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Vol. I.

No. 6.

JUNE, 1900.

THE Kneipp Water Cure Monthly.

A MAGAZINE

Devoted to the late Rev. Father Kneipp's Method and kindred Natural Systems.

Published by The Kneipp Magazines Publishing Co.

BENEDICT LUST Editor.

L. STADEN Ass't Editor.

Office, 111 East 59th St.,

bet Lexington & Park Aves.,

New York.

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FRASSE.

HAHN.

PRIESSNITZ.



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Ist auch in deutscher Sprache zu haben, betitelt: „Amerikanische Kneipp-Blätter“.

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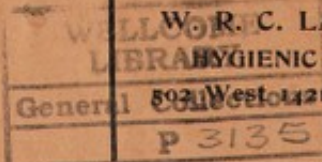
Hygienic Advice By Mail.

THERE are many sufferers from chronic diseases who desire hygienic treatment, but who are unable to secure the personal attendance of a hygienic physician.

In answer to many enquiries upon this matter, I would state that I am now prepared to give hygienic advice and treatment by correspondence.

Write me fully of your case; and I will advise you as to what can be done for you.

W. R. C. LATSON, M. D.,
 HYGIENIC PHYSICIAN,
 503 West 122nd Street,
 NEW YORK CITY.



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Kneipp Water Cure Monthly

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A Magazine devoted to the late Rev. Father Kneipp's Method and kindred Natural Systems.

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B. LUST, Editor and Manager.

Office: 111 East 59th St., bet. Park and Lexington Aves., New York.

Vol. I.

JUNE, 1900.

No. 6.

Cleanliness the first principle of Hygiene.

By Wilhelm Hotz, M. D.,

Director of the Sanitarium "Bad Finkenmühle", near
Mellenbach i. Thür., Germany.

Hygiene, the science of health, is undoubtedly the first foundation of therapeutics, the science of restoring lost health, because without knowing the laws which maintain health, no physician can tell his patient the right way that leads him to health and give him the proper advice how to regain it. Hence disease, as we call lost health, must be in one or the other way the consequence of departure from the natural path of life, or, in other words, disease is the indication of the loss of the vital equilibrium; its symptoms are the manifestation of the vital force to regain the normal state.

By studying such abnormal conditions and the way by which nature is seeking to lead the organism back to the prior state of health, we will find out not only the proper way of cure, but learn also how to keep up our health, i. e., the principles of hygiene.

Hygiene is as old as the history of mankind. Its highest development has always been found in the most civilized countries, to-day as well as several thousand years ago, not because they have the highest civilization—nothing in the world develops without necessity, its motive power—but because the more a people has advanced in so-called civilization the more are the natural laws of life usually neglected, so that it may be doubted whether the high development of science, technics and industries of the modern world is really the result of mental progression, or is not rather the necessary effect of reduced vitality and lessened resistance to morbid influences, according to the law of self-preservation. Such facts induced man to find means to preserve his species and to study the laws of health to that end.

Hygiene is therefore as old as the history of mankind, but wherever we find sanitary measures, in ancient or modern times, they always relate directly or indirectly to cleanliness. To-day we admire the magnificent structures that have been built many thousand years ago by the old Egyptians only for the purpose of securing a pure and abundant water supply. Greeks and Romans built luxurious bathing houses for the public use, knowing already that proper care of the body is a potent factor in preventing disease. Had not Hippocrates already taught that prophylaxis is the best part of the science of medicine?

The first hygienic measures in regard to personal health which man recognized are physical cleanliness and abundant exercise. Soon after followed the acknowledgment of moderation in eating, drinking and general manner of living. From the individual experience in relation to personal health resulted, in larger communities, the public health, viz.: general sanitary measures, as, for instance, the regulation of water supply and the securing of pure food by the erection and supervision of public slaughter-houses and bakeries, the disposal of the dead and of the excreta, etc. Hence the more the human family developed their faculties in the direction of modern civilization, the more new measures and precautions have been found necessary to protect public health, till finally the whole affair became a matter of government supervision. In brief: All hygienists, from the ancient Egyptians down to the modern scientists, recognized cleanliness as the first principle of health and believed in realizing it by endeavoring to secure pure air, pure water and pure food for the people at large.

The notion, however, of what cleanliness means, its correct definition, was never perfectly clear the same to every body, because the effect of the contrary condition is also not always alike. The man of a good constitution who can stand great extremes, for instance, offers a stronger resistance to injurious surroundings and stands in less need to take care for his physical welfare than a man of more delicate constitution; his idea about cleanliness in regard to his body, food and surroundings, will therefore be not as clear and exact; consequently the conception of pure or impure is a matter of individual agreement, so long as no certain scientific definition can be given of it. Such a definition can not yet be given in every respect, but it can be very evidently and without doubt in regard to septic materials.

Pasteur, the late French scientist, discovered that all putrefaction is caused by microbes. Other scientists found that in almost all diseases microbes are present, that disease is consequently a process of putrefaction started by certain microorganisms which found their way into our system. But the action (or better), the existence of said microorganisms is fortunately limited, as well as of other living organisms and depends on suitable food; without the proper nutritive elements they are not able to exist beyond a certain length of time, or at least not to propagate themselves. Since Pasteur's discovery we know that no putrefaction of organic matter can take place without the presence of microbes; we know further that all microbes need organic material as a first condition of their existence and that dead organic substance is a more suit-

able soil for them than living organisms, because the latter offer a natural resistance to all noxious influences. So we find microbes most numerous wherever dead organic matter exists—the primary enemy of health. Hence the quick and complete destroying of all dead organic matter, which is and can not be well protected from putrefaction, would be the best method of preventing the spreading of pathogenic microbes, those species which we have chiefly to deal with in health and disease. If microbes were necessary in nature's economy to decompose all dead organic matter in order to set free the latent energy which is stored up in all the higher compounds the organic world represents, it would be different; such seems not to be the case, however, since there are other much more efficacious factors by which dead organic matter can be reduced into single inorganic elements, than by the mediation of organisms, and which force would be better to that end than fire? Why do we not make use of the same wherever it is advisable, instead of allowing the ground on which we live to be soiled by waste and refuse of organic nature of every kind? Why is it that, in contradiction to our modern progress and our knowledge about the origin of disease, we still let the ground get infected by following the old method of burying corpses of men and animals and letting nature take care of them by the way of the most slow and unwholesome process we know of, the action of putrefaction, the same one which we know to be the starting point of almost all diseases? I consider the microorganisms, apart from their fermentive power, as ideal watchmen of health, because their presence and action is quite often the first indication that something must be wrong, or that our body is in an abnormal state of health. Without the prompt action of microbes on diseased tissue it would be extremely difficult to discover the lesion and its origin soon enough to prevent further injury to the system. I can not believe that the pathogenic microbes are the direct cause of disease, but rather think that about in the same way as pure chemical poisons affect the system, disease is originated either by toxid materials, as the products of our own metabolism, poisoned air, impure food and bad surroundings, or as in cases of inoculation of specific microbes by their products of metabolism. If this view, as given above, should prove to be correct the hygienist has only to deal with poisonous or non-poisonous substances man is liable to come in connection with; while he should consider all the pathogenic, saprophytic and fermentive microorganisms as useful agents and as our natural guardians which protect us from disease. So the deductions from the bacteriologic propositions point again to cleanliness as the first factor to maintain our health.

But not bacteriologic researches alone and their practical demonstrations, show the truth of cleanliness as the first principle in hygiene; still more is this assertion proven by the study and observations made on the human body under circumstances of great sensitiveness to all unfavorable influences.

In cases of direct injuries and wounds, for instance, where the natural protective organs are entirely excluded from action, we notice the influence of any infectious matter first of all in the most marked way. Thereupon is based, as you know, the aseptic method in surgery. The least carelessness in this respect may be followed by ill effects and shows evidently how careful we ought to be in introducing foreign substances into our system.

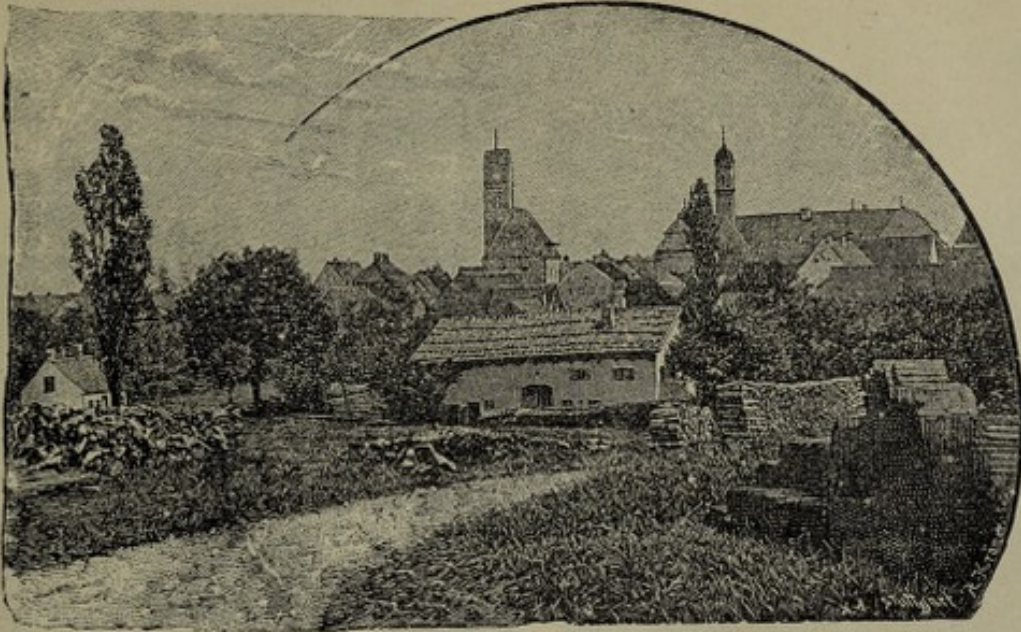
Next to the effect of direct infections by wounds, we notice a high sensitiveness of the system to all kinds of

impure influences in case of disease. The first thing nature tries to do in case of disease usually is to clean the system from foreign substances and to prevent further supply. Such symptoms as loss of appetite, nausea, vomiting, diarrhea, profuse sweat, etc., tell us very distinctly in what way the body will regain its normal state, and also where the origin of the abnormal condition lies. In nine out of ten cases I am sure that the cause can be traced to carelessness in regard to cleanliness, that there is a lack somewhere, either in reference to cleansing, dressing and general surroundings of the body, or that the internal system has been neglected, the secretory and excretory organs are out of order; so that the poisonous products of metabolism cause a kind of auto-intoxication; but as I said, the practice of cleanliness alone may prevent at least nine out of ten cases of disease.

The first and most important advice, therefore, the physician gives to the sick refers to general hygienic measures based upon good ventilation of the sick room, pure and easily digestible food and proper care of the body. What the physician does and the only thing he can do for the sick is certainly to assist nature in its efforts to restore health, and, as far as the symptoms indicate the need of the system, the physician has to be only a true student of nature in order to be also a successful physician. Is the surgeon who uses the scalpel to remove, or to reach the diseased part, doing more than assisting nature in its endeavor to get the pus and impure matter out of the system? No; both medical practitioner and surgeon correspond in so doing to the first principle of hygiene.

Cleanliness in every respect is a vital question in infancy. Nothing, I believe, is more fatal for the newborn than neglect nursing, insufficient cleansing and impure food. The immensely high death rate, especially among the lower class of people, is certainly due to the carelessness with which children are nursed and left to themselves, growing up in filth and fed on improper food, more like animals than like human beings. Indeed, there is still a great field for action for the physician, where he can realize the simplest hygienic measures without having to fear that the health of the people will reach such a high state, and the people itself will become so well educated that every one may be able to be his or her own physician while the practitioner will have to starve! No matter how far off that time may be, it would certainly be better and more honorable for the profession, than is our age of progressive physical degeneration, where almost every one believes himself to be able to act as his own adviser in illness, but in his ignorance swallows drugs and so-called patent medicines in astonishing quantities, according to his fallible judgment, instead of following the natural laws of hygiene, or in case of disease calling for a competent physician.

I think the more man progresses in regard to general civilization and special culture of mind, the more stress he must lay on general health, if he does not want to endanger all that he has gained through pain and difficulties of every kind for centuries past. And if experience and science clearly teach us that cleanliness in its fullest extent is the first principle in hygiene, as I have tried to prove, then we should strive not only to acknowledge, but still more to apply this axiom of health in all respects. The deeper we go into this matter the more we realize the great truth there is in the well known quotation: "Cleanliness is next to godliness".



Woerishofen in 1880.

FATHER KNEIPP.

His Life and his Works.

By B. Lust.

IV.

KNEIPP'S SUCCESS AND HIS INFLUENCE UPON MEDICAL SCIENCE.

