stricture, and Enlargement of Prostate Gland

Mr. O., age 44, had suffered for twenty years from chronic gonorrhœa, stricture, and enlargement of the prostate gland. He had tried every possible remedy or method, and had at times found temporary relief, but, on the whole, had gradually become worse. As a consequence



of the large number of patent medicines which he had taken, his stomach had been greatly injured, and he had serious digestive troubles. From the first day of the treatment his digestion improved. Whereas for twenty years he never had a perfect flow of water, and always had pains when passing it, after six weeks of the treatment, he, for the first time had a proper flow again, and his bladder had improved to such an extent that he only had to rise once or twice during the night to urinate, while before that he was troubled four or five times. The discharge, which always had been thick and mattery, changed into a watery condition, and became less and less. We had to fight against constant relapses, as the case was an extremely recidivous and obstinate one, which was hardly surprising seeing that it had lasted for over twenty years. The prostate remained enlarged for four months, but a complete cure was effected within six months. No relapses.

*Treatment.*—I put him strictly under the eliminating diet, not allowing in the first four weeks vegetables or fruits for dinner. I let him eat a piece of stale white bread before every meal. With the meals, Veda bread. As he could not afford the Vösslauer wine, he had to keep dry until four p.m., and then began to drink a cheap Hochheimer up to 8 p.m., about one bottle a day.

Every day I applied two steam compresses over the lower part of the penis, excluding the testicles, one in the morning and one in the evening, for two weeks. After that time, one steam compress daily for four weeks. From this time he had a perfect stream when making water. Every evening before going to bed he had a camomile steam bath



of 20-25 minutes. Then he put a camomile compress on the abdomen and slept in it. The eliminations were very copious, showing up uric acid and large quantities of debris of tissues, the specific gravity varying from 30-35.

When relapses occurred I applied again steam compresses. From the sixth week the camomile steam baths were only used every second day, whilst the camomile compresses were used every night. The case was rendered very difficult by the great quantities of medicines the patient had taken, and which it took a long time to eliminate again, which also had completely ruined his stomach.

### Displacement of the Womb

Mrs. R., age 38, mother of three children. After her third confinement, a displacement (retroflexion) of the womb occurred, which caused her great inconvenience and much pain during the time of her periods. She underwent an operation, and the ligaments of the organ were cut and shortened. About a year later she was in a worse condition than before. She suffered from dreadful pains in the back and headaches, was in an hysterical condition, and her troubles at the time of her periods were as bad as before the operation. After six weeks of treatment she was completely cured, the pains had disappeared, and her nervous condition had greatly improved. She had eliminated enormous quantities of waste matter which, no doubt, deposited in the abdomen, had obstructed the circulation of the blood, and had caused these terrible pains during the periods.



*Treatment.*—The patient was so much reduced and weakened, and was so completely prostrated by her severe and constant pains in the back that I would not put her under the strict eliminating diet. Her head was in such an irritable state that she could take no wine. I therefore made her keep the twenty hours dry only for two days, and on every third day I allowed her drink during the whole day, viz., a cup of apple tea for breakfast, a cup of hot water with “Esfon” at 11 a.m.; a cup of apple tea with “Esfon” at 4 p.m., and a tumbler of lemon squash at 8 p.m. Then came two days with twenty hours dry diet; at 4 p.m., a cup of apple tea with “Esfon,” and after dinner, up to 8 p.m., a cup of hot water with “Esfon,” and a tumbler of lemon squash.

The elimination of waste matter was enormous, although no wine was taken, the specific gravity rising some days to 37. In spite of the drinking days, the elimination was not interrupted; it only showed a decrease, and the specific gravity went down to 28-26.

Every evening, before going to bed, the patient took a hot sitz bath, with two handfuls of camomile flowers in it, and then a full milk compress. After a fortnight, the pains in the back had become much less and the patient had gained so much in strength that I could give her some wine, which increased the eliminations considerably. In order to accelerate the cure, I used gymnastics and the internal Thure Brandt massage, by which the ligaments were strengthened, and the womb was brought back to its normal position. A second operation, which had been advised to her, had thus been avoided. She got completely



restored, and no relapses, as after her first operation, occurred.

### Fibroid Tumour

Mrs. L., age 32, had been operated upon for a fibroid in the abdomen, weighing 12lbs. Six months later, the lump developed again, and she feared the necessity of another operation. She underwent the treatment instead. In the first week the lump decreased, and after four weeks the abdomen had almost regained its normal size. From that time she went on with the treatment by herself, and I subsequently heard from her that the lump had disappeared completely. For two years she was not troubled again, since when I have not heard from her, but presume the cure lasting.

*Treatment.*—I put her under the strict eliminating diet, avoiding in the beginning all watery liquid, and for dinner even vegetables and fruits. She took about one and a half pints of Vösslauer wine a day. The eliminations were from the first day quite thick, milky, and contained besides debris, enormous quantities of uric acid, the specific gravity rising to 38-40. The debris showed in many cases distinct pieces of sometimes large sizes.

As yet, in spite of all the researches of prominent medical men, we do not know anything about the real cause of these fibroid tumours, and under what conditions they develop. By my experiences and the results I obtain by my treatment, I incline to the simple conception that these neoplasms (new formations), as we call them generally, are originated and sustained by an unhealthy poisoned



blood ; in a healthy purified blood they could never develop. As I have said already, the circulation in the abdomen is easier retarded than in any other part of the body, and therefore, the infiltration and deposit of the blood poisons favoured more than in any other part, and especially that of uric acid. In all cases of uterine fibroids, as well as in chronic diseases of the womb appendages, I always noticed in the eliminations quite extraordinary quantities of uric acid. These abdominal deposits of blood poisons are the very fostering soil in which these fibroids grow and prosper. The elimination of these blood poisons simply means the elimination of the fibroid, *i.e.*, the fibroid dies from starvation, shrivels, and disappears. I even venture to say that these fibroids are a sort of temporary safety valve for the body, all the blood poisons being absorbed as food by the fibroid. They cannot do any harm in the remainder of the body. If all these poisons, let loose by a fibroid, would invade the body, the latter could not live any longer ; it would perish as it perishes under the impetuous invasion of the legions of microbes under an infectious disease, cholera, yellow fever, etc.

Therefore, the first thing I do in attacking a fibroid tumour is to lessen its consistency, *i.e.*, to soften it, to decompose it, thus facilitating its elimination. I gave the patient every morning a hot sitz bath, beginning with ten minutes and gradually advancing to fifteen minutes, using in the sitz bath a perforated bath speculum, so that the hot water also acted internally. After the sitz bath, cold sponging and massage. After this external massage I applied especially manual vibration over the lump with one hand,



supporting it by internal vibration with the other hand, altogether for fifteen minutes. Of all mechanical supporting remedies I find this the only effective one. A mechanical vibrator is of no use at all, and even does more harm than good. In many cases I tried the electric sinusoidal current, but without result, although other doctors assert they have thus obtained results.

Every evening the patient had a milk compress, but before going in the compress I applied, as the most effective softening remedy, steam compresses just over the lump, six compresses, each five minutes. It is necessary to apply the sitz bath in the morning and the steam compresses in the evening, and to leave an interval between them; it would be too great a strain on the skin if they were applied one after the other.

#### Prolapsus Uteri and Ulcerations

Mrs. C., age 35, had suffered from abdominal troubles for over ten years. She had a prolapsus uteri, with ulcerations at the cervix. She had been curetted for years, but the ulcerations constantly recurred, causing a most nauseous discharge. She suffered greatly from bearing-down feeling in the abdomen, especially when walking. Sometimes the pains in her back were so severe that she fainted. Life had become a burden to her, and she had abandoned all hope. The treatment had a splendid effect on her. She had great reactive power, and although it took some time, she was eventually completely cured, assisted by the Thure Brandt massage for the prolapsus. As the blood poisons were eliminated, the ulcerations disappeared.



*Treatment.*—She went under the eliminating diet very strictly, but as her heart proved not to be very strong, I had to be careful with the wine, beginning with only two to three glasses a day. The eliminations, especially of uric acid, were simply enormous, the specific gravity rising to 40-42. I applied every day two camomile steamings, one in the morning and one in the evening, but no sitzbaths. For ulcerations the camomile steam is by far preferable to hot baths. Already after the first week the down bearing feeling was less, and had disappeared completely after four weeks. Also the pains in the back diminished quickly assisted by the Kellgren massage of the spine. The greatest difficulty was offered by the prolapsus of the womb, which only yielded after three months of Thure Brandt massage.

