

**Perpetual health : how to secure a new lease of life by the exercise of will power in following out the combined "Cantani-Schroth" cure ... / by P.M. Heubner and F.W. Vogt.**

**Contributors**

Heubner, P. M.  
Vogt, F. W.

**Publication/Creation**

London : L. N. Fowler ; New York : Fowler & Wells, 1905.

**Persistent URL**

<https://wellcomecollection.org/works/bqk7zuuq>

**License and attribution**

The copyright of this item has not been evaluated. Please refer to the original publisher/creator of this item for more information. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use.  
See [rightsstatements.org](https://rightsstatements.org) for more information.

**wellcome  
collection**

Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

*Heubner*

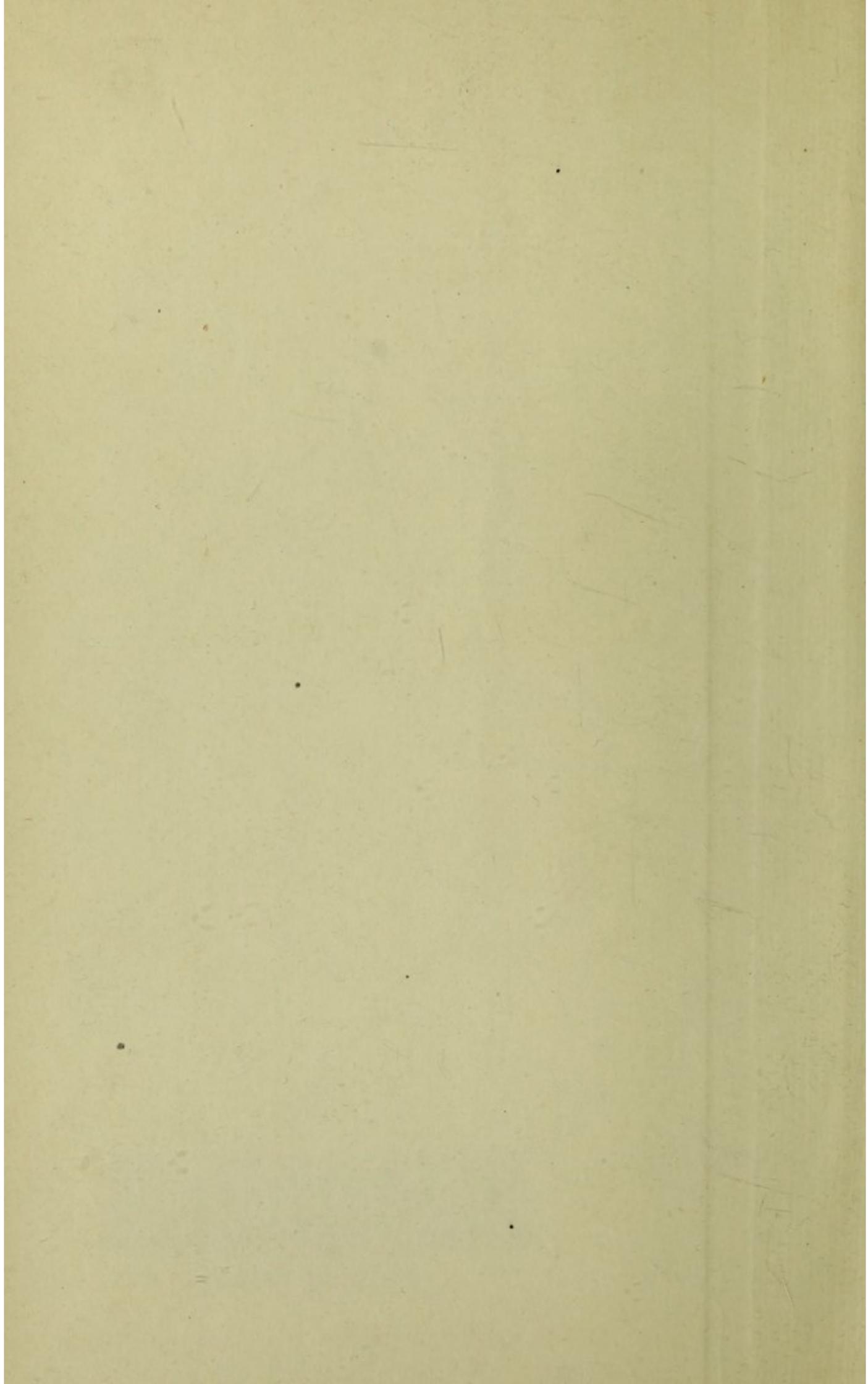
**Perpetual  
Health . .**



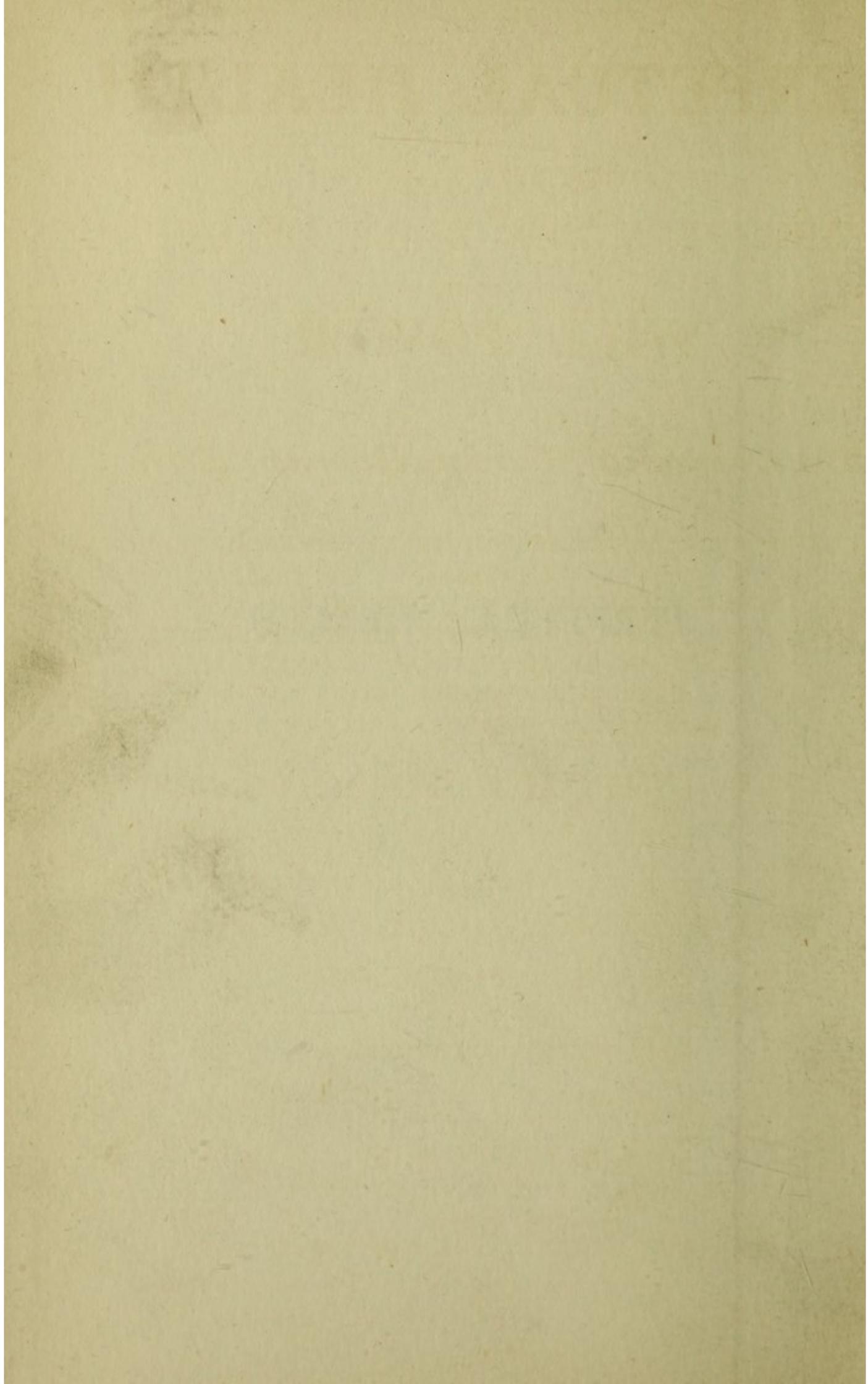
22102147565

**Med**

**K26075**



**PERPETUAL HEALTH**



87194

# PERPETUAL HEALTH

HOW TO  
SECURE A NEW LEASE OF LIFE

BY THE EXERCISE OF

## WILL POWER

IN FOLLOWING OUT

*The Combined "Cantani-Schroth" Cure*

A NEW AND INFALLIBLE METHOD OF TREATMENT  
OF DISEASE

ENABLING HEALTH TO BE RESTORED QUICKLY,  
EVEN THOUGH UNDERMINED BY DISORDERS OF THE  
GRAVEST AND MOST STUBBORN CHARACTER,  
SUCH AS GOUT, RHEUMATISM,  
BLOOD AND SKIN DISEASES, Etc.

WITHOUT PHYSIC

BY

P. M. HEUBNER AND F. W. VOGT

TRANSLATED BY F. W. VOGT

FOURTH EDITION

LONDON :

L. N. FOWLER & CO.

7, IMPERIAL ARCADE, LUDGATE CIRCUS

NEW YORK :

FOWLER & WELLS CO., 24, EAST 22ND STREET

1905

9727

6 746 823

WELLCOME INSTITUTE LIBRARY	
Coll.	we!MOmec
Call	
No.	WB

*Entered at Stationer's Hall.  
Copyright, and all rights reserved.*

## PREFACE



SUFFERING humanity will find in these hints concerning the employment of the new "Cantani-Schroth" method of treatment of disease a valuable guide to the recovery of its greatest boon, viz., health! In theory, this new cure (a combination of *two* methods of treatment) which has been attended, in many cases, by the most signal success, may correctly be described as the Cantani-Schroth Cure, Cantani's name deserving to stand first; but in its practical performance it may be wise to assign the first and most important place to the ideas of Schroth. What is new is the combination of the two methods, and, indeed, considered from the point of view of the applicability to larger circles of sufferers such a combination can alone prove entirely successful, for the reason that the two methods can only be effectively applied to practical requirements by being combined, especially in view of the general lack of energy prevailing at the present time, when the exigencies and hardships of *renunciation* exceed the feeble strength and will of most men. Now, a method of treatment can only be of real value provided it is capable of being consistently followed out in practice. Schroth's "Elimination" Cure is traceable to remote antiquity, and was, indeed,

known to, and applied by, the Pithagoreans as a radical remedy for all ills flesh is heir to ; but not until quite lately has its *raison d'être* been scientifically demonstrated and acknowledged. Extensive material is required for a thorough comparative investigation of the methods of treatment after Schroth and after Cantani. But the great advantage of a brief and condensed manual such as this is that it enables the patient to grasp the substance of the treatment practically at a glance, nothing that is worth knowing being withheld from him. He is placed in a position to gain a clear and accurate insight into the principle governing his distemper, and to satisfy himself of the effectiveness of the treatment, and that after all is the main point ; for when once he has realised the true inwardness and nature of his complaint, he is able, if he will, to carry out the course of treatment he has adopted with intelligence, assiduity, and success.

The instructions and advice given in the following pages will prove sufficient for a successful course of self-treatment.

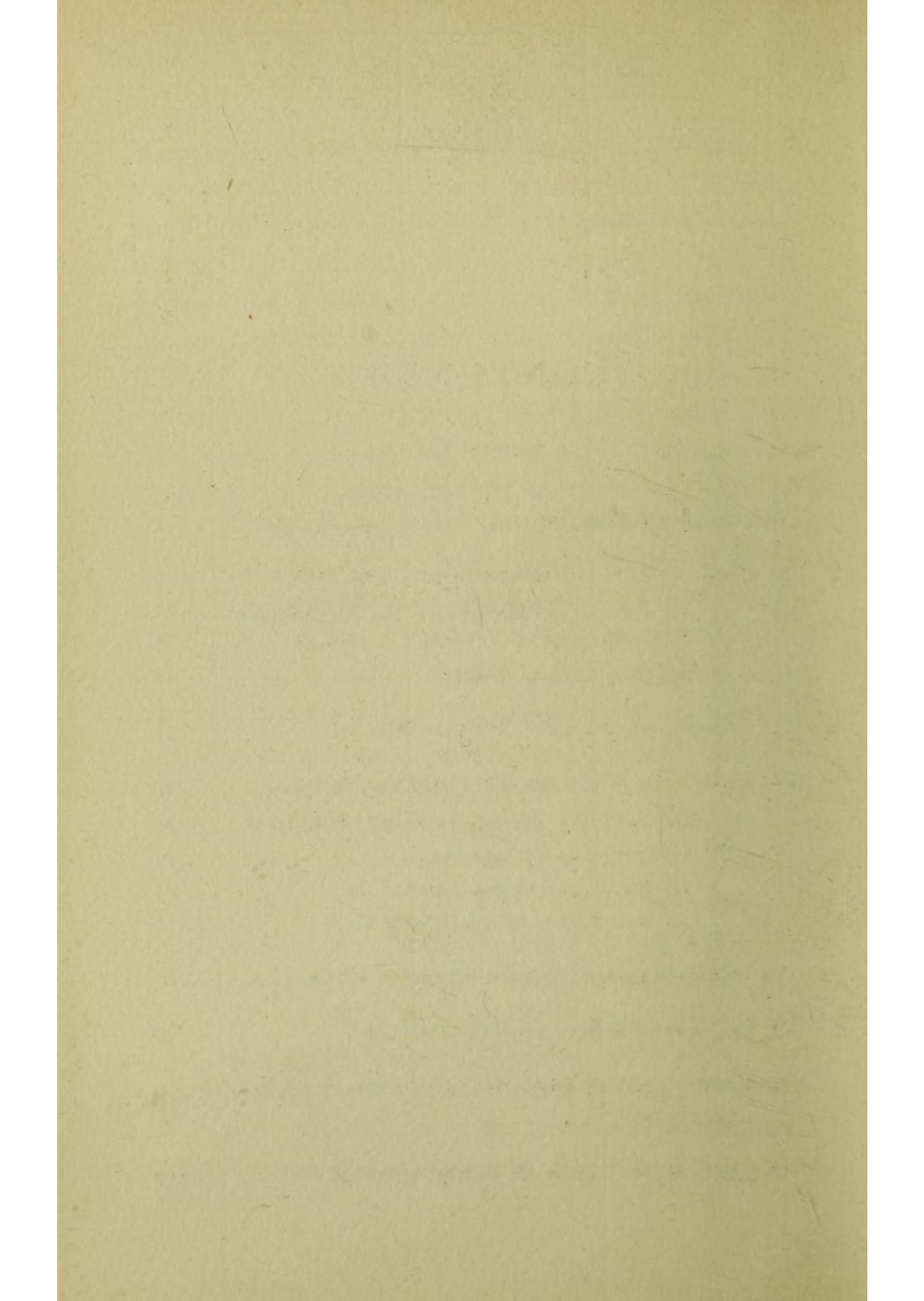
May this print, by being circulated among as wide a circle of readers as possible, prove a blessing to suffering humanity ! I shall be grateful to every patient for communicating to me the results attained by my combined "Cantani-Schroth" cure.

THE AUTHOR.

# CONTENTS



	PAGE
I. CAUSES OF DISEASE . . . . .	I
II. CANTANI AND HIS METHOD OF TREATMENT . . . . .	9
(a) Concreted Matter as the Engenderer of Disease . . . . .	9
(b) The Cantani Dietary . . . . .	17
III. THE HIGHEST DIETIC WORLD-WISDOM . . . . .	32
IV. SCHROTH'S DIETETIC AND PREVENTIVE CURE . . . . .	39
(a) Schroth's View of the Nature of Disease . . . . .	39
(b) Schroth's Compresses . . . . .	45
(c) Schroth's Dry (or Thirst) Diet . . . . .	48
(d) The Effects of the Schroth Cure . . . . .	60
V. THE COMBINED CANTANI-SCHROTH CURE . . . . .	80
VI. IMPORTANT HINTS TO VEGETARIANS . . . . .	93
VII. CASES TREATED SUCCESSFULLY BY DR. A. CANTANI'S METHOD . . . . .	98
VIII. SUCCESSFUL CURES BY SCHROTH'S METHOD. . . . .	113



# I

## CAUSES OF DISEASE

THAT health is one of our most precious possessions —if not the one and only possession really worth striving for—is a proposition which, by this time, it is hardly necessary to state, much less to emphasise. Our generation has become so enfeebled, is tormented by such an innumerable host of sufferings, large and small, that we might, Diogenes-like, look for a human being that may be described as “sound to the core” and free from any infirmity, with a lamp in broad daylight. It is true, on the other hand, that the achievements of science are pointed to with pride, more especially those of medical science by which the host of diseases is being contended against with a measure of success which no one had deemed attainable before. But it is precisely these spasmodic efforts of science that show that the health-conditions of the present-day generation must be unsatisfactory and disquieting in the highest degree; for, obviously, the healthier a people, the less need is there for doctors or

for scientific aid. In one respect, indeed, the general state of health has improved or, more properly speaking, altered, infectious and pestilential diseases having been driven into the background, so to speak, and made far less frequent than they were formerly. This, to a great extent, is ascribable to the more favourable economical conditions prevailing at the present time. We are now allowed to strive for air, light, and space. We build spacious apartments and wide thoroughfares and provide for greater cleanliness, laying all departments of the arts and industries under contribution in carrying out numberless arrangements and improvements, that they may render it possible for the individual henceforth to lead a more endurable and brighter existence, owing to a more plentiful supply of air and light; whilst in the days happily gone by men lived pent up in narrow little dens, from which both light and air were shut out and which were real hot-beds of plagues and epidemics.

The general character of our ailments to-day has become different from what it was before, and when we ask what, in spite of the high state of culture which we have attained, is the cause of the change, we can only give one answer, confirmed both by scientific research and the practical experience of everyday life, that our mode of living—*i.e.*, the form and manner in which we take our nourishment—is responsible for most of our ills.

Our body, like any higher organism, consists of a number of organs which stand in a relation of mutual and interdependent reaction to each other. We make a distinction between the several organs of the body, and call them as though each acted by itself, the heart, the lungs, the stomach, the liver, the vascular, nervous, or muscular systems, and so forth; but all these are so closely connected and dependent upon each other as, in reality, to form one indivisible whole; for none can exist without the others, and it is only *because* they are thus inseparable—each supplementing and completing the rest—that they constitute, properly, what is termed an *organism*; while, when we talk of *life*, we simply mean thereby the performance by each organ (with and by the others' aid) of the particular functions assigned to it; and *health* means that all the organs perform this work to that extent, and in that degree of perfection, which are most conducive to the maintenance and normal development of the organism.

Now, what does this work depend upon—*i.e.*, by means of what general principle is it carried through? All or any work of an organism is controlled by *change of matter*, or what is known to science as the “metabolic process”; without this constant change no tissue-building, no organic activity whatsoever, is conceivable. Every organism, in order to live, thrive, and work, must absorb matter from outside and use it up in the process of chemical and physiological

transformation or metamorphosis. This absorption and conversion of matter, which forever goes on within us, supplies the initial impulse to all internal and external activity, including that involved in the elimination of the products of decomposition and waste. Absorption, change by chemical reaction, and elimination of waste, are thus the three principal stages of the metabolic process. The three operations must stand in a predetermined relation to each other, if the system is to be, and to continue, *fit to live*. Any disturbance of this relation engenders disease, irrespective of whether such disturbance affects any one organ in particular, or all or a number of organs as a whole. All maladies, in the last resort, are traceable to this relation, even those in which the system is poisoned, say, by alcohol, nicotine, the syphilitic virus, &c., or, in the case of infectious diseases, invaded by foreign living organisms, such as the many species of bacilli, generally regarded as vehicles of disease.

Apart from the poisons introduced into the system from outside—direct—or the diseases brought on by infection, we may divide all internal causes of disease into two main groups.

Man is under the necessity of performing a certain amount of active work, by outward exertion, in accomplishing which he uses up a corresponding amount of tissue or matter. Now if he be unable to

supply the system with the amount of matter which it has thus consumed, or in other words, to proportion nutrition to the strength required for the work, the life-capacity of his organism must necessarily be impaired. If the nutrients conveyed to the organs be insufficient, the metabolic process necessary for the activity of such organs cannot be maintained. The substances absorbed are conducted to all the organs by the blood. Hence it is clear that if a labourer or mechanic, for example, by his muscular exertion, uses up more blood constituents than he can supply by nutriment, there results an excess of consumption over supply which must be made up for by, or at the expense of, the different organs, and the strength and working capacity of these are diminished in consequence; and, *pari passu*, there is a decline in the resisting power of the system generally; hence it is that, among the poorer classes, as a result of insufficient nourishment, we find an increased predisposition to contract infection. Any attempt on the part of the physician to war against this primary category of causes of disease—the causes, namely, which arise from defective nutrition—must obviously prove futile. Here the intervention of improved economical conditions can alone bring relief and rescue; the last word rests with the political economist.

