

Valuable advice and natural cures without cost or drugs / by Professor Bute.

Contributors

Bute (Professor)

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183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
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ONE SHILLING.

Valuable Advice
AND
Natural Cures Without Cost
OR DRUGS,
BY
PROFESSOR BUTE.

THE RULE OF LIFE IS—

"Cease to do Evil; Learn to do well."

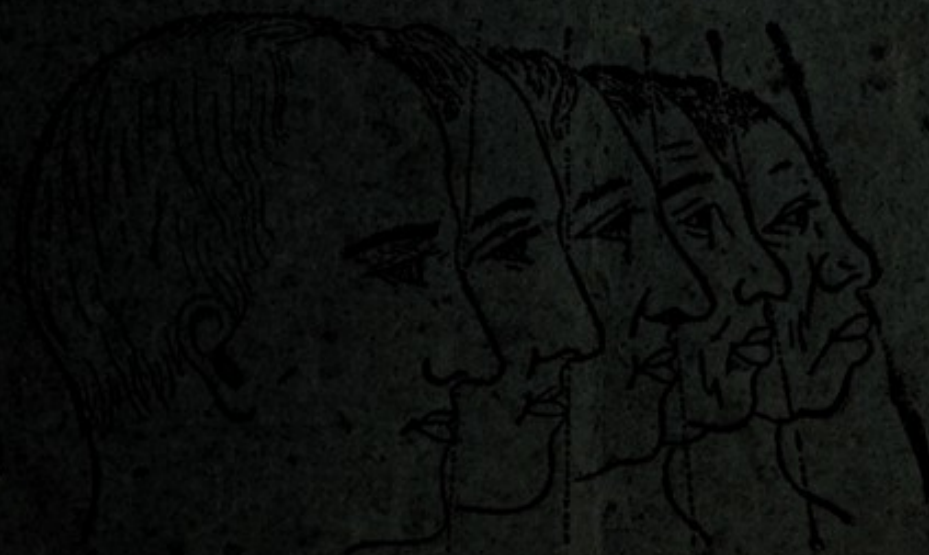
All Real Happiness springs from Obedience to Law.

All Misery from Disobedience to Law

HOW TO CURE AND PREVENT—

Acidity, Anæmia, Constipation, Catarrh, Cold, Diarrhoea,
Epilepsy, Eyes—Weak and Congested or Inflamed, Gout,
Headache, Influenza, Nose Bleeding, Neuralgia, Nervous
Prostration, Perspiration, Piles, Rheumatism, Sleepless-
ness, Strains, Thickness in Urine, Wind, Cancer, Eczema,

HOW TO KEEP WELL.



Man is not born wise, but possesses the capacity of becoming wise, of gradually developing, step by step, through a long course of mistakes and disappointments.

THE GERM SCARE.

Much harm is often done by certain persons—sometimes medical men—in scaring the public by stating that certain waters contain germs dangerous to the human organism and not fit to be drank unless filtered or boiled. This has had much to do with the habit of water drinking becoming unpopular. This theory may be quite true in some rare cases, but infinitely more harm is being done by not drinking sufficient water.

It was discovered some few years ago that a peculiar bacillus was present in all persons suffering from typhoid, and in all foods and drinks which were believed to spread the disease, experiments were carried out, and it was assumed, not without good reason, that the bacillus was the primary cause of the malady, and it was accordingly labelled the Typhoid bacillus; but the bacteriologists further discovered that the Typhoid bacillus was present in water which was not infectious, and in persons who were not ill, or had never been ill, with Typhoid.

It must be understood that the lower portion of the bowel of every normal individual is swarming with bacteria, most of which are capable of producing harm, but so long as the higher parts of the intestine are not invaded they are comparatively incapable of doing mischief. To kill these germs off would be quite impossible; and if it were possible to do so, it would be just as destructive to the patient himself.

Under ordinary circumstances the normal secretions of the body prevent the undue multiplication of these germs and protect it from any virulent attack.

So, rest assured that these bacteria are necessary to the human organism, otherwise they would not be there. So if we keep the body healthy, and do not abuse ourselves by too high living, and, above all, take sufficient liquids, especially water, that will prevent the spreading of these germs to the upper intestines, we need not trouble about germ or bacillus.

So, to keep down germs, we must use water within and without.



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THE PHILOSOPHY OF CURES BY WATER.