### Ovarian Troubles

Miss C., age 26. For two years a lump had been forming in the abdomen, very slowly at first, so that it was not noticed, but during the last six months it had been growing rapidly, developing at the same time ovarian tumours on both sides, and her doctor urgently advised an operation. Her mother, however, objected to this, as they had had sad experiences with other members of the family. She heard of my treatment and brought her daughter to me. The young lady reacted splendidly under the treatment; the eliminations showed enormous deposits, which were actually portions of the lump. The latter disappeared in a very short time. The operation



was avoided, and I put her on a uric-acid-free diet to prevent the recurrence of the evil.

*Treatment.*—She began with the elimination diet in the strictest form, avoiding all watery food and drink. She took the Vösslauer wine up to one bottle a day.

Besides the enormous quantities of debris and waste matter, the eliminations were abundant in uric acid, the specific gravity rising to 45.

I applied a hot sitz bath in the morning and two steam compresses of thirty minutes each a day, the first steam compress at 12 a.m. and the second one before going in the milk pack in the evening. (During the periods, the sitz baths, as always in such cases, were interrupted, but not the steam compresses.) This was done the first week. From the second week I added to the steam compresses on the abdomen a steam compress on the back, to attack the lump from both sides, so the steam compresses lasted an hour each. This second compress had a wonderful effect, the lump being reduced much quicker. When moving the lump from one side to another, the patient could distinctly feel this movement in the back. In the fourth week a great pressure had to be used on the lump to make the patient feel the movement in the back, and after six weeks the movement was not felt any more, even under severe pressure. The tumour was composed of seven distinct fibroids, besides the ovarian tumours. From the second week the shrivelling of these fibroids one by one could distinctly be noticed until they disappeared, and the womb regained its normal form and size. The ovarian tumours, which had been very hard, dis-



appeared. The last I helped by a great deal of manual vibrations.

### Painful Periods

Miss L., age 24, had terrible pains in the abdomen during her periods so that she had to lie down every time. No remedy brought her relief. She underwent the treatment, and was cured in a very short time.

*Treatment.*—She took up the eliminating diet very strictly, but could not take any wine, so she kept up twenty hours dry, and took all the drink in apple tea and hot water with "Esfon." She eliminated largely debris and waste matter, with a good deal of uric acid, specific gravity rising to 35-38.

I applied no sitz bath but only camomile steamings of 20-25 minutes twice a day, morning and evening, and before going to bed, a milk compress. The first period under the treatment was much less painful, and she had not to lie down. The next period was altogether without pain. Nevertheless, she continued the eliminating diet, and every second day one camomile steaming for another six weeks. She had no relapse, and was completely cured.

### Leucorrhœa (Whites)

Mrs. M., age 39, was of a very nervous temperament, had a weak digestion, and suffered from leucorrhœa (whites) for seven years. She had seen many specialists for female troubles, but without benefit. She began the treatment and eliminated copiously. After three weeks the discharge



had diminished considerably. Complete cure after two months.

*Treatment.*—The eliminating diet was carried through very strictly. For three weeks no vegetables nor fruits, until the discharge began to diminish. She took no watery liquid, only Vösslauer wine.

Every evening camomile steaming for 20-25 minutes, and after that a milk compress.

The leucorrhœa had completely disappeared after two months, but I advised her to continue at least the eliminating diet, as her stomach was not quite in order yet, suppressing the wine, which had provoked a certain acidity in the stomach. Giving up the wine, the stomach soon recovered. Also her nervousity had entirely disappeared.

### Hæmorrhages

Mrs. G., age 32, had repeated disappointments in her pregnancies, not having given birth to a living child. She was greatly reduced, very nervous, and suffered from chronic inflammation of the womb and the womb-appendages, accompanied by frequent and often alarming hæmorrhages. She had been treated by many doctors, the greater part of whom advised an operation. However, she was on one occasion in a hospital and got so frightened by what she saw there that she would under no circumstances submit to an operation. She had for a long time undergone an electrical treatment, but without a lasting result. Her husband was very anxious to see her improve, and hearing of my treatment he brought her to me. On account of her nervous



prostration the case was a very difficult one, but after three months she was completely cured, she looked healthy, and though the nervous irritability still prevailed to some extent at that time, I heard later on that even this trouble had disappeared. After two years she was the happy mother of a child.

*Treatment.*—I put her under the eliminating diet. On account of the hæmorrhages, I had to avoid wine, nor could I use hot Sitz-baths or camomile steaming.

MENU.

*Breakfast.*—Bread-and-butter, a soft-boiled egg; 6-8 dates. No drink.

*Luncheon.*—Half small cup beef-tea; bread-and-butter; boiled fish, with little lemon-juice; 6-8 dates.

4 *p.m.*—One cup of apple-tea, with 6 teaspoonsful of "Esfon"; a few biscuits.

*Dinner.*—A small cup beef-tea; alternately: one day a dozen of oysters, the next day, chicken, or brains, or sweetbread; bread-and-butter; vegetables (lettuce, cauliflower, spinach, Spanish onion, celery), one day, stewed fruit the next day; three times a week, pudding (rice and tapioca, bread-and-butter).

*Up to 8 p.m.*—A tumbler of lemon-squash.

*Before going to bed.*—A full milk compress. When the thirst was not great I suppressed the tumbler of lemon-squash at 8 p.m., and gave her a cup of hot water with two teaspoonsful of "Esfon" on taking the compress. The sheets of the compresses had a



penetrating smell. In the morning I applied Kellgren manual vibration on the womb for half-an-hour.

It is a well known fact that suggestion, especially self-suggestion, has a remarkable effect on hæmorrhages, although only palliative yet it will stop a hæmorrhage at least, though it will not do away with the trouble altogether. As I wished to prevent the weakening effect of any hæmorrhage during the treatment I knew of no better remedy than to use suggestion. When a hæmorrhage occurred in my presence—on two or three times—I stopped it by tampon, but all other hæmorrhages I succeeded in stopping by suggestion. By the fourth week I had taught the patient to stop the hæmorrhages by self-suggestion.

In spite of the pretty watery diet the elimination shewed splendid results, there were enormous quantities of debris and of uric acid, the specific gravity, however, only rising to 30-31. The inflammatory processes very soon disappeared, after 4-5 weeks all sensibility in the abdomen had vanished. The hæmorrhages became gradually less and less and stopped altogether at the beginning of the third month, only one insignificant relapse occurred towards the end of this month. The periods were regular and normal.

I also applied the Kellgren spine massage, which I recommended the patient to continue until all nervous symptoms had ceased.

### Fibroid Tumour

Miss N., age 36, suffered from a fibroid tumour in the abdomen, which, neglected, had become of considerable size



and had in some parts even the appearance of a malignant growth. Its pressure caused severe pains in the back. The internal mucous membranes were completely dried up and felt like parchment. The patient was so weak that an operation, which had been urged by several doctors, seemed to be too dangerous. She underwent my treatment. It took four weeks before the slightest softening of the tumour became noticeable, although the elimination of waste matter and uric acid had been enormous from the very first day. Then the uterus began to soften, and continued doing so, whereas the horns of the tumour remained hard for two months. After that the softening and decrease of the tumour made good progress, but it took five months of uninterrupted treatment to make the growth disappear completely. At the same time, the general condition of the patient had improved apace, all pains had vanished with the disappearance of the tumour, and she was like a new woman. She married afterwards and had children.

This case also was most instructive and confirmed the contention that all neoplasms, such as fibroid tumours, lumps, and certainly also cancer, only grow and develop in a poisoned blood. The patient had eliminated, besides debris and waste matter—which, no doubt, formed the substance of the tumour,—large quantities of uric acid, which the patient, very likely, had stored up since childhood, and which yielded the fostering ground for the origin and development of the tumour.

*Treatment.*—Although the patient was very weak, this weakness was rather the consequence of the constant pains; she was strongly built, and I found her heart in a splendid



condition. I therefore put her at once under the eliminating diet in its strictest form ; no watery liquid, no vegetables or fruits, and only Vösslauer wine, adding, from time to time, champagne.

The eliminations were from the beginning extraordinary, the specific gravity rising to 40-42, with thick deposits of debris, shewing heaps of lumps of a greyish colour, and the bottom of the glasses thickly covered with uric acid. At the beginning the fibroid could be felt up to two inches above the navel. The womb measured  $4\frac{1}{2}$  inches, and was completely enveloped by the fibroid, which, in the direction of the ovaries, had distinct horns of a greater hardness than the remainder of the lump. There was no hæmorrhage whatever during the whole treatment, the periods being quite regular.

I applied hot Sitz-baths in the evening before going to bed, and, immediately after, a full milk compress. The elimination through the skin was likewise very satisfactory, for at least two months the sheets had after every compress an unbearable odour. After that time the odour got less, and I applied the compresses only every second day.

Every morning at 8 and every afternoon at 4, I applied steam compresses for 30 minutes each, one compress on the abdomen and one on the back.