The second main group of internal causes of ill-health—and it is with these that we have chiefly to

deal in this treatise—are the outcome of an opposite order of disturbances in the process of change of matter and tissue formation : in other words, they result from *overloading* and *overstraining* the organs, either by the substances absorbed or by the products of decomposition which the system fails to eliminate. The most terrible curse, and one that afflicts by far the greatest part of humanity, is our present-day mode of existence ; the root of the evil being that we introduce excessive quantities of superfluous—nay, injurious—substances into our body, and thereby throw metabolic operations into a worse confusion than that which would have been caused by insufficient nutrition.

It is safe to say that all those whose station in life is above that of paupers, nowadays take more drink or food, or both, than they require to replace the matter used up by bodily or mental labour ; this surplus is, as we shall see, from first to last, the source of numberless ailments which make our present-day existence a burden to us, and which embitter our lives, not only in the serious, acute cases, but in those lingering torturing, bodily and mental dissonances and distempers. Who is there but is more or less familiar with those tormentors whose name is legion, as gout, rheumatism, headache, the megrims, toothache, digestive troubles, constipation, flatulence, heartburn, colic, catarrh, heart trouble, compression of brain, giddiness, dyspnœa, asthma, anxiety, heaviness of

body or limbs, obesity, proneness to colds, cold feet, "a sinking sensation," eruptions, venosity, varicose veins, &c.? With one or the other of these we are, all of us, but too well acquainted from practical experience; they cling to us tenaciously, and all our struggles to loose their hold upon us and get free have so far been in vain! It cannot be my object here to analyse the special and immediate causes of all those complaints or to enter into a discussion of the various theories propounded by science in order to account for them, more especially as the vast majority of these theories are as yet obscure, chaotic, and contradictory. I only, therefore, propose to say enough to enable the reader to grasp a *broad principle*, which in its details is still, perhaps, open to scientific criticism, but which practice and success have sanctioned in so conspicuous a manner that none but the blind can fail to see and recognise it. And it is, too, so very simple, so clean, so obtrusively obvious, that I cannot help wondering how it is that it has not, as a matter of course, suggested itself to man's inquiring mind before. But, as in so many other cases, the simplest and most elemental truth was discovered last, and we know of old that the greatest of all truths ever are the least intricate!

This principle simply resides in the above-mentioned disturbances of the natural relation, which, in accordance with the laws of nature, should exist between the absorp-

tion of food substances, their chemical decomposition, and the elimination of the products of the decomposition going on in the process of tissue-building. First and foremost, it is the waste products which, instead of being eliminated, or expelled outwards, remain in the blood, and, as a result, collect at given points in the interior of the body. It is this accumulated matter which is primarily responsible for the multitude of more or less serious ailments of which we are victims. It permanently settles in some one or other of the organs or tissues, or in some part of the body, and paralyzes that organ or that part, hindering it in the proper performance of its functions, impeding the free circulation of the fluids, causing pains and aches, leading to an excessive irritability of the parts affected, and converting them into centres of colds, chills, internal complications, and even infectious diseases. From the moment that such an accumulation or concretion has formed in an organ, whichever it may be, that particular organ must of necessity become weakened thereby, since a foreign body has crept into it, and by its unwelcome presence disturbs the organ in the completion of its normal work.

## II

### CANTANI AND HIS METHOD OF TREATMENT

#### *a.*—CONCRETED MATTER AS THE ENGENDERER OF DISEASE

WE will first of all consider the results of the investigations of the celebrated Dr. A. Cantani, Professor of the Naples University and Physician to the University Hospital of that city; investigations which, from the standpoint of medical science, were decidedly epoch-making, and which, therefore, may be relied on to supply us with ample material in support of the views above enunciated. For we are indebted to Dr. Cantani for a clearer insight into the nature and causes of the maladies engendered by deficiencies in the process of conversion of matter into tissue, than could ever have been gained from any other source. The results which he obtains in treating cases of oxaluria, gout, rheumatism, diabetes, &c., are unique, and his renown had become so great and

widespread that, up to the time of his death (which occurred in 1898), he was regularly besieged by appealing sufferers, flocked together from all quarters of the globe.

The reader must not object to the little extra trouble which a study of the main points of the theory of that great benefactor of humanity involves, for if he can but grasp the general principle of that theory, it will be a comparatively easy task for him to apply it in practice to his own case; and it will well repay him to make this practical application, for it may mean release from untold agonies, present or to come. Rightly understanding one's case is in itself half the victory, and far better than years of unintelligent drugging.

Cantani mainly sought, and found, a variety of acids in the matter concreted in the system, and of these acids he closely investigated the most important, viz., primarily, oxalic acid and uric acid. Be it well understood: I do not mean to say that Cantani set up the fact of the concretion of unexpelled matter as a brand-new theory of his own; that discovery, *per se*, is one of great antiquity; but his *interpretation* of the scientific fact, and the practical conclusions he draws from it, are new. Let us take oxalic acid, for instance.

Oxalic acid is either introduced into the body direct with the food or with medicines, or develops

in the blood of its own accord, as a product of decomposition.

It has been conclusively shown that, by oxalic acid, the nervous system is affected and run down, inclining the subject to hypochondria and melancholia. Particularly does oxalic acid attack the nerves of the heart, and depress the heart's action, thereby producing a most fatal effect upon the entire process of nutrition. Oxalic acid once settled in the kidneys leads to agonising renal colics, and to the formation of calculi of oxalate of lime.

The vegetables which are richest in oxalic acid are spinach, purslane, beet, carrots, parsley, celery, fennel, and French beans. Tomatoes grown in the colder climates, as in England, Germany, or France, contain a very large proportion of oxalic acid, whereas in Italian tomatoes sugar predominates, in the place of part of the oxalic acid.

The medicines with which oxalic acid is conveyed to the body are rhubarb, gentian, valerian, elder flower, and cinnamon.

With regard to the manner in which oxalic acid forms in the system itself, the views of experts differ somewhat widely. Many assert that it chiefly originates from uric acid, because, in the laboratory, oxalic acid can actually be extracted from uric acid. Cantani however, holds that oxalic acid develops in the living organism in a totally different way; that its develop-

ment, in fact, *precedes* that of uric acid, and that, consequently, its appearance is quite spontaneous. Uric acid is originally produced by albuminous bodies, and by its combustion, if complete, yields urea, carbonic acid, and water. But before this stage of complete combustion is reached, the oxalic acid is separated; and Cantani is of opinion that it is the glycogen (produced by the liver, muscles, &c.), which gives oxalic acid, owing to the incomplete combustion of the sugar derived from the glycogen, so that, instead of yielding water and carbonic acid, it yields oxalic acid, a carbon-compound of a less degree of oxidation than carbonic acid; in other words, the carbon absorbs less oxygen from oxalic acid ( $C_2O_2H_4$ ) than from carbonic acid ( $CO_2$ ).

But of far more frequent occurrence in the blood is the uric acid itself. The deposits which this acid causes to form in nearly all organs and tissues of the body, in all probability induce most of the troubles attendant upon a failing health. Thus one of the most cruel afflictions of mankind, namely, gout, is the result of concretions of sodium urate, calcium urate, &c., in the joints. Where these uric acid concretions take up their abode in the small joints of the feet, we have the most frequent form of gout, that known as *podagra*; if the small joints of the hand are attacked we talk of *chiragra*. Gout in the knee is termed *gonagra*; gout in the shoulders,

*omagra* ; gout in the collar-bones, *cleidagra* ; and gout in the elbow, *pechiagra* ; all of which parts are frequently the seats of the disorder.

When the body has been visited by gout for some time, other organs, besides the organ directly affected, become involved—more especially the kidneys, in which the particular form of the disease known as *renal gout* is very apt to develop. Not unfrequently, too, the arteries are affected. Uric acid concretions, more or less pronounced, make their appearance under the skin ; in addition to which the presence of such concretions has been traced in the outer ear (the auricle), the eyelids, the alae of the nose, and the finger-tips. Gouty concretions become most dangerous when they involve the digestive organs, stomach, intestines, liver, heart (cardiac nervous gout), respiratory organs, and, more particularly, the brain.

In the same way a host of rheumatic pains arise from such deposits, chiefly forming in the muscles.

To give the reader a clear conception both of the process of production of the acid, and of the methods whereby it may best be checked or prevented, I will now endeavour to expound, in a condensed form Cantani's unquestionably novel and original views on the subject. There can be no doubt but that those views approach the truth very closely, since, as I have above remarked, Cantani has treated gout, rheumatism,

gravel, diabetes, &c., with the most signal, and hitherto unattained, degree of success.

The first question is, How and where does uric acid form? Uric acid is a body containing nitrogen; hence it can only be derived from the nitrogenous constituents of the organism, viz., the albuminates and the glutinose substances (albuminoids, proteids). When the uric acid is completely *burnt* or oxidised, it yields, as we have seen before, urea, carbonic acid, and water; the nitrogen in that case remaining bound to the urea.

Chemically speaking, urea is a product of oxidation of a higher order than uric acid; in other words, as a product of the oxidising process, uric acid must form *before* urea; urea is, in effect, but a product of the combustion of uric acid. Hence, as Liebig explained some time ago, uric acid, considered with regard to the order of successive oxidation of the several albuminous substances, occupies a portion between creatine and urea; it is a higher product of oxidation than creatine, and a lower one than urea; it ought to be capable, therefore, of forming throughout the entire organism.

However, as regards the particular spot or region where uric acid forms, opinions diverge somewhat widely. The majority assert that uric acid originates solely from the kidneys; but Cantani offers a determined opposition to this view: he contends that uric acid develops throughout the system—in all tissues

without exception. To be sure, the kidneys do produce uric acid, because the kidneys, like all the other organs, absorb albuminous matter for their own tissue-formation. Cantani admits, too, that in the healthy individual uric acid forms in the kidneys *principally*; but he thinks that, in the case of an invalid, whose blood is charged with a large amount of uric acid, this acid must indisputably develop also in a great many other organs, and in far larger quantities than in a healthy person.

Now this excess of uric acid Cantani attributes, primarily, to the disproportion existing between the nutriments admitted into, and the work accomplished by, the system; his point is that an excessive amount of uric acid will develop whenever the body receives more matter than it can utilise. Ever since remote antiquity this lack of proportion between nutrition and organic consumption has been described by physicians as the cause of gout, and it has been the preponderating opinion that gout arose from too liberal a supply of albuminates, or, to put it more correctly, from nitrogen-holding substances generally (including gluten and proteids).

The overloading of the body with food results in too great a strain being imposed upon its powers of combustion or oxidation; these powers are inadequate to cope with all the matter received; part only of the nitrogenous substances (proportionate to the power

actually expended) is burnt up; while the rest comes to a standstill, as it were, at a stage antecedent to that of urea, viz., the stage of uric acid. Broadly, then, there takes place in the uric acid phase a partial retardation of the assimilative and tissue-building process; a "hitch" in the conversion and combustion of the nitrogenous substances; and this hitch or stoppage—whilst, to a limited extent, it can, no doubt, occur even in the healthy individual—affords, however, in the case of a sufferer from gout, a much broader base for morbid complications—in this sense, that a large proportion of the nitrogenous substances, which, in the healthy man, would have to be converted into urea, in the case of the gouty subject, must (because they exceed the actual demand) stop short at a lower stage of oxidation than that at which urea is formed, namely, the stage of uric acid formation.

If, therefore, we would ascertain the primary cause, the *ultima ratio* of gout (for example), and understand, so to speak, the "inner workings" of the disease, we must take great care to distinguish the initial process of the development of gout from what is merely the direct cause of the *local* phenomena, viz., the irritation of the joints. This local irritation is the result of uric acid deposits; but the matter that goes to form these deposits is produced by certain disturbances in the chemical changes involved in the work of assimilation and tissue-building; the normal activity of the tissues

and organs themselves—and in the special case of gout the process of nutrition of the cartilages—are being interfered with.

According to Cantani, the fundamental principle which underlies the origin of all deposits or concretions is, a stoppage or break occurring, at an early stage, in the series of physiological changes and in the regular course of decomposition of the products of oxidation, *i.e.*, *before* the stage which these processes should normally attain. To this fundamental principle Cantani traces back all troubles of a metabolic nature. Thus, in his opinion, it is the sugar in the cases of diabetes and oxaluria, the albumen in gout and in the formation of uric-acid calculi, and the fat in obesity, which are incompletely oxidised; for perfect oxidation should have converted albumen into urea, and the sugar and fat into carbonic acid and water.

### *b.*—THE CANTANI DIETARY

In order to gain as clear an insight as possible into Cantani's doctrine, we will, for the moment, occupy ourselves more especially with the consideration of gout and of its treatment by the new method which that eminent physician has devised. He holds that most gouty subjects are predisposed to gout from birth—in other words, that a proneness to gout is hereditary; but that, when hereditary taint exists, gout is invariably

caused by the ingestion of excessive quantities of food and drink ; and that, what happens in all cases of gout, is simply that the albuminous bodies, instead of becoming completely *burnt up*, and thus converted into urea, carbonic acid, and water, stop short prematurely at the stage of uric-acid formation, with the result that the blood becomes practically saturated with that acid.

Now, in opposition to the views which prevailed formerly, Cantani has observed that a liberal consumption of milk, mealy food, and especially cheese, has a decidedly injurious effect, upon gouty subjects. If, this observation notwithstanding, a number of medical men record instances in which a strict milk diet<sup>1</sup> has exercised a beneficial action, Cantani maintains that such action could have been, at best, but a passing and transitory one ; and he accounts for it by referring to the fact that milk, if taken to the exclusion of any other nourishment, is certainly capable of curing an existing chronic gastric catarrh with an accompanying tendency to acid fermentation ; but here the milk removes only *one* of the causes that are apt to induce an attack of gout.

The frequent recurrence of these attacks under the powerful influence of beer and certain wines is a matter of fact long since established beyond doubt ; and a circumstance which, in this connection, calls for special notice, is that the effect produced upon gouty persons

<sup>1</sup> *Vide* Ebbard, "Will-Power."

by those liquors is far more harmful than that of *spirits* proper. It is not, therefore, by the alcohol contained in those wines or ales that the mischief is wrought; it must be done by some other ingredient predominating in them. It is commonly known that the several wines, for instance, differ in their action very considerably. The *dry* white wines are, as a rule, far worse than the astringent, somewhat bitter, red wines.

Now, what milk-food of every description, beer, and wine—especially sour wine—have in common is the acid they contain, and the acidifying properties they possess. In cheese, beer, and wine some acid is, of course, present from the first; but additional acid develops in the process of digestion of, say, milk, or freshly made milk dishes; and when it is further considered that the agents which are most effective in counteracting the gouty habit and in averting attacks of gout are supplied by springs of alkaline mineral waters, that such, indeed, is the action of alkalies generally, one cannot but draw the obvious conclusion that *acid* is the most formidable enemy of persons afflicted with gout.

A remarkable circumstance is that an attack of gout is almost invariably preceded by gastric catarrh, attended with an abnormal fermentation of the contents of the stomach and with abundant acid production; and it is precisely in view of this formation of acid, that Cantani considers gastric catarrh to be—not a *sign* (as it is taken to be by other experts)—but the proximate *cause*, of the

impregnation of the blood with uric acid, which, in its turn, is the primary and most immediate occasion of gouty attacks. Gastric catarrh—through the acid fermentation of the substances contained in the stomach (which is characteristic of this form of catarrh)—in the first place, overcharges the blood with irritating products of fermentation; and these, being present in the blood, are apt to irritate the organs most subject to gout, and also to induce an increased production of uric acid in the system. In a person predisposed to gout this brings on a gouty attack; while in an individual who is free from the gouty taint, the greater part of the uric acid produced passes away with the urine without any ill effects.

If the sons and daughters of persons troubled with gout, and, generally, people of a gouty habit, were to refrain from introducing acids into their bodies, with their food; or if they did what they could to avoid the formation of any considerable amounts of acid, whether by the normal fermentation of certain foods, or as a result of gastric catarrh with their attendant *abnormal* acid production, many would escape gout altogether in despite of any hereditary or constitutional predisposition.

That the acids promote an increased uric-acid production in the organism is proved by the interesting fact observed by Kühne, viz., that even small animals, whether carnivorous or herbivorous, whilst they feed on

their mother's milk, yield up as large a proportion of uric acid with their urine as human beings ; although full-grown animals which are either carnivorous or herbivorous *only*, show but slight if any trace of uric acid in their blood.

A further observation is that *inactivity* unmistakably exercises a great and most unfavourable influence upon uric acid production and the development of gout. Laziness, which necessarily involves a diminution both in the supply of oxygen to the body and in its utilisation in the system, in the first place, results in a proportionately diminished absorption and defective oxidation of albuminous bodies, and in the second place, most certainly reduces also the amount of respiratory matter generally, which the system is capable of turning to good account, and more especially the quantity of sugar-containing substances that are used up in the muscles and throughout the organism.

A person who works hard and, in so doing, assimilates a large amount of matter, may by all means indulge in plenty of food, and even drink a not inconsiderable amount of liquor, without becoming a victim of gout ; but he who, whilst exerting himself but little, eats and drinks a great deal, must assuredly develop gout, if he be so predisposed in ever so slight a degree. Idleness, then, materially strengthens the gouty habit, as it reduces the absorption by the muscles of albuminous bodies and carbo-hydrates, and (what is far more

serious) promotes the accumulation of acids in the system.

It is asserted, indeed, that some professions, *e.g.*, those of notaries and lawyers, also close attention to study and mental labour generally, predispose to gout; but this is mainly owing to the *sedentary* nature of those occupations, to the want of bodily exercise which they involve, and the insufficient work which they give the muscles to do. Among the noted men who were sufferers from gout, Sydenham, Harvey, Kant, Leibnitz, Franklin, Milton, Earl Chatham, William Pitt, and others are frequently instanced. It is quite true that the brain does use up a considerable amount of matter—especially albuminous bodies; but sedentary life fails to promote the eliminative work of the body sufficiently; it, on the contrary, favours the accumulation of the waste products of the metabolic process, or, at all events, retards their elimination. And when persons leading such a life at the same time indulge in an abundance of rich food, it is not to be wondered at that they should fall an easy prey to gout, though they are not on that account entitled to urge the *intellectual* nature of their occupation as an excuse. Work is work, after all; and whatever its particular form, it must ever promote the healthy processes of waste and compensation in the body.

Now it is highly interesting to follow Cantani's line of argument in dealing with the treatment and cure of

gout. It being generally known that it was the albuminous bodies, first and foremost, which assisted the production of uric acid, and consequently the development of gout, it was generally believed—and is believed still—that gout may be most effectually resisted by withholding from the body all meat and nearly all animal food rich in albumen (with the only exception of milk—and it is milk that Cantani would eschew) and confining one's self to the exclusive administration of vegetables, fruit, and farinaceous food, not excepting sweets. Thus, because, in the case of gouty subjects, albumen is oxidised incompletely, it was supposed that the formation of the products of such incomplete oxidation might be avoided simply by denying albumen all access to the system. But then without the aid of albuminous bodies it is absolutely impossible for the human organism to subsist; and Cantani, therefore, rightly remarks that this dietetic method, which is intended to avoid the production of uric acid and thereby to prevent gout—recalls to his mind the strange delusion of that renowned physician who, when one of his patients succumbed to exhaustion from repeated blood-letting, and when the autopsy showed the blood-vessels of the deceased to be quite empty, gloried, nevertheless, in the fact that by withdrawing the blood he had conquered the fever and inflammation.

Cantani himself is decidedly of opinion that instead of hindering the importation into the system of the albuminous bodies—which are perfectly indispensable aids to nutrition—the object to be pursued should rather be the better utilisation, the more profitable “working-up,” and the more complete oxidation of the albuminates and albuminoids. So far from rejecting meat, he regards it as the food best suited and most beneficial to the gouty individual, because it renders it more easy—than do the vegetables, fruits, and farinaceous dishes generally prescribed—to calculate and determine the amount of albumen allowable in a given case of gout, since in those other food substances the proportion of albumen to the remaining constituents fluctuates far more than in flesh food.