HYGIENIC medication by means of water is based on the principle that all curative virtue is in the living organism, and that remedies are useful in proportion as they supply favourable conditions for the successful manifestation of that curative power. Drugs have no curative power: they only substitute one disease or class of symptoms for another. Curative agencies exist only in such appliances as the body uses in its normal state—food, air, water, light, exercise, &c.

There is no philosophy in the drug system—the practice of which is destructive, nor re-creative. The drugs do not act at all. All the action is on the part of the living organism; and it ejects, rejects, casts out and expels these poisons as best it can by vomiting, purging, sweating, &c., and the doctors have mistaken this warfare against their medicines for their action on the living system; and it is a notable fact that many of the most eminent medical men are becoming more sceptical of the virtues of drug medication, and more disposed to trust to the powers of nature.

WATER DRINKING.

Water is the natural drink of man; but it is not wise to drink too much cold water in large draughts, inasmuch as it chills the stomach, retards digestion, and diminishes the vital heat and tone of the system. Neither is it wise to drink at meals, except a few sips by those who do not create sufficient digestive juice. Water drinking at meals is one of the principal causes of indigestion, for the liquid has to be absorbed before the process of digestion can commence. Water, and, in fact, all liquids, should be drank slowly to enable it to digest. The habit of opening the mouth and so pouring a drink down the throat is a bad one and not practised by the lower animals. Watch them, how slowly they take their drink, and they do not suffer from indigestion.

Working-men of all classes would be much benefited if whilst at work they kept a pot of cold water near at hand and took a sip every few minutes. If three or four pints were consumed in this way per day, in this manner it would be of great good to them and assist them to expel the poisonous secretions from the system in several ways and so create more life power—for water contains energy;

and so better enable man to perform his work and gives him more strength, and prevents constipation and the clogging up of the system. Furthermore, when finished his daily task, not feeling thirsty, he would not be so eager to run to the nearest public-house, for he would not be dry. The habit of sipping water can soon be cultivated.

WATER.

Water is the only drink. Whatever is mixed with water is food, or flavour, or poison—something which is not drink. Milk is water and food. Wine is water and alcohol, with small proportions of sugar acids and flavouring matters.

The average man weighs 150-lb. Of this 130-lb. is water. A man contains over 16 gallons of water: the solid matter of the human body, perfectly dried, really weighs about 12-lb.; all the rest is water. Blood, brain, nerves, mucous, are 95 per cent. or more of water, muscle 75 of 80 per cent; bone itself has a large percentage of water.

NERVOUS PROSTRATION.—Onions are the best-known nervine; drink the water also they are boiled in. Well exercise in open-air; avoid worry, anxiety, and greasy food and fat, or sexual exercise. Cultivate a cheerful spirit. No tea, coffee, alcohol. Take milk and water, for much sleep is needed.

A COUGH.

Those who are troubled with a cough should frequently drink sips of warm water. This will relieve both stomach, liver, and cough, better than all the medicines advertised. This will even benefit those suffering from consumption and nervous coughs better than anything else with which we are acquainted.

HERNIA, OR RUPTURE.

It may be reduced in nearly every case by pouring a stream of very cold water upon the part until thoroughly cooled. The bowel should then be pushed into its proper place, and snow or pounded ice may be applied until the parts become strengthened.

MAN was not made for a pill-and-drug-swallowing machine.

Quick purging is sure to weaken the patient and give an impetus to disease.

Throw drugs and pills to the dogs, for they do not heal man—he heals himself when the right conditions are supplied or the cause removed. “I was well; took medicine, and died.” The medical man profits by your being ill—not well. “Physician, heal thyself.”

He who is ill and wants to be cured must not mind self-denial and trouble.

A torpid organ is a diseased organ. A lazy man is a sick man.

THE MIND.—Most of us not only are totally without control of the mind, but are completely ruled by our bodies. We do not realise to what an extent we are mastered in this way.

BREATHE THROUGH THE NOSE. Always sleep with the windows a little open except in very foggy weather.

We need not wonder why we suffer so. The wonder is that we live at all, considering how we misuse our bodies and treat life as a joke.

The physical body is self-repairing, and if given proper conditions will outwear six locomotives, which in fifteen years are consigned to the scrap-heap and are not self-repairing.

THINGS WHICH SHORTEN LIFE.

Alcoholic Liquors, Tobacco, Sensuality, Excessive Toil, Indolence, Uncleaness, Insufficient Sleep, Worry and Hurry.

THINGS WHICH PROLONG LIFE.

Pure Air, Mode of Breathing, Water Drinking, Washing, Bathing, Exercise, Sleep, Cheerfulness, Contentment, Peace of Mind, Light, &c.