Kneipp's influence upon the treatment of a large number of diseases is felt everywhere. More or less the belief of the public in general in medical treatment had been shaken before the immortal priest physician was called into the other world. Kneipp offered his methods of healing to suffering mankind just in time. Would his methods not have proven to do was this genial friend of the sick and poor represented them to be able to, he as well as his methods would have soon been forgotten. When for the first time the news of the new healer of ailments made its way around the globe, there were many who not only doubted the hygienic value of his methods but were also ready to denounce them as outright swindle. The idea, that water, simple pure water, should possess such great healing powers seemed to many an idea too foolish to be considered earnestly. Science looked upon Kneipp and his method with scorn. He who never studied medicine undertook to heal sickness and by means of cold water at that. These worthy scientists considered the whole matter as too preposterous and no worthy of a moments consideration; there where even many who thought the government of Bavaria should interfere and stop the humbug at once. They expected that in a short time the whole artificial building of Kneipp's methods would collapse for want of a real and solid foundation and nothing be left but a lot of poor wretches crying for the money they had thrown away.

Years passed by and nothing of the sort happened. Thousands and thousands were treated and healed of all

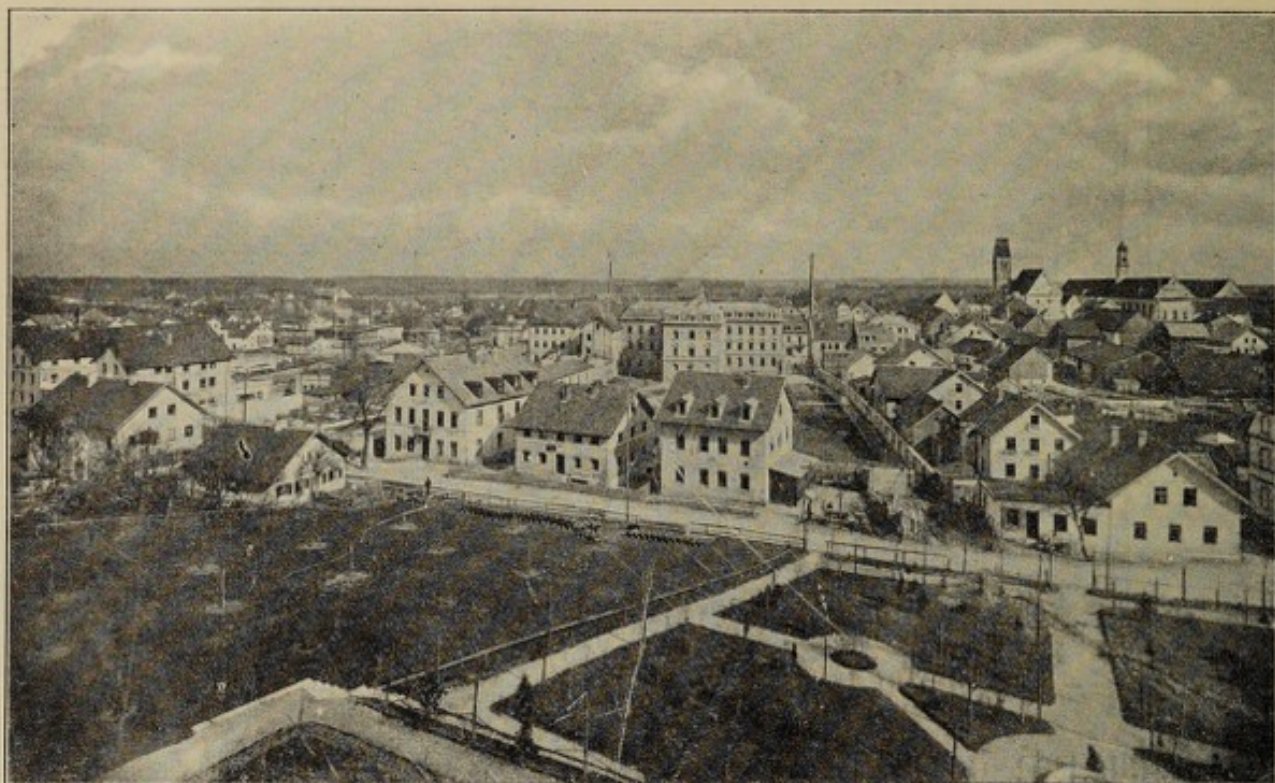
sorts of ailments and among these many thousands a large percentage of such who had been pronounced incurable by their own physicians. Kneipp's treatment was a success in most every case.

While Kneipp's success as a healer of ailments was treated with silence by scientists, those who had benefitted by his treatment did not keep quite. The army of those successfully treated by Kneipp became an army of apostles working in the interest of the good cause. Nothing is more successful than success, and by its success as the best cure nature offers to suffering humanity Kneipp's method was carried around the globe, a real tide of hope to those suffering from ailments of all sorts.

After the publication of his great works on natural healing even scientists could not deny that there is more in Kneipp's water-cure than at first there seemed to be according to their own believe. People took more and more to it; the army of Kneipp-followers was growing constantly. The opposition he met with at first made his success the greater as he healed all those whom his opposition could not heal. By degrees physicians tried his system and were very much astonished to find that they could accomplish more by it, than by their own methods. The use of drugs will vanish more and more the more Kneipp's advice to return to nature, that is to live in a natural way, will be followed.

Kneipp is no more, but his methods are alive. To-day Woerishofen is the Mekka and Medina of all suffering mankind more than ever before. Thousands and thousands of sick people travel to Woerishofen every year and find there health and happiness. All Woerishofen is a lasting monument of Kneipp's greatness as natural healer and the growth of that Bavarian town the best proof of the enormous influence his methods have gained the world over, for the patients of the institutions of natural healing in Woerishofen come from all parts of this earth.

Dear reader, look at the picture of Woerishofen as it was in 1880.

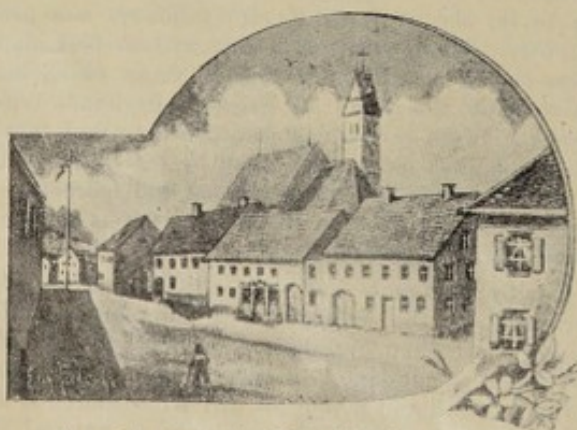


Part of Woerishofen in 1895.

THE WOERISHOFEN OF TO-DAY

and the Woerishofen of the first days of Kneippism, what a difference! The town has grown, just as much as the followership of Kneipp, but his system is the same and will be the same for all times to come, simple and natural, but wonderful effective all the same. What a difference with the following picture which represents a part of the Woerishofen of to-day.

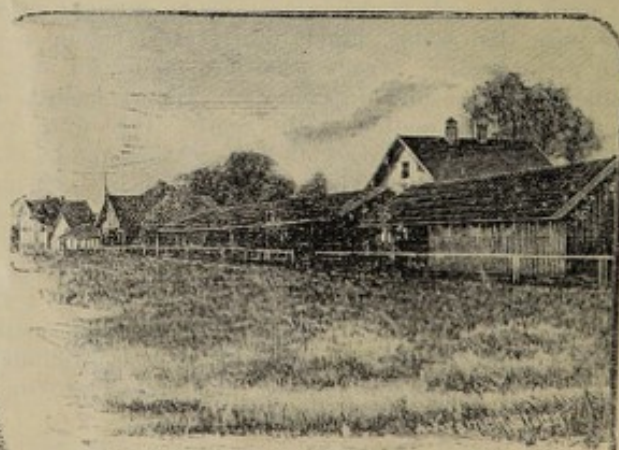
But the growth of Woerishofen is not only marked by its size, the appearance of the whole town has improved wonderfully. The picture below shows us a main street in Woerishofen in 1880.



A main street in Woerishofen in 1880.

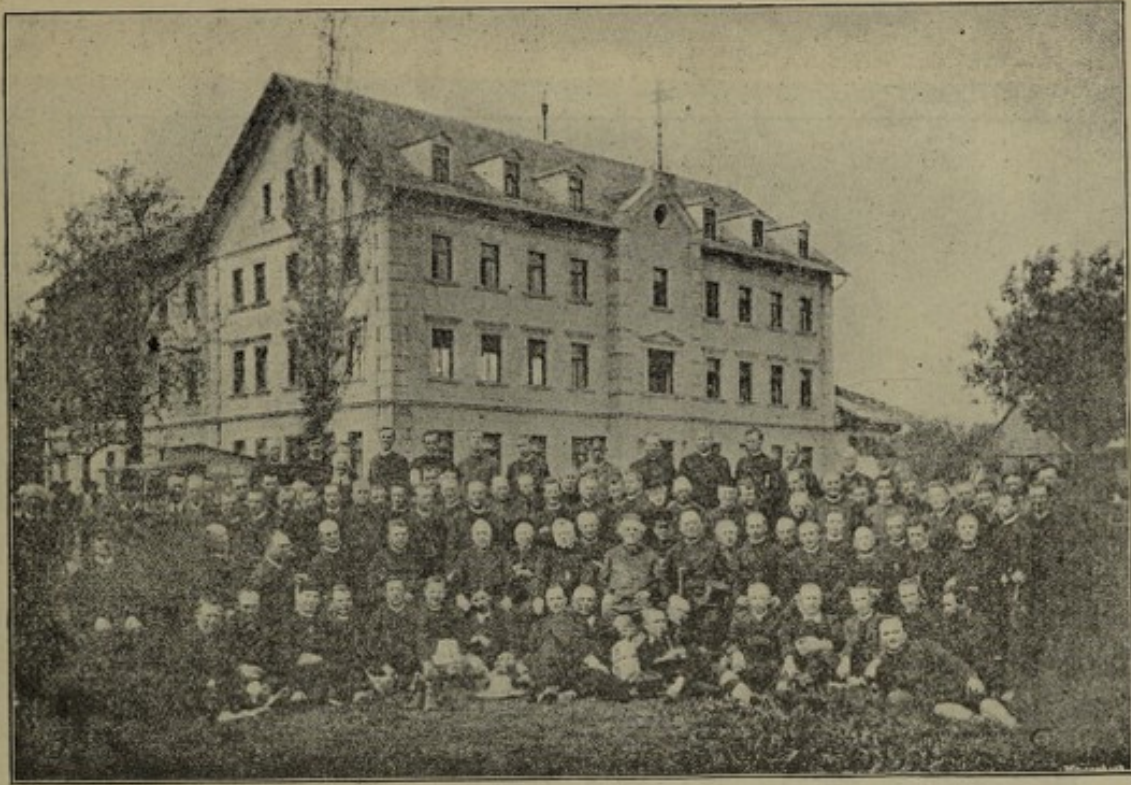


A main street in 1895.



Kneipp's first Sanitarium.

At that time Woerishofen was nothing but a little country village without any importance and without any improvements whatsoever. Already 15 years later that little village had disappeared and a town of good size had taken its place. In this new town streets and houses looked different as the following picture shows,



The first New Sanitarium.

This picture represents the buildings in which Kneipp treated his first patients. 15 years later a building like the one represented below was hardly large enough.

And in a few years even this was too small. One annex was built after the other and to-day the original Sebastianium with its annexes covers a very large piece of ground, as shown in the following picture.