It is, of course, the *quantity* of flesh food taken that imperatively demands attention, for in no case should the supply exceed the requirements of the system. Where the amount of flesh consumed meets the demands of nutrition—and no more—it affords the important advantage that, with flesh-nutrient predominating, the system receives more oxygen than it can obtain from mealy food. Besides, where meat only, unmixed with any farinaceous substance or any sweets, is introduced into the system, such meat must at the same time provide for respiration—since in that case no more readily oxidisable matter is supplied ;

and for this reason the meat must surely reach the ultimate phase of utilisation and oxidation of the albuminates.

In opposition to all previous dietetic rules, therefore, Cantani advocates his exclusive flesh-diet, with which, indeed, he has attained results which are nothing less than marvellous. The fundamental idea which has induced him to devise this dietary and to reject all other kinds of food, is this : It is essential that, besides those substances and liquors which either themselves contain acids, or are of a nature to cause acidification, such as milk-foods, cheese, wine, beer, &c., all *oxygen-consuming* matter should be kept out of the system ; and among substances of this class, carbo-hydrates and fat occupy the first rank : these, being themselves excellent organic fuel, capable alike of producing heat and assisting respiration, use up the oxygen admitted into the body, so that there remains no oxygen available for the combustion of the albumen or for preventing acidification ; so that, in order to provide oxygen for the oxidation of albuminous matter, and to obviate the immediate formation of acid in the organism, it is particularly important that gouty subjects should—for a time, at all events—abstain from taking farinaceous food such as bread, puddings, rice, potatoes, &c., or food containing sugar, as sweetmeats, jellies, and the like. The same applies to fruits, which also contain a greater or less proportion of sugar, in addition to fruit acid. In

eating meat sufferers from gout should first carefully remove all the fat. It goes without saying that, strictly speaking, the abstention from mealy and sweet food, including fruits, need only be continued for a given period of time, say a few months, which will generally suffice to complete the reconstruction of the system and to impart a new direction to the nutritive and metabolic processes. But what should ever be borne in mind is that for the reasons just stated *people inclined to gout must take care to reduce the consumption of those kinds of food which, for certain periods, have to be vetoed altogether in their case, to an irreducible minimum during their whole life-time.*

Gouty persons should further be forbidden to take spirituous liquors or any drinks containing caffeine; also pepper, chillies, nutmeg, cloves, &c., as all these, by retarding and lowering assimilation and tissue-building, very materially impair and impede the process of oxidation of the albuminous matter in the body. Beer and wine, too, should be avoided; sweet wines are bad enough, but even worse are *dry*, sour wines, for these will cause the gouty individual more harm even than good Cognac brandy.

Acids generally, and in particular vinegar, also salads, lemons, tomatoes, &c., the acid contained in which is harmful to the gouty individual, should be strictly forbidden; while the highly seasoned, bitter-sweet aromatic sauces and savouries, with which gouty

persons with epicurean tastes are wont to eat meat dishes, cause them more injury than the meat itself, which is generally made responsible for any ill effects suffered in consequence of too rich a diet.

For similar reasons milk, and food prepared with milk, including cheese, must be prohibited, as it can be shown by experiment what serious harm is caused by acids generally, and, in particular, by the lactic acid contained in milk and the fatty acids of cheese, in the case of gout.

There consequently remain but very few kinds of food that can be recommended to sufferers from gout, as being consistent with their condition. The proper diet should be made up solely of meat, fish, eggs, broth, and green vegetables, such as endives, curly endives, lettuce, leeks, cress, and like herbs, which are rich in alkaline salts and water, and altogether contain substances of little nutritive power, being at the same time extremely poor in starch and sugar. By following this method of nutrition, the invalid will secure a sufficient supply of albuminous substances for all requirements of his system, without courting indigestion, acid gastric fermentation or, consequently, the development of gout.

To allay thirst, pure or carbonated water is recommended; Vichy or Vals water may also be permitted. The alkaline waters of Carlsbad, Marienbad, Elster, Vichy, Vals, Plombures, Baden-Baden,

Homburg, Soden, Wiesbaden, Hunyadi-Janos, Friedrichshall, Wildbad, Casteien, and Bath, are noted throughout Europe for their beneficial action in cases of gout.

It should be impressed upon the mind of the gouty patient that he must strictly adhere to this bill of fare for some time ; that for a comparatively long period he cannot be allowed to eat any bread or farinaceous food, or to indulge in desserts or delicacies containing sugar, including fruit or the like ; and that not until he has rigidly followed this dietary for several months can certain concessions in this respect become possible ; while, during the remainder of his life, he must be resigned to forego, at all events, excessive quantities of those substances which, at an earlier stage of his disorder, had to be barred completely.

But a judicious choice of food in regard to *quality* is by no means sufficient, as just as much, if not more, vigilance must be exercised in regard to *quantity*. A man suffering from gout, as we have said, must not take too much even of those kinds of food which his condition admits of ; *but what is particularly important is that he should guard against consuming an excessive amount of flesh food*. If he *must* be sated, *i.e.*, experience the sensation of a distended stomach after each meal, for this is what many understand by satisfying hunger, he should far rather be allowed to ingest plenty of vegetables, which will agree with him, and

which involve no risk of his developing gastric catarrh. The main object of the diet recommended for gout is not, indeed, to avoid flesh food ; it is, to avoid excess of food of any description, including those kinds which he is permitted to take (in moderation), and consequently, including also *meat*. Of whatever he chooses to eat, he should have *little*.

Cantani's gout dietary, which is so diametrically opposed to the dietetic rules applied to gouty people hitherto (which substantially amounted to the total rejection of milk, mealy food, herbaceous, fruit, and sweets) will no doubt surprise all those who consider consumption of meat as being the primary cause of gout. Yet they will no doubt readily understand this when they consider that this dietary, under which the gouty subject is only allowed to have meat, eggs, fish, broth, and vegetables, and even these articles in quantities just sufficient to still his hunger, is calculated neither to spare the albuminous bodies introduced, nor to circumscribe the work of their conversion into tissue. On the contrary, by compelling the system to utilise those albuminous bodies only, which it receives in moderate quantities, for the purposes of heat production and respiration, as well as for assimilation and tissue-building, it may be relied upon to ensure their complete oxidation ; to prevent the oxidising process from stopping short at the uric acid stage ; and to effect their transformation and

oxidation, *continued up to the urea stage*, in an easier and more effective manner.

A great influence upon the physiological or metabolic changes in all individuals, and, therefore, pre-eminently in the case of gouty persons, is exercised, as we all know, by fresh air, especially mountain air. The patient should be out in the open air as much as he possibly can, and while out of doors, should breathe *deeply*, well expanding the chest. This is best accomplished by placing the arms akimbo and breathing *out* slowly, taking care especially that each breath is drawn out as long as possible.

A rule which should on no account be disregarded, if it be desired to increase the output of organic work and to accelerate the completion of the metabolic process, is that every individual should do as large an amount of work as possible, whether physical or mental. Many men suffering from gout would get well if they were to dig up the ground or become letter-carriers in a rural district. By ample muscular activity, not only a large amount of albuminates, but a great deal of glycogen, sugar, and para-lactic acid is used up. all of which becomes converted into carbonic acid and water. Athletics, fencing, and riding on horseback (always in moderation), are all extremely useful forms of exercise. Assiduous, hard, and continued brain-work also involves the consumption of many albuminous bodies. For these reasons, a person afflicted with

gout should sleep little, and never after meals. Cantani also recommends gouty persons to drink liberal quantities of water, say from four to six pints daily, whether *pure* spring water, soda water, or water obtained from one or other of the above-named alkaline mineral springs. I need hardly add that liquids should be taken between meals, after the process of digestion has been completed. Liberal quantities of water, taken during meals, retard digestion and produce an insipid and unsubstantial chyle.

### III

#### THE HIGHEST DIETIC WORLD-WISDOM

FROM the views of Cantani, as epitomised in the preceding chapters, and as confirmed by a large number of remarkably successful cures, we are able to draw a system of general precepts, herein briefly recapitulated, which, if properly carried out, are conducive alike to a robust and lasting health and to the maximum of happiness. It is only necessary to extend the interpretation of the above remarks concerning oxaluria and gout, and to set it down as a general proposition that by far the greater number of diseases and ailments are induced by a defective composition of the blood (and it is immaterial whether this be owing to the presence of acids or other vitiating admixtures in the blood: to certain products of the metabolic products, separated and rendered injurious to the blood by bacilli; to the syphilitic virus, &c., &c.), and that such disorders are the direct outcome of certain deposits and concretions which form in the tissues of the body, in order to be able to map out a course of treatment that shall

be as rational as it is universally applicable. Hence, in the ensuing few pages, we hope to show that we are justified in thus generalising Cantani's theories *as to the extent to which disease is traceable to metabolic troubles.*

We may, at the outset, lay down the following rule as a practical embodiment of the elementary wisdom inherent in Cantani's teaching: *Never take more nourishment, whether solid or liquid, than can be properly utilised by your system in the performance of your share of muscular or mental labour.* It may be boldly asserted that if, from our early youth, we were, each and every one of us, rigidly to adhere to this rule of moderation, we would all be for ever proof against the attacks of many a disease, and the world at large exempt from a vast amount of suffering.

The whole system of our present-day existence, however, is directly inimical to such dictates of wisdom; superfluity and excess in eating, drinking, and all else, seem nowadays to be the sole objects of man's desires and tendencies. Mischief, similar to that which, among the poor, is wrought by starvation or defective nutrition, is caused, in the wealthier sections of society, by intemperance in both food and drink.

By the immoderate consumption of injudiciously chosen foods and liquors, the health of the middle and upper classes—to which I am primarily addressing myself here—is seriously impaired; the humours of the

body are vitiated by accumulations of matter which, if unabsorbed, becomes an active poison, and the blood is saturated with morbid agents. Hence, in the vast majority of cases, the main object must be to rid the system of those accumulated agencies of corruption. To realise the true cause of, and the true remedy for, these disturbances, we need only picture to our imagination the working of a pair of scales: what is placed in one scale in the shape of nourishment taken, must be counterbalanced in the other scale by absorption and assimilation, *i.e.*, *work*. In the absence of the requisite equilibrium—owing to the continual overloading of the first scale—the surplus on the side of ingested food must of necessity become converted into agglomerations of matter left over from incomplete oxidation: this, at first, impregnates the blood, and presently settles in some particular organ, which, in consequence, becomes the seat of disease.

Now, where a man is absolutely incapable of controlling himself; where, by persistence in intemperate living he goes on steadily adding to those health-destroying deposits; it is, at least, imperative, if he be at all concerned in the retention or restoration of his health, that he should, by the proper choice of aliments, maintain an artificial process of oxidation of the matter so deposited. Let us see, then, how this useful expedient can best be applied.

We have seen that the conglomerated matter—the

morbid concretions—cannot be eliminated, because they are arrested at too early a stage of the oxidising process: the *oxygen* necessary for converting them into those final products which are capable of elimination, and *ought* to be eliminated, is wanting. In the circumstance, common sense will suggest, as a matter of course, that all we need do is to breathe in as much fresh air as ever we can, in order to supply the system with the oxygen it requires. This obvious remedy, undoubtedly, *is* the best; but it does not suffice by itself; because what is essential is that the oxygen aspired may be really secured and made available for the object in view, *i.e.*, the final oxygenation of the insufficiently oxidised products originating from albuminous substances; and it is here that we are confronted with the chief difficulty, and one that is all but unconquerable; for, side by side with the albuminates, there exists in the body certain other ingested substances, which forcibly attract any oxygen that is admitted into the system, and, by its aid, yield products of oxidation of their own. Among these, sugar and fat stand first; since it is a commonly known fact that sugar and fat constitute the main, and most productive, sources of heat in the human system, which is tantamount to saying that they are the most greedy absorbents of oxygen.

Hence it will be obvious that if I introduce large quantities of these substances into my system, they must use up the oxygen, and, therefore, those quantities

of oxygen which are required for the oxidation of those deposits derived from albuminous bodies, are wanting. Consequently any person who is anxious to remove the deposits in question from his body should, above all, avoid sugar and fat. He must strictly abstain from all sweets, jellies, stewed fruits, &c., carefully remove all the fat from the meat or ham, never eat sausages made with large amounts of fat, and especially eschew gravies containing fat. Meat should preferably be eaten grilled, without any gravy. The meat itself, and the other food substances, generally consumed, may always be relied on to supply the body with a sufficient quantity of fat to provide the necessary heat-generating agency.

Sugar and fat of every description, whilst being the chief heat producers, are at the same time the most greedy absorbents of oxygen; therefore the more they are kept out of the system the greater will be the proportion of the oxygen, drawn in with the breath, left free for the oxidation or combustion of the accumulated or concreted matter, and the greater the chances of our health remaining unimpaired in every respect. Whoever wishes, therefore, to restore or retain his health must attach the greatest possible weight to this simple, clear, and obvious rule. I myself, by applying this rule, have been able to effect really marvellous cures, and this, in many cases of gastric disorders, catarrhs, eruptions, rheumatic pains, &c., without any

other remedy whatsoever. Sugar and fat are veritable squanderers of oxygen in the economy of our systems; and if oxygen, which, not without reason, is called the very breath of our life, be really the purifier of the fluids of our body, it is self-evident that it is our bounden duty to learn to husband this most valuable mainstay of our health.

Briefly, then, in following out the Cantani dietary all those foods and drinks should be avoided which either themselves contain acids, or which, if consumed in immoderate quantities, lead to acid formation, such as milk, cheese, farinaceous food, dry or sour wine, beer, fruit acid, and, most important of all, vinegar.

Where a person is incapable of exercising control over himself, and *must* eat more than his body can utilise, or where an individual is placed in such conditions of life that he cannot avoid admitting acids into his system, then, at the very least, all sugar and all fat should be avoided, so as to keep the oxygen available for its proper purpose, oxidation, whereby alone the system can be delivered from the injurious acids and concretions of waste matter. He who keeps the oxygen free for the performance of this process of combustion will be able to get rid of even deeply rooted and long-continued disorders in an incredibly short time, for oxygen is, without question, the very best purifying agent.

As already stated, Cantani's simple and extremely

lucid line of reasoning has been proved to be correct by many astonishing cures recorded in cases of diabetes, oxaluria, gout, rheumatism, gravel, &c., one and all known to be the most cruel and stubborn tormentors of humanity. His conclusions have thus been verified in so striking a manner that one is almost involuntarily impelled to generalise and diffuse the principle involved over as wide an area as can be. Nor does a determined effort in that direction appear by any means unjustifiable, when it is remembered that the identical principle is embodied, in a still more drastic form, in another dietetic and disease-preventing method, which may already be familiar, at least in name, to some of my readers. I am referring to the wonderful "Schroth" Cure.

## IV

### SCHROTH'S DIETETIC AND PREVENTIVE CURE

#### a.—SCHROTH'S VIEW OF THE NATURE OF DISEASE

I HAVE, as I said before, attained many remarkable results by following the Cantani method. Nevertheless, I have been led by experience to recognise the fact that it is extremely difficult to induce patients rigidly to adhere to Cantani's dietary, partly because it involves too many things to be watched and remembered, to be done or left undone. Besides, in view of the prevailing conditions of life, they who are in a position, or can afford, to carry out these somewhat complicated and expensive rules of diet are but in a small minority. This being so, I prefer, in all serious and chronic cases, to address myself to the Schroth cure, which, no doubt, does impose upon the patient far greater and more cruel privations, but which, strange to say, finds greater favour with invalids precisely *because* it is so drastic and *radical* a method of treatment; and the comparative promptness with which a successful and never-failing

termination is reached, completes the conversion of the sufferer and fills him with hope and with a proportionate readiness for sacrifice and self-denial. With the exception of cancer, the last stages of pulmonary consumption, and paralysis, I can scarcely name one other complaint that cannot be cured by the Schroth method, provided always that the patient is neither too old nor too enfeebled by previous suffering or over-exertion; in other words, that his system has not altogether lost its power of reaction. It were hard to number the cases in which people who had been given up as hopeless by the doctors were saved by the timely intervention of Schroth's cure.

Schroth, a plain, untutored villager, was shrewd enough to conceive, as did his learned rival, that *all* diseases arose from a vitiated condition of the blood, a corruption of the bodily fluids, and to conclude that there formed deposits and agglomerations in various organs, whereof the process of nutrition was thereby interfered with, the power of resistance impaired, and local or general disturbances produced. Is it not curious to observe how, here, once again, sound common sense, unaided native intelligence, has hit upon a discovery which the brightest scientific luminaries have had laboriously to search for by long and round-about paths? That which the world-renowned Professor Cantani succeeded in ascertaining after years of hard reading and study, and much

thankless toil, the practical and far-seeing Schroth had found out, as it were, by intuition some twenty or thirty years before. Yet, his undeniable merit notwithstanding, Schroth, in his capacity of Nature's doctor, is, of course, scarcely, if at all, known to science.

Dr. W. Cybulka, who has investigated Schroth's cure, epitomises Schroth's views concerning the origin of diseases as follows :—

The corruption of the humours of the body may arise from various causes, viz. :—

(1) In most cases by far from an impaired digestion, resulting from an irrational mode of living, bad diet, a tendency to "drug" oneself, &c. For the digestive organs, if at all, and no matter from what cause, weakened, obstructed with mucus, or generally deteriorated, must necessarily lead to a defective production of chyle, vitiated blood, and fouled fluids unfit to accomplish their share in the work of nutrition. These fluids, if the condition just described be allowed to continue unchecked for any length of time, will accumulate in the system more and more, and manifest their presence by a faulty nutrition, by disturbances in the functions of the several organs, and by other signs or symptoms which must soon be seen or felt. Inflammations of all kinds, scrofula, rickets, gout, rheumatism, eruptions, herpetic scabs, deafness, blindness, piles, aneurismal tumours, chlorosis, hæmorrhages, indurations,

caries, ulcers, fistulæ, dropsy, intestinal worms, hysteria, consumption, and many other disorders, are merely products of accumulation of morbid matter which has settled and become stationary at those parts.

Or (2), corruption of the humours may be transmitted from parents to children by heredity; and this hereditary taint, unless checked in time by a strict regulation of the life of the subject in accordance with the requirements of the case, must break out sooner or later, as it invariably does, *e.g.*, in the case of gout, hæmorrhoids, pulmonary consumption, struma, syphilis, &c.; or—

(3) The fluids of the body may be vitiated by infection or contagion, *i.e.*, either through the medium of foul air, or through immediate contact with impure objects, possessing the power of imparting the contagion of which they are the bearers. The first of these two forms of corruption leads to various cutaneous diseases, such as “purples,” scarlet fever, measles, &c., while syphilis, small-pox, the itch, and the plague arise from poisonous influences of the second category; or lastly—

(4) *The retardation or total suppression of the functions of some excretive or eliminating organ may become the originating cause of disease:* the normal expulsion of matter which is useless to the body, being stopped or hindered, such matter accumulates and settles within the system; then, as Nature’s own curative virtue must needs assert itself, a general feverish state or local

inflammations are the infallible results. Thus the temporary suppression of the normal action of the skin, coupled with the effect of cold, is conducive to rheumatism, or to inflammation in the lung, pleura, liver, peritoneum, intestines, &c.; and hence there develop pleurisy, dropsy, jaundice, erysipelas, and a variety of other acute or chronic disorders.

Unless, then, this corruption of the fluids in our system be promptly and effectually arrested, there ensue more or less prolonged periods of sickness and languor, and altogether a miserable existence. By and by *all* the humours become vitiated; there occur morbid changes in various parts of the skin, flesh, bones, and tendons; disturbances or an absolute stoppage of one or more functional processes of vital importance; and finally, death.

*Such are Schroth's plain and homely conceptions* in regard to the origin and progress of disease; and it is upon these views that his peculiar and extraordinarily successful curative plan is based. Its object is a thorough and complete purification of the bulk of our blood and bodily fluids, the removal from the system of all fosterers of disease; and it tends to attain this object by *natural* means only, with strict regard to the healing powers of resourceful Nature. To use Schroth's own phraseology, he means "Nature to gain the upper hand in her struggle with sickness by removing all that is likely to interfere with her legitimate business of

restoration and cure, and by making use of all that can assist her in her beneficent task.”

And inasmuch as a sound condition of the *digestive* organs is the fundamental principle upon which, in all cases, the successful completion of the healing process depends, Schroth directs his efforts primarily towards the reclamations, purification, and invigoration of those organs ; for, says he, given a well-regulated digestion, and the consequent development of such products of assimilation and nutrition only as are good and salutary, the sum-total of the healthy fluids thus produced must in time overweigh that of the morbid fluids, neutralise all their ill-effects, and entirely obviate all their visible or sensory manifestations ; because Nature, being for ever intent upon counteracting them, will thus acquire more and more power over them, and finally compel their disappearance through the proper outlets which she herself has provided.