PORK and Veal should be avoided altogether, especially Pork, as it is oftener diseased than other animal food. The digestive juice is able to nullify the poisons contained in most other foods, but not in Pork; further, it takes from five hours upwards to digest.

New White Bread is bad, and is the real cause of many ailments, especially Constipation, Indigestion, &c. Wholemeal Bread is best; but if white is used, let it be stale.

MASTICATION.

Every mouthful of food should be well masticated and mixed with the saliva—not only to facilitate its digestion, but in order to relish the food.

When food is not well masticated the stomach has to do its own work and the work of the teeth also.

It is proper for those creatures to bolt their food that possess a gizzard—man does not possess one.

If you read when you eat you are using up the digestive power in the Brain that is wanted in the stomach.

Never take a heavy meal when very tired; much better if possible to sleep or lie down one hour before, for if the energy is expended it is certain that the food cannot digest. It is not what we eat, but what we digest, that gives us strength, and even to miss a meal will not hurt us, but an undigested one will much.

Water is the fittest drink for all persons of all ages and temperaments: of all the productions of Nature or Art it comes nearest to that universal remedy, so much searched after by mankind but never discovered.

The Human body of an adult requires two quarts of liquid per day to keep it in proper order; but most people do not take enough liquid to keep the body healthy. Many ailments can be cured safely with water rightly used: Do not drink and eat at one time. Half-a-pint of cold water slowly sipped half-an-hour before meals will give an appetite, and is good in many ways.

GLUTTONY AND OVER-EATING.—Remember that every mouthful of food you eat beyond nature's requirements is so much rubbish in the system, clogging the delicate machinery; and it has to be got rid of with a waste of energy. Many diseases and deaths are thereby caused, whereas, death from actual starvation is rare.

ACIDITY.—The sovereign remedy for Acidity is Hot-water drinking. Two or three glasses should be taken, as hot as can be sipped, one hour before each meal and half-an-hour before going to bed. Avoid sweet and starchy foods, Soups, Vegetables, and raw Fruits. No drink at meals.

Pulverised Charcoal is good—in capsules is best, or half-tea-spoon with water.

HEARTBURN can be treated as directed for Acidity.

ANÆMIA (Bloodless).—The prime cause of Anæmia is Constipation—so, cure the Constipation.

CONSTIPATION.—Take one glass of hot water before going to bed and one upon rising ; eat fruit fasting ; take wholemeal bread, stewed prunes, well-boiled onions, tomatoes, dates, figs, but little or no meat. Sip a tumbler of cold water between meals. No drink at meals. Avoid strong tea, coffee, drugs. Drink cabbage water. Attend promptly the calls of nature. Exercise by walking, jumping, and pounding the stomach. If no response, sit over vessel filled with hot water, or enema with 1 pint warm water and 1 table-spoon of brown sugar, or soap and water.

CATARRH, or, Cold in the Head, is inflammation of the nose. It is principally a disease of the liver. A tumbler of tepid water and half-teaspoon of salt sniffed up the nose and blow the matter away—finish with cold water. A small cold-water pad on the forehead each night (see last page). The pores of the skin must be kept open by frequent warm baths, and large, cold wet pad at night around the body. Fats, gravies, rich and sweet foods must be avoided. Plenty of outdoor exercise should be taken.

COLD.—Let the body be completely immersed in warm water and remain for fifteen minutes, during which let him have a thorough good brushing, followed by a douching of cold water and dry rubbing with rough towel ; to drink from 1 pint to a quart of warm or hot water on retiring to bed—this will cause perspiration—in short, anything may be done that causes perspiration. Before the bath, exercise freely out of doors until he perspires. Very little food should be taken until the cold is overcome. Feed a cold, you bring on a fever. It is good to boil half-lb. of Onions in water—take the whole before retiring.

DIARRHŒA.—The patient should fast for several days, drinking nothing but cold or warm water. A Sitz Bath of 60 degrees (five minutes in duration) every three hours. If the Diarrhœa continues for more than two days, apply cold water injections after every discharge ; inject slowly. In very serious cases a quart of ice-cold water may be injected twice or three times per day. Roast an acorn until quite brown ; grate and mix with a tumbler of tepid or cool water and drink fasting. Repeat twice or thrice daily. No rich or greasy foods.

EPILEPSY.—Epileptic fits are the most terrible of nervous affections. Mostly caused by amatory excitement, tobacco, and indigestible foods. During treatment all these must be avoided ; and during the fit apply cold water freely to the head and warm applications to the feet.