For four weeks there was scarcely any sign of improvement, but the eliminations were so brilliant that I felt confident of the final result. The most distressing symptoms were the agonising pains in the back, the patient not being able to sit on a hard chair or to travel in a 'bus, cab, etc. Frequently the pain made her faint. When walking the



pain in the back was sometimes less, but then she was troubled again by a heavy bearing-down feeling, which caused her not less anxiety.

In the sixth week the fibroid began to soften and diminish, and from that moment the pains in the back showed improvement and inspired the patient with fresh hopes. Every day I applied Thure-Brandt massage and manual vibration on the fibroid with remarkable success. In the fourth month the tumour had so much diminished that the pains in the back, as well as the bearing-down feeling, had completely vanished. At the end of the fifth month the fibroid had entirely disappeared, and on examination by an authority no trace of it was found.

### Anæmia and Chlorosis

Miss C., age 26, was suffering from anæmia for 12 years, she could scarcely do any work, suffered from headaches, palpitations of the heart, indigestion and general nervousity. She looked very pale and had dark deep rings around her eyes. She had been treated by many doctors, who had prescribed her heaps of iron in all possible forms, had sent her to numerous watering places, had applied electricity, massage, etc.—all in vain.

No doubt, with anæmia the metabolism is interfered with by blood poisons, and the food is simply not properly assimilated. The idea to provide the red corpuscles of blood with iron and prescribe to this effect iron in chemical form to the poor patient is criminally ignorant, for this iron simply acts as poison, and thousands of women and



young growing girls have been ruined by this mad treatment. If anæmic people really want iron, let them take it in an organised form in spinach, lettuce, watercress, strawberries, etc., which can be assimilated. But the primary causes of anæmia are blood poisons which render any assimilation impossible.

Therefore, I put the patient at once under the eliminating diet, and directly she was freed from the blood poisons she began to assimilate her food and form fresh blood. After such long neglect, for in spite of all the efforts made by the old-fashioned doctors, and the large sums of money spent, there was, in fact, never anything done to benefit her body, it took over three months before the greater part of the blood poisons was eliminated and she began to assimilate her food. But then the progress she made was rapid. She gained in weight, her paleness disappeared, her complexion showed lively rosy colours, and all her troubles ceased ; she was a new creature. She continued eliminating for several weeks and kept up a uric-acid-free diet.

*Treatment.*—I put her under the following eliminating regime :

*Breakfast.*—One day, a soft-boiled egg, and the next day a very small cup of beef-tea, to improve her appetite which was very low ; Veda bread-and-butter ; 6-8 dates.

*Luncheon.*—Fish or fowl, or sometimes boiled mutton ; a very small cup of beef-tea ; Veda bread-and-butter, 6-8 dates.

4 *p.m.*—One glass Vösslauer wine and Veda biscuits.

*Dinner.*—Fish, or brains, or sweetbreads, or oysters ;



vegetables or stewed fruits, with 8 teaspoonsful of "Esfon" sprinkled over them; bread-and-butter; Sometimes a rice and tapioca pudding. One glass Vösslauer wine.

*Up to 8 p.m.*—Two glasses Vösslauer wine.

These drinks were kept on during the whole treatment with a splendid eliminating effect; large deposits of uric acid and waste matter, the specific gravity varying between 30-35.

As her periods were irregular and painful, she had every evening before going to bed a camomile steam bath of 25-30 minutes duration, and after that a milk compress. As she was very reduced she could not stand a full compress, so we began with a partial one, from the armpits to the hips. From the sixth week she had full compresses.

The great quantities of uric acid she eliminated not only explained her anæmic condition, by deranging the metabolism, but also her nervous troubles. She complained from time to time of fearful attacks of neuralgia in the head, especially face and ears. In the beginning of the treatment she had several relapses, but from the eighth week she was completely freed of these attacks and they never came on again. Also the pains with her periods ceased at that time.

### Rheumatism

Mrs. O., age 45, had suffered from rheumatism all over her body for over twenty years. When she rose in the morning she was stiff and bent, and had to struggle for half-an-hour before she could stand up straight. Her



limbs were heavy and she could not walk without pains. From time to time she was confined to bed for weeks—a cripple. For years she had visited all sorts of watering places, but with meagre results. When she started my treatment she eliminated uric acid in prodigious quantities. After three weeks she felt less stiff in the mornings and could stand upright when out of bed. The pains continued but were less intense and of shorter duration. At times she felt disheartened, but the fact that she could walk better gave her energy to persevere. She had no more of the severe attacks which laid her up. After four months she could walk perfectly well, but there were still some pains in different parts of her body. Slowly they, too, disappeared entirely. She continued the uric-acid-free diet and has not been troubled since.

*Treatment.*—On examination I found her heart in normal condition, and, therefore, put her at once on the strict eliminating diet, with Vösslauer wine, and without any watery liquid or food. In rheumatic cases, if possible—that is to say if no heart troubles or nervous weakness prevail—always the strictest diet should be adopted, because, as I have explained already, in rheumatic cases we have generally to deal with the largest quantities of uric acid.

I applied, every evening, a hot Sitz-bath, with cold sponging and massage, and immediately after that a full milk compress. From the beginning the sheets of the milk compresses had a very strong odour, so that for a while she had to use two milk compresses a day.

The elimination showed large deposits of waste matter, and also of uric acid, the specific gravity varying between



35-40. During the whole treatment she was not laid up one single day. I induced her to be much in fresh air in any weather and take a good deal of exercise.

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Mr. J., age 62, suffered from rheumatism for over thirty years. He had tried every imaginable remedy; he had visited Karlsbad for years, and usually spent the winters in Italy or Egypt; from time to time he found relief, but the trouble always returned, sometimes he was laid up for weeks. He could not bend down, and every time he got up from a chair he had piercing pains. He had, no doubt, began accumulating uric acid when he was a boy, and we had to deal with enormous quantities. He had given up every hope of being cured, and at his advanced age with a reduced power of reaction a cure really seemed very doubtful. At the same time he was in a most irritable state of mind, which rendered the treatment yet more difficult. The first four weeks were very trying indeed, some symptoms even got worse, and the patient lost all confidence in the treatment, I had the greatest difficulty to persuade him to continue. At last, in the fifth week, he could get up from a sitting position without pain. This improvement suddenly changed his views on the treatment. Eager for health and life he developed now the greatest energy in carrying out my instructions and the improvement continued slowly but steadily. After eight months he was practically free from pains, but even at this time he still eliminated as large a quantity of uric acid as in the beginning, so I induced him to continue the eliminating diet until all the blood poisons were eliminated, which took him another six months. He



was completely cured, and has had no relapse whatever.

*Treatment.*—In spite of his nervous irritability I put him at once under the eliminating diet, with wine. He had 1-1½ bottles of Vösslauer wine a day, and some days one bottle of Vösslauer and half a bottle of champagne. The quantities of uric acid he eliminated were simply enormous from the first day, the specific gravity never being less than 35, rising sometimes to 48.

Every evening he had a hot sitz-bath with cold sponging and massage, and immediately afterwards a milk compress. The odour of the sheets was unbearable, the sheets were boiled a whole day and kept two more days in water, and yet the smell had not altogether disappeared. The sheets also were stained a pink colour, which would not disappear in spite of boiling and washing. In the first weeks, when the pains were sometimes unbearable, especially in the back as a kind of lumbago, I applied one or two steam compresses, which relieved at once. There is no lumbago which will resist a steam compress, but it is, of course, only a question of temporary relief. The uric acid is driven away by the steam compress, but if it is not eliminated from the body the trouble will sooner or later turn up again.

The uric acid had also caused the nervous irritability, but as the elimination of the uric acid continued, this nervous trouble lessened too. I made the patient take a good deal of exercise, walking, gymnastics and breathing, with very good results, which helped us on rapidly. Considering that this patient had been storing up uric acid, perhaps, for fifty years, day by day, the treatment had comparatively taken a very short time.



## Gout

Mr. B., age 56, was suffering very severely from gout. The attacks were very painful, and generally changing from one foot into the other. An attack lasted generally two weeks, but sometimes he was laid up for even five and six weeks. He had tried every imaginable remedy and had undergone the most renowned treatments—all in vain. He had applied great quantities of colchicum (especially Liqueur Laville), but had to give it up on account of its effect on his stomach and brain, also it only relieved the attack. With good results he had also taken port wine *from the wood* against the attacks, taking a bottle a day for several days. But, despite all his efforts, the attacks returned; he had been fighting them for over sixteen years. He was completely cured after five months, no relapse occurred, but he had to adopt permanently the uric-acid-free diet.