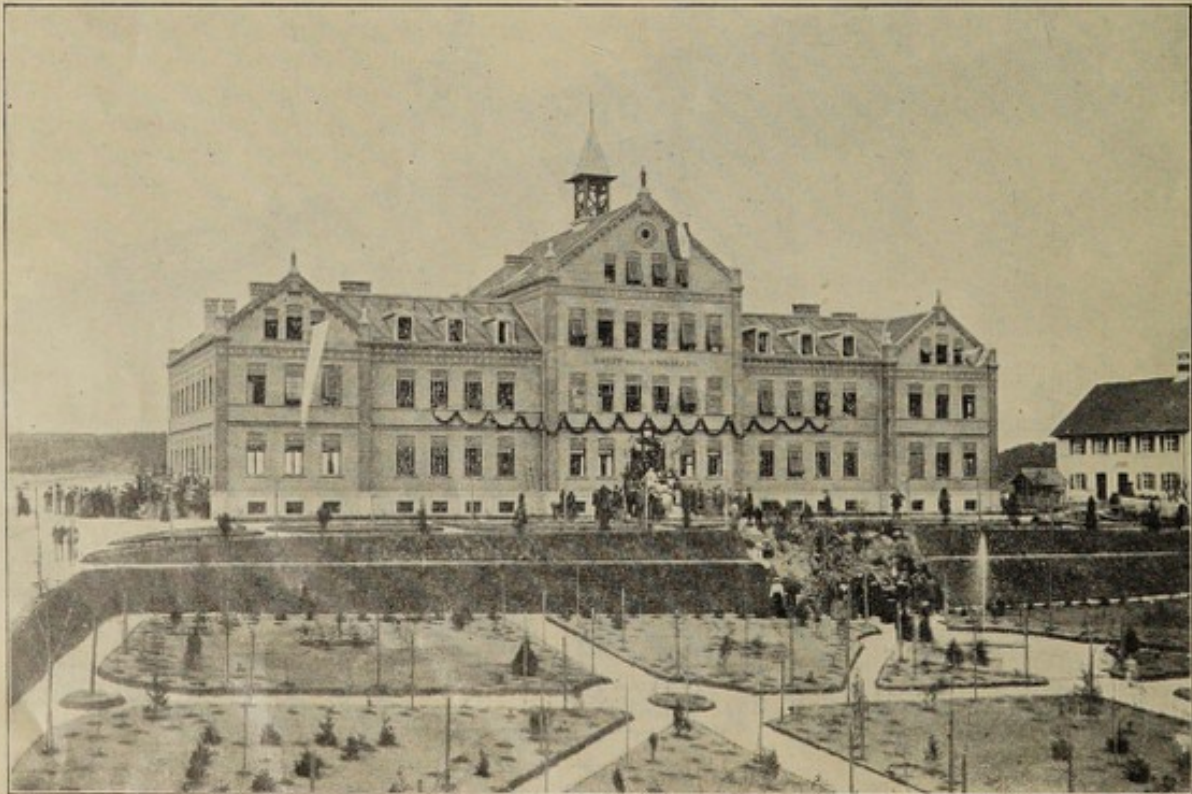
The "Kurhaus" of to-day.

But not only adults were treated successfully, the lives of thousands of infants and children have been saved by Kneipp and are saved by his successors to-day.



This cut shows the first Children's Hospital or as Kneipp called it, the first "Kinderasyll". In a very short

time this building was too small and to-day the new building also is hardly large enough.



The New Hospital for Children.



The Kneipp and Natural Healing Sanatorium of F. E. Bilz, Dresden-Radebeul, Germany.

As stated above Woerishofen became the Mekka and Medina of those afflicted with incurable or chronic disease according to the opinion of their doctors. The number of patients grew constantly until 1891. During the first ten months of this year not less than 14,094 patients were cured by Kneipp. The following years show a decrease.

In 1892 there were 12,175, in 1893 10,839, in 1894 9988, in 1895 9884, in 1896 8881, and during the first 3 months of the year 1897 2192 patients in Woerishofen.

This gradual decrease does not serve to prove that the public in general or suffering humanity had lost their faith and confidence in Kneipp and his methods. In the contrary it proves that Kneipp's many disciples, the many students of his watercure, had spread all over the world to preach the gospel of nature and had been successful in healing the sick. Already in 1897 one would find Kneipp sanatoria and Kneipp physicians in every large city in Europe, consequently many thousands looked for and found successful treatment nearer to their home. A journey to Woerishofen was sought a necessity only in very serious cases.

Kneipp is gone but his influence is still felt. To-day the physicians of the old school are forced to acknowledge the healing power of water just as much as years ago the engineers of the old school were forced to acknowledge the moving power of steam, water expanded by heat.

Water, especially in the form of steam, has become one of the most useful servants of mankind, and water, cold, hot or in form of steam will soon be recognized by all—even by medical men—as the most effective healing power.

Principally to Kneipp merit is due that this natural means of healing has become public property.



The New Orleans Kneipp Water Cure Institute,
NEW ORLEANS, LA.

Practical Dietetics.

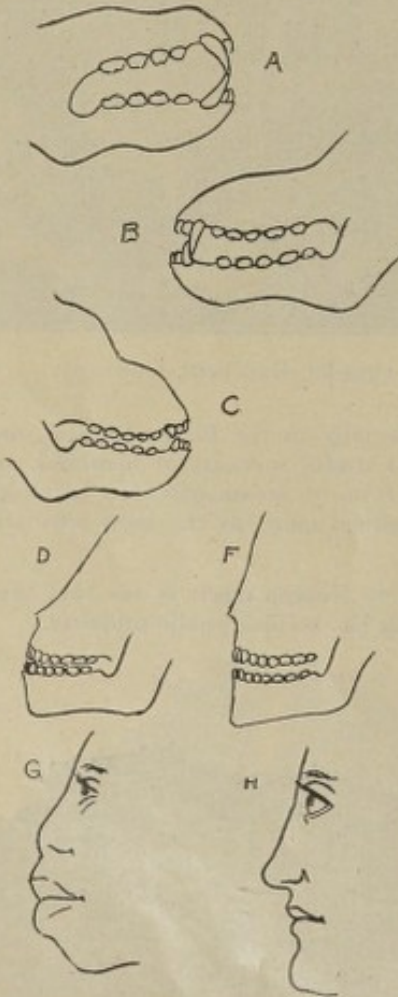
Is Flesh Meat as an Article of Diet Essential to Physical and Mental Vigor?

By W. R. C. Latson, M. D.

FOOD VALUES OF FLESH MEAT.

Without stopping to consider the ethical, the economic or the humanitarian aspect of flesh eating, let us pass at once to the practical phase of the question:—Is flesh meat, as an article of diet, essential to physical and mental vigor? The known facts of anatomy, physiology and chemistry, as well as the experience of thousands, ought to enable us to answer this question in a practical and positive manner.

From an examination of the structure of any animal much may be learned regarding its nature, its habits and its normal food. A careful study, for instance, of the legs, feet, talons, jaws and teeth of the wolf would show unmistakably that the wolf was a predatory, carnivorous



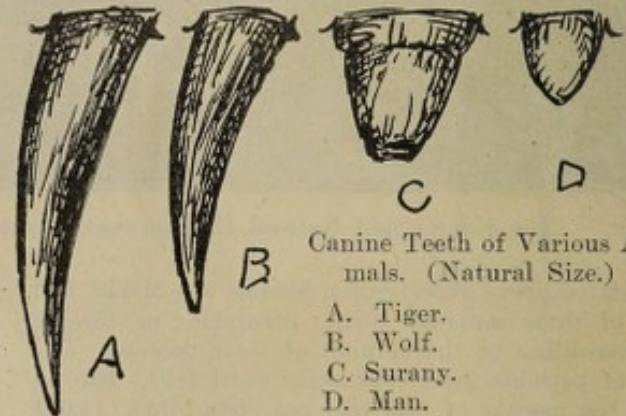
Jaws and Teeth of Various Animals.

A. Flesh Feeding Animal. B. Baboon. C. Orang.
D, G. Kaffir. F, H. Caucassian.

animal—an animal adapted to running down, killing and eating some weaker animal. A critical examination of the tiger would reveal that, while the jaws and teeth are

equally fitted for holding and rending flesh, the animal is not adapted for running, but that the claws are peculiarly formed for clutching and holding prey. The tiger's mode of securing his food could be thus unerringly deducted from an examination of its anatomical structure. The formation of the internal organs is still more closely adapted to the animal's habits, and an examination of the stomach, liver, intestines, pancreas and other organs would indicate without possibility of error the animal's natural food.

Applying this method of examination to man we find that, by the structure of his hands, his jaws and teeth, his general muscular development, and more especially his digestive organs, he is closely related to the anthropoids—the manlike apes, who live entirely upon fruits and nuts. Whatever opinion may be held regarding the “evolution” of man, there can be but one conclusion concerning his classification. Regarding man's place in nature, a great naturalist, Dr. Ernst Haeckel, has said:—“Whatever part of the body we consider, we find, upon the most exact examination, that man is more nearly related to the highest apes (eaters of fruit and nuts) than are the highest apes to the lowest apes. It would therefore be unwarranted to regard man as constituting a class by himself.” Another great naturalist, Linnaeus, referring to the natural diet of man, says:—“Man's structure, external and internal, compared with that of other animals,



Canine Teeth of Various Animals. (Natural Size.)

A. Tiger.
B. Wolf.
C. Surany.
D. Man.

shows that fruits and esculent vegetables constitute his natural food.” Cuvier says:—“The natural food of man, then, judging from his structure, appears to consist of fruits, roots and the esculent parts of vegetables.” Dr. Edward Smith, author of “Food and Dietetics”, says:—“Every element, whether mineral or organic, which is required for nutrition is found in the vegetable kingdom.” Dr. Carpenter says:—“A well selected vegetable diet is capable of producing the highest physical development.” Virchow, perhaps, the greatest living authority on physiology, says:—“The future is with the vegetarians.”

Regarding the teeth of man, it has been claimed that the presence of the canine teeth is an indication that flesh meat is a necessary (or, at least, natural) ingredient of his food. We find, however, that the anthropoid apes (gorilla, orang and chimpanzee), who are known to be strictly frugiverous, have larger canine teeth than man. These canine teeth in man being still smaller than in the apes, as a matter of fact, demonstrate clearly that, like them, he is naturally a non-flesh feeding animal.

There are some who, while admitting that flesh is not a natural food for man, claim that, after having been used to flesh for centuries, the human body cannot at once adapt itself to a none-flesh diet. Against this may be quoted the experience of hundreds of descendants of flesh eating races, who find themselves maintained in increased

There is a popular belief to the effect that flesh meat is a "strong" food—that there is more nutriment in a pound of beef than in a pound of nuts or beans. A reference to the tables and diagrams appended to this paper will show that this is a fallacy; for it will be readily seen that the legumes (peas, beans and lentils) are richer in proteids than is flesh meat, and that the nuts contain more fat, while the flesh is entirely lacking in starchy matters. So far from being a "strong" food, flesh meat is a very "weak" food; and proportionately to its bulk, imparts very little true energy.

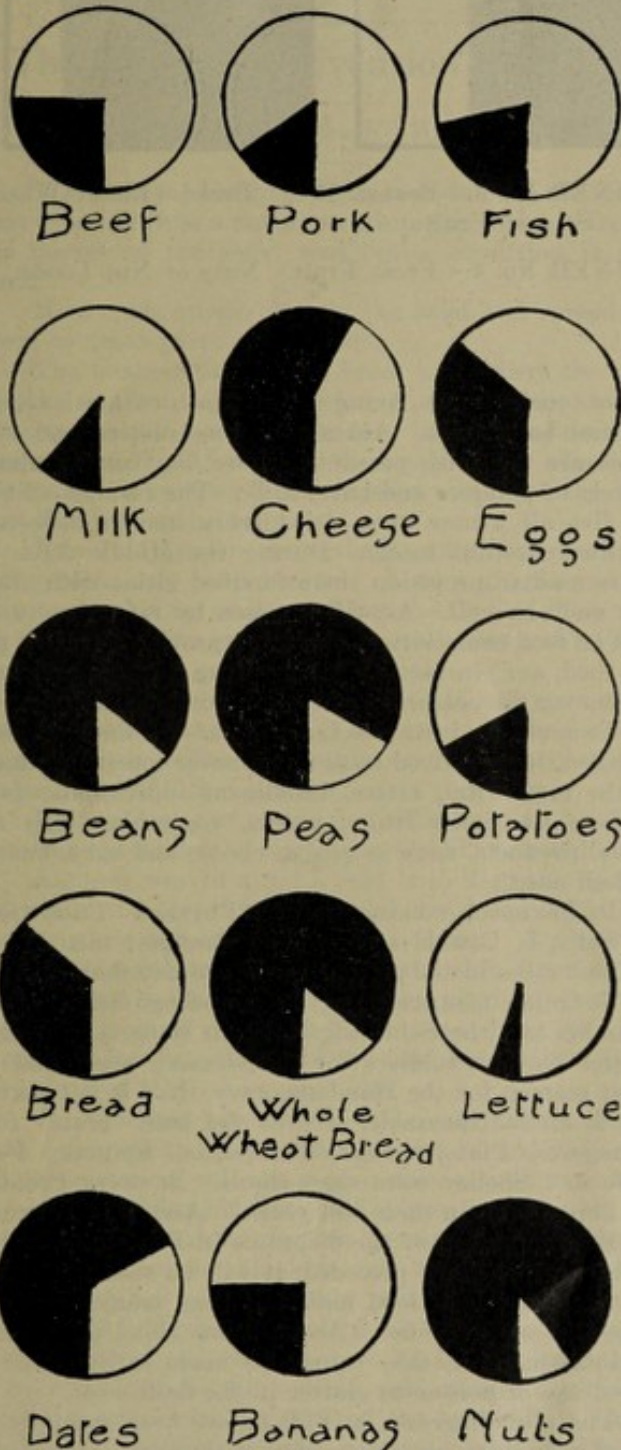
While it is a fact that the flesh of the animal contains certain food elements, proteids, fats and salts, it also contains various waste and poisonous substances produced in the animal's body. These substances include various ptomaines, leukomains and xanthins, creatin, creatinin, uric acid and other recrementitious products.