But inasmuch as these morbid agents in many cases are already firmly fixed and not seldom have formed concretions, the second part of the task which Schroth has undertaken to accomplish, is to *dissolve* those concretions, for it is only in the dissolved state that they can be prepared for, and rendered capable of, removal from the system.

The natural methods, whereby our frame may be freed from these breeders of disease, are—

(1) Expectoration,

- (2) Ejection with the urine,
- (3) Ejection with the stools, and—
- (4) Evaporative excretion through the skin.

Schroth attains his object without the aid of any medicine, his healing method simply consisting of—

- (1) Compresses, and—
- (2) What he describes by the interchangeable terms of “Dry Diet” or “Thirst Diet.”

#### *b.*—SCHROTH'S COMPRESSES.

The compresses are used for headache, giddiness, earache, and toothache—in which cases they are placed round the neck ; for swellings, abscess, &c., when they are applied to the diseased part ; and generally, for chronic or acute complaints, as gout, rheumatism, and the like, when the compress should envelop the whole body. This abdominal compress, however, I apply to *all* patients indiscriminately on the first day of treatment. To this end a linen cloth is soaked in fresh spring water, well wrung out, and wound around the patient's body up to the armpits. Over this is placed a second, *dry* linen sheet. And lastly, the compress is completed by wrapping a woollen blanket or rug over the whole. The patient is put to bed, well covered with the bed-clothes up to the chin, and so left, with the compress on, for from six to eight hours.

The easiest way of making the compress is quickly

to place the wet cloth round the body of the patient whilst he is standing by the bedside (his feet need not at this preliminary stage be wrapped up very carefully); then, over the wet cloth, the dry one, and over this the blanket, are wound, the whole being secured in front with a safety-pin. The patient now sits down on the bed, his legs, with the cloths still hanging loosely around them, are lifted up and placed on the bed; and the patient, having thus been brought to a horizontal, reclining position, the wet and dry cloths and the blanket are each in turn properly tucked around the feet and secured in place with another safety-pin. Any method other than this—*e.g.*, that of causing the patient to lie down upon the linen cloths spread out on the bed beforehand—involves so much discomfort as very likely to deter patients from proceeding with the treatment.

I have observed also that most patients would struggle with might and main against the application of the cold linen cloths, and do all they could to avoid the use of the compresses, which certainly form a very essential part of the cure, and, in view of their marvellous effect, cannot be dispensed with. Therefore, where this difficulty arises—especially in the winter—I generally just take the chill off the water; nay, in some cases I even consent to use warm water, as, after all, by the time the cloth has been wrung and spread out it will have cooled down sufficiently for the purposes of the treatment, and the patient is spared the dreadful

sensation caused by sudden contact with an icy-cold object: thus humoured, he no longer shrinks from the compresses, more especially as, from the relief he very soon experiences, he cannot but recognise their curative value. Indeed, I have found that by using tepid water none of the benefit expected from the compresses is lost. Also, I refrain from tying the compresses about the legs too tightly, so that, feeling less hampered in his movements, the patient may sleep more restfully.

The compresses are applied with the best effect at night-time. On the following morning the compress must be carefully removed whilst the patient is still in bed; in fact, after the removal of the cloths, he must remain in bed quietly for at least an hour longer.

Washing with *cold* water should be carefully avoided, only warm or lukewarm water being used both in washing and in rinsing the mouth.

The linen cloths, after being removed, give off a pungent odour, which in the case of some diseases, may, if left alone, degenerate into a noxious, pestilential effluvium. Hence it may readily be imagined what an enormous mass of disease-bearing, concreted matter becomes expelled from the body to the increased activity of the skin. The cloths must therefore be very carefully washed and dried each day.

I make it a rule to continue to apply these *large* compresses until the offensive odour ceases, for, until it does so, it is evident that there still remains some

injurious matter in the system, which is being expelled by degrees. By the morning, the compresses will invariably be found to have become quite dry, while the skin itself is moist and warm, and very supple and yielding, and after a time acquires a velvety softness.

Inasmuch as, even in the case of *local* affections, the entire system is more or less involved, I always use the *large* compresses in preference, as these permit the desired result to be more rapidly attained. I have found the soundness of this rule confirmed, *e.g.*, in cases of varicose veins, or of venous inflammation in the legs generally : all such accidents were got rid of by means of *full* compresses, far more rapidly than by local ones, around the legs only ; and I have had similar experience in connection with gout, rheumatism, severe and persistent headache, neuralgia, toothache, &c. Only in the case of perfectly healthy individuals, having sustained local injuries of a traumatic nature, such as knocks, blows, or bruises, or developed a wound, inflammation, or ulcer from some other accidental cause, do I employ *partial* compresses, for which any ordinary towel or linen rag and a piece of any suitable woollen material may be used.

#### c.—SCHROTH'S "DRY" (OR "THIRST") DIET.

The compresses will not, however, prove of the slightest use, if unsupported by the special "stale-

roll" dietary, which is the peculiar and most characteristic feature of Schroth's cure. The patient is ordered to abstain from any drink or food save those indicated below. To satisfy hunger, he is allowed to eat *solely*, stale, dry rolls, as and when required: *absolutely nothing else. Much less is he permitted to imbibe any liquid whatever.* After he has lived thus for two or three days, he may, on the third or fourth day, drink a bottle (or, say, a pint or a pint and a half) of light, white wine, —preferably good, unadulterated Rhine wine or Moselle. The wine must not, however, be drunk off cold, but be first slightly warmed. Only in the summer is it allowable, after first drinking two glasses of warm wine, to finish the rest cold. As the tartness of the wine becomes more noticeable when it is heated, the warm wine may be sweetened with a little sugar. This "drinking" day should again be succeeded by two or three "thirst" days. During the whole time of this treatment, the patient may consume as many stale rolls as he feels inclined for.

Such is Schroth's cure in its most stringent form, which ensures the most rapid and complete results, and which I, therefore, would unreservedly recommend to all who possess sufficient energy to adopt it: they will be surprised at the swift disappearance of all pain and at the incredible curative power of so simple a course of treatment. The immediate effect of the treatment is that, next to the relieving cutaneous

evaporations promoted by the wet compresses, *the urine takes a strikingly dark colouring*, in consequence of the elimination of concreted matter by the kidneys, as soon becomes manifest by the decomposition of the urine and the formation of a muddy sediment at the bottom of the chamber. In order to ascertain, therefore, whether such decompositions and precipitation take place or not (for they constitute a test of the action of the cure), the urine of the patient must, in each case, be left standing at rest for several hours. The more the body of the patient, by reason of his diseased condition, was charged with poisonous matter, the darker will be his water—which is, furthermore, a sign revealing the presence of an artificial fever, brought on by the cure, and serving to assist the expulsion of the morbid agents.

Adverse critics of Schroth's mode of treatment affirm that the dark colouring and highly concentrated condition of the urine is simply a result of the exclusion of moisture from the system: the enhanced concentration of the urine is, in their opinion, the necessary outcome of the fact that all liquid is withheld from the body, and there is nothing to show that it has anything to do with the elimination of health-destroying matter. This view is contradicted, however, by the circumstance that, provided the cure is rigidly adhered to, and the work of disembarassing the body from unhealthy concretions duly proceeded with, the urine gradually

assumes a *lighter* colour and, indeed, eventually becomes quite clear and of a pale yellow or "straw" colour; and this invariably is an unmistakable sign that the process of recovery is sufficiently advanced to enable the further application of the treatment to be discontinued. If, as our opponents assert, the original high concentration of the urine were merely the effect of the non-admission of water into the system, the urine could never become lighter, no matter how long the treatment may be continued: on the contrary, its colour would deepen more and more as time went on. Besides, it has been observed that, after each "drinking" day, there forms a considerably thicker sediment in the chamber utensil than on the "thirst" days, whereas, surely, the reverse ought to be the case, if the view of our critics were correct. The fact is that Schroth, after testing a variety of beverages, found out that white wine was the most effective medium for "stirring up" the accumulated waste matter and expediting its elimination.

Any person, however, who has sufficient determination to subject himself to this course of treatment must from the first make up his mind to refrain from fatiguing work of any sort, especially from any sustained mental effort. He may, to be sure, in the ordinary course of his business, attend to matters requiring no special application, and he also may take

moderate exercise, walk at a slow pace, &c.; but over-exertion of any kind he must scrupulously avoid. For it stands to reason that a diet of dry rolls can but barely suffice for nutrition, and that, under the circumstances, the body cannot be expected to do justice to any demands involving a display of work-producing power. What the dry-roll diet is primarily intended to do is to keep out of the system any substances likely to add to the accumulated impurities with which it is already charged, so that all organs obstructed by such accumulations may be left free to get rid of them without being hampered by fresh supplies of matter capable of hindering the work of purification. The patient should further take great care never (not even in the summer) to be out of doors after sunset, much less to sit motionless in the open air after dark.

Where I have been able to enforce this somewhat drastic regimen I succeeded in conquering the most stubborn complaints in some two or three weeks; the most violent rheumatic pains were relieved on the second or third day of treatment; attacks of gout would give way on the fourth or fifth day; a case of acute gonorrhœa was cured in twelve days. But one of the most remarkable cases, which once for all dispelled any doubts there might have been in my mind as to the infallibility of Schroth's method, was one in which I was personally concerned. By standing on my legs for too long periods at a time I had

developed an inflammation of a vein in my left leg, a disorder which, as is well known, is apt to prove very persistent and stubborn. I first treated myself in the orthodox manner with carbolic compresses and ice. For five long weeks I had been laid up, with an ice-bag tied to my leg, and after this the resumption of the habit of walking proved a very slow and tedious affair; for a considerable time I could only hobble about laboriously by the aid of a stick. Six months later I was attacked by a similar inflammation on my right leg. Horror-stricken, I was thinking of the never-ending trouble I had had in the previous case, when it suddenly occurred to me to try Scroth's cure on this occasion, notwithstanding that I had but a very limited faith in its efficacy and was extremely doubtful as to its applicability to my case. By that time the venous inflammation had progressed so far that I was no longer able to walk. I therefore immediately commenced strictly to follow the stale-roll diet and the treatment with full-sized compresses, and behold! to my infinite surprise I became able to walk before three days were over, and felt no pain in wrapping the compresses around my leg. On the eighth day the inflammation had completely vanished; the leg was painless even upon strong pressure being applied to the veins; while my walk had become easy and natural once more, so that the support of a stick was unnecessary. Friends and

*confrères* would shake their heads dubiously on hearing my account of the matter; yet surely no human wisdom can supersede a man's own experience!

Many—nay, most—people shrink from the hardships which this cure entails, partly because they find the fearful thirst intolerable and partly, also, because they are deterred by the anticipation of the state of great weakness to which they must be reduced at the beginning of the treatment. Generally speaking, man is a miserably weak creature: he will sooner endure the most agonising pain, or passively submit to prolonged sickness and suffering, than, by a spontaneous and resolute act of volition, deny himself any of his accustomed comforts or indulgences. “What! am I to have nothing to drink; to renounce *beer*? How dreadful! Rather let me die a thousand times over!” With individuals so minded it is, of course, useless to argue. My advice to them, and all others in general who wish to subject themselves to Schroth's drastic cure, is to support their energy and determination by combining with the treatment a system of training of volition such as is delineated in Professor R. J. Ebbard's interesting treatise on “Will-Power.” This standard work will prove of the greatest possible assistance in the struggle with disease, and the system it expounds should be applied in conjunction with my treatment.

But there are patients who actually are so enfeebled and exhausted already by antecedent illness that it may

not be safe for them to risk an abrupt change in their mode of living. Schroth, alive to this possibility, has accordingly divided his course of treatment into three stages: the *probationary* or *fore-cure*, the *main cure*, and the *after cure*. During the probationary stage, the duration of which may vary between ten and six days, flesh food and drinks are discarded by degrees. But where the patient is at all possessed of any power of reaction, I, for my own part, always begin with the *main cure* stage at once, for I have invariably found it unwise to waste so much energy on a preliminary process, knowing, as I did, that all the strength available would be required in carrying through the cure proper. With regard to the *after-cure*, however—*i.e.*, the gradual return to the accustomed mode of life—the case is different; indeed, the *proper completion of this last part of the treatment is an absolute necessity*, all the more so as, after the main phase, a ravenous appetite takes possession of the patient which, if unchecked, would impel him to devour anything that came within his reach. Hence it is essential that any tendency on his part to exceed the bounds of moderation should be strenuously resisted. At no time during this period should he be allowed to drink more than half a bottle of wine daily, while, to begin with, he can only be given the most readily digestible meat dishes and vegetables that are procurable.

The *after-cure* stage is not to be entered upon until

after the urine has taken a light colour and is found to undergo no decomposition and to form no precipitate after standing at rest for twenty-four hours. Besides, the patient's tongue must be quite clean and red. At the beginning of the cure the tongue becomes thickly coated with a fur which frequently assumes a greenish-brown hue, and which does not depart until the mucous membrane of the stomach has entirely reformed. Neither the furred tongue, nor the other concomitant phenomena of the early stages of the cure, such as eruptions, colic, nausea, diarrhœa, &c., need cause the patient the least alarm. In many cases these morbid manifestations become worse during the first few days, the whole system being, in point of fact, revolutionised, and preparing for an energetic reaction. The most favourable sign of the efficacy of the cure is the appearance of diarrhœa not later than in the course of the second week. This is always characteristic of the main phase of the process of purification.

None of these phenomena, in short, formidable as they may appear, need frighten the patient. An upheaval of this kind, though a necessary precursor of an improved condition, is always worse than the old disorder from which relief is sought. A house which has become uncomfortable owing to the dilapidated state of the old furniture which it contains will no doubt become more commodious and cheerful on being refurnished anew; but the process of removing the old articles

and bringing in the new ones is certainly far from pleasant, and, while it lasts, it is not at all to be wondered at that the tenant should wish himself back amidst his old familiar surroundings. So it is with the immediate effects of Schroth's cure: the period during which the accumulated concretions of morbid substances are first broken up and displaced is a time of trial which, to the patient, may appear considerably worse than his previous condition, for not until after the reproduction of the blood has begun can the newly-acquired, healthful forces exercise a preponderating influence; but from the moment they do gain the mastery there sets in a rapid process of recovery surprisingly revivifying and invigorating in its operation.

Where any of my patients are too enfeebled or listless to be able to enter upon the main stage of treatment all at once I allow them to have some boiled grits, oatmeal, pearl barley, or rice for dinner. Of these I prefer rice, as I find that patients can eat it day after day without tiring of it. The rice is once or twice scalded with boiling water, and then put on the fire, hot water being slowly added until it swells out and becomes tender. The grains should not, however, be allowed to boil to a mash, but must remain whole and quite dry. If asparagus-water can be procured for this purpose instead of plain water it will be so much the better, as asparagus-water exercises a

more energetic action upon the excretive functions of the kidneys. During the after-cure stage, also, asparagus and asparagus-water should be used as much as possible. The remarkable action of asparagus upon the kidneys was, however, unknown to Schroth at the time. The rice, cooked in the manner described, should be administered to the patients every day for dinner, and in the case of very weak persons also for supper. It renders the hardships of the cure far easier to bear, though, naturally, it somewhat retards the result. Where the patient finds it absolutely impossible to swallow the dry bread by itself he must needs be allowed to take a little white wine with it. But in no case can the dry rolls be allowed to be dispensed with altogether, or entirely supplanted by rice dishes, as they constitute a first-rate absorbent and serve to free the body from mucus. It is, indeed, the solution of the mucus which forms one of the most striking features of this cure. The amount of sputa which a patient sometimes brings up is perfectly astounding.

The worst part of this cure, and that which has such a deterrent effect upon most people, is the tormenting *thirst* by which it is attended, and which, in many cases—and especially at the outset—renders it quite unbearable. To relieve the torture somewhat, a wet compress should be placed round the abdomen; this may be retained all day, and in the summer the patient may even venture out of doors with it. Persons whose blood contains a

large proportion of uric acid must be prepared to suffer from thirst more than others ; but in proportion as the uric acid becomes eliminated, the thirst becomes less annoying ; thus after one week's treatment, it is often found much more endurable than it was at first.

Any one who is equal to the effort involved in following out the cure *to the letter* will admit that it has rightly been described by some as the *Rejuvenating Cure* ; for not only does it put to flight the disease, as such, but all the organs—and particularly the organs of the senses—derive from it an accession of energy and strength.

The cure may be followed by any one at home without any medical assistance. I acknowledge that it frequently requires quite a superhuman effort to carry out the treatment consistently at home, where the other members of the household follow their usual mode of living under his very eyes. One is inevitably exposed to continual temptation in regard to food and drink ; and worst of all is the horror and misery which are caused by the early effects of the cure. The patient visibly loses flesh (at the rate of from 1 lb. to 2 lbs. daily during the first few days), becomes pale and weak, and is urged on all sides to give up so insane a course of treatment. I have witnessed the defection of many a patient in obedience to such pressing objurgations and indignant protests on the part of their relations and friends. Considering, however, the wonderful results

of the cure, the patient must remain firm and determined.

*d.*—THE EFFECTS OF THE SCHROTH CURE

Now let us see how the peculiar action of Schroth's cure on the system is accounted for and construed. On this point we cannot do better than quote the opinion of Dr. Cybulka, to whom we have already referred:—

“The dry rolls certainly supply the body with but poor nutriment at least ; but on the other hand, they do not introduce into it any harmful matter capable of retarding the thorough cleaning process which is the object of the cure. Besides, the stale rolls are best fitted to absorb—sponge-like—and to carry away with them any mucus there may be in the stomach and intestines, together with the unhealthy fluids, which the stomach attracts owing to the effect of the dry diet, and with its own acid, &c.; and all this without the least pressure upon the digestive organs.

“It has been shown that wheat bread contains 80 per cent. of nutriment, and is very readily digestible, requiring no more than two hours for its digestion. Any one may satisfy himself of the power of absorption of a stale roll, by cutting it up into small pieces and then gradually eating it, washing it down with a liquor no matter of what description. Now, seeing that the object of the Schroth cure is

the cleansing of the digestive organs, the reasonableness of the selection of a dry-roll diet at once becomes self-evident, as does also the justifiableness of the rule which prescribes the postponement of the drinking for a number of hours after the consumption of the roll. Any person who, on the day following a drinking-bout, rises with a headache, can readily satisfy himself of the beneficial effect of dry rolls; for if, in such a case, he refrain from eating anything but such rolls, and abstain from any drink whatsoever, he will fully recover his normal digestion on the next day, whereby many disorders for which a defective digestion is responsible are obviated; especially if, at the same time as this diet is followed, an abdominal compress is worn, which will assist the elimination of superfluous matter in an uncommon degree.

“The periodical abstention from any drinks or liquors in connection with this stale-roll diet is a most ingeniously devised precaution, and one that very powerfully assists the progress of the cure; for the stomach is thereby compelled, in the absence of other fluids—without which it cannot exist—to attract fluid substances from the blood, the bowels, and, in fact, the entire body. It would be absurd to assume that it only attracts the morbidic juices, the stomach is scarcely likely to draw this distinction; it attracts the useful fluids along with the superfluous ones, with which the former are intimately connected. The

useful fluids, however, it works up again, and utilises them in the economy of the system ; while the corrupt fluids are carried off through the ordinary outlets by expectoration, the urine, the stools, and evaporation.

“The phenomena attending the cure prove that this is what really does happen : the body grows thin, the abdomen falls in ; there is a sensation of contraction of the stomach ; the motion of the bowels in the lower part of the abdomen is distinctly felt ; the peripheral parts of the body seem to be stretched and drawn towards the centre, *i.e.*, the stomach.

“Any one who considers the frequent expectoration occurring in the course of this treatment, the variously coloured and often offensive sputa, the copious sediments deposited by the urine, the colouring and unpleasant odour which is imparted to the linen used for compresses, and the veritably critical diarrhœa which is sometimes observed, must come to the conclusion that Schroth’s method of treatment opens *all* existing natural channels for the removal from the system of morbid matter, and does not—as its adversaries erroneously assert—in a one-sided manner use the urine-extracting organs alone for this purpose.