*Treatment.*—He underwent the strict eliminating diet, with wine. The urine showed from the beginning large quantities of uric acid, the specific gravity rising to 35-37. He had every evening a milk compress, but his skin was in a very poor condition and there was no sign of elimination through the skin for six weeks. As there was a disposition to piles, I did not apply the Sitz-baths, and we had to be content with the aid of the milk compresses alone. At last the skin began to react, and in the eighth week the sheets had a very bad odour.

Whilst in former times he was exposed to attacks on an average every six weeks, he had only three relapses during the whole time of the treatment. The first one was still



severe, the foot was swollen all over and could not be moved or touched without great pains. I applied steam compresses, once a day, and the attack yielded within a few days. The two other relapses were of a light nature, and I did not even apply the steam compresses.

After five months of the treatment he continued to eliminate uric acid for three more months.

### Obesity

Mrs. H., age 45, suffered from obesity since her twentieth year; though she was not a tall woman, she weighed over fourteen stones. She had to suffer a great deal from her infirmity, when mounting stairs she became breathless, and for years she had been troubled with rheumatic pains. No remedy or treatment she had tried had any lasting result, and some of the remedies even did her a good deal of harm. Obesity is the immediate outcome of a deranged metabolism, and the cause of this derangement is uric acid. Generally whole families are afflicted with obesity, that means whole families are in the first place disposed to the formation of uric acid. Therefore, all the remedies and all the treatments which are not able to hit at this primary cause, *i.e.*, at the elimination of uric acid, will never be of any avail against this disease. The cure, to be effective, not only demands a complete elimination of uric acid, but also the strict prevention of a reproduction of this poison. The cure is, therefore, a very slow one and requires great patience. It is true, the superfluous fat disappears very quickly, but with any mistake in the diet the patient regains weight. The cure is only complete when all the uric acid is eliminated.



Mrs. H. lost three stones in eight months, she had gained a normal figure, and her asthmatic and rheumatic troubles had disappeared. But she had to continue a strictly uric-acid-free diet.

*Treatment.*—As the main object of the treatment was to eliminate the uric acid, I simply put her under the eliminating diet, with wine, without any modification and without any special reductions of the carbohydrates. The reduction of the carbohydrates, which is the basis of all other treatments, will temporarily reduce the fat, but it will not *cure*, *i.e.*, it will *not prevent the reproduction* of fat, only the elimination of uric acid will prevent this reproduction. The eliminations at once showed up the uric acid, in the beginning in smaller quantities, but from the fourth week in very large quantities, with the specific gravity of from 35-40.

In this case I used water compresses, but no milk compresses, the patient sleeping in them all night. The sheets had a penetrating odour for the first three months, after that time they lost the odour, but were continued for another month. Previously the patient had a pale greenish-yellowish complexion, but after the treatment she had a healthy rosy colour, such as she never possessed before. The treatment proved again to be a rejuvenating one in the fullest sense of the word.

#### THE PRINCIPLES OF THE DIETETIC TREATMENT

In the preceding resumé of cases I have given only those less serious ones, and in such detail that it should be easy for the reader to compare other similar cases. I



have already uttered a word of warning on the application of what I have termed accessories of the treatment, the compresses, packs, etc., and I wish now to reiterate my advice that in any case of doubt a medical man who works on the lines of natural methods should be consulted. With regard to the general chronic ailments, the treatment is devoid of risk and can have nothing but a beneficial effect.

In reference to the cases dealing with women's troubles, I have cited those typical experiences of mine not so much to persuade the woman who suffers to rely on her own endeavours to cure herself, but rather to assist her to judge the value of the advice that her doctor may give her, to strengthen her natural opposition to operations, and to offer her the assurance that whereas other women who have suffered, as she may be suffering, have been cured without being cut to pieces, she may be cured also.

I wish the reader to thoroughly appreciate the fact that the treatments I advocate are not *theoretical*. I have not said anything in the foregoing pages that is not the result of practical application, that has not been tested by my own experience. More particularly do I seriously attest the value of what I have termed the *eliminating diet*—a value proved by its effect in innumerable cases. The reason of that efficacy consists of the selection, in the right proportion, of the albumen, carbohydrates and minerals, with the further particularity of eschewing those foods which are not of actual benefit.

In order to further aid the reader, I now proceed to enunciate some principles which guide me to a correct application of the treatment.



The most important factor we have to contend with is the stomach, and what we may term the idiosyncrasies of this organ are more varied than those of any of our other organs. We must bear in mind that probably no two stomachs are exactly alike. Every one has its own peculiarities, and the recognition of this fact is the first point for anyone who deals with dyspeptic troubles. No single treatment is certain to cure two cases, for each demands its own special care and study. The first principle, therefore, is never to force any food or drink whatsoever on a diseased stomach that *does not agree with it*. The food may be the finest, the most nutritive in the world, but if the stomach rejects it, it will cause more harm than benefit. I do not exclude any food from this rule, however wholesome or even indispensable it may be considered, not even my own or other foods which I have recommended in the menus of this book. I emphasised, for instance, the great nutritive value of *dates*. Innumerable people like them, and they are easily digested, still there are persons who not only dislike eating them, but have a deep disgust for them. In such cases I never force them on the patient but try to replace them by some equivalent in nourishing power. This applies to any other food or any drink.

If I have to respect these idiosyncrasies of the stomach, I withhold, equally firmly, all food or drink that I consider poisonous. I have fully referred in previous chapters to the dangers of albuminous food, yet circumstances may compel concessions, or even compromises. The supply of proteids is indispensable, and we have no great choice between poisonous and non-poisonous proteids. In a case where the



stomach refuses, for instance, nuts, or my cereal albumen, I have no alternative but to have recourse to meat, or another poisonous albuminous food, because no nourishment can be accomplished without albumen. With this exception, all other poisonous food or drink must absolutely be avoided.

Another important principle in the treatment of all cases is to take only such food and drink *which is of decided benefit*. If I have the choice between spinach and turnips, I choose spinach, for it is very rich in the minerals, while turnips are correspondingly poor in them. I prefer the melon, when it is in season, to any other fruit, because, again, it is the richest in minerals. It would be a great mistake, however, to be merely guided by the highest figures in the analysis of different foods, and I therefore prefer not to give such analyses, for they are apt to tempt and mislead. For instance, the following comparative analysis list shews plainly that lentils rank highest in albumen, minerals, and especially phosphates :

In 100 grains.	Albumen.	Carbo- hydrates.	Minerals.	Phosphates.
	GRAINS.	GRAINS.	GRAINS.	GRAINS.
Brown bread ..	6.10	49.00	1.45	0.71
Lentils ..	20.20	41.00	2.21	0.98
Meat ..	18.42	—	0.98	0.39
Skimmed Milk	4.05	5.25	0.78	0.21
Spinach ..	2.50	5.00	2.09	0.21



And yet there is scarcely a more poisonous food than lentils, since its nucleine substances tend to produce more uric acid than any other albuminous food. A similar consideration prevails with milk. Milk contains all the necessary nutritive substances we require, and in the right proportion, yet we know its uric acid producing power.

Another point to be considered is the excess of table-salt that is eaten. Table-salt has a more or less injurious effect according to the food it is mixed with. Living on bread and vegetables, for instance, 1-2 grammes of salt a day would be quite sufficient; on rice, we would only require the tenth part of this. How great a number of people take 20-30 grammes a day and more. All this salt has to be eliminated again, which is a very heavy strain on our kidneys, which have also to eliminate the potassic salts which are contained in different kinds of food. Living on meat and bread, without adding salt, in twenty-four hours we eliminate not more than 6-8 grammes of potassic salts. Living on potatoes, with the ordinary addition of salt, not less than 100 grammes of potassic salts are driven through our kidneys. Adding to this excess the abuse of alcohol, which always entails a larger consumption of salt, can we wonder at the over-irritation of the kidneys, and the consequence thereof—Bright's disease? Therefore, if we may choose our starchy food, for the necessary supply of the carbohydrates, let us eschew potatoes and take rice instead. With the rice the kidneys have only to eliminate 2 grammes of potassic salts a day. Remember that the greater part of humanity, Persians, Indians, Chinese, Japanese, live on rice, to their great advantage. With all kidney troubles,



rice is a most beneficial food. In dyspepsia, rice should be preferred to potatoes, since potassic salts irritate the gastric membrane to a most intense degree, and rice contains but a fractional quantity.

To enumerate every point that the researches of modern physiology have taught us would alone require a book; so I must content myself with these few points and proceed to a consideration of food in its relation to the two great classes of patients—dyspeptic and nervous.

With dyspepsia, whether nervous or local, the great principle is—*rest*. The less the stomach has to work, the quicker its recovery.

With nervous troubles the principle is—*nourishment*. Feed the patients well, and strengthen them by giving them the proper nerve food.