Like other animals, man himself generates these poisonous matters; and, like other animals, he is provided with organs of depuration for their removal. But when, in addition to the poisons made by his own body, he takes in the excreta and poisonous waste matters of another animal, he is subjecting his organism to an unnatural and dangerous strain. The excrementitious matter taken into his system necessitates an immensely increased work on the part of his own eliminating organs—skin, lungs, bowels and kidneys. Often these excretory organs are unable to carry off their double load. The matter then accumulates in the system, producing acute or chronic disease. In an acute disease, "cold" or other fever, "bilious" attack, sick headache or diarrhoea, the matter is expelled through a spasmodic effort of the entire organism. Or the poisonous matter eaten as food and not excreted may be retained indefinitely, causing various "chronic" diseases. A diet containing an excess of flesh meat produces congestion and enlargement of the liver and the so-called arthritic or gouty diathesis. The presence of an excess of uric acid, creatin or other excrementitious substance is now known to be the immediate cause of many painful and dangerous diseases.

So far from being a "strong" food, flesh meat is, strictly speaking, not a food, but a nutro-stimulant. The meat of the animal contains food and poisons. The food we can use. The poisons we must excrete, and in the effort to get rid of these irritating poisons the organism is thrown into a state of excitation, which is mistaken for strength. As a matter of fact, it is like the "strength" that comes from alcohol. And it may be mentioned that meat taken in excess by one unaccustomed to its use will produce effects similar to those of alcohol and other toxic drugs. Among these effects may be mentioned excitation, palpitation, nausea, dizziness, drowsiness and coma.

The strongest argument against the use of flesh meat is that to eat the animal's flesh is to eat the animal's excreta, which is inseparable from it.

These objections to flesh apply to the fresh killed meat of healthy animal, such as game. But when the meat is allowed to "hang" until it is "high" and "gamy"—that is, rotten, in plain words—or when kept for weeks in cold storage, or when "embalmed" with preservatives and hermetically sealed in tin, the dangers of eating it are greatly increased. Domestic animals used for food are kept under conditions which generally render their healthy state impossible. The chickens, wandering at will, often obtain their food from the most loathsome

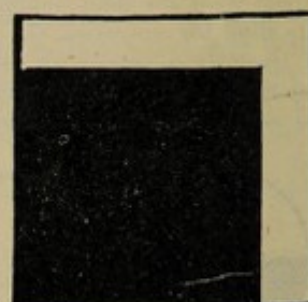
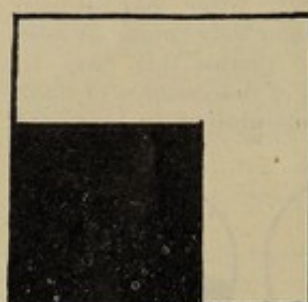
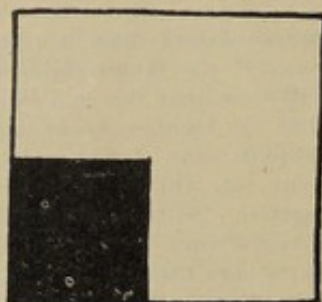


Diagrams Showing Comparatively Amount of Aliment in Various Every Day Foods.

health and strength on a non-flesh diet. Furthermore, it is an oft demonstrated fact that dogs, cats, bears and other flesh feeding animals will thrive upon a purely non-flesh diet.

To sum up this phase of the question in a word: Man's anatomical structure and physiology show him to be naturally a non-flesh eating animal.

DIAGRAM SHOWING COMPARATIVE FOOD VALUE OF FOUR DINNERS.



DINNER No. 1.—Oysters. Soup. Fish. Roast. Poultry. Peas. Potatoes. Spinach. Olives. Bread. Butter. Ice Cream. Fruit. Cheese. Wine. Coffee. Mustard. Vinegar. Pepper. Sugar.

DINNER No. 2.—Soup. Meat. Potatoes. Beans. Lettuce. Cauliflow. Bread. Butter. Pudding. Coffee. Vinegar. Mustard. Pepper.

DINNER No. 3.—Beans. Rice. Bread. (Entire Wheat). Stewed Fruit.

DINNER No. 4.—Fresh Fruit. Nuts or Nut Foods.

sources. The pigs, fed on refuse and swill, deprived of all exercise inevitably suffer from chronic disease. The cows are often "driven" (that is, overfed, to increase their milk give), until they die of "milk fever". But they are never buried—except in the stomachs of the lovers of "roast beef". It has been estimated that 20,000 carcasses of diseased animals are annually interred in the English stomach.

Domestic animals are very prone to disease—in fact, that most deadly modern disease, tuberculosis, comes to us from the cow. Within the last two years three herds of prize cattle, on three of the finest model farms of the world, were found, on being examined, to consist largely of diseased animals. Out of one of these—a herd of one hundred cattle—seventy were found to have tuberculosis and were killed. There are many other diseases which may be contracted through flesh eating, and numerous instances are on record of fatal poisoning through the eating of diseased meat which had found its way into the market. It has been estimated that if only the meat of healthy animals were marketed, meat could not be bought for less than \$1 a pound.

In eating the flesh of an animal there is the certainty of taking in the animal's poisonous excreta; and, in addition to this, there is the grave danger of infection through the diseased condition of the animal itself.

In considering the practical side of the question it should be remembered that at least seven-tenths of the population of the globe never eat flesh meat. In India, China, Japan and adjacent countries there are about 400,000,000 people, strong, active, healthy, long-lived, who eat no flesh meat. The Turkish porter, on a daily ration of rice and dates, will jog along, his back bent double, under a load that would crush an ordinary navy. Darwin tells us that the Andean natives do a day's work of 400 foot tons (nearly twice the work of an ordinary day laborer) on a diet of bananas. Among the Japanese the rikisba men, bare to the sun, with muscles like steel bands will whirl their seated passengers over the ground, at the speed of a horse's trot, forty miles a day, for days together. Their diet consists of rice, vegetables, and occasionally a little fish. The Lascars, on a similar diet, make the best seamen in the world.

The peasants of Russia live mainly upon thin vegetable soup, sauerkraut, rye bread and oil. The Scotch Highlander, whose courage and hardihood is proverbial,

seldom touches meat, living mainly upon oatmeal, vegetables and buttermilk. Among the most active and vital people are the Irish peasants, whose diet consist almost entirely of potatoes and buttermilk. The farmers of Corsica live all winter upon dried fruit, mainly dates and polenta (chestnut meal). During the Middle Ages the Moors used to provision their fortified cities with chestnuts and olive oil. As will be seen by reference to the table of food composition, chestnuts provide almost a perfect food, and, in fact, they constitute a staple article of diet among the peasantry of certain portions of Italy.

To multiply instances is needless. Of the healthiest, strongest, longest lived races many never touch flesh meat. Of the most vital, active, intelligent individuals large numbers live upon fruits, grains, vegetables, nuts and animal products, such as cream, cheese and eggs, but eat no flesh meat.

In his epoch making work, "Physical Education", Dr. Felix L. Oswald says:—"The strongest men of the manliest races in the present world are non-flesh eating—the Turanian mountaineers, the Mandingo tribes of Senegambia and the Schleswig-Holstein Bauern, who furnish the heaviest soldiers for the German army and the ablest seamen for the Hamburg navy. Nor is it true that flesh is an indispensable, or even the best, brain food. Pythagoras, Plato, Seneca, Paracelsus, Spinoza, Peter Boyle and Shelley were vegetarians. So were Franklin and Lord Byron in their best years." And so is Tolstoi.

By comparison of the diagrams in Fig. No. 3, as well as those which have preceded, it will be seen that flesh meat is less rich in food materials than many other substances in ordinary use. At the same time, these tables are inadequate, as they cannot be made to indicate the percentage of poisonous matter in the flesh meat.

The four diagrams in Fig. 4 have been specially designed to indicate the superiority of simplicity in the matter of diet. The immense variety of food substances in Dinner No. 1 is not only a temptation to overfeeding, but constitutes a severe tax upon the digestive organs. Dinner No. 2 is much more wholesome, but is far less nutritious than Dinner No. 3, which consists of pure vegetable foods only. The ideal food for man consists of fruits and nuts (properly crushed and uncooked), as indicated in Dinner No. 4. This, as a steady diet, would be considered monotonous by many; but scientific research leaves little doubt that it is the natural diet of man. For

practical purposes however, a dinner such as No. 3 would answer every requirement of economy, convenience and nutrition.

In the next and concluding instalment of this paper the subject of food combinations will be considered, with special reference to the preparation of balanced bills of fare without flesh meat.

The Cold—its Prevention and Cure.

By F. J. Buettgenbach (Minerva, Ore.)

The sudden changing from heat to cold and cold to heat by going from a warm room into the cold air irritates the nerves of the body and this condition is called "cold".

Most colds appear first in the head and spread from there to other parts of the body.

The weakest part of the head, i. e., where the nerves are the tenderest and very close to the surface is in the nose, in the skin covering the bone in which is located the sense of smell. As soon as these nerves are affected, as spoken of above, they lead just as a telephone, the irritation further in the body.

Now if a person strengthens this very weak part, many colds may be prevented. A very simple and easy way to do this is, while washing the face to draw water up the nose as far as possible several times and let it run out again, and to gargle the throat also.

The first time a person does this it will hurt a little, because the skin in the nose is so tender, but by the second or third time he becomes accustomed to it and will feel no pain and will find out the benefit very soon.

Half an ounce of prevention is better than a pound of cure for the danger of "catching a cold" is avoided.

Another way to avoid a cold is to keep the body and especially the feet dry. Never sit down or rest with wet feet or while any of the clothing is damp. A person may go with his clothing wet through the skin for the whole day without taking cold if he keep moving; but if he stops or sits down only for a few minutes, he is apt to have a cold. After catching cold the only way to cure it, i. e. to get rid of it, is to sweat it out.

The quickest way to do this is to take a Russian bath following it with a cold ablution or cold water bath. If circumstances will not permit this, a good sweating in the bed in woolen blankets will answer just as well. The patient must lie down for two or three hours covered to the head in woolen blankets and wrapped in a shirt or sheet which has been dipped in cold water and wrung out a little. After lying for half a minute or so in the cold, wet sheet, he will commence to feel warm and soon to perspire. Now he must drink cold water; the more he drinks the more he sweats, and the better it is for him because the sweating purifies the blood and makes him healthy. After the sweating must follow an ablution or a bath in cold water.

If a cold is not taken out of the system immediately it causes a sediment, the next cold increases the sediment and so on till sickness appears and causes more trouble, lost time and everything else than it would have taken to cure the cold.

The only caution to be observed is the patient must be warm not shivering, before the wet sheet is wrapped around him. If he feels cold, make him warm first.

Senselessness of Paralyzing the Senses.

By David Paulson, M. D.

Nature is kind to man, but we must keep within the sphere of its beneficent influence and lay aside everything that tends to drag him down. Altogether too many regard the body as a harp of thousand strings, upon which they may play for their own pleasure, whereas the real object should be to use it to produce sweet melody for others, and the man that is most thoroughly engaged in helping others is touching the right chord. But the man who eats for the purpose of tickling his palate, who wants to hear or read vile things because they tickle his brain, or the man who wants to feast his mind upon the impure things, —in short, every one who plays upon this harp for his own pleasure, will never become perfectly well until he has conquered that wrong principle.

If we will constantly eat the things which are good for us, by and by they will taste good, for nature has put an individual flavor into every food. The tastes of some are so destroyed by wrong diet that they can taste only three or four things. Suppose I fold this paper into a triangle, and then put vinegar on one angle, pepper on another, and mustard on the third. Some people put these substances on their food every day, and they continue to do this until they have no more strings upon which to play than the three angles of a triangle, and they can not taste anything else. Soldiers whose hearing has been injured in the battle, can sometimes distinguish only a few sounds; they can not enjoy the beautiful sounds of nature. So there are many who have smothered the beautiful flavors in fruits, as well as in whole wheat bread, granose, zwieback, nuts, etc. They have been paralyzing their tastes until they can taste only these few things. When they begin reform everything tastes flat; and they say that they "do not like to eat this sawdust", because they can discover no taste in it; but if people cultivate the taste for things that are good, they by and by begin to appreciate their flavors, the same as they would appreciate the superiority of the fragrance of flowers over that of some rank odors.