“The partial compresses, the small compress, around the lower part of the abdomen, the large compress, covering the abdomen and chest—all, at first, exercise a refreshing and revivifying action ; by and by there

manifests itself a tendency to balance the temperatures developing a pleasant, moist warmth between the compress and the parts of the body underlying it, and through the medium of this warmth, a force, all at once stimulating and dissolving, is exercised upon the organs of the lower part of the abdomen, viz., the stomach, liver, and remaining viscera. Where there exists a stimulating or exciting action, there, too, the afflux of fluids is increased; consequently the work of the stomach—the attraction of morbid matter, and its coction and utilisation in the system, owing to the increased heat—is facilitated. The moist warmth furthermore helps to dissolve the obstructing matter and the accumulated mucus, and thereby hastens their removal. The longer the compress is left in contact with the body, the higher becomes the degree of the moist warmth and the greater the force which assists digestion and dissolution. It is for this reason that the practice of leaving the compress in its place for from eight to ten hours is not only free from any disadvantage, but, on grounds of both common sense and experience, absolutely necessary. After that period the compress generally becomes dry; consequently a further development of the beneficent moist heat is no longer possible, and the compress may be removed. The dispersion of the winds, the collapse of the abdomen, which had been distended before, the expectoration and diarrhœa which

occur during the treatment, and further the increased appetite which is felt subsequently, all bear witness to the beneficial action of the abdominal compress upon the digestive apparatus. This compress, therefore, is used in the fore-cure for this purpose with the best results."

The full compresses also, through the action of cold, produce vivifying and refreshing action upon the system ; the body, lacking water as a result of the dry diet, greedily absorbs the moisture of the linen cloths through the pores of the skin, just as plants and trees through their leaves absorb dew and rain ; this being amply demonstrated by the diminished thirst and increased excretion of urine. Owing to the development of moist warmth, which takes place sooner or later according to the nature of the case, and to an area of warm vapours which surrounds the body, the dissolving power—both direct and indirect—of such compresses asserts itself and increases if the compresses be maintained for any length of time. This explains the necessity of leaving the patient enveloped in the compresses for several hours in succession.

"In consequence of the enhanced degree of moist heat the pores open, the action of the skin is promoted, and the morbid agent lying under the skin is expelled and eventually removed together with the compress.

"The moist heat which is developed, as it extends to a gradually increasing depth until it pervades the entire

system, exercises also, consequently, a dissolving action upon the concretions of disease-bearing matter and accelerates the circulation of the blood down to the finest vascular ramifications, where, by the absorption of the dissolved concretion, their incorporation in the blood, their conveyance to the excretive and eliminating organs, and their eventual removal from the body, are ensured. That all this really happens is proved by the malodorous atmosphere which surrounds the patient when the cloths are removed ; the colouring and smell of these ; the increased expectoration ; the heat and agitation ; the urine, which rapidly decomposes and leaves a thick sediment so long as there is any morbid matter in the system ; and the total disappearance of all these symptoms after the cleansing of the body has been completed.

“From this the scientific correctness of that part of Schroth’s method may be gathered which consists in the alternate employment of *full* compresses and of *partial* abdominal compresses ; for the matter which has been dissolved by the compresses of the former kind and only partially removed by perspiration is (as above explained) conducted to the digestive organs by the compresses last mentioned, and by these organs handed over to the excretive and eliminating organs for ejection from the system through the natural channels. When once the morbid substances are dissolved and their elimination in progress, compresses of

either kind may, in many cases, be dispensed with altogether for several days in succession, it being sufficient during that period to follow the 'dry diet' to keep the cleansing process in full and unbroken operation.

"Compresses, both complete and partial, may also be discontinued for a time in the case of a body fouled by exceptionally large quantities of collected waste matter, where there is reason to fear lest more of such matter should be dissolved all at once than can be readily, and without causing any special commotion within the organism, removed through the natural ducts and outlets.

"The drinking of wine on the sanctioned 'drinking' days has been regarded as a stumbling-block by many who would not take the trouble to look beneath the surface, but would, without due reflection, pass a hasty and unmerited condemnation on Schroth's cure on the strength of this feature alone. The undeniable truth, however, is that unadulterated wine, drunk, of course, in due moderation, by the sheer force of its stimulating action induces a pleasing sensation of warmth the moment it touches the walls of the stomach and brings about a more energetic action of the muscle fibres, which thus acquire elasticity and force. And inasmuch as heat and a vigorous contraction of the stomach are the principal conditions upon which depends the proper utilisation of the nutriment received, the moderate con-

sumption of wine will, under fitting circumstances, aid and promote the digestive process. Now, a good digestion is, of course, the true and only source whence all the fluids required for nutrition can be derived ; none but a tree sound to the core can bear wholesome fruit.

“ This increased activity and elasticity is not, however, confined to the stomach, but extends to all the viscera lodged in the lower part of the body, the functions—and also, therefore, the products—of each of which are perfected thereby.

“ The circulation of the blood, too, is, by the identical means, rendered more active. The feeling of warmth spreads over the whole body ; its powers are enhanced ; evaporation is favoured by the accelerated blood-circulation, and there takes place a species of artificial excitement in a mild form, which assists the ‘ critical ’ evacuations from the body in a very marked degree, as the increased amount of excreta and sputa, the frequently recurring sediments in the urine, the nature of the sweat given off, and the stools—which seem to pass easier on the ‘ drinking ’ days—all go to prove.

“ It sometimes happens, especially in the case of persons who have previously cooled and weakened their stomach by the consumption of large quantities of water, that when they first come to drink wine such as Schroth recommends they suffer from nausea and, indeed, actual vomiting ; more particularly is this liable to take place where the patient disregards Schroth’s

advice to drink the wine a little at a time and to eat stale rolls in the intervals, but allow the promptings of an excessive thirst to get such control over them as to impel to drain, say, a tumblerful of wine all at once. Such a sudden accession of a large volume of an active stimulant such as wine, the stomach, which, it must be remembered, has become disused from stimulating influences of any kind, can certainly not resist without a somewhat violent reaction; hence the sudden development of an excited and disturbed condition manifested by sickness and vomiting. To this condition, however, a glass of water, just relieved from its 'chill,' will soon put an end, while proper caution in the matter of wine drinking will prevent its recurrence in the future.

“Many who are liable to sudden rushes of blood to the head are frightened and dismayed at the very idea of drinking wine. Common sense and experience, however, concur in showing the unreasonableness of this fear, for most cases of congestion or pressure on the brain have their origin in a troubled digestion, which, for that matter, lies at the root of disease in every shape and form, producing, as it does, blood deficient in quality and devoid of all stimulative constituents. This leads to a general flabbiness of the entire vascular system and, consequently, to an uneven distribution of the mass of blood. The blood-vessels lose their power of contraction and resistance and fail to set the blood circling through the body with adequate

force or uniformity, so that it will more readily flow to that part which for the time being happens to be the seat of any stimulating action. Thus, in the case of persons so constituted, a rush of blood is often caused by attentive reading, deep thinking, or animated conversation.

“A moderate consumption of wine, discreetly regulated and indulged in with due caution, promotes digestion, gives activity to the circulation, and adds to the vigour and ‘spring’ of the human frame in general and those of the blood-vessels in particular, whereby an equable distribution of the available masses of blood in the body is ensured and any tendency to congestion counteracted. Many patients who at first shrunk from wine for the reasons I have stated, and could but with difficulty be persuaded to try to drink the smallest quantity of it, confessed their surprise a few days later at finding that their liability to brain congestion, instead of having been increased by the wine, had in reality abated, and could not but laugh at their former causeless doubts and fears.

“It is, on the other hand, a matter of experience that wine is particularly inimical to certain forms of disease : these either becoming worse in consequence of its consumption or reappearing, sometimes in an aggravated form, in cases where their cure had been believed to be complete. This has frequently been observed with regard to attacks of gout, syphilis, &c., and for this reason

necessarily wine is strictly prohibited by doctors in diseases of this description, for, as the above observations clearly imply, in such diseases wine exercises a specific exciting and irritating action which cannot but prove injurious.

“But then Schroth’s aim is a radical and firm re-establishment of *the health of the whole human frame* ; he is not concerned with merely deadening or palliating a special disease in any given form or at any stage ; and it is for this reason that he recommends wine—in conjunction with the other items of his curative programme—in order, first, to rouse the morbid agents from their dormant state, and then promptly to eject them from the system. The renewed outbreak of syphilitic sores, long since cicatrised, and their temporary suppuration, succeeded by steady healing—leaving behind no scars at all—does but afford additional proof of the excellence of the cure.

“Thus, if, on the one hand, we consider the media selected by Schroth for carrying his mode of treatment into practical effect, and on the other, look at the aim and object which he, understanding the essence of disease in the way he did, proposed to obtain, we can scarce help being struck by the perfect harmony and conformity existing between the means and the end : both tend to improve and elevate the digestive process ; to displace and disintegrate the disease-bearers which have become stationary in the body ; to get rid of them

through the natural agencies and channels ; and completely to cleanse and purify the bulk of the bodily fluids or humours.

“Schroth’s strict dietary, too, becomes the means of affording the stomach and other digestive organs *time to rest* from the continued strain to which, at ordinary times, they are subjected, which very largely contributes to the invigoration of the whole digestive apparatus. For in the same way as each limb, after a period of uninterrupted and forced activity, must, in the long run, become exhausted and lose strength, when *rest* is needed for it to revive and recuperate, so the stomach cannot be indefinitely kept at work with impunity ; and this is why we find that very many disorders, arising from errors of diet, may be remedied simply by temporary abstinence from certain foods and drinks and without the aid of medicine.

“Theory and experience agree, then, in corroborating the fact that, by Schroth’s method of treatment, *most diseases, whether acute or chronic, may be successfully cured*, since, from what I have said above concerning the origin of disease, it will be understood that the impurity and corruption of the bulk of the fluids in the body is the most frequent cause of all disease ; and inasmuch as this method aims at removing the impurity and thereby to destroy the very root of disease, it follows that it must be capable of conquering disease, chronic and acute alike.

“In certain epidemics of *cholera*, *dysentery*, and *scarlet fever*, Schroth has given a splendid demonstration of his mode of treatment, and the magnificent results which were attained in these cases were largely instrumental in procuring for him the permission he sought, to place his method at the service of the public at large. In cases of inflammation of individual viscera the results of that method were surprising; such cases, however, are happily not of very frequent occurrence; as a rule, Schroth's method is resorted to in chronic cases, and in these it works wonders. Deeply rooted disorders of many years' standing, which would yield to no treatment—nay, not even to the famous and much-vaunted 'Priesnitz' water-cure—have in many cases been cured within a short time and in a thorough and lasting manner by Schroth's simple method, which never once proved disappointing, provided it was faithfully and consistently carried out.

“Scrofulous tumours and ulcers; exostosis and caries; ophthalmia, so frequently attending strumous diseases and their after-effects; nephelium (film or 'specks' on the cornea); otorrhœa and partial or total deafness have been successfully cured by a strict application of Schroth's method. Where the above diseases are consequent upon inveterate syphilis, there absolutely exists no remedy that can effect as radical a cure as Schroth's treatment.

“Rickets with its consequences; crooked spine or

limbs; gout, with the deformations peculiar to it, and the functional disturbances attending it; hæmorrhoids; varices; hypochondria; every species of ulcers; chronic eruptions; lachrymal, rectal, and urethral fistulæ; contractions of the urethra—have been cured by Schroth's cure, sometimes within a few weeks' time, and without the necessity of resorting to any of the painful surgical operations which have generally been performed in these cases hitherto.

“Even in those diseases which are numbered among the incurable (or all but incurable) ones, Schroth's method has worked miracles; of these I may mention, *inter alia*, paralysis, melancholia, epilepsy, caries (neurosis), impotence, sterility, &c. Instances of complete cures effected in such cases by Schroth's method are not rare. Indeed, there are probably few diseases but would, upon trial, yield to this very thorough and effective treatment.”

Dr. Cybulka concludes his paper on Schroth by the following remark:—

“It gives me inexpressible pleasure, therefore, to be able to address myself to all invalids, however severe their sufferings may be, with the cheering exhortation not to lose heart, nor despair of the possibility of recovery, until they have given Schroth's cure a fair trial. In stubborn cases, of course, the experiment must be repeated.”

The above exposition of the grounds upon which, in the writer's opinion, Schroth's cure is based, is open to question in a good many respects from a scientific point of view, notably in regard to the all-important *rôle* assigned to the stomach in the process of transformation of morbid matter. From this view we must differ on the authority of Cantani, who teaches (as we have seen in the preceding pages) that the elimination of the products of an incomplete "combustion" of albuminous bodies—products which form the most injurious concretions in the system—mainly depends upon a *more perfect oxidation*; so that what we have to consider in the first place is not so much the function of the stomach, but *the husbanding of the oxygen* received by the body, with a view to utilising as large a proportion of it as possible in the process of combustion or oxidation which should take place in the blood itself.

My own belief, the outcome of careful observation, is that the great and truly wonderful effect of Schroth's cure is based, first and foremost, upon the heart's action. For it is self-evident that by withholding from the system all liquids, and all food in a liquid form, or food containing water, the proportion of aqueous constituents in the blood is necessarily greatly diminished, and hence *the heart is relieved of a considerable portion of its work*. Its suctional power is enhanced in an uncommon degree; and thus we can readily picture to ourselves how the heart acquires full power to fetch or pump out

the concreted matter from the remotest corners of our frame ; in other words, the effect of this intensified heart's action in reality is to render circulation far more active, all obstructions, including those occurring in the capillary vessels, being removed, and the deposits being thus more readily conducted out of the body.

Accelerated circulation, moreover, must necessarily mean more effective oxidation ; and the process of oxidation promoted by Schroth's cure is all the more thorough and complete, as this cure admits no fresh substances, capable of forming concretions, into our economy, so that a far more liberal proportion of the oxygen than that saved even by the Cantani diet is made available for the combustion of concreted matter. Any one who will only bear in mind this plain fact of an intensified heart's action, even though he be destitute of any scientific training, cannot fail to understand the inner workings of Schroth's method at once.

In the many cases where fatty degeneration of the heart is present as well, the action of Schroth's cure merits appreciation in a twofold respect, as by relieving the heart from the fat the "cure" enhances the suctional power of the heart even more than it would otherwise do. (For nothing is better calculated to put an effectual stop to fatty degeneration than Schroth's cure.)

I might, by the way, repeat to those who follow Schroth's method in the treatment of fatty degeneration, the well-meant advice I have already given before, viz.,

that under no circumstances should they do any hard work, whether physical or mental, whilst following the cure, as any departure from this rule might be attended with the worst consequences. There are certain medical celebrities, whose names it is unnecessary to mention here, who have contrived to combine Schroth's cure with other methods of treatment in dealing with fatty degeneration. In order to dispose of the fat as rapidly as possible they subject their patients to walking exercise, continued without intermission, for several hours daily. Now this I regard as nothing less than a most unjustifiable misuse of the bodily strength. Especially the excretory powers of the kidneys are thereby subjected to excessive strain; and, in point of fact, this absurd mode of treatment leads to renal hæmorrhage very frequently.

The all but unrestricted applicability of Schroth's method to all diseases no doubt entitles to generalise the theory that concretions of waste matter must be regarded as the *primary cause*, not only of the cases with which Cantani dealt scientifically, but of *all disease*. We need only extend the scope of our inquiry into such poisonous concretions, *i.e.*, instead of confining ourselves to acids, consider also virulent poisons, such as syphilis, the virus produced by bacilli, &c. Indeed there are many cases in which it may be necessary to consider *more than one* kind of concreted matter. When certain organs or tissues are charged with acid or

syphilitic deposits, their working capacity and consequently also the resisting power of the body are lowered. Now if a system so run down should happen to be attacked by contagion, or infection in some other form, say that of phthisis, cholera, diphtheria, influenza, &c., its resistance to this onslaught will also, of course, be proportionately less. Hence, where an epidemic is raging, all those who first of all direct their attention to the discharge from the body of *old* concretions, will find this to be the very safest course to secure effectua protection from the epidemic itself.

When once the true nature of disease has been rightly understood from this point of view; when it is fully realised that *all* disease, without exception, is caused by concretions of unhealthy matter; it becomes easy to conduct the struggle with disease in an intelligent and consistent manner, instead of blindly following irresponsible quacks, whose dishonest methods only too often, unfortunately, find favour even in our present-day medical world. And considering the incredible ignorance of the general public with regard to matters touching its most vital, nay sacred, interests, one can hardly blame the physician who mercilessly drugs his patient from sheer despair; for if he failed to give the expected prescription the vast majority of patients would simply ascribe his refusal to do so to lack of knowledge or skill: people simply *will* be deceived!

It has aptly been said that "dirt is matter in the

wrong place ;” and a no less appropriate definition might be this, “disease is *concreted matter* in the wrong place.” Out, then, with these disease-breeding concretions if you will secure and retain the greatest blessing on earth, viz., good health and perpetual youth !

No cure, no remedy, is extant which will fetch out concretions settled in the body as effectually as Schroth’s “thirst” cure. Nothing can withstand the increased activity of the oxidation process which that treatment initiates and maintains. The incomparably higher *exhaustive* power of the heart, set up by Schroth’s treatment, succeeds in shifting and setting in motion even the most sluggish matter. All the concretions, wherever embedded, are stirred and consumed by the “fire” generated in the process of oxidation. It is a process of purification, and one cannot help admiring Schroth’s intuitive insight which enabled him to conceive a course of treatment the far-reaching effect of which, in a strictly scientific sense, he was obviously disqualified from correctly gauging. Dr. Cybulka is perfectly right in observing that “Schroth’s method of treatment leaves no doubt as to the fact that the excretion of morbid matter with the urine is the effect of a ‘healing fever’ ; for from the moment the patient begins to drink water, beer, or any aqueous liquor the urine immediately assumes a light colour ; the eliminating process is arrested, and the fever ceases ; then, as the strict observance of the rules of the cure is resumed,

the effect of a number of 'drinkless' days is a reappearance of the fever, accompanied by the emission of urine of a turbid aspect, leaving a sediment at the bottom of the chamber. This, then, distinctly controverts the theory of physicians who hold that fever must invariably be regarded as an aggravating symptom of the disease, and be combated before all else. Nay, the great Professor Harless emphatically says, '*give me the power to create a fever at need, and I will cure any disease.*' This invaluable power of creating a fever at will we now happily possess, and we are indebted for its discovery to good old father Schroth."

## V

### THE COMBINED CANTANI-SCHROTH CURE

Now, theories may look very well on paper; yet their application to practice is commonly fraught with difficulty and impeded by obstacles all but unconquerable. Take the case of a man whom prolonged ill-health has plunged into the deepest slough of despond. He has been suffering for years; has sought relief by every means he could think or hear of; has consulted medical celebrities; exhausted the resources of the pharmacopœia; stayed at health stations; tried mineral baths and waters; and all to no purpose. He is longing for recovery most ardently, and were prepared (so he says) to submit to any temporary inconvenience or hardship, so that his permanent deliverance might thereby be ensured. We thereupon proceed to explain to him the why and the wherefore of his ills; we lay before him (as I have endeavoured to do in the foregoing chapters) the entire scheme of a rational method of treatment; and we are gratified at finding that our facts are understood and our arguments appreciated.

But when our invalid comes to be confronted with the proposed remedy in all its harsh and drastic reality, he generally proves himself to be most lamentably timid and weak-kneed. His spring and backbone are entirely gone ; and with his mind brooding over all his untold sufferings, past and to come, he is yet unable to summon up energy sufficient to submit to the discipline of an uninviting cure. Or, perhaps, if sheer desperation drive him to commence the course of treatment, he lacks perseverance to carry it through to the end. When he has tried it for three or four weeks he fancies he has overstepped the bounds of human endurance ; and the majority find in the slightest sign of improvement an excuse for at once discontinuing the cure. How many gouty and rheumatic subjects have I not treated, who, whilst they were tortured with pain, would submit to the new regimen, but on obtaining relief would abandon it after scarcely a week's trial, at the imminent risk of paying the penalty of a severe relapse !

Whoever has been able to gain any practical experience on the subject must, however reluctantly, arrive at the conclusion that the general and wide application of Schroth's cure as it stands, in spite of its conspicuous merits and never-failing success, cannot be hoped for, as the lack of courage and will-power exhibited by most men is most pitiful, and the virtue of self-denial in this materialistic age, has fallen into desuetude and contempt.

Meditation on this melancholy fact led me to conceive the idea of a happy compromise. Since both Cantani and Schroth proceed from a principle which is substantially the same (I argued), why not combine the two, taking the "sting" out of each? I accordingly devised a suitable combination, which I have applied with the most gratifying results, especially to chronic cases of gout, rheumatism, gravel, obesity, gastric disorders, winds, neurosis, hypochondria, piles, inveterate syphilis, headache, the megrims, eruptions, red noses, &c.