DIET : Principally stewed Fruit and coarse wholemeal bread. Never take a full meal or overload stomach.

Wash the head daily with warm water—rinse in cold.

EYES.

Weak and Congested.—Put a heaping teaspoonful of powdered Borax into an ordinary tumbler of pure water and let it thoroughly dissolve. Apply to the eyes with the fingers ; never use a sponge or cloth. Let it dry on the eyes. Use it at first before retiring and after rising afterwards several times a day. Being a mild astringent it contracts the congested blood vessels and sends the blood into its proper course.

Inflamed Eyes.—A teaspoonful of ordinary baking soda is dissolved in one pint of water. Close the eyes and wash them with a small piece of old linen or similar material. If crusts are upon the lids, continue bathing until removed.

FLATULENCY, or Wind, arises from the undigested portions of food fermenting in the stomach, which generate wind or gas. No sloppy food, only drink half-hour before or after eating. Avoid unripe fruit, raw vegetables, and other fermentable articles of diet. Wash the stomach out.

ONIONS.

No medicine is so useful in cases of nervous prostration. There is nothing else that will so quickly relieve and tone up a worn-out system. Onions are useful in all cases of coughs, colds and influenza ; eaten every other day they soon have a clearing and whitening effect on the complexion ; and the water they are boiled in should also be drank. A large, strong onion should be eaten nightly, before retiring, baked on the open fire—it is good medicine for neck of the bladder troubles.

Fresh, ripe fruit are excellent for purifying the blood and toning up the system.

Oranges are specific for constipation, blood and liver.

Celery is valuable food for sufferers from any form of rheumatism, for disease of the nerves and nervous dyspepsia.

Carrots are beneficial for sufferers from asthma.

Tomatoes are a powerful aperient for the liver—a grand remedy for dyspepsia and indigestion. Watercress is a good remedy for scurvy and liver.

GOUT

Is mostly confined to the joints, and usually affects the big toe. Gout is caused by eating rich and greasy food and drinking alcoholic beverages. Vegetarians and water drinkers are seldom or never troubled with this complaint.

It is easier to prevent Gout than to cure it. Plunge the gouty foot into a bucket of cold water until the pain subsides, or until the inflammation has abated, then apply cold water pad (see page 24) ; renew it every hour.

Another good remedy is to boil potatoes with their skins on until they begin to mash ; strain off. Bathe the parts well in the potato water, warm. Work the potatoes into a pulp, place thickly upon the parts affected, warm, and tie on with cloth ; leave on for five or six hours ; then remove and wash with cold water. Rub dry and apply again.

Avoid tea, coffee, meat, alcoholic liquors, salt, tobacco. Live on good sound fruit, rice, celery, tomatoes, dates, wholemeal bread, oatmeal, &c. Take plenty of outdoor exercise.

SCIATICA

Is usually caused by exhaustion, amatory excesses, bad food, and exposure to draughts. It commences with severe pain in the hips, striking downwards to the knee, ankle, and it is a rheumatic affection of the sciatica nerve.

A piece of flannelette several times folded, wrung out of cold water, should be placed upon the part where the pain is, and covered with several thicknesses of dry flannel : it may be kept upon the part by wearing a pair of tight drawers. This should be renewed morning, noon and night, and the part well washed in cold water.

Two or three Sitz Baths may be taken daily, commencing at 98 degrees F. Remain in the warm water 8 minutes, letting the water gradually cool down until it is quite cold ; then rub the parts with the bare hands. The wet pad may also be worn during the night (see last page).

Take no tea, coffee, alcoholic drinks or tobacco, or anything of an exciting nature, as highly-seasoned foods, condiments, &c. Keep the bowels regular. Avoid undue mental excitement and amatory action.

A COOL HEAD.

A tumbler of cold water drawn up the nostrils and spat out of the mouth each morning can easily be done with a little practice, and would benefit everyone, keeping the nasal passage clean and clear and the brain cool all day.

LUMBAGO

Is a rheumatic affection of the muscles about the loins, or in the lumbar region. Bathe the parts with hot water for 15 or 20 minutes. Follow with cold water pad and renew these every two or four hours (see last page). Each time the pad is renewed wash the parts well with cold water.

Pay special attention to the bowels and keep them open by means of laxative food and water injections. Avoid rich and greasy foods, alcohol, meat, &c.

SPITTING OF BLOOD.