With dyspepsia in any form, in the first place only *cooked food* is allowed. No uncooked food, not even salads or raw fruits, is permitted. Cooked food always implies less digestive work than raw food. Of the cooked, or prepared food, I again select the easiest and best digestible food. The best way to prepare all food is to stew or steam it in a special steam-cooker, in which meat, vegetables, fruits and puddings can be prepared at a time. If not prepared in a steam-cooker, then the food should be boiled, especially all meat food. Roasted or fried meat should be taken very sparingly, and it should never be fried with lard or dripping, but only with butter or vegetable lard.

*Albumen*.—Oysters (stewed), sole, whiting, plaice, turbot, halibut, brill, fresh-water trout, cod, fresh herrings or



haddock ; no fat fish like salmon, salmon-trout, mackerel. Pigeon, poulard, chicken, breast of turkey, partridges, pheasant, ptarmigan, leveret, rabbit, sweetbread (not pig's), brains, and occasionally veal and mutton. Cereal albumen.—Soft-boiled eggs—eggs should never be put in boiling water, for boiling kills the egg as it does milk, they should be put in cold water and just before the water boils withdrawn. The egg is then softly boiled, but has not lost any of its nutritive qualities.

*Carbohydrates*.—Veda bread, the Ebbard Cereal food, rice, puddings (rice, tapioca, bread-and-butter).

*Minerals*.—Esfon. I classify vegetables and fruits simply according to their contents of minerals or nutritive salts. I rank them in the following order :

*Vegetables* (all boiled or steamed).—Spinach, lettuce, cabbage, savoy cabbage, sea-kale, Brussels sprouts, cauliflower, asparagus, celery, turnip-tops, Spanish onions, vegetable marrow, cucumber.

*Fruits* (all stewed, baked or steamed).—Apples, strawberries, apricots, peaches, gooseberries.

I would advise all dyspeptics to be careful with tomatoes, asparagus, and rhubarb : With tomatoes, because they contain oxalic acid ; with asparagus, which, though beneficial to the kidneys and a splendid diuretic, yet, according to Dr. Haig, produces uric acid ; and with rhubarb, which, though generally liked, contains so much acidity that it requires an excess of sugar.

Certain persons cannot eat shellfish or strawberries without getting skin eruptions ; they, of course, should exclude these too from their diet.



For all sufferers from dyspepsia, nothing should be added to, nor taken from, the above dietary.

The second great category of *nervous* patients I treat more or less on the same lines for the supply of albumen and carbohydrates, but I deviate considerably for the purpose of a special selection of the minerals or nutritive salts.

As I have already stated, and according to my own wide experience, all nervous sufferers are simply starved for want of minerals. The nutritive salts are the special nerve-food they require. I, therefore, in every case, without exception, lay the greatest stress on "Esfon." I prescribe 6, 8, 10 teaspoonsful a day, but, not content with this, I pick out for them all food rich in minerals, especially vegetables and fruits.

Whilst dyspeptic people should never take salads or raw fruits, but only cooked vegetables and stewed or baked fruits, I recommend to nervous people (provided their digestion is normal), in the first place, *salads* and *raw fruits*, because in this form the nutritive salts are unaltered in their organic structure, and are therefore much better and more easily assimilated than when cooked or stewed, since the application of heat always affects and destroys, more or less, this organic structure.

As special nerve food we require the *phosphatic salts*. In this respect rank highest: *spinach*, *lettuce* and *savoy-cabbage*. The latter contains, also, all other salts and, most important point, in a very similar proportion to the salts of the milk.

The savoy-cabbage has to be stewed, but the spinach



and the lettuce I give as *salad*. The spinach is washed well, chopped in small pieces, and then dressed with lemon-juice, oil, and a little salt ; to improve the taste a hard-boiled egg (not too hard), may be added to it. It tastes very nice, and is of a most beneficial effect. Some people can eat it even without being dressed. Lettuce is dressed in the same way as salad. Whilst spinach salad can be prepared half-an-hour before the meal, the lettuce should be dressed just before eating it, as it fades very quickly. I keep nervous patients nearly exclusively on these three vegetables, changing every day ; there are always two of them, if not all three, to be had on the market.

The raw fruits for nervous people rank in the following order : melon, apple (with the peel), grape-fruit, strawberries (very rich in iron), grapes, oranges, raspberries, blackberries, peaches, apricots, pears, plums.

Of dried fruits : apples and prunes, but they have to be soaked in water for 48 hours (being cooked or stewed in  $\frac{1}{2}$  the same water) before preparing them.



## APPENDIX

### The Proper Food for Infants

IN these days, when we hear so much about degeneration, the falling off of birth-rates, the spread of consumption, cancer, diphtheria, etc., in short, the increasing weakness of our race and its alarming decay, it behoves us to investigate the causes of these phenomena. Whatever may be said about our mode of living, the degenerating effect of alcohol, nicotine and other drug-habits, excesses in the pursuit of pleasure, nervous strains, etc., the most serious cause which tends to degeneration and undermines the power of resistance is not so much to be sought in the habits of maturer years, but in our infancy.

There are certainly exceptions, but as a rule we may safely say that the children of normal people are born, to use a colloquialism, sound in wind and limb, that is to say, in such a condition that the entire body is fit to perform its work properly, and all such children should thrive and do well. If all these infants were brought up properly, they, undoubtedly, would make up a healthy and strong population, free from all the symptoms of degeneration which we so much deplore.



But a great number, and in large cities a still greater number, of children are deprived of the natural food at their mother's breast, and herein we find the real cause of the decline of our race. All such children, instead of being nursed by their mothers and thus obtaining the only natural food, are fed with, and are brought up on, animal milk, generally cow's. It is now positively ascertained that Nature in her unbounded wisdom has adapted the constituents of each milk to the requirements of each animal. The same truism holds good in the case of man. Cow's milk is as different from human milk as a calf is from a human infant, and it will never be possible to completely substitute cow's milk for human milk. It is, therefore, a mother's sacred duty to *nurse her children*, and if she has not sufficient milk she should, at least, give as much as she can, for every drop means life, health and strength to the child.

Although goat's milk is much more like human milk, the general substitute for the latter is cow's milk. I will call attention only to a few essential points. As compared with the infant the quickly-growing calf requires much more lime salts for the development of its bones, hence, cow's milk contains twice as much lime as human milk. On the other hand, we know that man owns the larger brain. The phosphates in the form of Lecithine serve to support the growth of the nervous system, and especially the brain. Now, human milk contains 0.47 grammes of phosphoric acid per liter, and that in *organised* or assimilable form. In cow's milk it exists only in very small portions in organised—the greater part of it is in *inorganised*—form. It has been shown by careful experiments that the mineral



phosphates of the cow's milk are not at all used, *i.e.*, assimilated by the child.

A great disproportion also exists between the soluble and insoluble (casein) proteids. Whereas human milk contains 56 per cent. of soluble proteids, cow's milk only contains 19 per cent. By boiling the milk the disproportion grows larger still—90-10. I have already mentioned that boiling practically kills the milk. Besides, there is the great disadvantage that the casein of cow's milk coagulates into large lumps, which the stronger stomach of the calf digests readily enough, but cannot be assimilated by the more delicate organism of the infant body.

As a rule milk is not obtainable fresh from the cow, and has, hence, to be kept, which involves a serious danger. The bacilli which get into the milk during the process of milking find a splendid fostering soil, and the longer the milk is stored the more alarmingly can they propagate. The more they increase the more the milk becomes poisoned, unless we are able to prevent this one way or another.

To give a clear idea of the enormous spread of these germs in the milk I will give the following figures which have been carefully compiled by Professor Backhaus, of Berlin. The number of germs in freshly milked milk amounted to 6,600 in one cubic centimetre. After it had passed through six well-cleaned vessels, it had already risen to 97,600. The milk of a cow which had not been washed, but was kept in a clean stable, contained 170,000 germs in one cubic centimetre. After the animal had been well cared for and kept very clean for a few days, the number of the



bacilli sank immediately to 20,600 per cubic centimetre. This experiment shows the vast importance of cleanliness of animals and stables, and it becomes alarming to contemplate what sort of milk we may be served with in London and elsewhere, where no control whatever is possible in that respect. In one instance, when the udder had been washed, 2,200 bacilli were counted per cubic centimetre, and in another where the parts remained unwashed, 3,800. The condition of the receptacle, too, is of the greatest importance. The smoother the surface, the easier it can be cleaned, and is thus more suitable for the milk to be kept in. In a tinsplate pail the number of bacilli amounted to 1,700, whereas in a well-cleaned wooden milking pail, the number was nearly two hundred times higher, viz., 279,000. It is, therefore, obvious that no wooden vessels should ever be used for keeping or transporting milk. While the milk the child takes from the mother's breast, provided she be a cleanly woman, is absolutely free from germs, the ordinary market milk contains on an average 2,000,000 germs per cubic centimetre, consisting of about thirty different kinds of bacilli.