The patient must commence with Schroth's cure in its most stringent form. During this period I keep him confined to his room—from the third or fourth day of treatment, at all events—as by that time his system is lowered to such an extent that even the easier cares and duties of his ordinary business would involve too great a tax on his strength, while the thirst would very likely prove unconquerable. This part of the cure I should continue for from ten to twelve days as surrounding circumstances and the amount of energy possessed by the patient may permit. If at the end of a fortnight the linen cloths of the compresses still give out a strong odour, and if the sediment of the urine be still very abundant—both facts indicating the continued presence of large quantities of morbid matter in the body—I use every possible effort to induce the patient to keep to this portion of the cure for a day or two longer. It is in all cases essential to endeavour to

give the fullest possible effect to Schroth's methods. However, where the symptoms just mentioned are not so pronounced, or where I find that the patient is really able to stand the hardships of the cure no longer, I drop the Schroth regimen for the time being, and pass on to that of Cantani, with the following important modifications:—

The compresses enveloping the whole body are dispensed with, but the small or large abdominal compress is still applied every other day. This, however, should never be done until two or three hours after supper, *i.e.*, after the full completion of the digestive process. The compress is retained all night, and carefully removed the next morning, whilst the patient is still in bed. After the removal of the compress the patient should rub himself all over with a dry towel.

During the first day he should not drink more than half a bottle of white wine per day—the wine being of the same quality as that drunk during the period of treatment by Schroth's method. For dinner, however, he should have no more than one glass, while he may drink the remainder in the intervals, according as he is thirsty.

The meals should be made up as follows:—

*Breakfast.*—Two soft-boiled eggs, with half a stale roll (*new* rolls can never be allowed) and a little butter.

*Dinner.*—Up to a quarter of a pound of meat, either steamed or roasted, as required, *without any fat or*

*gravy*; also vegetables, but *no potatoes*, and half a stale roll. For the wine a small cup of beef-tea may be substituted; but beyond that soups or broths of any kind must be carefully avoided, for these would only dilute the gastric juice and interfere with a complete digestion; and it is for the same reason that the general rule of drinking as little as possible with the meals should be adhered to as strictly as possible. Many persons, by taking too much liquor with their meals, produce in their stomachs a watery mixture, containing little or no substance. The invalid should have nothing to drink for at least two or three hours after each meal.

The meat eaten should be readily digestible: fowl, veal, or beef; as to pork, it should by all means be avoided. Where the appetite is too great, and is supported by work and motion, resumed in the meantime, a little fish may be added to the dinner bill of fare, also, however, without any sauce or *gravy*: especially melted butter might do incalculable harm, being far too heavy for the enfeebled stomach of the convalescent.

As dessert, a little cooked fruit—preferably apples—may be indulged, but with *no* sugar. Stewed apples, containing the least possible amount of sugar (if any) might, moreover, be always kept in readiness, so that the invalid may have a spoonful of it now and again between meals. Raw fruits, on the other hand, are not allowed, being apt to overtax the strength of the

stomach. And in a general way, the work of the stomach should be lightened as much as possible by carefully masticating and well salivating all food.

*Supper.*—A little cold meat, lean ham, smoked ham or fish ; also a couple of soft-boiled eggs if not surfeited with them ; add to this a stale roll with a little butter. Cress, if procurable, is very good ; it should be consumed simply with a little salt and without any further dressing, as is commonly done in England.

What should be most scrupulously eschewed, in following this dietary, is sugar and sweets in every shape or form (with the only exception of the very small amount of sugar which it may be permitted to add to the stewed apples, if absolutely necessary) ; also all fat, all sauces, savouries, and gravies ; salad ; all spice or seasoning, save salt (pepper, mustard, highly seasoned sauces, &c., would be simply fatal) ; and last, not least, all *acids* (sour wine, beer, &c.) and all *acid-producers* (as milk, milk-dishes, cheese, and the like). Farinaceous food and potatoes should also be left alone, containing, as they do, a large amount of fecula which would become converted into sugar during the digestive process. Starch and flour, in regard to nutrition, are exact equivalents of sugar ; it is for this reason that only a piece of a stale roll is permitted with each meal, in the way of bread.

For the ultimate aim of this method of treatment is to *maintain* by the Cantani method that intensified

oxidation and increased heart's action, which have resulted from the absence of liquor or liquid food under the Schroth *regime*, and *not to allow the process of "combustion" to die out*. To this end, the oxygen must, primarily, be left free for use in the system, and not be permitted to be absorbed by sugar and fat. If thus left available for oxidising and purifying purposes, it may be utilised in burning away the morbidic substances, which have been stirred up by the treatment after Schroth, but have not yet been eliminated; and hence the process of purification can take its sure, though somewhat slow, course. But what of course is above all essential in this connection is that no fresh matter, capable of accumulating and concreting in the system, shall be admitted; and for this reason all acids must be rejected.

The surest sign of the fact that the process of purification is following its normal and satisfactory course, as a result of the combined treatment, is that *urine continues dark, decomposes, and leaves a precipitate*. In many cases, especially where the consumption of liquors has been kept down at a minimum, I have failed to observe any change in the aspect of the urine after passing on from Schroth's to Cantani's cure, its excretion proceeding undisturbed as before.

The great advantage of the change of treatment is that it enables the patient to resume his ordinary occupations, and that his strength and health return

apace. According to his constitution and state of health this dietary may be maintained in force for from a fortnight to three weeks; because after his experience of Schroth's cure, the patient no longer sees any great hardship in adopting the Cantani diet: he is, now, at all events, relieved of the well-nigh unsufferable agonies of thirst, and all that remains for him to conquer is the re-awakening insatiable appetite.

It should never be forgotten, for in this lies the gist of the grand theory taught by Cantani, that under no circumstances should the body receive more nutriment than it can actually *work into* the system, for anything consumed in excess of that quantity remains behind in the body and goes to form fresh concretions. But do not let me be misunderstood: I am only referring here to constitutions enfeebled and undermined by disease which demand the restoration of strength and vigour before all else. It stands to reason that a hale and hearty individual has no need to take any heed of little excesses or deficiencies: the recuperative forces of his robust frame will, in ninety-nine out of every hundred cases, help him over such disturbances of the bodily equilibrium without the least difficulty.

Any person, therefore, who allows himself to be carried away by an abnormal appetite, to take food in excessive quantities (many people always fancying

that they have not eaten enough until they can actually *feel* the fulness of the stomach), should strive to obviate the ill effects of such excess by increased activity. He should go out into the open air more than he did before, or practise indoor gymnastics—one of the best methods of forcing on the proper utilisation in the system of excessive supplies of matter.

The safest way, however, is in all cases to regulate the amount of food and drink consumed so as never to cease experiencing a remnant of hunger or thirst, as the case may be. Because, it must be remembered that we have to deal here with an *amalgamation*, as it were, of the Schroth and Cantani methods. Cantani, from his own exclusive standpoint, chiefly concerned as he is with the treatment of gout and like disorders, is no doubt entirely in the right when he recommends the patients to drink plenty of water. But in the *combined* process of treatment to which I am here referring, primary importance is attached to that which forms the substance of Schroth's cure, namely, the process of oxidation or "combustion," for it was because of its powerful action in *this* respect, that Schroth's cure proved so pre-eminently successful, and it is upon this special action that it is my object to base the twin-method herein discussed. Such is the principle I borrow from Schroth; whilst to Cantani I am indebted only for the principle of economy of oxygen, practised by the avoidance of sugar and fat,

at the same time giving due attention to his warning concerning acids, which he described as real hot-beds of accumulated morbid matter and germs of disease. By borrowing these essential features of Cantani's curative process, the inner "combustion" of the body is kept as active as ever, while they also enable us to mitigate the inconveniences arising from the self-denial which Schroth's cure imposes. At all events at the opening stage of the course of treatment, it is absolutely necessary to begin with a spell of Schroth's curative discipline in all its severity, because, as compared with any other existing methods of treatment, including that of Cantani himself, an observance of Schroth's rules will prove so fruitful in its effects that more will be obtained thereby within a fortnight's time than could be compassed in six weeks by Cantani's method taken by itself. But from the moment that the proper impulse has been given to the process of purification and when this process is in full swing, then does Cantani's diet indeed give marvellous results, as, in addition to its curative action, it also feeds the body and keeps up its power of producing work; nay, the organs, being no longer charged with accumulated matter, actually acquire an increased power of reaction, thus giving more scope for Nature's own curative agencies. Indeed we must never lose sight of the fact that our organism invariably seeks to *help itself*: of its own accord it tends to get rid of all possible causes

of disease ; so that all our efforts need simply to be focussed upon the object of assisting it in this natural tendency.

When Cantani's dietary has thus been strictly observed for a week or a fortnight, and when, on examining the patient's tongue, it is found to have recovered its healthy red colour, a few further concessions, in the way of selection of foods or drinks more palatable to the invalid, may gradually be made. For example, he may be permitted to have a cup of coffee in the morning, but without sugar, if possible, and with very little milk. Tea, however, is to be preferred ; those whose digestion is good will find cocoa boiled in water still more beneficial ; but the consumption of stale rolls should be continued as long as it possibly can be endured. Those who are used to take a cup of coffee after dinner may, at this stage, resume the habit. Eggs might now be fried with butter. Now and again a little salad, dressed with a few drops of good *wine*-vinegar, or, better still, with lemon-juice, may be introduced into the bill of fare ; and here and there the favourite half-pint of ale be hazarded in the course of the evening.

In fact, a person who is gifted with sufficient will-power to proportion the amount of food consumed to the utilising power of the body, may be allowed gradually to return to his accustomed mode of living as early as the third or fourth week and even, if he

will risk it, occasionally take some of the things which in the foregoing pages are expressly disapproved of, which as a rule are bad for the invalid and which indeed were responsible for his original complaint. But from my experience, which has grown with years of practice as a physician, I must reluctantly say that persons who can and will keep within bounds, in regard to food and drink, are in an infinitesimal minority, and I can only therefore give each and every one of my readers the well-meant advice—if he be at all inclined to fall into morbid states, or be of a weakly constitution—to keep to Cantani's diet in *principle* if only as a matter of precaution. Present-day civilised man is exposed to too many allurements to excess in every shape and form, but more especially in drinking; and, as we have seen, it is this lack of moderation which forms the real breeding soil for concretions of health-destroying matter. Hence the unceasing efforts of him who would become or remain well should be directed towards maintaining the eliminatory, purifying process of oxidation in full operation in the body. This end can be attained only by strict and unremitting attention to the important rule that the squanderers of oxygen—sugar and fat—shall be withheld from the system. In this simple yet vital rule, the highest dietetic world-wisdom may be said to be summed up as in a nut-shell: the moderate consumption of flesh food, freed from all fat, together with plentiful supplies of vegetables, and

stewed fruit, but with few meat-dishes and little bread, is without doubt to be strongly recommended, not to the valetudinarian or weakling only, but to the healthy individual, as by far the most healthy diet.

## VI

### IMPORTANT HINT TO VEGETARIANS

VEGETARIANISM, undoubtedly, has many excellent points; and its record as a medium of checking and healing morbid conditions of the human body is such that it would be sheer blindness to withhold from it a fair tribute of recognition. It is not my business here to discuss the pros. and cons. of the vegetarian question which has already been argued with considerable heat—argued to death, I might say—in our plethoric literature. But I may be permitted to call attention to one circumstance which I have frequently observed in this connection, and which to a great extent tends to confirm all I have said above.

Vegetarianism has afforded me an exceptionally wide field of observation, from my point of view, precisely because the vast majority of the army of vegetarians are recruited from amongst the sick and the ailing, and especially from among persons afflicted with chronic complaints. The persons who have been brought up from childhood as vegetarians are indeed

few and far between; while people enjoying excellent health already have no inducement to adopt the vegetarianism simply in obedience to the dictates of reason. But he who knows not which way to turn in his misery will most likely clutch at vegetarianism in his wretchedness and desperation, as at an anchor of hope. It is, therefore, a perfectly childish, though very common, error on the part of adversaries of vegetarianism, to blame vegetarian diet for the sickly appearance of those who have adopted it. The fact is that those poor people for the most part are neither more nor less than invalids, or at best convalescents, but probably, for all that, in a fair way to recovery; or, conscious of their weak constitution, they may use vegetarianism as a preventive of relapses of some old malady.

When, in the light of our preceding remarks, we consider that vegetarianism rejects, in the first place, spirituous liquors, *i.e.*, all alcoholic poisons and irritants, then tobacco, coffee, flesh-food of every description, &c.; and that it most anxiously avoids and most strenuously condemns absolutely all acids and spice; that by means of regulations such as these it manages to keep out of the body a host of disease-bearing substances and morbid concretions; when, I say, we remember, from what has been said above, that that concremented matter is the real source of all disease; it must be obvious that, given a morbid state of a

certain kind, vegetarianism must, at the very least, *prevent a change for the worse*. No wonder, then, that every fresh convert to vegetarianism should in this fact alone see a ground for taking a more hopeful view of things, or that he should cling to this idea with the enthusiasm of a neophyte.

In comparatively slight disorders vegetarianism certainly suffices to keep away from the body those continual accumulations tending to weigh down its vitality, which are occasioned by a mixed diet, and to restore to the system its inherent reactive power; in other words, so to strengthen Nature's curative virtues as to enable them to gain the mastery over the morbid condition. But where a more serious case has to be taken in hand; where the object is to eradicate a chronic disease of old standing, by *weeding out*, as it were, the parasitical concretions which have caused it, mere vegetarian diet is not a sufficient remedy for the diseased condition present, because it affords no direct means of shaking up and eliminating, or burning away those concretions. Many a vegetarian has come to me with the bitter complaint that, in spite of his having strictly adhered to vegetarian diet for years, he is frequently troubled, not only by relapses of such or such an old disease, but by newly developed maladies. With one, it was a case of an exposed bone, with ulcerations; others were incommoded by attacks of gouty rheumatic pains, erysipelas,

&c. All I could do was to explain to them that while their mode of living did keep new matter from accumulating in the body, they had not succeeded in expelling from the body those old, deeply rooted concretions which dated from their earlier, non-vegetarian days; and that, as long as they did not get rid of these, they had no right to expect to be cured from old disorders or to escape from relapses.

To all sufferers happening to be in this predicament I would, therefore, earnestly recommend just to try Schroth's cure for once, and see what it will do for them. Indeed, the "combined" method will probably do them a great deal of good. My own belief—the outcome of numerous observations and personal experience—is that the real cause of the mischief in connection with the consumption of meat, is not so much the meat itself, as the fat and the rich, fatty gravies with which it is generally eaten. The creatinine contained in meat undoubtedly is a poisonous, nerve-irritating agent; but then its action is not more injurious than other similar irritants conveyed to the body in minute doses with coffee, tea, &c.; and people who drink these beverages regularly may live to be centenarians, as we all know.

On the other hand, there can be no doubt that the albuminous bodies which are indispensable aids to nutrition are present, in the most liberal proportions, in *meat*; and hence a meat diet must necessarily be

both more rational and more simple than a system under which the necessary albumen is collected here and there from various plants—besides which meat, of course, does not give the stomach so much work to do. As a matter of fact, a flesh diet also proves the most economical in the end. The semi-vegetarian finds a way out of the dilemma by eating eggs and drinking milk; but, as I have already said, the consumption of large quantities of milk leads to the formation of considerable amounts of acids which, in other respects, exercise a most injurious action. The vegetarian also consumes a great deal of farinaceous food, bread and sweets or fruit stewed with large quantities of sugar which, as we have seen above, has the effect of wasting a considerable proportion of the oxygen which we need for the maintenance of our health.

I have no desire, however, to enter upon a lengthy discussion with regard to these details, the sole object of the foregoing remarks being to call the vegetarian's attention to a gap in his armour—a missing link in his chain of reasoning—in short, a want hitherto unsupplied, which, in acute cases at all events, can only, in my opinion, be satisfactorily filled by the cleansing process which I have here described, and which must necessarily be capable of a far wider and more general application, and become more valuable in proportion, if its fitness for the objects dealt with in this chapter be recognised.

## VII

### CASES TREATED SUCCESSFULLY BY DR. A. CANTANI'S METHOD

(1) SIGNOR C., of Naples, aged 45, engineer. Father had been a sufferer from gout. Constitution robust and not inclined to excessive corpulency. Used to a plentiful diet, chiefly composed of farinaceous food, milk dishes, and fruit; not much meat; good wines in moderation. He consulted me in April, 1871, being subject to regularly-recurring, acute attacks of gout in the tibio-tarsal joint. He had already got over many attacks before, but for the last three years he had been troubled with them at intervals of two or three months. The attacks would become particularly violent and prolonged in the spring and autumn, and the alkalies and vinum colchicum which he had tried had failed to produce any perceptible effect. The diet he followed on those occasions consisted of mealy food, fruit, and vegetables, to the exclusion of meat, fish, eggs, wine, and coffee; for breakfast and supper he would take a little milk. The attack concerning which he sought my

advice passed off more rapidly than the preceding ones had done, although in this case no colchicum was used. I had prescribed for a few days a diet solely made up of beef-tea, eggs, and vegetables; by and by I allowed a little meat of the lighter sort; by way of drinks, carbonated water alone was permitted—no wine. After the attack was over, I ordered—besides physical exercise and plenty of water—a diet entirely composed of small quantities of meat, beef-tea, eggs, fish, and vegetables, together with a little light wine diluted with water. I also advised the continued use of alkalies in comparatively small doses, but strictly forbade any food made with or containing flour or starch; also all sweets and acids. Whilst following this regimen, which was carried out most conscientiously, the patient remained free from any attack for fourteen months; but in June, 1872, when he became troubled with gonorrhœa, a colleague recommended, in addition to certain astringent injections, a total abstinence from meat and the consumption of unlimited quantities of milk and meal food. Only a fortnight after commencing to follow this dietary the patient experienced a violent attack of gout in the foot and knee, with which, although colchicum was freely used, he was troubled unremittingly until, my advice being once more resorted to, I again prescribed the previous diet, laying particular stress on the necessity of abstaining from milk. I also caused the colchicum to be discontinued,

as I found that the stomach and intestine could not tolerate it. Henceforward he regulated his mode of living entirely in accordance with my directions, and remained free from any attacks of gout—for another twelvemonth to my positive knowledge, and probably for a longer period ; though, not having seen him since, I am unable to state this with certainty.

In this case the effect of a lengthy period of rest, coupled with a diet which, until then, had been supposed to promote the development of gout, is surely interesting, especially in view of the fact that previously, whilst adhering to a dietary in which the farinaceous element predominated, he had been visited by attacks of gout very frequently, and that after only a fortnight's milk diet, an attack, more acute than ever, suddenly made its appearance, as if by magic. Certainly the violence of the attack might perhaps be traceable to the fact that it occurred after a prolonged period of freedom from any gouty accidents. For my part, however, I firmly believe that it was the milk diet which was responsible for it, as I have had even more conclusive proof of this in two other cases of gout.

(2) Signor Nicolo C., aged 46, Inspector to the Public Safety Department at Naples, the son of healthy parents, had been in the habit of taking a great deal of farinaceous and milk food, also fruit, but little or no meat. Although he drank but little wine, yet, being constitutionally liable to rheumatic disorders, he had

for many years been a great sufferer from gout, which would, as a rule, manifest itself by violent attacks at its favourite places, namely, the big toe, the tarso-metatarsal joints, and the knee. For the last twelve months he had had no intervals of complete freedom from pain, so that it was really a case of chronic gout, with occasional periods of acute exacerbation. These acute attacks occurred at intervals of from two to four months, and generally lasted two or three weeks on each occasion; but between the times of actual paroxysms he was continually suffering great pain in the joints. It was in July, 1872, whilst under the influence of a new attack, that he consulted me for the first time.

The diet I prescribed, consisting exclusively of meat, eggs, beef-tea, fish, and vegetables, was strictly adhered to during the first three months, after which farinaceous food and fruit, in moderate quantities, were allowed to be included, while, however, the prohibition of milk-food, sweets, and acids, still continued in force. The consequence of this regimen was that, within a few months, he not only had regained strength, but that his digestion and appearance had become better than ever, and he remained free both from actual attacks of gout and from articular pains generally, for full thirty months.

Early in February, 1875, he was taken ill with bronchial catarrh, attended with a troublesome cough,

and therefore, upon the advice of a friend—not a physician—decided to follow a milk cure, *i.e.*, to take warm milk morning and night. On the 4th of March a fresh attack of gout, of equal violence as before, came on and lasted for twenty days. But upon the resumption of the diet originally prescribed by me, he not only recovered very rapidly from his attack, but he remained free from any further paroxysm, and even from the usual gnawing pain in the joints, for two years in succession. It was at the expiration of that period that I saw him again for the last time, so that I am without any information as to the state of his health since.