I know that many cooks are virtually in partnership with the undertakers. Many are making drunkards of their children, because they are cooking things which create a thirst which cannot be satisfied at home. Such a boy will find something in the saloon which will satisfy that thirst. Many men who have been fed on this kind of food afterwards become drunkards; and after they have reformed and partially recovered their normal tastes, then frequently the "fatted calf" is killed, and they sprinkle on it mustard and other things that burn after they are down, and in this way the demon of intemperance is again aroused. I knew a man that was a splendid specimen of humanity, who had been to the Sanitarium and had recovered from delirium tremens and had overcome his appetite for liquor. He went home, and his friends invited him to partake of a "good dinner". The poor fellow, after eating, went to a saloon, and at night he was picked up in a drunken condition by a policeman. What right have we to pray ourselves, "Lead us not into temptation", and then present directly before our brother temptations in the most insidious yet most effective form? —(Pacific Health Journal.)

The Causation of Diseases.

By Ludwig Staden, Naturarzt.

The principal physiological cause of all diseases is found in the blood, which causation we call dysaemia or defective composition of the blood. This is the root of all ailments, we therefore may say, it exists only one disease, which manifests itself in different forms. The reason of this defective condition of the blood will easily be discovered in the unnatural and effeminating mode of life. Nowadays everybody eats more than he can digest and principally eats food which is artificially prepared, consequently harder digestible than food in its natural state. The most essential food is meat, and such an exclusive meat diet causes a more accelerated change of matter, which we try to balance through alcohol; meat and alcohol are the ruin of the individual and national health, they are the causes of luxury, effemination and degeneration.

An exclusive meat diet produces a surplus of uric acid, which neutralizes the natron of the blood and prevents it to absorb the carbonic acid, one of the greatest self-poisons and enemies of vitality; all processes of life suffer considerably under this abnormal quality of the blood. This is the reason why Dr. Alex. Haig, physician of the Metropolitan Hospital of London, looks upon uric acid as a fundamental causation of disease and he is right in so far. Blood which contains too much carbonic acid is especially qualified for the culture and the existence of bacilli, in pure blood such germs would never settle, which proves that not the bacilli can be the cause of disease but only the bad quality of the blood is responsible for their existence. Bacilli are foreign or morbid matter in the blood, if the vitality of the individual is strong enough, the presence of such foreign bodies causes fever, the organism endeavors to get rid of them under a higher pressure of temperature, which again proves that a fever is a healing and the most natural purifying process. If an individual has not enough vitality to produce a fever and to burn and secrete the morbid matter, the same will settle down in different organs and thus cause chronic disease, or if a natural healing process like fever gets disturbed or suppressed by medicines, i. e., chinina, anti-pyrin, etc., the same result will take place. A great many of chronic diseases are the result of acute diseases, supposed to be cured (!) by medicine; for instance many eye- and ear-troubles after the grip, measles, scarlet fever, etc.

If the blood contains too much uric acid the crystals of uric acid accumulate in the muscles and joints and produce those painful diseases called gout and rheumatism, also sulphuric acid frees itself from the flesh and tissues which destroys the red corpuscles, the supporters of oxygen. No wonder that the change of matter becomes entirely abnormal and effects proportionally the nervous system and the mental powers. Lassitude, physical, intellectual and moral weakness, loss of will power take hold of the patient and he becomes dissatisfied with himself and the whole world, a condition which often develops into perfect nervous prostration. The excessive quantities of meat and in connection with these alcoholic liquors cannot be assimilated entirely, the surplus remains in the body and fat and obesity are the results, the sugar in the muscles cannot be absorbed through lack of oxygen and that fearful disease diabetes appears. The use of alcohol

is the ruin of the red corpuscles more or less, the dissection of drunkards shows a white color of the lungs, the great lack of oxygen made it impossible to purify the venous blood in the lungs, the function of the heart became heavier day by day and the finale was apoplexy.

All people who suffer from dysaemia of the blood are tormented by a great thirst, because nature tries to attenuate the dysaemic blood, but this thirst induces the sufferer to overflow his tissues with fluid, they become flabby and stagnative and can be compared with a swamp. Tissues in such a condition are the most qualified places to cultivate bacilli and in times of epidemics like cholera, typhoid fever, yellow fever, etc., individuals of such a disposition form the majority of the victims. If one intends to harden and regenerate people, one must ask them to abstain from drinking too much water and other fluids, this was the theory of Johannes Schroth, who performed so many wonderful and phenomenal cures, among which the celebrated cure of the Prince William of Wurtemberg. His method is known among the natural methods of healing as the Cure of Regeneration. At this occasion the great abuse of table salt may be mentioned, which also causes great thirst. Mineral salt, which is not one with organic matter, can never be assimilated by the process of changing matter, it will always be secreted again, especially by the kidneys or it remains in the body as foreign matter and thus causes disease, a special form of disease caused by the abuse of salt is the scorbutic. It is absolutely unnecessary to use tablesalt, we get all the necessary nutritious salts in abundance from the vegetable kingdom, where these salts are in organic form and therefore can be assimilated by the system.

Every man with common sense will understand what he has to do in order to avoid the original causes of disease, which can be given in the few words "keep your blood pure". Add to simple, non-stimulating diet the use of plenty of fresh air, sunlight and especially airy, well ventilated bed-rooms, cleanliness, hardening of the body by cold water and assist nature in the process of secreting foreign matter with steam baths and packings occasionally, light clothing covering the body equally, harmonious exercise and rest, and pure thoughts, and you will have a guarantee of health, which is far fore valuable and surer than all medicines in the world.

A Wrong Man.

Anxious Husband—"I am afraid, doctor, that my wife is a very sick woman. She hasn't spoken a word all day."

Doctor—"Then you don't need me. You want an undertaker."

Following Instructions.

Patient—"Why do you watch the thermometer on the wall so closely?"

Nurse—"Because the doctor said if the temperature rises, I should give you the quinine."

"The transgression of physical law is the transgression of God's law."



For the Little Children.

Under this heading we will treat in every issue one or more diseases of Children.

How to take Care of the new-born Baby.

One of the severest battles of Nature is fought in the moment the last breath is drawn. Life and with it the soul leave the body. It is as when the body does not want them to part but when the last moment has come all struggles are in vain. Breath gets slower and slower and more and more difficult until it ceases altogether.

A similar fight takes place when the new-born child enters the world and begins to draw breath independently. It is a pretty hard fight. It seems as when the child may suffocate. Air commences to penetrate into the innermost parts of the body and of course encounters many obstacles on its way. The organs are weak and not used to their work. Naturally there are difficulties to overcome. If in such cases the child could speak, it would cry for help. The best help to be rendered would be to put the child into cold water, that is for hardly one second, just in and at once out again. This dipping into cold water causes a strong concussion and strengthens the child's system; breathing is rendered easier and many a child was kept alive by this immersion who otherwise would never have been able to draw breath. It seems as when the touch of the cold water electrifies the little body.

This treatment may seem strange or extraordinary at first, but it is natural. Kneipp did not recommend it only because he thought so. As stated in other issues Kneipp was a keen observer of nature and always ready to learn from nature how to benefit suffering humanity. In his little Bavarian country-place he had all the occasion he wanted to observe nature and humanity as they are.

Our readers will ask, how could he come to think that a new-born child would breathe easier when dipped into cold water. Kneipp saw that the new-born calf or foal for instance experienced the same troubles as a new-born child, when drawing the first breath. He found that in many and many cases the farmers saved the life of a new-born calf or foal by simply pouring some cold water over its head. He saw that the young animal treated in such a manner would shake its head and commence to breathe easy. By this simple means thousands and thousands of creatures were saved, which otherwise would have died right after birth in a miserable way.

Is there any difference in the process of inhaling air for new-born children or calves? No, absolutely no! The same difficulties must be overcome by both in the first moments of their lives. Why should not the remedy which will help one help the other?

That Kneipp was right is a fact proven by the thousands and thousands of lives of new-born children saved in the described manner.

The first air inhaled by a new-born child is of the greatest importance. It should be fresh and pure. Bad, foul or stinking air will produce desolation in its tender body.

Bad air contains very little oxygen, but oxygen is most necessary at the beginning of life. A good beginning is made as soon as plenty of oxygen gets into the body with the first breath. This first dose of oxygen is the foundation of health for the new-born child. The more it gets and the purer it is the better for the baby.

The greatest attention of the parents should be given to air and water, if they desire to protect their new-born child from harm. Keep pure air in your room always and especially at the time of the birth of the child. Impure air will act like poison. Do not bath the child in warm, debilitating water. In many and many cases the new-born child is deprived of its health by a too warm bath and the cause of its early death is very often rendered by it. It is a very foolish notion to think that the temperature of water which can be endured by the elbows of the nurse is the right temperature for the bath of the child. It will be easily understood that an old elbow will soon be accustomed to the heat and will not feel the exact temperature of the water. In this way and in many cases the new-born child is put into water much too hot for it.

We know very well that many mothers will be afraid to put a baby into water of from 0 to 10 degrees Reaumur. That however is wrong. In such cases we would advice first to use water of from 20 to 22 degrees Reaumur and the reduction of the temperature for one degree each day until the beneficial temperature is reached. Water of from 20 to 15 degrees Reaumur is tepid; from 15 to 10 degrees is cool and under 10 degrees it is cold. Water of a temperature of 30 or more degrees is called hot. Everybody will be able to understand that, as long as water of about 10 degrees Reaumur is beneficial to the health of the baby, water of a temperature of more than 20 degrees must be hurtful to its health.

Fresh water will always be the best. We only recommend the higher temperatures for those who will never profit by the experience of others but have to find out by themselves.

In giving the above mentioned cold water-applications the following rules should always be observed: Dip the child in rapidly, count one, two and three and take it out at once. Do not use a towel to dry it but wrap the child up in a dry piece of cloth and put the child to bed. Do not temperate the cloth for such a tempered cloth will

under all circumstances paralyze the beneficial effect of the cold water.

Children get very soon accustomed to such cold water-treatments and get healthy and strong when brought up in such a manner.

Quite a number of people are under the impression that stout children are strong. But this is wrong. A little piece of hardened steel will stand more pressure than a big piece of soft iron, in the same way children hardened by cold water during infancy may not be as fat as others but will be able to stand the process of teething much better than fat and soft fleshed children. Fat bodies are always spongy. Cold water will draw the spongy organs together and give strength to the whole system.

Water has strengthened thousands of weak children and in all these cases has forced the weak little machinery of their bodies to work more readily and perfectly. Even the weakest children may be strengthened by this simple means, while thousands and thousands of strong children are weakened by the hot baths into which children are put daily simply because custom and fashion have established this rule. Experience has proven these facts. There are cases in which even strong little country lads have been weakened by these frequent hot baths, how much more weakening must they act on the systems of tiny little babies.

A warm bath may be given once in a while to cleanse the child, who should not stay in longer than a few minutes. But the child should be dipped into cold water, when taken out of the hot bath, or cold water be poured over it while in the bath. This cold water-application will strengthen the body and counteract the effect of the warm water.

We cite here one case which came under Kneipp's observation and will fully explain everything.

A young mother came to Kneipp and told him that her three weeks old baby was always restless, crying and had little appetite and very little sleep. Kneipp advised this mother to dip her child into cold water, wash it rapidly, wrap it up without drying and put it to bed. Several weeks later Kneipp met the young mother again and asked her how the baby was. She answered:

"It is much quieter now, has more appetite, sleeps much better and is thriving well, it makes not the least fuss when put into the cold water."

The experience of this young woman will be the experience of all mothers who follow Kneipp's instructions. Have no fear to treat new-born babies with cold water for two or three seconds, never longer.

These cold water-applications produce a healthy, strong and elastic skin, which performs its natural functions readily and perfectly.

Such a skin will be the best protection against sickness in many cases and will resist easily all changes of weather.

Children treated in such a manner with cold water are not subjected so much to colds, convulsive attacks and other diseases of babyhood.

Pure fresh air is, as stated above, of the same importance. Next to cold fresh water, fresh air is the best tonic for weak children. Fresh air is a necessity just as much as food. Bad air will germinate all sorts of diseases in the youthful organism.

How often do children fade away and die early and how often is nobody else to be blamed for this early death than the mother herself. Such mothers are afraid that

cold water or fresh air come into contact with their children. We may say such children are kept constantly in a hot-house. Look at the gardner, mothers! He opens his hot-house and allows sun-shine and fresh air to enter it, and gives plenty of fresh water to the young plants.

In the same way as young plants will fade away, when shut up in a hot house without fresh air and fresh water, young children will do the same.

Often months pass by before a baby is given some fresh air. It is therefore not astonishing that the first air it will breathe will produce something like a cold. This supposed cold is not treated right in most every instance and in many cases the child dies. The wise women of the neighborhood of course say the cold has killed it, while only the foolish action of the mother has caused the death of the child.

In such cases the child was not used to the fresh air. The abundance of oxygen was something new to the organism. A little washing with fresh water would have assisted the little being to overcome the sensation without any serious results. Fresh, pure air is meant, not misty, rainy weather. It does not make much difference if summer or winter air is inhaled. It will refresh and the fresh water will strengthen the systems.