In order to destroy these legions of bacilli milk has hitherto been sterilised by exposing it to high temperature under pressure; but, as I have already pointed out, while this sterilising process may, indeed, kill the germs, it also destroys all the valuable properties of the milk, and renders it unfit for assimilation by the infant. Children "fed" on this kind of milk are in reality starving, no matter what quantities may be administered. As far back as 1883, Dr. Barlow investigated the dreadful symptoms of



starvation in children fed on sterilised milk, which lead to the terrible rate of mortality of 50 per cent.

Great progress has been made in keeping milk uncontaminated by putting it on ice as quickly as possible, and under the strictest observations of cleanliness, as it appears that the germs cannot develop in low temperature. The milk is not removed from the ice until almost immediately the child is to receive it, when it is quickly warmed up to blood temperature. Children fed in this manner develop much better and show no symptoms of Barlow's disease. Great care should, of course, be taken that the cows supplying the milk are conscientiously looked after, and vaccinated in case of need. Unfortunately, these modern precautions in handling milk have not yet been introduced into this country, but they are practiced in America and some parts of Germany. Millions of money are spent in this country on luxuries, and thrown away for the endowment of all sorts of doubtful institutions; but not one voice has, as yet, been raised for a much required reform on lines delineated above, upon which the future of our race depends more than on anything else. If the river of our natural life issues from a polluted source, and if our body is weakened from the first day of our lives, how can we possibly expect to develop and thrive on natural lines, and of how much avail will our efforts be in later life to prop up our shaken constitution and undermined health! This question is more important than all other social, political, or culture problems. The destinies of a nation are not decided on a battlefield, but in the cradle. Therefore, mothers, if you love your country, and if you care for the welfare of your families, nurse your



children yourselves, and give them the only elixir of life that exists, viz., the pure mother's milk.

I have taken part in the investigation of these questions all my life, and have never lost an opportunity of inquiring into new methods and inventions, in order to evolve a rational system for feeding infants. There are, unfortunately, many cases in which a mother cannot nurse a child herself, and it then becomes necessary to find a suitable substitute—but, I repeat it, if she can do it, and does not do it, she is a criminal! Of course, a complete substitute cannot and never will be found; but we must make the most strenuous efforts in finding a substitute which is, at least, free from the disastrous defects referred to above, and which comes as near human milk as possible. I would, in the first instance, advise all who can obtain goat's milk to give it preference to cow's; but if cow's milk cannot be avoided, it should be diluted with an equal quantity of water, in order to reduce its density in lime. Boiling kills it, milk is not a dead nourishing solution, but a living liquid. Boiling destroys, in the first place, the important ferments, especially those which convert starch into sugar. Then the ferments transforming the fats, albumen, etc., and, worse still, all the constituents which neutralise the poisonous excretions of the bacilli. These valuable substances are abundant in human milk, so that all children nursed by their mothers show much more power of resistance against infectious diseases than children brought up on cow's milk. If it be possible to procure milk at establishments where it is kept on ice, as described above, it should certainly be obtained from there, and any milk kept for the daily use



should be stored on ice in a clean and carefully closed china or tin vessel. Condensed milk, being liquid, is likewise a fostering soil for bacilli, and once a tin is opened, it immediately becomes infested by germs the same as ordinary milk, and presents the same disadvantages.

I have been fortunate in discovering a new method of reducing cow's milk to a dry powder, which has none of the disadvantages of preserving and using the ordinary liquid or condensed milk. To this powder I have added, in organised form, all those substances, especially the phosphatic salts, which raise the cow's milk to a similar standard as human milk. The first method of reducing milk to powder which I came across was of no use, because the process was carried on under a temperature of 250 degrees. The powder thus produced is really no more than dead milk; nevertheless, such products had a large sale in this country and on the Continent, the public being ignorant of their nutritive worthlessness. However, there exists now a process which answers all our requirements. Here the milk is pasteurised under a temperature of 150 degrees, is completely freed from germs without it being killed. The milk is evaporated through compressed air—the compression also destroying all bacilli—and its solid residue is precipitated as powder. In this form milk can be preserved for years without losing any of its good qualities, and, what is the most important point, the powder being dry, no bacilli can ever develop in it. Thus our greatest difficulties are overcome: (1) the milk is not killed by sterilisation, and (2) no germs can develop in it, even if it be exposed to the open air. I use this unique milk-powder for the preparation of



### Ebbard's Infant Milk Food

which, at the present moment, I claim, is the best obtainable substitute for human milk, and should be used exclusively by all those who have the health and welfare of their children at heart. Every mother who can nurse her child herself should, by all means, continue to do so, and I should never dare to suggest my preparation to her as a substitute. But to those mothers who are really partially or completely unable to do so, I venture to advocate the use of my preparation, in preference to other substitutes, and sincerely trust that my motive in doing so will not be construed into an endeavour on my part to serve sordid ends, but will be accepted as a sincere effort for the benefit of humanity.

In bringing up a child by artificial means, a mother should use due judgment and discretion, bearing in mind that no two children are exactly alike, and that it would be a mistake to feed them all alike, both qualitatively and quantitatively without distinction. Human milk is equally beneficial to all children, as it is a natural food. A substitute, however, cannot be so described, nor should it be applied indiscriminately to every child.

With very weak children some "Esfon" must be added to the milk food, especially as it contains more milk-sugar and renders it thus more similar to human milk.

The milk powder is simply dissolved in warm water, according to directions, and given at once, in a bottle. It should be freshly made every time. Before mixing, the water for this purpose should always be boiled for at least from five to ten minutes, and then allowed to cool down. As



the child can easily draw the milk from the bottle it should only have it every three hours to prevent over-feeding, which frequently happens. A child may be given the breast every two hours, as it has to exert itself to a certain extent in getting the milk. If a mother has not sufficient own milk to nurse her baby entirely, and has to help with the bottle, she may combine the two offices at her discretion. It is a very bad habit to feed a baby during the night. It should have its last "meal" at 10 p.m., and nothing further until 6 a.m.; a healthy child will sleep during that time. Should it not do so, give it a compress, dipped in *warm*—not cold—water, round the trunk of the body. When it does not sleep after that, something more serious is the matter. Children, who have not intentionally been spoiled, only cry when they are hungry or really in pain.

When we consider the rapid augmentation of the bacilli wherever they come into contact with milk, it will become evident that grave dangers lurk in the use of feeding bottles with their tubes and indiarubber tops. Thousands of children become ill and die simply on account of the dirty condition of these utensils. Bottles and tubes should be carefully washed after every time they have been used, and it would be still better to keep two or three sets of the indiarubber accessories, having those not in use constantly *lying in water*.

A still greater danger is to be found in those wretched "baby-soothers" or "pacifiers," the inventor of which has the lives of thousands of infants on his conscience. In the first place, it is a brutal way of deceiving the poor baby who



cries because he is hungry, and instead of receiving food has one of these bacilli-collectors thrust into his mouth. Then there is the real danger of infection. No mother who cares for her child should ever allow the use of this article.

If a child's digestion be weak and insufficient, a splendid remedy will be found in the yolk of an egg, and many dying children have been saved by this simple means. The yolk of the egg has a katalytic effect on the digestion, but only when it is given *after* meals, never with them. It should be given "straight," and not mixed or beaten up with milk or any other liquid. During the first four months one yolk a day is sufficient. Remove all the white from the yolk, beat it up and administer with a small spoon, half of it five minutes after the mid-day milk, and the other half—kept meanwhile in a cool place—at 6 p.m., in a similar manner. As soon as a weak digestion or any irregularity in the bowels is noticed the yolk of an egg should be given after the food. In cases of diarrhœa some arrowroot may be added to the milk, and in cases of constipation small enemas of camomile may be administered. Never give a baby an aperient as medicine if you value its future health.