This case, taken in comparison with the one previously recorded, shows in a direct experimental form, so to speak, how erroneous is the opinion generally held, that attacks of gout depended upon the predominance of flesh food in the diet, while at the same time it confirms in the most conspicuous manner how much more injury is caused to sufferers from gout, by milk food,—whereby the amount of acid in the system is increased,—than by flesh food. It should also be mentioned that this patient, who led an active life, took plenty of exercise, and, by his own admission, was a good eater, took care, nevertheless, to abstain from any food condemned by his medical advisers, and that the not inconsiderable amount of meat, which he got into the habit of consuming since consulting with me, did him no harm,

owing probably to his great muscular activity and to his strict abstinence from all prohibited foods, while the resumption of milk food in somewhat excessive quantities immediately brought on a return of gout.

(3) Father C. C., a priest of S. A., aged 50, the son of a man who had been a great sufferer from gouty disorders, and himself somewhat inclined to corpulence, short-necked, and of a ruddy complexion, had been for some time afflicted with gravel, and also for many years visited by violent attacks of gout which would recur every three or four months, and leave behind various unsightly deformations at the joints of the hands and feet. The patient had always led a sedentary and idle life, was a big eater, and particularly fond of farinaceous food, fruits, sweets, milk dishes, including cheese, while his favourite drink, in which he indulged to excess, was a certain heavy wine ; of meat, however, he consumed but a very small quantity. On being consulted, I prescribed my usual course of treatment for gouty constitutions, which was carried out under the supervision of the eminent physician, Luca Corba, and, as I have been repeatedly assured by that *confrère*, the treatment had the satisfactory effect that not only was the patient cured from the attack which was troubling him then, but he obtained absolute relief from any further attacks of gout for a number of years subsequently. Indeed, only a few months since I heard that the satisfactory state of his health was still maintained.

(4) Signor Alberto W., aged 36, manager of some Works at Angri, consulted me in April, 1875. The son of healthy parents, he had, himself, always enjoyed fairly good health, except that attacks of atonic gout in the joints of the feet and knees occurred at such frequent intervals that they might, practically speaking, be described as chronic. On my first visit he had just had one of those paroxysms of atonic gout; and a very painful attack it was too, though unattended with any considerable swelling or any marked redness. It had already lasted fourteen days, without showing any signs of improvement. Upon adopting my diet, however, and at the same time making use of alkalies, he soon began to feel better, although the actual attack of gout still continued for a further period of twelve days. After that he remained in uniformly good health for a considerable time, whereas formerly, though his diet had never been excessive (it consisted of meat, farinaceous food, plenty of fruit, and acid salads), he had attacks of gout regularly, three or four times a year. By following my dietary, he remained free from any attack for a whole year; but in May, 1876, after having resumed his usual diet for three months, he had a renewed attack, but even this in a rather subacute form, though it dragged on for over three weeks. After a return to a strict observance of my dietetic rules, he remained well and free from gout until December, 1878, when he consulted me con-

cerning renal colic caused by calculi in the kidneys.

(5) Signor Enrico R., aged 60, a railway official at Potenza, descending from a gouty family, was wont to eat salads and farinaceous dishes in preference, though in other respects he was moderate in food and drink. During the last sixteen years or thereabouts he had been visited with a violent attack of gout in one joint or another, about every three or four years; at first the joints of the instep and ankle, and later those of the knees, were attacked. When I saw him in April, 1877, one hand had just been attacked for the first time; this attack had commenced on the 10th of March and had dragged on, without any visible change for the better, until April the 10th in spite of the remedies which had been tried, such as colchicum and certain alkalies, evidently because his diet had not been properly regulated. I now prescribed my dietetic course of treatment, and at the same time ordered the continued use of the alkalies. After this the patient's condition improved very rapidly, although I am not able to state conclusively whether the improvement was primarily the effect of the more suitable dietetic *régime* or that of the medicine used. Since then this patient has continued in good health without intermission, and, as I heard twelve months later, has fully recovered his bodily strength.

(6) Signor Nicola F., aged 45, an independent gen-

tleman of Pisticci, came to me for advice in April, 1871. He, also, was descended from a gouty family ; he drank wine in moderation, but was a big eater, with a preference for farinaceous food, fruit, and milk dishes. For the last ten years he had suffered from gout. The first attacks had been very violent, and were repeated up to four times a year, sometimes alternating with renal colic due to gravel. After adopting my course of treatment, which, however, he carried out very incompletely,—not taking sufficient exercise, and still continuing to take lacteal food, even though in small quantities,—he only had one attack of gout in the course of twelve months, although he still continued to be troubled with his kidney complaint, manifested by red, sandy deposits and, occasionally, minute calculi in the urine. In July, 1874, I saw him for the last time, and have lost sight of him since.

(7) Signor Donato C., aged 64, a retired captain, of Naples, descended from a gouty family, was first attacked with podagra, or gout in the feet, twenty-five years ago. Ten years since, the disorder extended to the hands, and the attacks were repeated three or four times every year. He had invariably resorted to colchicum, but had on each occasion only obtained temporary relief. In April, 1877, he was again overtaken by an acute attack of gout in the joints of both hands, and it was on that occasion that I prescribed my dietary, in addition to alkalies, more particularly

salicylate of potassium. The patient rallied very quickly, when, upon my advice, he took a course of baths at Casamicciola, and later on a course of forty sea-baths, all of which proved very beneficial to him, so that until March, 1878, he remained free from any new attacks of gout. I have not seen him again since.

(8) Herr K., aged 50, tailor, of Berlin, who had taken up his abode at Naples about twenty-five years previously, had been subject to attacks of gout for a considerable time, though the son of healthy parents. In October, 1876, he came to me for advice in a case of a protracted gouty attack which would not yield to the usual remedies, especially colchicum, or pills containing colchicum. He was in the habit of eating moderate quantities of meat, but a great deal of farinaceous food, cheese, and fruit; he also drank a good deal of wine; of muscular exercise he had sufficient. As a result of the altered diet, and of medication with carbonates of an alkali, the patient recovered in a comparatively short time, and remained free from any further attack for over a year afterwards. In November, 1877, as a penalty for renewed dietetic transgressions, he was once more visited with an attack, which very soon disappeared, however, in consequence of treatment with potassium salicylate. No colchicum was used.

(9) Signor Giuseppe Z., a lawyer, of Milan, aged 52, had been accustomed to a life of affluence and comfort; his preferred diet consisting of rice, bread,

meat, and cheese. He had been a sufferer from gout for a great many years, and had already expelled three calculi composed of uric acid and sodium urate. He had been tormented by gout for more than two years, having about two attacks per month regularly, and not being quite free from pain even in the intervals. He consulted me at Naples on February 1, 1875, just as a new attack had broken out in one knee and the left ankle. As a result of the course of diet I prescribed, his condition promptly improved, and he remained free from any fresh attack, and also from the pain, which had grown habitual, for three months. Since then, I have lost sight of him and have heard nothing further concerning his condition.

(10) Signor Gioachino M., aged 40, landed proprietor, a patient of Doctor Toscani, was troubled with obesity and, indeed, descended from a family inclined to excessive corpulence, although in other respects their health was good on the whole. There was only one uncle on the paternal side who had been afflicted with gout. In the year 1870, two years before he consulted me, he was for the first time attacked with an acute paroxysm of gout in the big toe of his left foot, an attack which compelled him to remain motionless in bed for several days. Five days after the appearance of the first gouty symptoms, he felt a pain in the region of the kidneys, which radiated along the uriniferous tubes to the bladder, and there caused a scalding sensation, though urine could only be discharged drop by drop.

When some time after this the renal colic became more violent than it had ever been before, the patient resorted to lukewarm baths, owing to the use of which he obtained relief from pain; nay, the pain disappeared altogether; but a short time after the renal colic returned, and within the last two years the patient has had four extremely violent paroxysms, to say nothing of quite a number of attacks of a less painful character.

After the first attack of pain in the kidneys there was found a sediment of red sand in the urine, and on all subsequent occasions there were voided, together with the urine, small pieces of urate calculi, which on being added together at the end of each period represented a by no means inconsiderable number. The last of these stones remained suspended in a pocket or sac of the urethra, and had to be extracted by means of a surgical operation in April, 1872. A few days later the patient came to consult me, and agreed to subject himself to the course of treatment I prescribed, with the result that he was relieved from further colic. The sand and gravel soon disappeared from the urine, and the patient himself, who had been very corpulent before, lost flesh, indeed, but gained strength, and became better able to resist fatigue of every kind. His hypochondria entirely left him; he was always good tempered and cheerful, and seemed overjoyed at the improved state of his health.

He continued, for four months, to adhere strictly

to the regimen prescribed, and then followed a less stringent course of treatment for about a year. I saw him again over a twelvemonth later, and found him quite well and free both from gout and gravel.

(11) Madame Emanuela A., of Gricignano, aged 40, a corpulent lady, the daughter of an equally corpulent mother, had been suffering from renal colic, monthly, for the last four years, with eliminations of red sand with the urine. Within the last two years two pieces of concreted uric acid (renal calculi) had been discharged. From New Year's day 1872, till Easter 1873, she followed my method of treatment very accurately, and during that time—and even till the month of August next succeeding—she felt well ; but in the course of that month, having again commenced to eat food containing or prepared with milk, and salads dressed with vinegar, she had another attack of renal colic, during which she voided not only sand, but a stone. She continued the cure for two months, during which, although in other respects the diet she followed was not so strict as before, she abstained from lacteal food and acids, and since then she remained well up to the time I lost sight of her.

(12) Canon Giovanni De G., of Pisticci, 45 years old, had for a considerable length of time constantly suffered from sandy deposits in the urine, and in consequence had attacks of renal colic every two or three months. There were frequent *symptoms* of gout in the joints of the feet, especially the big toe, although

they never matured to an actual attack. One of his brothers was very obese, and in addition to gravel, had had regular attacks of gout. When I saw this patient after he had followed the cure for a year,—not stringently, but still conscientiously enough as regards abstinence from milk food and acids,—he had not suffered from gout or gravel for the last six months, and the general state of his health had greatly improved.

(13) Signor P., Arch-Priest of Ap, aged 40, had suffered from a gravel formation for a comparatively long time, the disorder being hereditary in his family. There was no gout. On the 10th of October, 1871, he commenced the usual dietetic *régime*, and used alkalies in conjunction with small doses of turpentine oil. In the result, he was relieved not only of the attacks of colic but also of the sand in the urine until May 28, 1873, since which time I have not seen him again.

(14) Signor Giovanni G., 48 years old, of Calabria, in whose family gout and gravel had been very general, himself suffered from violent renal colic in consequence of urate concretions in the form of urinary calculi, the last of which he lost in July, 1872, after he had followed the cure strictly for two months.

Although he had discontinued the treatment too soon, and had since recommenced taking milk food and vinegar, he remained free from any complaint until May, 1873, when he again discharged small quantities of gravel, with slight colic pains. During

the next two months he resumed the cure, and now, so far as I know, is quite well once more.

(15) Signor Tommaso S., aged 40, chemist, of Atella, who had enjoyed perfect health before, was descended from a family, among whom cases of kidney complaints, gravel, and gout were very frequent. In May, 1873, there occurred the first attacks of renal colic, some of which were extremely violent. Two months later he expelled the first stone, consisting of uric acid and urates; then as fresh attacks of colic made their appearance, further calculi were eliminated, and by the 9th of December, 1875, when he consulted me with regard to the serious condition in which he had found himself for about four weeks, his agony had become well-nigh unbearable. Whilst following the course of treatment prescribed by me, he got rid of the last calculus. When I saw him again six months later he assured me that he was in perfect health, and since then I have lost sight of him.

## VIII

### SUCCESSFUL CURES BY SCHROTH'S METHOD

(1) A FARMER of the Lindewiese district, having caught a chill, felt a stitch in the region of the chest every time he fetched breath. It was a case of a rheumatic inflammation of the pleura. Schroth, on being called to the rescue, ordered his abdominal compresses. A few hours afterwards, perspiration set in, followed by an immediate alleviation of the pain. Perspiration was further promoted by the administration of water just relieved of its "chill," and the same abdominal compress was left on the patient until he experienced no further pain on drawing breath. After he had continued in bed for nineteen hours and been relieved of all pain, the compress was removed, when he was able immediately to resume his usual occupation without feeling any further after-effects of his recent dyspnœa.

(2) Schroth's eldest son, on having drunk a considerable quantity of cold water when in a state of perspiration, became seized with an inflammation

of the larynx and bronchial tubes, combined with a severe fever and total aphonia. Compresses were applied to the neck and abdomen for eight hours, a strict diet being meantime observed. This had the effect of putting an end to the disorder in about twenty-four hours, without leaving behind the slightest after-pain.

(3) A girl of 20 had suffered from an inflammation of the liver for six weeks, and had been rendered so weak by the aperients and emetics prescribed by her doctor, that she was no longer able to rise from her bed ; and in addition to this, jaundice set in in its most acute form. The lower part of the abdomen was highly distended. The hepatic and stomachal regions were very tender, the slightest touch giving great pain ; the patient was able to lie on neither side, but only on the back. There was a complete loss of appetite and sleep, and she was troubled with continual "swallowing" spasms.

The abdominal compress was applied in her case twice in every twenty-four hours, each application lasting eight hours. All the food she was given consisted of stale rolls, and she was only allowed to drink, each day, a little under half-a-pint of a certain white wine grown in Austria, mixed half-and-half with water. Immediately after the application of the first compresses the swallowing spasm ceased ; the abdomen become less tender ; the swelling subsided ;

the patient was able to lie on either side at will, and she had a long, refreshing sleep. After three days' treatment by this method, a critical diarrhœa made its appearance, during which a large quantity of mucus and bilious matter was ejected; the swelling then continued to abate with quite surprising rapidity, and so did the pain in the region of the liver; the yellow tinge of the white of the eye and of the skin also disappeared. The same diet being continued, two "full" compresses,—enveloping the whole body and limbs,—were ordered daily, each compress being left wrapped round the patient's body for eight hours in succession. This finally disposed of the jaundice; the appetite returned, and there was such a recrudescence of strength that the patient was able, after only a fortnight's treatment, to undertake a comparatively long journey, necessitated by circumstances. From subsequent reports it appears that she has been quite well since, and that her emaciated body is perceptibly recovering its original fulness of outline.

(4) Madame Von H., of Buda-Pesth, came to Graefenberg for the purpose of healing a sore, probably of a strumous nature, by means of a Priesnitz water-cure. She stayed there for two years and ten months; but after that period of excruciating agony, which every remedy previously tried had failed to relieve, she at last decided to apply for assistance to Schroth, her whole frame being then literally in process of

putrefaction. Owing to the long-continued use of the waters, she was, as it were, *macerated*; her entire body was covered with ulcers, which, on the lower extremities particularly, had attained terrific dimensions, mere strips of skin being left to bridge over the spaces from sore to sore: the rest was one continuous suppurating mass, gangrened muscle dropping off in shreds.

It was in this miserable condition that she was brought to Schroth, and in the space of one year all the ulcers were cicatrised. The poor woman, who had almost despaired of her life, became hopeful again and soon recovered a comparatively satisfactory state of health. The contraction and atrophy of the lower limbs, which have remained behind as a result of the great waste of skin and muscle, cannot, of course, be laid to the charge of the "cure"; but there is every reason to hope that even this remnant of the evil may be, in time, under the action of exercise and the gradual extension of the outer teguments, if not entirely removed, at least greatly minimised.

(5) Herr T., of Buda-Pesth, had been suffering from caries of one shin-bone for long years. He had spent nearly two years at Graefenberg. but, instead of getting better, his trouble became worse and worse. The Priesnitz water-cure having done him no good, he applied to Schroth as a last resort, and submitted to his system of treatment.

After having followed Schroth's cure for three weeks a piece of bone two inches long became loose and was removed by Schroth, and from that day, cicatrisation proceeded with remarkable rapidity, so that after a six weeks' cure the wound was completely healed and the patient was discharged in excellent health and spirits. Since then many years have elapsed without a trace of a relapse having become noticeable. Quite lately, the same gentleman persuaded a friend of his, who had come to Graefenberg to seek relief from secondary syphilis, to try to see what a course of treatment at Lindewiese could do for him. He told him that all he had to do, if he meant to be thoroughly and quickly cured, was to go to Schroth at once, and not to wait until, after wasting a number of months of valuable time, he was forced to the conclusion that the Priesnitz treatment and diet was totally unsuited to cases such as his own. His friend took his advice and had certainly no reason to regret it. His cure was accomplished, as the following report will show.

(6) He had for seven months been troubled with syphilitic sores on the penis. These, owing to strict attention to diet, had temporarily healed up, but they reappeared two or three months later. When he came to Lindewiese some of them, on the glans penis, were open once more, while scars might still be seen where the others had healed. The gentleman in question, greatly alarmed at seeing his health in jeopardy,

strictly followed the rules of Schroth's method. During the first few days of the treatment, the open sores commenced to suppurate even more freely than before; then they gradually dried, closed up, and healed so completely that even the scars became invisible after a time (the scars of the wounds previously healed, however, reappeared; some of them, indeed, broke open again). The urine, which had often before precipitated a pink sediment, now became clear, and no longer underwent any decomposition. Three weeks after the treatment had been commenced, a somewhat troublesome diarrhoea set in; but it soon ended of its own accord.

From that time the period of the "after-cure" began. The patient, who had been pale and thin, acquired quite a flourishing appearance within a fortnight, and his depressed and melancholy spirits were replaced by a most hopeful and cheerful mental condition.

This difficult cure was accomplished in five weeks' time, and several months have elapsed since without my hearing of any relapse, although it had been arranged that I should be informed if a relapse occurred.

(7) Sophia N., aged 20, had for a long time suffered from gastric convulsions, frequent headache, and giddiness. After various remedies had been tried in vain she decided to resort to the Schroth cure. Six weeks of strict observance of the rules of the cure and a four weeks' after-cure entirely remedied the evil. The

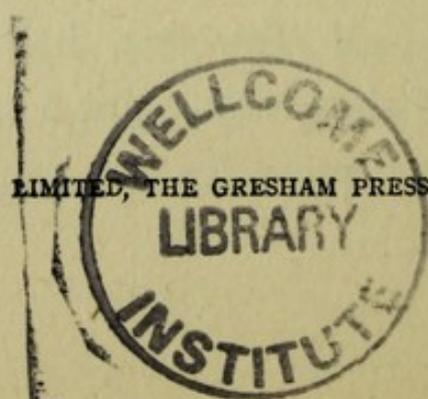
patient, now quite recovered, is an inhabitant of Lindewiese, and I have had occasion to satisfy myself of her good appearance and also of the fact that she can now eat and drink whatever she chooses without experiencing any discomfort. Although the treatment has been discontinued for several months she has never again felt any of the after-effects of her previous sufferings.

(8) S., aged 58, captain in the Austrian army, had suffered from general gout for many years. He had struggled against the evil for five years by employing the Priesnitz cure, but without any success. In fact the gouty concretions were increasing. He was one of those persons who came to inspect Schroth's institution from Graefenberg out of curiosity and more with an idea of making sport of Schroth and his methods than anything else. After five years' unceasing agonies, which nothing else had proved capable of relieving, he at last did come to Schroth for treatment, not as a scoffer, but as an appealing patient. And poor, unappreciated Schroth, by his method which had been so much ridiculed, cured the repentant sufferer entirely within six months, so that, relieved from all pain, he has since recovered the full use of his limbs, and has become a warm advocate of Schroth's simple and radical mode of treatment.

(9) Fräulein Sch., of Dresden, had suffered from nervous debility and rheumatism for a number of years. After trying various remedies in vain she came to

Graefenberg. She there followed the Priesnitz cure for three years without any effect. In fact, the shooting pains in all her members became more and more distressing. At last, satisfied of the uselessness of the Graefenberg water-cure, the wretched woman came to Schroth. Six months' treatment was all that was required to completely restore the health of her who had been run down so low by an abuse of the "water-cure." Her courage was rewarded by the most complete recovery. The nervousness, the lancinating pain disappeared; she is once more looking the picture of health. She married soon after, and is now the mother of several healthy children. This case may serve, by the by, to refute the view, which has been frequently expressed, that Schroth's method of treatment was not applicable to persons afflicted with neurasthenia.

(10) Captain K., aged 60, being afflicted with gout, had had his sight and hearing greatly weakened by his condition. One year's water-cure had brought no relief. He therefore, eventually, came to Schroth, and within six months, including the "fore-cure" and "after-cure," both the gout and its concomitant troubles were entirely gone, and the old gentleman, to his inexpressible joy, had fully recovered his sight and hearing.



*If you want something* ❀ ❀

that will interest you more than anything you have ever read, and enable you to understand all the differences in people at a glance, by the "SIGNS OF CHARACTER," send for a copy of

# HEADS AND FACES:

HOW TO STUDY THEM.



A New Manual of Character Reading  
for the People.