Loss of blood is very unpleasant under all circumstances, and often a sign of danger: but in most cases it is not so dangerous to health as most persons imagine. Too many persons consider the spitting of blood to be an indication or symptom of consumption; but in most cases it is simply the sign of a delicate constitution, and may be brought on by excitement, indigestion, and even by smoking and other causes: it may proceed from the teeth, throat, lungs or stomach.

TREATMENT.—The coldest water and pounded ice should be applied to the throat and chest until the spitting of blood is checked. Apply cold wet pad around the body each night and cold Sitz Baths may be taken several times a day from two to five minutes in duration. The bowels must be kept quite regular, while condiments, highly-seasoned and indigestible food should be studiously avoided. In bleeding from the lungs and stomach sips of the coldest water or bits of ice should be occasionally swallowed. In bleeding from the rectum or urethra cold injections or cold Sitz Baths are the best local appliances.

BURNS.—Immersion in warm water for any length of time is undoubtedly the best known remedy for extensive burns.

BATHING.

"Cleanliness is next to Godliness."

The beneficial effects of Bathing are many—Cleanliness as a tonic, and as a delightful source of reaction and enjoyment. The office of the skin in the act of breathing is very important: when the lungs are weak or diseased the skin has to do the chief work of purifying the blood by passing off the waste matter of the body through the pores; but this purifying process is checked when the pores of the skin are clogged with waste matter. Hence the utility of water in cleansing the skin, at least once per day. To the naked eye the skin may appear clean, but the microscope will reveal quite a different appearance. When we perspire the water of the perspiration dries up, but the matter contained therein remains upon the surface of the skin, choking up the mouths of the tiny pores, and these pipes are so close together that, if put lengthways, they would measure from eight-and-a-half to nine-and-a-half miles.

A warm or tepid bath is soothing, but cold water is bracing and invigorating—it is unequalled as a tonic, and when applied to the body the skin shrinks and the tissues contract, causing the blood to flow to the internal organs. The effect of the nerves still further stimulates this afflux, causing a more vigorous action of the heart and a rush of blood back to the surface of the skin. This is called "reaction," and is the main object of bathing and the test of its efficiency. The reaction causes a healthful glow on the skin and a pleasant feeling of warmth. The mental functions are enlivened, the appetite sharpened, and the whole organisation feels invigorated, whereas warm water has a relaxing effect upon the system, for it opens the pores of the skin and renders the body more susceptible to colds and chills. Warm water lowers the tone and temperature of the body, and whoever washes himself with warm water, or takes warm baths, without following with cold water, either in one form or another, will, soon or late, be troubled with nervous affections or general debility, and probably rheumatism, neuralgia, or a kindred disorder. Persons who wash the lower parts of their bodies with warm water, or take a sitz bath daily, and do not follow with cold water, will almost surely find that sciatica or general debility of the parts will follow.

SEA BATHING.

Sea bathing has no advantage over fresh-water bathing in any case, and the saline matter contained in sea water is highly irritating to the ears, many persons become deaf in consequence of the practice of sea bathing. The only benefit that can be derived from sea bathing, in addition to what could be gained from fresh-water bathing, is the exposure of the skin to the air and sunshine. Those who have eruptions of the skin and feeble circulation should avoid sea bathing, as the briny matter is irritating.

Sea bathers should not stay in the water more than 12 or 15 minutes, after which they should take some invigorating exercise, and avoid going into draughts or sitting upon cold seats in the shade, otherwise their bathing will do them no good.

- (1.) Do not bathe immediately after meals.
 - (2.) Never eat directly after bathing.
 - (3.) Do not bathe when much fatigued.
 - (4.) Before taking a sea bath fill the ears with cotton wool.
 - (5.) Drink a glass of hot water after bathing.
 - (6.) Bathing in a state of perspiration is not dangerous.
- Do not bathe when the body is very cold.

THE MORNING COLD BATH.

Every healthy person should wash the body each morning in cold water in order to keep the body strong and youthful.

DIRECTIONS FOR USE.—With fingers in the ears dip the head first up to the neck. Then soap the face and neck. Once a week is sufficient to soap the head, as much soap is bad for the hair. With fingers in ears again dip the head and neck and wipe with towel. Now get into the bath back first and feet last. Do not stand in the cold bath, but on the side or floor. Now soap the body all over; then get into the water again to wash off soap. Get out again quickly, rub the hands over the body and then dress with body wet—be quick! Ten minutes is quite sufficient for this bath, and getting out of a warm bed in the morning is the proper time for it. If you have no bath, a tub, basin, or pail upon the floor, with flannel or sponge, will answer the same purpose. After dressing

drink a glass of hot water, then take 15 minutes' sharp walk in open air.