Babies should be kept exclusively on milk food up to their fourth or fifth month. Many mothers deviate from this rule already in the third month, which is not at all advisable. They will begin with soups and paps, especially of a starchy nature, and even add broths, which latter are most abominable. As long as the child takes milk it receives all the albuminous food it requires, and there is no necessity whatever for meat or meat extracts of any description. What I said in a previous chapter about starchy food and



its conversion into sugar applies also to children, and when after the fourth or fifth month a change of diet has to take place, milk must, under all circumstances, remain the foundation of it ; any starchy food that has to be added must be in a condition which renders it easily assimilable. Biscuits and rusks, which are generally used, can only be assimilated by a strong stomach. In order to make good this deficiency in the dietary of the infant, I obtained a food which does away with ordinary biscuits, rusks, soups, paps, etc., and all the digestive disorders they entail, but yields the best nutritive results yet attained. It is called

#### Ebbard's Infant and Invalid Cereal Food

It is prepared in a similar way as the Veda-bread flour, so that the weakest stomach can digest it in a very short time and the system can assimilate it completely. It need not be boiled or cooked, but is simply put into warm or hot milk and is ready for consumption. In order to use the teeth, and favour their development also, *rusks* and *biscuits* are prepared of the Veda flour and can be added to the food of the children. While the Infant Milk food and the Esfon are destined to build up tissues of the body, the Infant Cereal Food will develop strength, heat and energy. With this food a child may continue up to two years. After that one may start with more solid food, with bread-and-butter, light puddings, eggs, stewed fruit, etc. The proper time for solid food is when the children have their teeth, not before.



# CLASSIFIED INDEX

ARRANGED ALPHABETICALLY

	PAGE		PAGE
ACETON . . . . .	4	BLOOD COLUMN . . . . .	32
ALBUMEN . . . . .	16	BLOOD PRESSURE . . . . .	32
ALBUMINOUS FOODS .14,	196	BLOOD VESSELS . . . . .	87
ALBUMINOUS SUBSTANCES	13	BRAINS . . . . .	17
ALCOHOLIC DRINKS . . . . .	36	BRANDY . . . . .	37
ALMONDS . . . . .	15	BRAZIL NUTS . . . . .	15
ALMOND BUTTER . . . . .	16	BREAD . . . . .	30
AMERICANS . . . . .	28, 80	BREATHLESSNESS . . . . .	86
AMERICAN NUTS . . . . .	15	BRIGHT'S DISEASE 90, 158, 195	
ANÆMIA . . . . .	3, 183	BRONCHITIS . . . . .	123, 151
ANIMATED POISONS . . . . .	1	BRUSSELS SPROUTS . . . . .	23
APPLES . . . . .	23	BUBO . . . . .	94
APPLE TEA . . . . .	36	CABBAGE . . . . .	23
ARABS . . . . .	31	CAMOMILE . . . . .	122
ASPARAGUS . . . . .	11, 197	CAMOMILE STEAMING . . . . .	122
ASTHMA . . . . .	3, 65, 124	CANCER . . . . .	59
ATONY OF THE BOWELS	127	CANTANI, DR. 11, 16, 18, 29, 48	
BABY SOOTHERS . . . . .	208	CARBOHYDRATES 13, 16, 28, 197	
BACKHAUS, PROF. . . . .	202	CASEIN . . . . .	20
BACILLI . . . . .	203	CASTOR OIL . . . . .	129
BAD CIRCULATION . . . . .	65	CATARRH . . . . .	5
BARLOW, DR. . . . .	203	CATARRH OF THE LUNGS	138
BARLOW'S DISEASE . . . . .	204	CATARRH OF THE NOSE . . . . .	138
BATH SPECULUM . . . . .	125	CATARRH OF THE THROAT	138
BEDROOM CAMOMILE		CAULIFLOWER . . . . .	23
STEAMING . . . . .	123	CHEESE . . . . .	11
BEEF . . . . .	17	CELERY . . . . .	23
BEEF TEA . . . . .	17, 130	CENTRAL NERVOUS SYS-	
BEER . . . . .	37	TEM . . . . .	60
BILIARY CALCULI . . . . .	90	CEREAL ALBUMEN . . . . .	19
BLACK GAME . . . . .	17	CEYLON TEA . . . . .	35
BLADDER AFFECTIONS . . . . .	91	CHICKENS . . . . .	17
BLOOD CIRCULATION . . . . .	85	CHILLS . . . . .	73



	PAGE		PAGE
CHINA TEA . . . . .	35	ECZEMAS . . . . .	121
CHINESE . . . . .	35	EFFERVESCENT WATERS . . . . .	39
CHLOROSIS . . . . .	183	EGGS . . . . .	11
CHRONIC GONORRHŒA . . . . .	92	EGGS, SOFT BOILED . . . . .	197
CIDER . . . . .	37	ELIMINATION OF THE	
COCOA . . . . .	35	BLOOD POISONS . . . . .	47
COCOANUTS . . . . .	15	ELIMINATION THROUGH	
COFFEE . . . . .	35	THE SKIN . . . . .	118
COLDS . . . . .	73, 138	ENDARTERITIS . . . . .	85
COLLŒMIA . . . . .	3	EPILEPSY . . . . .	3, 65
COMPLEXION . . . . .	82, 121	EPILEPTIC FITS . . . . .	63
COMPRESS . . . . .	114	ERYSIPELAS . . . . .	148
CONDENSED MILK . . . . .	206	ESFON . . . . .	27, 34
CONGESTIONS . . . . .	88	EYE . . . . .	77
CONSTIPATION 65, 89, 126, 164		FARINACEOUS FOOD . . . . .	28
CONSUMPTION . . . . .	84	FATS . . . . .	13, 16
CONSUMPTION, INCIPIENT 151		FEEDING BOTTLES . . . . .	208
COUGH . . . . .	5, 123, 138	FEVER . . . . .	5
COW'S MILK . . . . .	24, 201	FIBROID TUMOUR 59, 172, 180	
DAILY QUANTITIES OF FOOD 16		FIGS . . . . .	31
DATES . . . . .	31	FISH . . . . .	17
DEBRIS OF TISSUES . . . . .	4, 45	FORMATION OF BLOOD	
DECOMPOSITION OF URINE 43		POISONS . . . . .	8
DEMENTIA . . . . .	59	FRUITS . . . . .	28, 197, 198
DEPRESSION 63, 65, 142, 143		FULL WATER COMPRESS 115	
DIABETES . . . . .	3	GASTRIC JUICE . . . . .	32
DIACETIC ACID . . . . .	4	GEESE . . . . .	17
DILATION OF THE STO-		GLANDS . . . . .	78
MACH . . . . .	89	GONORRHŒA . . . . .	91, 94, 168
DIARRHŒA . . . . .	5	GOUT . . . . .	29, 32, 36, 189
DISPLACEMENT OF THE		GRAPE-FRUIT . . . . .	130
WOMB . . . . .	98, 170	GRAPE SUGAR . . . . .	28
DISTILLED WATER . . . . .	33	GRAVES . . . . .	36
DRIED BEANS . . . . .	11	GRAVIES . . . . .	17
DRIED PEAS . . . . .	11	GROUSE . . . . .	17
DRINK . . . . .	31	HŒMOGLOBINURY . . . . .	3
DRINK WITH MEALS . . . . .	32	HŒMORRHAGES . . . . .	178
DRIPPING . . . . .	14, 196	HAIG, DR. . . . .	2, 35, 63
DRY CHAMPAGNE . . . . .	36	HARD CHANCRE . . . . .	91, 94
DUCKS . . . . .	17	HARE . . . . .	17
DYSPEPSIA . . . . .	160	HAZEL NUTS . . . . .	15
EAR . . . . .	77	HAZEL NUT BUTTER . . . . .	16
EBBARD'S INFANT CEREAL		HEADACHE 63, 65, 141, 143	
FOOD . . . . .	210	HEAD COMPLAINTS . . . . .	75
EBBARD'S INFANT MILK		HEART . . . . .	32, 35
FOOD . . . . .	207	HEART, WEAKNESS . . . . .	65, 85