By Prof. NELSON SIZER and H. S. DRAYTON, M.D.

This is the most comprehensive and popular work ever published for the price, 25,000 copies having been sold the first year. Contains 200 large octavo pages and 250 portraits. Send for it, and study the people you see and your own character.

Paper Covers, 2s.                      Cloth, 4s. post free.  
"                      "                      40 cents.                      "                      One dollar.

---

# How to Study Strangers



BY TEMPERAMENT, FACE,  
AND HEAD. . . . .

A SEQUEL TO "HEADS AND FACES."

By Prof. NELSON SIZER.

Paper Covers, 4s.                      Cloth, 6s. post free.  
"                      "                      75c.                      "                      One dollar 50c.

Over 300 Illustrations.

---

LONDON:  
L. N. FOWLER & CO., 7, IMPERIAL ARCADE, LUDGATE CIRCUS.  
NEW YORK:  
FOWLER & WELLS CO., 24, EAST 22ND STREET.

# HOW TO STRENGTHEN MEMORY.

Natural and Scientific Methods of Never Forgetting. By Dr. M. L. HOLBROOK.

IT CONTAINS CHAPTERS ON

The nature of memory—The best foundation of a good memory—Memory and nutrition—Quality of blood and memory—Exaltation and degeneration of memory—Memory and attention—Memory and repetition—Memory associations, links and chains.

Method of memory culture for schools—Self-culture of memory—Memory of places and locations—Culture of musical memory—Strengthening memory of faces and names—Figures and dates.

Tricks of memory—How to learn a new language—Mastering contents of a book—Art of forgetting and what to forget—Abnormal memories.

Price 4s. post free. American price, \$1.

---

## A NEW TEXT BOOK ON PHRENOLOGY.

*A Manual of Mental Science*  
for Teachers and Students,

OR, CHILDHOOD, ITS CHARACTER AND CULTURE.

250 pages, especially illustrated, English cloth, 4s., or \$1.

By JESSIE A. FOWLER,

Author of "The Early Development of Our Children," "Phrenology in the School,"  
"Physical Culture," "The Life of Dr. Gall," etc., etc.

---

The Best Cheap Work on Physiognomy.

## THE FACE AS INDICATIVE OF CHARACTER.

By ALFRED T. STORY.

Illustrated by upwards of 120 portraits and cuts.

This book contains chapters on the Temperaments; The Facial Poles; General Principles; The Chin and the Cheek; The Forehead; The Nose; The Mouth and Lips; The Eyes and Eyebrows.

Paper cover, 1s., or 50 cents, post free 1s. 2d.; cloth, 2s.

---

The Study of the Human Face and how to read its living pages are themes possessing rare and magic charms, and are fully discussed in

## NEW PHYSIOGNOMY; or, Signs of Character,

As manifested in Temperament and External Forms, and especially in the Human Face Divine.

By SAMUEL R. WELLS.

A comprehensive, thorough, and practical work, in which all that is known on the subject is Systematized, Explained, Illustrated, and Applied. Physiognomy is shown to be no mere fanciful speculation, but a consistent and well-considered system of Character reading; no abstraction, but something to be made useful; something to be practised by everybody and in all places, and made an efficient help in that noblest of all studies—Man. It is readily understood and as readily applied.

Price 12s. 6d. net.

---

L. N. FOWLER & CO., 7, Imperial Arcade, Ludgate Circus, E.C.

# The Science

# New Life.

By

JOHN COWAN,

M.D.

*A Book well worth possessing by every Thoughtful  
Man and Woman.*

---

This work has received the highest testimonials and commendations from the leading medical and religious critics, and has been heartily endorsed by all the leading philanthropists, and recommended to every well-wisher of the human race.

---

## TO ALL WHO ARE MARRIED

or are contemplating marriage, it will give information worth hundreds of pounds, besides conferring a lasting benefit not only upon them, but upon their children. Every thinking man and woman should study this work. Read the following from the

### TABLE OF CONTENTS.

Marriage and its advantages—Age at which to marry—The law of choice—Love analysed—Qualities the man should avoid in choosing—Qualities the woman should avoid in choosing—The anatomy and physiology of generation in woman—The anatomy and physiology of generation in man—Amativeness : its use and abuse—The law of continence—Children : their desirability—The law of genius—The conception of a new life—The physiology of intra-uterine growth—Period of gestative influence—Pregnancy : its signs and duration—Disorders of pregnancy—Confinement—Management of mother and child after delivery—Period of nursing influence—Fœticide—Diseases peculiar to women—Diseases peculiar to men—Masturbation—Sterility and impotence—Subjects of which more might be said—A happy married life : how secured.

**This is a handsome 8vo book containing over 400 pages and more than 100 illustrations. Price 12s., or 3 dollars, carriage paid.**

---

*This book is not for sale in the book stores, but can be had direct from*

LONDON :

L. N. FOWLER & CO., 7, IMPERIAL ARCADE, LUDGATE CIRCUS.

NEW YORK :

FOWLER & WELLS CO., 24, EAST 22ND STREET.

# Mind=Power

---

---

AND

## HOW TO GET IT

By K. T. ANDERSON.

---

- I. THE WEBB OF WORRY.
  - II. PULL UP THE WEEDS.
  - III. HOW TO GRIP THE GOOD.
  - IV. FOCUS YOUR POWERS.
- 

The Author says :—

**I**N publishing this booklet, it has been my aim not only to appeal to those already versed in the principles of Higher Thought, but also to the general reader who takes an interest in the unfolding of his own life—and of these there must surely be many.

---

BY SAME AUTHOR.

## Mind-Concentration

AND

## HOW TO PRACTICE IT.

Twelve Simple Rules of Thought.

---

Price 6d. each net, postage 1d. extra. American price 20 cents.

A beautiful Gift Book in Grey and Gold, Symbolical Cover.

FOURTH EDITION.

# From Poverty to Power

OR

THE REALIZATION OF PROSPERITY AND PEACE.

Price 3s. net; by post 3s. 3d. American price, \$1.

---

## CONTENTS.

### Part I. The Path of Prosperity.

1. The Lesson of Evil.
  2. The World a Reflex of Mental States.
  3. The Way out of Undesirable Conditions.
  4. The Silent Power of Thought; Controlling and Directing One's Forces.
  5. The Secret of Health, Power and Success.
  6. The Secret of Abounding Happiness.
  7. The Realisation of Prosperity.
- 

### Part II. The Way of Peace.

1. The Power of Meditation.
  2. The Two Masters, Self and Truth.
  3. The Acquirement of Spiritual Power.
  4. The Realisation of Selfless Love.
  5. Entering into the Infinite.
  6. Saints, Sages and Saviours. The Law of Service.
  7. The Realisation of Perfect Peace.
- 

## PRESS NOTICES.

"It is a book full of all the beauty of the highest truth."—*Northern Weekly.*

"If I ever read a good book this is one."—*The Bohemian Magazine.*

"The exposition is very clear and forcible."—*Brotherhood.*

"The work of no superficial thinker."—*Weekly Free Churchman.*

"A beautiful volume containing lofty ideas and practical wisdom presented in a clear and lucid form."—*The Harbinger of Light.*

Crown 8vo, 150 pages. Price 2s. 6d. net ; post free, 2s. 9d.  
American price, \$1.

# Your Mesmeric Forces

and

## How to Develop Them.

Giving full and comprehensive  
Instructions . . .

### How to Mesmerise.

By FRANK H. RANDALL.

---

#### CONTENTS.

<p>CHAPTER I.</p> <p>Pros and Cons—What is Mesmeric Force? —Persons suitable to become Operators —The Forms of Mesmeric Force.</p>	<p>CHAPTER VII.</p> <p>Elementary Experimenting in Testing Susceptibility—The Point of Magnetic Contact—Individuality—Physical Magnetic Contact—Mental Magnetic Contact.</p>
<p>CHAPTER II.</p> <p>Qualifications for an Operator—Spiritual, Mental, Moral, Physical.</p>	<p>CHAPTER VIII.</p> <p>The different Phases, Stages, or Degrees of the Mesmeric State, termed Controls or Conditions—Passive Control—Physical Control—Mental Control—Spiritual Condition—Elevated Condition.</p>
<p>CHAPTER III.</p> <p>MISCELLANEOUS QUALIFICATIONS AND ADVICE TO STUDENTS.</p> <p>Phrenological Advice—Most Suitable Age—Suitable Diet—Qualifications for Mesmeric Subjects—Mesmeric Force and Atmospheric Influences.</p>	<p>CHAPTER IX.</p> <p>The Practical Applications of your Mesmeric Force—How to procure Subjects—Use of Mesmeric Sleep—Methods of producing Mesmeric Sleep or Coma—1st Method—2nd Method—3rd Method—How to remove the Mesmeric State.</p>
<p>CHAPTER IV.</p> <p>Magnetic Force and the Conditions necessary for making it active within—How to train the Eyes—Preparing the Hands and Fingers—Condition of the Feet—Respiratory Powers—Mental Concentration.</p>	<p>CHAPTER X.</p> <p>EXPERIMENTING.</p> <p>PART I.—Notes on Experimenting—Signs and Indications of Controls: Physical, Mental, Psychic, and Elevated.</p> <p>PART II.—Experimenting in the First Stages of Control—Fixed Physical Experimenting—Physical Experimenting—Experimenting in the Mental Control—Illusion and Hallucination—Production of Catalepsy—Removing Catalepsy.</p>
<p>CHAPTER V.</p> <p>Methods of Developing the Magnetic Power—Inducing the <i>flow</i> of Magnetic Force—Augmenting Mesmeric Force—1st, 2nd, and 3rd Methods for so doing.</p>	<p>CHAPTER XI.</p> <p>PART I.—The Inner and Higher Mesmeric Powers—Physiognomical Signs of Psychic Power and Psychic Susceptibility.</p> <p>PART II.—Experimenting in the Deeper States of Control—Developing the Psychic or Spiritual Faculties and the Elevated State—Removing Deep States of Control.</p>
<p>CHAPTER VI.</p> <p>Transmission and Distribution of Magnetic Force—Passes: What they are and how to practise them—The <i>full length</i> or <i>long Pass</i>—<i>Relief Pass</i>—<i>Short</i> or <i>local Pass</i>—Focussed Magnetism—Passes <i>in contact</i> and <i>without contact</i>.</p>	

# The Road to Success.

By O. HASHNU HARA.

Price **1s.** net, postage **1d.** extra.

American price, **40** cents.

This book has had the most extraordinary reception. From the Antipodes and the wilds of Africa, from Europe, Asia, America, and India, we receive glowing words of thanks and testimony.

"THE ROAD TO SUCCESS" teaches the laws governing the practice of Auto-Suggestion: How to use practical suggestion for the attainment of Health, Happiness, and Success in Life. A clean, wholesome and inspiring work.

## CONTENTS.

Introduction.

CHAPTER I.—How to Overcome Present Conditions—The Law of the New Life.

„ II.—Unity.

„ III.—The Soul.

„ IV.—Auto-Suggestion.

„ V.—Self-Control and Concentration.

„ VI.—Health.

„ VII.—Business Success and Opulence.

„ VIII.—Realisation.

“‘The Road’ is one of the grandest and most elevating books I have ever read, and I think it ought to be read by everybody; if it was, I am sure there would be less misery and poverty existing.”—L.S. (Manchester).

---

## Dollars Want We.

A GUIDE TO BUSINESS SUCCESS.

By HENRY HARRISON BROWN.

Price **6d.** net, postage **1d.** extra.

American price, **12** cents.

# HOW TO LEARN PHRENOLOGY.

**WE** are frequently asked : In what way can a practical knowledge of Phrenology be obtained ? In answering this we must say, that the best results can be obtained by taking a thorough course of instruction at the FOWLER PHRENOLOGICAL INSTITUTE ; but where this is not practicable, the published text-books on the subject should be carefully studied.

To facilitate study and personal investigations, we have arranged the following list of books, called "THE STUDENT'S SET." This list is commended to persons who desire to secure a knowledge of the subject by private study at home.

## THE STUDENT'S SET.

**The New Illustrated Self Instructor in Phrenology, Physiology, and Physiognomy.** Illustrated with over 100 portraits of remarkable personages. By the renowned Phrenologist, L. N. FOWLER. 2s.

**Fowler's New and Improved Phrenological Bust.** With upwards of 100 divisions in china. Newly discovered organs are added, and the old organs have been sub-divided to indicate the various phases of action which many of them assume. It is a perfect model, beautiful as a work of art, and is undoubtedly the latest contribution to Phrenological Science, and the most complete Bust ever published. 12s. 6d. post free.

**Phrenology Proved,** Illustrated and Applied. Embracing an Analysis of the Primary Mental Powers in their various degree of development and location of the Phrenological Organs. By O. S. & L. N. FOWLER. One Volume, 6s.

**Lectures on Man.** A series of Lectures delivered by Prof. L. N. FOWLER during his first tour in England (1860), many of which are now out of print, and can only be had in this volume. 4s.

**Constitution of Man ;** considered in relation to the External Objects, with a Portrait of the Author, GEORGE COOMBE. 6s.

**The Temperaments ;** or Varieties of Physical Constitution in Man, considered in their relation to Mental Character and Practical Affairs of Life. By Dr. H. JACQUES, M.D. Fully Illustrated. 6s.

**Brain and Mind ;** or Mental Science considered in accordance with the Principles of Phrenology, and in relation to Modern Physiology. Illustrated by H. S. DRAYTON, A.M., M.D., and JAMES MCNEIL, A.M. 6s.

**Hygiene of the Brain,** and the Cure of Nervousness. By M. L. HOLBROOK. Contains chapters on the Brain, the Spinal Cord, the Cranial and Spinal Nerves. How to Cure Nervousness. Value of a Large Supply of Food in Nervous Disorders. Fifty Important Questions Answered. 4s.

**The Phrenological Dictionary.** It gives the names of the Organs, their Location, Explanation, and Subdivisions ; also many Anatomical and Physiological Terms. By L. N. and J. A. FOWLER. 6d.

**New Physiognomy ;** or Signs of Character, as manifested through Temperament and External Forms and especially in "Human Face Divine." 768 pages, portrait of author, and 1,055 illustrations. Cloth, 12s. 6d. net. (This is the standard work on Physiognomy.)

This is a comprehensive, thorough, and practical work, in which all that is known on the subject treated is systematized, explained, illustrated, and applied. Physiognomy is here shown to be no mere fanciful speculation, but a consistent and well-considered system of Character-Reading, based on the established truths of Physiology and Phrenology, and confirmed by Ethnology, as well as by the peculiarities of individuals.

Either of the above will be forwarded on receipt of Cash, or the complete "STUDENT'S SET," amounting to £3, will be sent, carriage paid, to any part of Great Britain or Ireland at special reduced price—£2 7s. 6d.

*NOTE.—On Foreign Orders for "Student's Set," carriage is extra, and must be paid on arrival.*

N.B.—If you already possess one or more of the above books, others to the same amount and equally useful will be supplied.

The above cannot be supplied through a bookseller at reduced rate, but only from L. N. FOWLER & CO., 7, Imperial Arcade, Ludgate Circus.

Crown 8vo, Bound in Cloth, **6s. 6d.** net; **6s. 10d.** post free.  
American Price, \$2.

---

*HOW TO ACQUIRE AND STRENGTHEN*  
**WILL-POWER.**

**MODERN PSYCHO-THERAPY.**

A Specific Remedy for Neurasthenia and Nervous Diseases.

A Rational Course of Training of Volition and Development of Energy, after the Methods of THE NANCY SCHOOL, as represented by Drs. Ribot, Liébeault, Liégeois, Bernheim, de Lagrave, Paul Emile Lévy, and other eminent Physicians.

**By PROF. RICHARD J. EBBARD.**

*SECOND EDITION*

Revised by J. E. NEWTON and F. W. VOGT.

---

Crown 8vo, Bound in Cloth, **5s.** net; **5s. 4d.** post free.  
American Price, \$2.

---

*HOW TO RESTORE*  
**LIFE-GIVING ENERGY**

To Sufferers from

**SEXUAL NEURASTHENIA**

And Kindred Brain and Nervous Disorders

(Neurosis, Hysteria, &c.)

**By PROF. RICHARD J. EBBARD**

IN COLLABORATION WITH

J. E. NEWTON and F. W. VOGT.

# PHRENOLOGY.

*WORTH CONSIDERATION.*

---

---

This Science, now making such rapid strides, and engaging the attention of the foremost scientists of the day, may be studied theoretically and practically at the

## **FOWLER INSTITUTE**

with all the advantages of careful and thorough tuition.

A large Circulating and Reference Library, a Museum of numerous Skulls, Casts, &c., &c., always accessible to the student, and a course of Free Lectures during the winter.

### **PRIVATE TUITION OR LESSONS IN WEEKLY CLASSES.**

The only place in the United Kingdom where a thorough course of training, until proficiency is attained, can be had.

### **LESSONS BY POST.**

The F.P.I. also gives a thorough and complete course of instruction by letter.

---

### **DIPLOMAS and CERTIFICATES GRANTED.**

---

**Member's Fee - - - 10/6 per annum.**

(TO COMMENCE AT ANY DATE).

This entitles one to a copy of—

**The Phrenological Journal and Science of Health (Monthly),**  
Use of Circulating and Reference Libraries, and free  
admission to all Lectures, &c.

---

---

All persons interested in Phrenology are cordially invited to join, whether they possess a knowledge of the science or not. The advantages offered by the Fowler Institute are such that they cannot be equalled by any other Association or Society in England.

---

*For full particulars and prospectus address THE SECRETARY,*

## **FOWLER PHRENOLOGICAL INSTITUTE,**

**4 & 5, Imperial Buildings, Ludgate Circus, LONDON, E.C.**

# PHRENOLOGICAL JOURNAL

AND SCIENCE OF HEALTH

(ESTABLISHED 1830),

Incorporated with the ENGLISH

## Phrenological Magazine

(ESTABLISHED 1888).

Edited by JESSIE A. FOWLER.

Published for over SIXTY YEARS, and has always been in advance of the times in everything pertaining to the study of Human Nature, Psychology, as well as all questions of Health and Hygiene. It is steadily gaining in public favour, and we are confident that this year will mark an important epoch in its history. To secure this result we are determined to spare neither trouble nor expense.

*Monthly, 6d.; 5s. per Year, post free.*

---

Among the most Prominent and Attractive Features will be:—

### CHARACTER STUDIES OF FAMOUS MEN AND WOMEN.

#### CHILD CULTURE DEPARTMENT

will tell mothers and teachers how to study the capabilities of each particular child as a guide to its proper development.

#### SCIENCE OF HEALTH DEPARTMENT

will contain, as heretofore, practical articles and valuable hints on health, and the hygienic methods of securing it.

#### SHORT, USEFUL CONTRIBUTIONS AND STORIES

by the best writers on Character Reading and Character Building, Choice of Pursuits, Proper Selection in Wedlock, Relations of Employers and Employed, &c., &c. Special articles will appear on Physiognomy, Nationalities, Heredity, Criminality, Comparison among Heads, Trades and Professions; Wit and Wisdom Column; Phrenological Hints, &c., &c.

#### A NEW DEPARTURE.

Short Character Sketches gratis to New Subscribers to THE PHRENOLOGICAL JOURNAL.

# PSYCHIC MANUALS

By **R. DIMSDALE STOCKER.**

Price 1s. each, net; post free, 1s. 2d.

American price, 50 cents.

---

## I. TELEPATHY : MENTAL TELEGRAPHIC COMMUNICATION.

*What it is, and how it is done.*

### TABLE OF CONTENTS :—

- Chap. I.—What is Man? His Soul-Life.
- Chap. II.—The Rationale of Telepathy.
- Chap. III.—The Nature of the Mind.
- Chap. IV.—How the Mind Acts.
- Chap. V.—Telepathy Applied.
- Chap. VI.—Instances of Telepathic Communications.

## II. SOUL CULTURE :

SELF DEVELOPMENT.

*What it is, and how it is done.*

SECTION I.—Life's Inequalities : Their Cause and Cure (Past).

SECTION II.—The Mystery of Being : The Remedy of "YOGA"  
(Present).

SECTION III.—The Predictive Art : The Rationale of "Fortune Telling"  
(Future).

## III. CLAIRVOYANCE, CLAIRAUDIENCE, PSYCHOMETRY, & CLAIRSENSIENCE.

*What it is, and how it is done.*

## IV. MENTALISM, Or MIND- AND WILL-TRAINING.

*What it is, and how it is done.*

## V. PHRENOMETRY, AUTO-CULTURE and BRAIN-BUILDING by SUGGESTION

*What it is, and how it is done.*

## VI. HEALING, MENTAL and MAGNETIC. *What it is, and how it is done.*