Of course children have to be guarded against drafts of any kind. Drafts are not fresh air, keep your rooms moderately warm and well ventilated but without drafts. Allow your babies to kick about in such rooms as much as they like, give them plenty of fresh air and use pure fresh water freely and you will experience very little trouble with your babies.

Special Vapor Application.

There are many cases in which a vapor bath alternately with water-applications will do more good than any other form of treatment. Such vapor applications are of good service against complaints of the eyes, ears, mouth, fingers, hands, arms, toes, feet, etc., etc., as the following instances will explain.

A poisonous insect stings a hand or an arm. The limb begins to swell, a violent pain sets in, the inflammation spreads, but the sufferer does not know what to do to get relief. Packages on hand and arm together with vapor on the suffering part will soon sooth the pain and bring relief. All what is necessary to do is to hold the hand or arm over a vesel containing boiling water.

A wound on hand, foot or arm polluted by poisonous matter is treated in the same way to prevent blood-poisoning from setting in. The vapor will quickly dissolve and secrete the poisonous matter.

Persons bitten by a dog supposed to be mad should be treated to a vapor bath as quickly as possible before a physician arrives. It will bring at least a provisory help to the endangered person.

Cramps on certain spots on arm or foot are also removed by vapor treatments.

Decoctions of hay-flowers cannot be recommended too highly for all these purposes.

Kneipp recommended and has treated many cases of eye-complaints very successfully with a decoction of ground fennel, eyebright, and shave-grass; for complaints of the ears he has found a decoction of blind-nettles, stinging-nettles, or common yarrow to do wonderful work. A decoction of yarrow, ribwort or nettles will dissolve phlegm in the throat.

All these vapor-applications should not last longer than 20 minutes and not less than 10 minutes.



For Women.

Under this heading we will publish in every issue an item specially interesting to women.

Applications of Water for Mothers.

By B. Lust.

"Regard water as your medicine chest" Kneipp often used to say to his followers and friends and there is no better advice for mothers. In every walk of life, in every rank of society a special burden rests on the mothers of the families. The weaker organism of the mother unfortunately succumbs too often and far too early.

Mothers should use water freely and will derive great benefit from it. They will be spared many infirmities and their life will be made much easier. Such water-applications will not only strengthen the whole system but will improve all mental qualities as well. They will make a mother stronger and able to endure more.

Many and many a mother would like to know what to do to become a good house-mother and to fulfil the duties of her calling faithfully. Her first duty will always be first to protect her own health for the sake and the safety of her family. Water should be her means to attain this end. Cleanliness should be a predominating virtue in every household and mothers should wash their whole bodies twice or three times a week right after rising.

This washing of the whole body should be done as quick as possible and should never last longer than a minute. The body should not be rubbed dry with a towel but should be left to dry of itself. This kind of water-application will have good results and will brace up and strengthen the whole system of the mother. Weekly two or three half-baths lasting only a second or two will also be good for the purpose mentioned. The half-baths should be applied in the following manner: Go into the water up to under your arms, count one, two, three and go out of it again.

Besides strengthening the system these baths keep the blood in proper circulation and produce the necessary natural temperature of the body.

Mothers who follow these instructions will have very little reason to complain of illness. All what is necessary to overcome is the anticipation of the first two or three times and soon these baths will become a delight. It is surely not much to require of a mother that she should take three simple baths of a few seconds duration in a week. These baths should be taken right after rising in the morning or at any convenient time during the day but never before not two hours have passed after a meal. It is also not advisable to take a bath right before going to bed, for in some cases such a bath may prevent sleep.

Very good effects will be attained when these half-

baths are taken in the middle of the night. In such cases the mother should get out of the bed, take the bath of about two seconds duration and immediately go to bed again.

A mother should also cleanse her system at least once every fourteen days. This is easier to accomplish than one may think. A sort of hay-flower-packing will answer for this purpose. Such a hay-flower-packing is applied in the following manner: A shirt is put into a warm decoction of hay-flowers, put on and a dry blanket wrapped around it. This application will cleanse the whole system of the mother of all morbid matter and decomposed juices.

Many laugh when the advice is given to walk barefooted at least a part of the day. These people forget what beneficial results will follow. Walking barefooted will draw the blood from the head and reduce the heat which is formed by work in the body. It is a fact, that those who adopted the custom of walking barefooted rarely suffer from either headache or toothache. Of course it can easily be understood that many mothers are not in the position to follow this custom as they may like, but there is not one mother living who would not be able to find a chance to walk barefooted for some short time in the morning and in the evening.

The cold washings referred to above as well as the baths may be applied under all conditions. Especially under certain conditions these washings will be a blessing, they will keep the mother in the best and strongest health. The baths however should never last longer than two or three seconds. The hay-flower shirt should not be applied in these certain conditions of women, for it is not necessary.

Many mothers who will read these lines think, well, I don't need these applications, for I am healthy and well. But there is where the mistake is made. The Kneipp-Cure does not only cure sickness, its principal object is to preserve health and to prevent disease by fortifying the body for all attacks against it by disease.

The number of mothers who complain to suffer from nerve-troubles is very great. They use all sorts of drugs and—their nervousness is increasing. If they would use cold water and walk barefooted their nervousness would soon disappear.

These few little instructions will, if followed, prove a mine of health to all mothers who suffer from one or the other ailment or will serve to protect the health of those who are well. Water is a medicine which can be had for the asking most everywhere. It is a fortunate state of affairs that nature's best remedy for all ailments costs absolutely nothing.

How Corsets injure Health—and a Substitute.

By Mlle. Tylicka, M. D., a Distinguished Woman
Physician of Paris.

The corset is the enemy of our race. The Greeks and Romans never used it. An Athenian woman of the olden time would look upon a corset not only as injurious, but as ugly. She merely used a gentle girdle to sustain her bust. In the middle ages the corset appeared in its incipient stage.

For the past hundred years we have had it in all its abuse and abomination. Let us first consider the corset from a hygienic and physiological point of view.

All medical authorities agree that the corset is unhealthful. Those who treat of the hygiene of clothes dwell strongly upon this point.

What makes matters still worse from a hygienic as well as from other aspects is that many women put on their corsets when they get up in the morning and do not doff them until they retire for the night. And the curious thing about this abominable practice is that women of fashion seem not to know that the stethodesmon, or girdlet, of the ancient Greeks is much more beautiful and becoming.

Women's bodies are made to look long or short by means of the corset. And it is not merely in appearance that their bodies are longer. The corset having been worn for generations, the woman of corset-wearing ancestors have longer bodies than the ladies of a hundred years ago.

Heredity tells physically as well as morally. The corset injures the stomach.

It causes what is called the movable kidney, as shown in the recent case of the noted actress Yvette Guilbert.

It hurts the liver. It makes people look bloodless. It disturbs all the functions of the lower part of the body.

The corset imprisons the organism or the wearer in shocking fashion. If it were imposed as a punishment, like the instruments of torture of a bygone age, it would be classed among this latter. The corset puts the surface of the body in the worst possible condition from a physiological point of view.

The squeezed parts of the skin have a deathly color.

The chest of a woman continues to grow large from sixteen until she is twenty-five years old. The corset deforms the chest.

The continuous struggle between the natural form of the chest and the form caused by the corset is most injurious. It rounds the chest. It frequently makes the transversal diameter equal to the diameter from front to back.

Difficult, indeed, is it to find a woman of from twenty-five to thirty years who is not more or less deformed by the corset.

The corset enfeebles the breathing capacity. In squeezed chests the physical conditions of respiration are not favorable for the vivifying of blood, which, of course, is necessary to produce heat for the proper support of life.

Among the physiological troubles caused by the corset one of the most painful, though not the gravest, is indigestion and its accompanying evils.

When women begin to grow stout these evils are intensified. There are many instances of women who in their opposition to obesity have died in the arms of their maids. They have been laced to suffocation.

The pressure of the corset upon a growing girl's figure is inconceivably injurious. It leads to many irregularities and displacements.

Young girls become pale, bloodless and sickly because of their corsets. Young and old suffer from this villainous article of dress.

Now what do I propose as a remedy and as a substitute?

First, the absolute rejection of the corset for the many reasons already mentioned.

Second, its replacement by a girdle of strong cloth supporting the bust and adjusted to the size of the wearer.

Third, suspenders should be worn, particularly when a woman is thin.—From N. Y. Journal, Jan. 9, 1900.

Blind for Years, can See at Last.

FEELS LIKE A BOY AGAIN.

TRENTON, N. J. Emanuel Mandel, for sixteen years totally blind, had his eyesight restored a few days ago through an unaccountable turn of the hand of Nature.

Mr. Mandel became ill last week and began to suffer violent pains in the head. He commenced to cry from the pain, but he was startled into silence when, upon putting his hand to his head, he saw the hand distinctly before him.

Astounded at the gleam of daylight he looked up and saw the gray hair and well remembered face of his wife, which he had nevermore expected to behold.

Mr. Mandel's sight continued to improve, until now he can see as well as in his youth. He lost the sight of one eye in the civil war and that of the other was lost through sickness. He could not account for the restoration of his sight, nor could any of the physicians who examined him.

Mr. Mandel is sixty years old. Since his eyesight has returned he feels like a young man and spends most of his time taking in the sights of the neighborhood in which he lives.—N. Y. World.

Night Air.

An Old Soldier's Story.

"Night air? Yes, sir, I object decidedly to night air; but it is the night air which is shut in with one in a tight sleeping room.

"During the Civil War I slept out without protection of any kind for more than a year. At one time I carried a rail half a mile to sleep on, so I'd not have to be in the mud. I had not been in bed for two or three years, when, returning home, my wife closed my windows on retiring, for fear I'd catch cold; and I caught a cold that night, and I was three weeks in breaking it up. That was the quickest and hardest cold I ever caught. Afraid of night air? Yes, sir, I am of that kind of night air."

"The health should be as sacredly guarded as the character."

What the Societies are doing.

THE KNEIPP-SOCIETY OF NEW YORK

contemplates a great excursion to Butler, N. J., for the fourth of July. It is expected that the Kneipp Societies and societies of natural healing of Paterson, Passaic and Newark will join the excursionists at their respective stations along the road.

Dr. L. Delmars, the genial "maitre de plaisir" of the New York Kneippverein, has full charge of all arrangements and carte blanche in regard to the financial end of the affair. Dr. Delmars deserves all the confidence the members place in him, for he not only knows how to restore health by natural means but he also understands to perfection how to give lot of enjoyment for very little money. The fact that the doctor is in charge of the arrangements is a guarantee in itself that everybody will enjoy himself.

We tried to interview the doctor on this subject, but he would not give away his plans. He only hinted that everybody would be satisfied.

The good doctor can do many things with elegance and ease, but he could not shake off the reporter whom the editor of this Monthly put on his "trail". Wholesale grocers, fruit-dealers, etc., even a wholesale butcher were seen in secret conversation with the doctor,—and from these sources it was learned that the doctor plans a monster-excursion. Vegetarians will find selected fruit, berries, salads, pure milk and last but not least crystal water in abundance. For those "outsiders" whom the doctor intends to convert a hind-quarter of beef will be roasted a la Barbecue and will be served with a potatoe-salad a la Prince Royal by beautiful maidens. Of course those "outsiders" mentioned above will look for something else to quench their thirst than milk or water, and they too will be satisfied. There will be plenty of what the Germans call "Maiwein" or "Waldmeisterbowle", a beverage fit for the Gods, made of a light Rhinewine and wood-roof. A splendid band will furnish the music for those who want to enjoy a dance on the green lawns, while the others may look on from big tents erected near by.

It will be a genuine Kneipp Pic-Nic, the leading feature of which will be the "Polonaise de Kneipp" in wet grass led by the genial doctor personally.

Tickets for members and friends at \$2.50 each, including railroad fare, back and forth, music, and all refreshments, may be bought in advance in the Kneipp-Store, 111 East 59th St., New York.

THE SOCIETY OF NATURAL HEALING

of Boston, Mass., celebrated its second anniversary May 1st. President Schlichting was the orator of the day. After the official programme a splendid supper was served.

The following officers were elected for the ensuing year: F. Schlichting, President; F. Horn, Vice-President; G. Brückner, Corresp. Secretary; E. Schmidt, Financial Secretary; Mrs. Anna Donath, Treasurer; Mrs. M. Kormann, Librarian. The society meets in the building of the Boylston Abt Club, 46 Boylston Ave., Jam. Pl., Boston.

IN THE APRIL MEETING

of the "Central Kneipp-Verein" of Newark, N. J., Mrs. Meta Mahler spoke on the subject of disorders of digestion

and their successful treatment, while Professor Rauch selected education and hygienic welfare of the people as his theme. Both speakers earned well deserved applause.

In the future the meetings of this society will take place in Prof. Rauch's Sanitarium, 66 and 68 Barbara st., Newark.