	PAGE		PAGE
HEART, PALPITATION . . . . .	65	LECITHINE . . . . .	18, 201
HEART, CRAMP . . . . .	65	LENTILS . . . . .	11, 194
HEART, FATTY DEGENERATION . . . . .	85	LEUCINE . . . . .	4
HEART MASSAGE . . . . .	65	LEUCORRHOEA . . . . .	177
HEART, MOCK ANGINA PECTORIS . . . . .	85	LINDEWIESE . . . . .	91
HEART TROUBLES 36, 85, 153	153	LING . . . . .	64
HENSEL . . . . .	21	LIVER TROUBLES . . . . .	65, 90
HERB TEAS . . . . .	34	LOW TIDE OF URIC ACID . . . . .	63
HEREDITY . . . . .	84	LUMPS . . . . .	146
HIGH TIDE OF URIC ACID . . . . .	63	LUNGS . . . . .	83, 123
HOCHHEIMER WINE . . . . .	36	MADEIRA . . . . .	36
HOMOEOPATHIC MEDICINES . . . . .	72	MAGNESIUM PHOSPHATE . . . . .	22
HONEY . . . . .	78	MALAGA . . . . .	36
HOT SITZ BATH . . . . .	124	MARMALADE . . . . .	28
HOT WATER . . . . .	33	MASTURBATION . . . . .	97
HUMAN MILK . . . . .	24	MEASLES . . . . .	82
HYSTERIA . . . . .	67	MEAT . . . . .	11, 16, 18
ICE . . . . .	33	MEAT EXTRACTS . . . . .	17
IMPURITIES OF THE SKIN . . . . .	121	MEDICINE ELIMINATION . . . . .	45
INANIMATE POISONS . . . . .	2	MEGRIMS . . . . .	63, 144
INCIPIENT CONSUMPTION 58, 151	151	MENU FOR AN ANTI-URIC ACID DIET . . . . .	38
INDOL . . . . .	4	MENU FOR ELIMINATION OF BLOOD POISONS . . . . .	52
INFANTS, THE PROPER FOOD FOR . . . . .	200	MENU OF TEST FOR ASCERTAINING THE BLOOD POISONS . . . . .	46
INNERVATION . . . . .	61	MENU ON NEW VEGETARIAN PRINCIPLES . . . . .	39
INSALIVATION . . . . .	30	MERCURY TREATMENT . . . . .	92
INSOMNIA 65, 120, 142, 143	143	METABOLIC DISEASES . . . . .	111
INSUFFICIENCY OF THE VALVES OF THE HEART . . . . .	85	METABOLISM . . . . .	2
INTESTINAL DISORDERS . . . . .	88	METHOD OF GAUGING THE BLOOD POISONS . . . . .	41
INTOXICATION . . . . .	36	MILFOIL TEA . . . . .	34
IRON . . . . .	22	MILK . . . . .	11, 18, 19, 28, 201
IRREGULAR PERIODS . . . . .	123	MILK COMPRESS . . . . .	120
IRRITANTS . . . . .	70	MILK, CONDENSED . . . . .	206
JAM . . . . .	28	MINERALS . . . . .	13, 16, 21, 197
KELLOGG NERVE MASSAGE . . . . .	64	MUCOUS MEMBRANE . . . . .	122
KIDNEY TROUBLES . . . . .	65, 90	MUCUS . . . . .	45
KOCH, DR. . . . .	1	MUSHROOMS . . . . .	11
LAHMANN, DR. . . . .	21, 98	MUTTON . . . . .	17
LAMB . . . . .	17	MUTTON BROTH . . . . .	17
LARD . . . . .	196	NANCY SCHOOL . . . . .	63
		NEOPLASMS . . . . .	172



	PAGE		PAGE
NEPHRITIC CALCULI	.90, 157	POISONOUS FOODS	15
NERVOUS DERANGEMENT	60	PORK	17
NERVOUS DYSPEPSIA	61, 65, 88, 164	PORT WINE FROM THE WOOD	36
NERVOUS TROUBLES	4	POTASSIC SALTS	17, 195
NEURALGIA	65	POTATOES	28
NEURASTHENIA	67	PROLAPSUS OF THE WOMB	174
NEW VEGETARIANISM	39	PROPER FOOD FOR ADULTS	8
NICOTINE	85, 87	PROSTATE GLAND, EN- LARGEMENT	168
NOSE	77	PROSTATE GLAND, IN- FLAMATION AND SWELLING	97
NUCLEINE SUBSTANCES	11	PROTEIDS	13, 20
NUTRITIVE SALTS	21	PROTEID FOOD	21
NUTS	11, 15, 18	PSYCHO-THERAPEUTICS	62
NUT BUTTER	15	PTOMAINES	4
OBESITY	190	PTYALIN	30
OIL	14, 127	PULSE	11, 18
OIL ENEMA	126	PUTRESCIN	4
OPERATIONS	69	RABBIT	17
OVARIAN TROUBLES	175	RAISINS	31
OVERWORK	25	RHEUMATISM	29, 32, 36, 185
OYSTERS	17	RHUBARB	197
PACIFIERS	208	RICE	28
PAINFUL PERIODS	123	RICKETS	67
PALPITATION OF THE HEART	61	ROOT VEGETABLES	28
PARALYSIS	61, 65	ROSEOLA	92
PARTIAL WATER COM- PRESS	114	SALADS	23, 198
PARTRIDGES	17	SALINE FAMINE	24, 26
PATCHES	81	SALT	195
PEANUTS	11, 15	SAUCES	17
PERIODS, IRREGULAR	123	SAVOY CABBAGE	198
PERIODS, PAINFUL	123, 177	SCARLET FEVER	82
PERSPIRATION	119	SCATOL	4
PERSPIRING FEET AND ARMPITS	82	SCHROTH'S TREATMENT	48, 132
PHAGOCYTES	22	SCHUESSLER, DR.	21
PHENOLE	4	SCHUESSLER, DR., REME- DIES	72
PHLEGM	123	SCROFULOUS BLOOD	29
PHOSPHATES	18	SELF ABUSE	149
PHOSPHATIC SALTS	198	SELF SUGGESTION	63
PHYSIOLOGICAL ENEMA	129	SENNA WATER	129
PIGEONS	17	SENSORY ORGANS	77
PILES	65, 88	SHAW, DR. JOHN	105
PIMPLES	81, 121, 146		
PINE KERNEL	15		



	PAGE		PAGE
SHERRY . . . . .	36	TONGUE . . . . .	17
SILICA . . . . .	22	TONIC TEA . . . . .	34
SKIN . . . . .	81	TONSILS . . . . .	79, 145
SKIN AFFECTIONS . . . . .	82	TOOTHACHE . . . . .	79
SMALL POX . . . . .	121	TREATMENT OF WOMEN	
SODIUM PHOSPHATE . . . . .	22	DISEASES WITHOUT	
SOFT CHANCRE . . . . .	91, 94	OPERATION . . . . .	98
SOUPS . . . . .	33	TUBERCULOSIS . . . . .	84
SOUR WINES . . . . .	36	TURKEY . . . . .	17
SPECIFIC GRAVITY OF		TYROSIN . . . . .	4
THE URINE . . . . .	42	ULCERATIONS . . . . .	5
SPINACH . . . . .	23	ULCERATION OF THE	
SPINACH SALAD . . . . .	199	STOMACH . . . . .	89
SPINAL DISEASES . . . . .	59	ULCERATIONS OF THE	
SPOTS . . . . .	81	WOMB . . . . .	174
STARCHY FOOD . . . . .	28	ULCERS . . . . .	81, 121
STARVATION . . . . .	6	UNDERNUTRITION . . . . .	6, 22
STEAM COMPRESS . . . . .	94, 126	URIC ACID . . . . .	2, 45, 47, 76
STEAM COOKER . . . . .	196	URINOMETER . . . . .	43
STERILISING MILK . . . . .	203	VARICOSE VEINS . . . . .	88
STIMULANTS . . . . .	70	VEAL . . . . .	17
STOMACH TROUBLES . . . . .	88	VEDA BREAD . . . . .	30
STONES IN THE KIDNEYS . . . . .	157	VEGETABLES . . . . .	197
STRAWBERRIES . . . . .	23	VEGETABLE BUTTER . . . . .	14
STRICTURE . . . . .	92, 94, 168	VEGETABLE LARD . . . . .	196
SUGAR . . . . .	28	VEGETARIAN FOOD . . . . .	15
SUGGESTION . . . . .	63	VENEREAL DISEASES . . . . .	59, 91
SUPPURATION . . . . .	82	VENISON . . . . .	17
SWEDISH KELLGREN . . . . .		VOCAL CHORDS . . . . .	79
NERVE MASSAGE . . . . .	64	VOICE . . . . .	79
SWEETBREAD . . . . .	17	VOSSLAUER WINE . . . . .	36
SWEET CIDER . . . . .	37	VOSSLAUER GOLDECK . . . . .	51
SYMPATHETIC NERVOUS		WALNUTS . . . . .	15
SYSTEM . . . . .	60	WALNUT BUTTER . . . . .	16
SYPHILIDES, PUSTULOUS . . . . .	94	WASTE MATTER . . . . .	4, 45
SYPHILIDES, PAPULOSE . . . . .	94	WATER . . . . .	33
SYPHILIDES, GUMMY . . . . .	94	WATERCRESS . . . . .	23
SYPHILIS . . . . .	59, 82, 91, 166	WEAK CHILDREN . . . . .	207
TABLE SALT . . . . .	195	WHEY . . . . .	20, 34
TEA . . . . .	35	WHISKEY . . . . .	37
TEETH . . . . .	33, 79	WHITES . . . . .	123, 177
TERTIARY SYPHILIS . . . . .	92, 167	WINDPIPE . . . . .	78
TEST GLASS . . . . .	44	WOMB, DISPLACEMENT . . . . .	170
THROAT . . . . .	78	WOMB, ULCERATIONS . . . . .	174
THROAT TROUBLES . . . . .	145	WOMEN, DISEASES OF . . . . .	97, 122
TOMATOES . . . . .	197	WOUNDS . . . . .	121





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