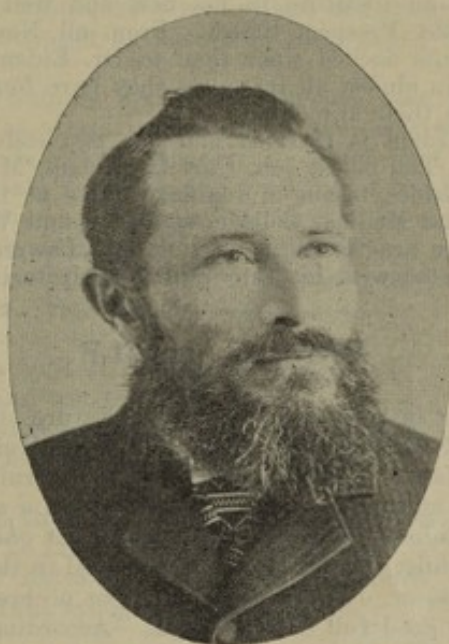
ROCKVILLE, RHODE ISLAND.

Hydropathist R. Sarrazin has founded a new society in Broadbroke, near Rockville. The Rockville Society of Natural Healing is prospering.

ST. LOUIS.

The officers of the Society of Natural Healing of St. Louis are: Dr. Siebert, President; Em. Kessler, Secretary; R. Bennecke, Treasurer.

A great Pic-Nic is contemplated by this society for the month of July.



† Louis F. Eidam. †

Hydropathic physician and founder of Eidam's Sanitarium, Prospect Street, Lawrence, Mass., was born January 20th 1850, in Meerane, kingdom of Saxony, Germany.

Early in his life he began to manifest considerable interest in a movement for finding a way to successfully treat the different diseases which the human race is heir to in a more natural manner than hitherto in vogue. At the breaking out of an epidemic of small-pox in his native and neighboring cities in 1870 the first trial was made with the hydropathic method, and the result was satisfactory enough to warrant still closer investigation along those lines. Through the efforts of Mr. Eidam and others of his native city, a society for the natural treatment of diseases was formed in 1871. After that Mr. Eidam was largely instrumental in bringing about the founding of similar societies in the neighboring cities Glauchau (1875) and Crimmitschau (1876).

In the year 1880, when thousands of his compatriots were leaving their native land to look for new homes in the great Republic across the Atlantic, Mr. Eidam likewise came to this country. He settled in Lawrence and here took up at once again the work for which by natural inclination he seemed to have been destined. The still flourishing Society for Natural Treatment of Diseases of

Lawrence was founded through his efforts in 1881. Much good has come to its members through instructive lectures, which Dr. Eidam and others from time to time gave before them and many a doctor's bill was saved and much severe sickness has been warded off in the families of the members by the application of the simple remedy which the natural treatment suggests at the first signs of ill health in a child or grown person.

The services of Mr. Eidam, who has been for many years, and at present still is, president of the society, were rewarded in 1887 by his election as honorary member and the presentation of a handsome gold medal to him on the part of the society. In the year 1888 he undertook a prolonged visit to Germany, where he spent six months in the hydropathic institute of Sanitary Councillor Dr. Meiner in Albertsbad near Chemnitz, Saxony. As delegate of 5 American societies he attended at that time also a congress of Societies for Natural Treatment of Diseases, which was held in the city of Hainichen, Saxony.

The effort of his life was the erection of a hydropathic sanitarium, and in 1894 he was at last enabled to open such an institute in his new and well appointed building, 334 Prospect Street. From all New England have patients flocked since then to Dr. Eidam's Sanitarium and in almost all instances they have found lasting relief from their ailments.

Mr. Eidam is married and has two sons and one daughter. The oldest son, Carl H. Eidam, M. D., who studied, besides taking a regular course at the Boston Surgical and Medical College, at Berlin and Vienna, enjoys a large practice as a physician in Lawrence and is also interested with his father in the Sanitarium.

Who is right?

A. Just in his book: "Return to Nature" (Kehrt zur Natur zurück) page 206 finds fault with Kuhne's idea, who is in favor of a good meal in the morning and a light meal at suppertime, and he calls this a great error since the animals of God's free nature eat only little at day-time whilst they eat their proper meal in the evening. For this reason Just favors a light—or no breakfast for man but a good full meal at night.—According to the Ralston Health Club a person who does not have a natural craving for food in the morning is in poor health; Nature requires that the first meal should be the strongest. The body is a furnace, whose fires are to burn all day. The habit of denying it fuel in the morning and giving it an overload at the end of the day when the fires are not required further is unnatural. Now, who is right? Will any of the contributors of the "Kneipp Water-Cure Monthly" enlighten its readers on this subject?

Rev. A. Stroebele.

"Health, strength and happiness depend upon immutable laws; but these laws can not be obeyed when there is no anxiety to become acquainted with them."

* * *

"God's law is written by his own finger upon every nerve, every muscle, every faculty which have been intrusted to man."

* * *

"It is our duty to study the laws that govern our being and conform to them."

* * *

"We have no right wantonly to violate one principle of the laws of health."

Hygienic Publications.

THE SYRACUSE CLINIC.

Among the many journals and magazines devoted to medical progress the Syracuse Clinic is most undoubtedly one of the foremost in practical usefulness. This publication contains valuable articles on sanitation, hygiene, diet, exercise, and natural means of healing and is a real mine of truth and knowledge. We are glad to say that the noble work undertaken by the editor of the Clinic cannot do otherwise then produce the best results.

Such literature ought to be in every household.

The Syracuse Clinic is published 452 South Salina Street, Syracuse, N. Y.

THE HERALD OF THE GOLDEN AGE

advocates the adoption of a bloodless and natural diet, because the practice of eating the flesh of animals is a violation of the most important physical laws and to a large extent the cause of disease and depravity.

The Herald is published in London, 5a Paternoster Row, E. C.

OMEGA,

is what the editor calls it, an up-to-date health-magazine. The most progressive minds of the age contribute to it. It is published by the Omega Publishing Company, 1562 Broadway, New York City.

THE VEGETARIAN MAGAZINE

is published in Chicago by the Vegetarian Company. It is an illustrated magazine of better living, an authority on foods, their selection and preparation and advocates the discontinuance of the use of flesh, fish and fowl for food. It aims very high and stands for a stronger body, a healthier mentality, and a higher morality.

HEALTH,

a magazine devoted to physical, moral and social improvement of mankind, is published in Altruria, Cal. This magazine strives to give to its readers the best of everything in the line of hygienic literature and represents all systems of natural healing in an impartial way. Each issue contains items of the greatest value to mothers and fathers of families.

THE JOURNAL OF HYGEIO-THERAPY

and Anti-Vaccination, published in Kokomo, Ind., represents the literary fighting element against drugs and vaccination and is devoted to a correct method of living and natural systems of treating diseases.

THE PACIFIC HEALTH JOURNAL

advocates pure food, pure water and pure air and is published in St. Helena, Cal., by the Pacific Health Journal Company.

SECULAR SCIENCE

and common sense looks for truth in all quarters and is published by the Secular Science Co., Chicago, Ill.

THE PHRENOLOGICAL JOURNAL

and Science of Health is published by the Fowler & Wells Co. in New York. It treats all those progressive measures which are calculated to reform, elevate and improve mankind, spiritually, intellectually and socially.

Apples.

Apples were at one time underestimated. Epicures did not consider them a delicacy of any higher order or quality, unless the art of a chef de cuisine has compounded them into some dessert with a big French name. We are convinced that such epicures have always been and always will be ready to do more justice to the big French name than to the apple; but the apple is not of as little value as these people think, and does just as much for them as for the little school children to whom an apple is one of the greatest delicacies the earth offers to mankind.

Apples count among the most wholesome foods and are of the greatest hygienic value.

An apple a day
Sends the doctor away,"

is an old English saying which will be found true by every one who follows its ruling. The question will arise, when to partake of this apple. The wise country folk in Old England have three sayings which indirectly tell of the hygienic value of the apple partaken of in the morning, at night or before going to bed. Apparently in their wisdom these good country people already considered an apple-diet a serious blow to the doctor's business welfare, so they measured the hygienic usefulness of apples according to the amount of business such a diet would take away from the doctors.

An apple in the morning will do a lot of good to its consumer, but not as much as partaken of at night. This very same idea is expressed in these sayings:

Apple in the morning,
Doctor's warning,

reads the first. Apparently this is intended to remind the doctors of the fact that as soon as people commence to use hygienic foods and natural means to prevent disease there will not be many patients in their offices.

Roast apple at night,
Starves the doctor outright,

reads the second, while a third says:

Eat an apple going to bed,
And you knock the doctor on the head.

All these three sayings contain a valuable truth. A roasted apple at night will under all circumstances aid digestion to a great extent while an apple eaten before retiring will not fail to effect great hygienic benefits.

Indirect these three little sayings deal with the importance of a well regulated digestion and the necessity of regular movements of the bowels. If one only reads between those little lines, one will easily understand that these good people who use and follow the rules of these sayings are fully convinced that a bad digestion and irregular movements of the bowels are the cause of a good many diseases. In their natural wisdom or instinct they aim at the cause not at the effect and succeed to remove both. It is easily understood that the less sickness there is the less business for the doctor will be and the harder the blow or knock to the financial side of his profession.

According to these three sayings quoted above, the safest way to avoid sickness would be to eat three apples a day, and that one in the morning, one at night after supper and one before going to bed. This rule can be recommended and will work very well to keep stomach and bowels in good order.

That this is the case, the authors of those three say-

ings knew, for there is another saying which gives an advice to that effect:

Three apples a day, seven days a week,
Ruddy apple, ruddy cheek.

Country folk always are keener observers of nature than city folk. The inhabitants of the cities have everything more handy. In cases of sickness they go to the nearest druggist hardly more than two blocks away. He sells them some drug which will stop the pain or make the bowels move. Should the pain come back or the bowels need another assistance, they go again to him and the drug will do its work again, but the cause of all the trouble is not removed and therefore constant visits to the druggist's become a necessity.

How different in the country! The farmer or country people in general are far from a drug-store. So they have to rely more upon themselves, they are forced to study the causes of those simple illnesses and strive to remove them in order to prevent a disease of that kind. They look to nature for remedies and find many of them which are produced by nature in their fields, forests or gardens.

In the country apples have always been esteemed very highly as a laxative remedy as well as a wholesome food. There is an old orchard verse which used to be recited on certain farms on the plucking of the first ripe apples of the crop. Custom wanted it to be spoken over the first apple plucked. It was presented to a young girl who cut it into halves and ate of it before any other fruit was gathered. Here it is:

The fruit of Eve receive and cleave,
And test the flesh therein;
A wholesome food; for man 'tis good
That once for man was sin.

And since 'tis sweet, why pluck and eat,
The Lord will have it so;
For that which Eve did grieve, believe
Hath wrought its all of woe—

Our advice therefore is: Eat the apple, for its wholesomeness as a food as well as for its hygienic value.

The Value of Sleep.

In infancy the child who sleeps much mostly thrives, while it is equally true that the restless, wakeful child seldom displays an evidence of active nutrition. During this period of growth it spends the greater part of its time in sleep. The repair or renewal of tissue which comes during sleep is simply the repetition of growth. The same elements, the same kindred conditions, are necessary to the same results. The most favorable symptom you can have in a condition of acute disease is the occurrence of quiet, restful normal sleep. If your patient can sleep long at a time, that is a good patient, and his sleep is followed by active progress towards convalescence. In health, too, you will find that those persons who can drop off to sleep quickly anywhere and are liable to sleep soundly, are capable of standing a greater amount of bodily and mental exertions than those who find it difficult to drop off to sleep, and who sleep lightly and dream much.—J. Richey Horner, A. M., M. D., in Medical Counselor.

Hydropathic Medical Adviser.

Under this column FREE advice according to the rules of the Natural Method of Healing will be given to all subscribers of the Kneipp Water Cure Monthly.

Mrs. Vt. Summit, N. J. The best substitute for mother's milk is Dr. Lahmann's Vegetable Milk (imported from Germany). This Vegetable Milk contains all the nutritious salts of human milk in nearly the same proportions, these salts taken from the vegetable kingdom can be entirely assimilated. We do not know any better substitute for mother's milk; all the experiences we have had with this milk were highly satisfactory.

Charles D. Hartford. You are suffering from nervousness, giddiness and constipation. First change your diet to a very light digestible, vegetarian one, malt-coffee, milk, whole wheat bread, fresh green vegetables, cereals, especially plenty of fruits and berries. Although you are keeping a saloon it is indispensable and necessary that you avoid strictly the use of alcohol or you can never expect a perfect restoration. Every morning and afternoon a hip-bath, 80 to 85 degrees F., 20 to 25 minutes. In the bath massage the abdomen by way of kneading or pour continuously water on it with a dipper. Once a week $\frac{3}{4}$ pack, 1 to 1 $\frac{1}{2}$ min. duration, hereafter one of the hip-baths. Every night wet abdominal bandage, early in the morning walking barefooted in your garden. Daily injection (98 degrees F.) 1 quart with 2-3 tablespoonful of lemon juice.

Mrs. M. Elizabeth, N. J. I would never advise an operation, out of a hundred cases of female abdominal complaints where doctors recommend operation, 99 are curable without it. How many sick women have I spoken, who were operated, but suffered afterwards more than before. A course of water-treatments will under all circumstances do you good. None of Dr. Lahmann's books is translated into English. L. Staden, Naturarzt.

Times Change.

Doctor—"Troubled with sleeplessness, eh? Eat something before going to bed?"

Patient—"Why, doctor, you once told me never to eat anything before going to bed."

Doctor (with dignity)—"Madam, that was 1899. Science has made great strides since then."

The American Institute of Phrenology.



PRESIDENT, MRS. C. F. WELLS.

Incorporated 1866 by Special Act of the New York Legislature.

The Annual Assembly of the American Institute of Phrenology will take place on Wednesday, September 5th, with an evening reception of students and friends.

The course will consist of about one hundred and twenty-five lectures, and will extend over six weeks. Three lectures are given each day, excepting Saturday, when a review of the week's work is held.

The object of the course is to explain the fundamental principles of Phrenology, Physiognomy, Psychology, Physiology, Anatomy, Hygiene, Heredity Foods, the Races, the Temperaments, Brain Dissection, the Objections and Proofs of the Old and New Phrenology, Mental Therapeutics, the Choice of Pursuits, Marriage, the History of Phrenology, Animal Magnetism, Hypnotism, Psycho-Physiology, Elocution, Oratory and Voice Culture, and Jurisprudence.

Last year the students had the advantage of the lectures of William Hicks, M. D., a physician and medical professor, who has had practical experience among students, on Physiology and Anatomy, Insanity, Brain Dissection, and Clinical Work in Treating the Insane, which proved of great interest to all members of the class.

The Institute will have the assistance this year.

The Institute course is recommended to business men and women who have daily to come in contact with their employees and customers.

It provides help to all professional men and women who have to educate the masses.

It proves a guide to parents and teachers, as well as private individuals.

For terms of tuition, etc., apply to the Secretary, care of Fowler & Wells Co., No. 27 East 21st Street, New York City.

Drs. Emdy—"To-day I had a case I couldn't understand."

Mrs. E.—"What was it—some new disease?"

Dr. Emdy—"I should say so! A messenger boy was brought to me all rundown."

New York "Kneippianum",

1931 MADISON AVENUE, Cor. 124th St., Opp. Mount Morris Park, NEW YORK.

Genuine Kneipp Water Cure Institute.

Patients are examined by a skilful physician. Treatment strictly according to the Kneipp-Method. Competent and experienced attendants. Fine healthy location. If desired patients can be treated at their own homes. Many cases cured which have been pronounced incurable by their attending physicians.

References from patients who were fully cured by the Kneipp System and from others who found their health greatly improved by the treatment, will be furnished on request at the **New York Kneippianum**.

Sanitary Athletic Exercises for feeble persons or for children, retarded in their physical development. Cure for excessive stoutness. Herb Steam-baths, according to Kneipp's System.

Kneipp's Books, Linen, Herbs, Honey Wine and Malt Coffee for sale.

E. AMEND, Proprietor, Accredited Graduate of Wörishofen.

BRANCH FOR THE SUMMER CLINTON CORNERS, Duchess Co., N. Y. This is an ideal spot for all. For the healthy a place for quiet and rest, for the sick a place to get well by natural means. Situated 1,000 feet above the level of the sea, among the Taghany Mountains, Duchess Co., 13 miles from Poughkeepsie, on the Poughkeepsie & Eastern Railway. Upton Park, a delightful summer resort, is situated about 1 $\frac{1}{4}$ miles from the sanitarium. The Park contains a large, beautiful lake which affords abundant opportunity for fishing and boating. Write for Prospectus.

Pfarrer Kneipp's Remedies.

Pfarrer Sebastian Kneipp's Magentrost (Stomach Elixir). This excellent stomach remedy is composed of the best and purest of Kneipp's herbs, for the cure of stomach disorders. Will effectually cure dyspepsia and Indigestion, loss of appetite, acidity, vomiting, diarrhoea, cramps, etc. It is the best appetizer known. One to four times a day one tablespoonful. Price, 50 Cents.

Pfarrer Sebastian Kneipp's Gout Embrocation is the best embrocation for gouty and rheumatic pain. Apply 3 times a day. Price, 65 Cents.

For Preserving the Hair, and to prevent the losing of the hair, Pfarrer Sebastian Kneipp recommends: *Kneipp's Capillary Oil of Nettle Root, Kneipp's Capillary Extract of Nettle Root and Oil of Burdock Root.* Full directions enclosed in each package. Price, 50 Cents each.

Pfarrer Sebastian Kneipp's Pectoral Syrup. Made from the juice of plantain and extract of malt. A splendid remedy against coughs, sore throat, and all affections of the respiratory organs. Three times daily a teaspoonful. Price, 50 Cents.

Pfarrer Sebastian Kneipp's Spirit of Balm (Karmelitergeist). Prepared from the finest and freshest herbs it is an excellent remedy for swoons, cramps, winds, colics, troubles in the stomach and the bowels. Take 20 to 50 drops up to a teaspoonful, with sugar.

Rub the belly with a few drops for stomach-aches. Externally used it will be useful for weaknesses of the limbs, gout, head-ache, swoons; rub the painful part with a few drops. Small wounds moistened with the balm will heal in a short time. Price, 50 Cents.

Pfarrer Sebastian Kneipp's Excretive Oil (Malefizöl). This oil is for external application only. Used for tooth-ache, ear-ache, and scrofulous inflammation of the eyes and sufferings in the head.

In either of these cases rub with the finger 1 or 2 drops only behind one or both ears. Price, 50 Cents.

Plant Extracts on Hand.

For bathing purposes only.

Shave-grass Extract.	Price, 50 Cents.
Hay-flower Extract	" 30 "
Oats-straw Extract.	" 30 "
Pine-sprigs Extract.	" 50 "
Eye-water Extract.	" 75 "
Arnica Extract	" 75 "

All the above extracts are manufactured from the very best herbs. They are imported from Germany, and their use was recommended by Kneipp, as the plants themselves would arrive here in a damaged state from their long transport.

Pfarrer Sebastian Kneipp's Pocket and Travelling Apotheca contains, practically arranged and prettily fitted up (in the shape of a cigar case), 14-16 articles with exact directions for using all of them, ready and convenient for immediate use, and almost indispensable at home and abroad. Price, \$1, \$2 and \$3.

Larger ones for home use in elegant cabinets from \$10 to \$25.

Pfarrer Sebastian Kneipp's Cough Drops. These cough drops are made of the extracts of Father Kneipp's best herbs and proved salutary for coughs, hoarseness and catarrh of the throat, etc. etc. Price, 20 Cents.

Pfarrer Sebastian Kneipp's Nerve Tonic, for nervousness and sleeplessness, according to prescription by Dr. Baumgarten, Wörishofen. Price per bottle 65 Cents, inclusive the celebrated essay on sleeplessness and nervous affections by Dr. Baumgarten.

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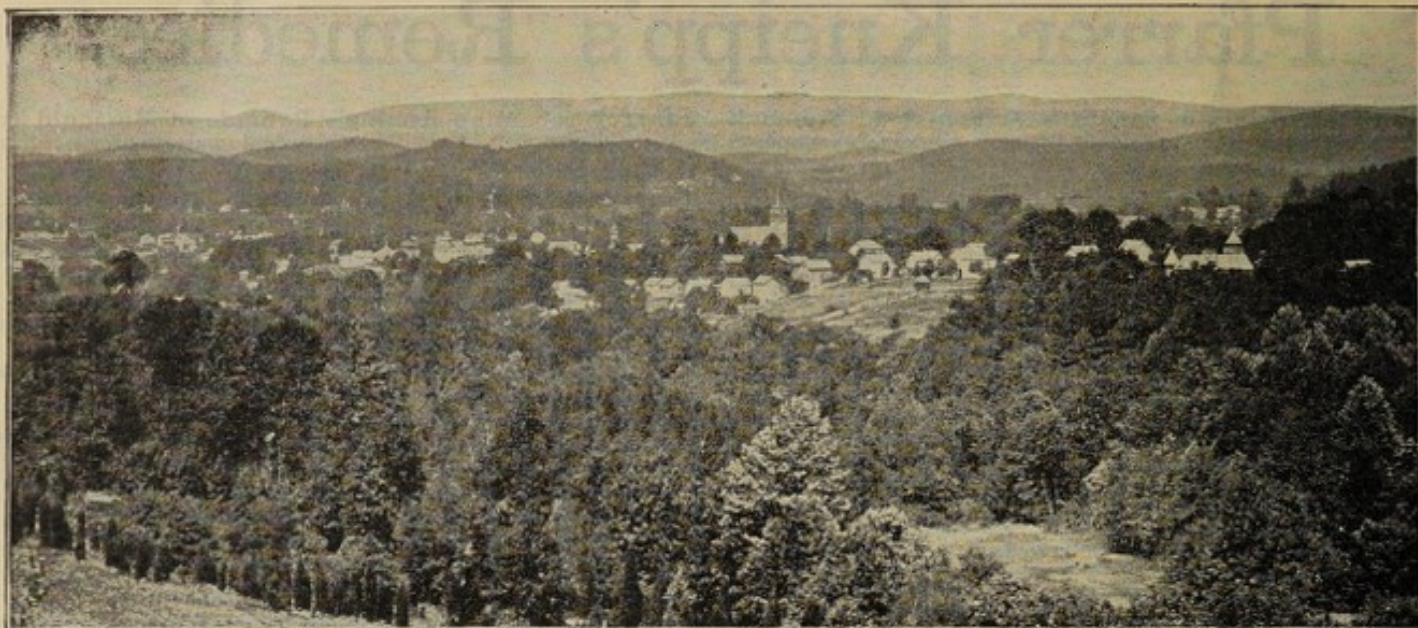
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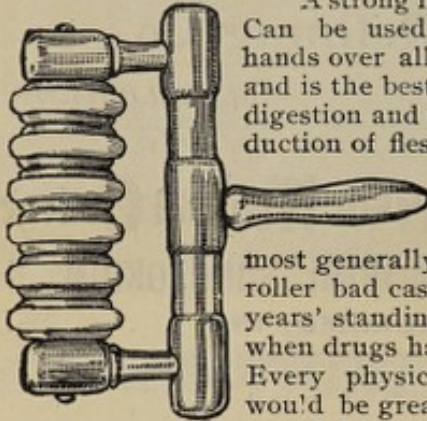
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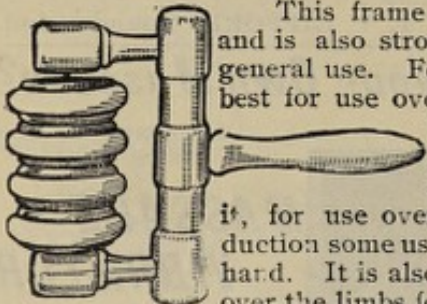
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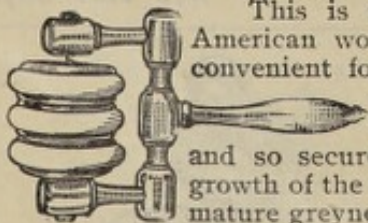
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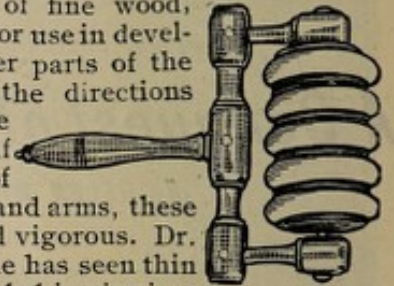
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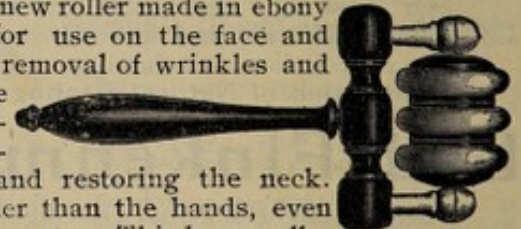
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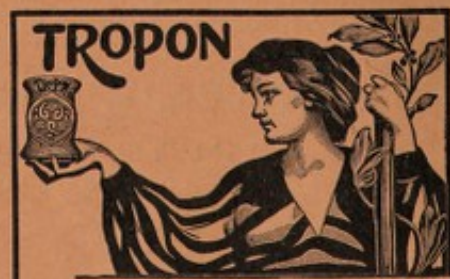
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