Take this bath summer and winter. No soap should be used until the skin has been well wetted with water. It is a great mistake to lather the body with soap at first, for the soap rather clogs the pores and prevents the removal of dirt.

THE TURKISH BATH.

Is a great luxury, and thousands have been greatly benefited by it. It produces profuse perspiration, and causes the accumulation of morbid matter to be expelled from the pores of the skin, and in many instances it is beneficial, invigorating, and curative if cautiously applied ; but unless used wisely it can easily cause much mischief—which it frequently does. In most cases, however, the Turkish Bath may be taken to great advantage, and is especially beneficial in cases of rheumatism, gout, congested liver, spasms, and skin diseases ; but if much used it has an enfeebling effect upon the system. Do not drink cold water while in the hot room of the bath—let it be tepid.

THE HOT BATH

Is very comforting to persons who are wearied. The usual way of taking a hot bath is to fill an ordinary bath with water 98 to 100 degrees Fahrenheit, and get into the bath bodily. A blanket may be thrown across the bath to prevent cold, the head and face to be uncovered. Remain in the bath 10 to 20 minutes. Soap and brush the body well while in the water, to be followed by two or three buckets of cold water thrown over the body ; after which a dry sheet should be enveloped around the person from neck downwards, and the body rubbed until quite dry. The hot full bath very greatly relieves the pains of acute rheumatism, colic, gall stones, and sciatica, and almost a specific for colds, if taken soon after their contraction, and hot water drank just before retiring.

The Hot-Air Bath is far preferable to the Turkish Bath, especially when the patient can have the same attendance, shampooing, &c. ; for in taking the hot-air baths the patient does not inhale the hot air as in the Turkish Bath—it is perhaps the most beneficial bath of all.

WOMEN'S BATHS.

As a rule women should avoid taking cold baths during the menstrual period ; but when a Sitz Bath and back sponge is necessary, cool water—but not cold—may be dashed upon the body, followed with plenty of friction to get up a good reaction.

ECZEMA AND SKIN DISEASES.

Eczema, Tetter, Salt Rheum, Boils, Blotches, Carbuncles, &c., are all caused by impurity of the blood. So we must help nature to cure the disease by purifying the blood, and this must be done by the avoidance of such things and conditions as would aggravate the disease, not by driving away the symptoms to appear in some other form, which is often done by quacks. The parts should be washed night and morning with warm water : borax and glycerine, or vaseline should be applied after drying:

Turkish or hot-air baths are of great benefit. Ointments, cosmetics, lotions, &c., are worthless, and frequently worse than useless. Another good thing is the warm-water pad, kept on all night (see last page). The diet must consist chiefly of fruit, vegetables, and light puddings, rice, grain, sago, figs, &c., a little milk, eggs, lean mutton, or fish, but not much. Avoid salt meat—rich and greasy food, pork, bacon, pickles, wine, cider, alcohol, tobacco, sauces, sweets and sugar must be studiously avoided.

WORMS.

Constipated people sometimes generate worms in the seat : they can be eradicated by injections of warm water and a little salt.

Alvine worms in the stomach can be got rid of by eating laxative food, or by eating a raw scraped carrot every morning an hour before breakfast, and wash out the stomach with the tube if pain is there.

Tape Worms.—A very effectual way of expelling them is by drinking one ounce of spirits of turpentine, fasting. An ounce is less dangerous than a smaller quantity for an adult. Unless the bowels are kept regular, the worms will again accumulate.

BOILS

Are an indication of a sluggish liver, and one of nature's methods of expelling morbid matter. The only medication demanded is the application of very hot water each night. Then apply hot pad (see last page). Next morning well bathe it in hot water.

RHEUMATISM.

Is generally connected with derangements of the digestive system. They are sometimes facilitated by colds ; but we never knew a case of rheumatism which was not preceded by nervous exhaustion, foul stomach and indigestion.

TREATMENT.—Open the bowels first with copious tepid water injections. Flannelette or thick sheet, six or eight times thick, should be wrung out of cold water and worn around the body and also over the joints and parts affected ; let this be covered with several thicknesses of dry flannel or a blanket, then bandaged down tightly with dry calico and allowed to remain for four or five hours, after which it should be removed and the parts sponged with cold water and rubbed freely and then renewed. Let the diet be plain and simple—not rich and greasy—chiefly stewed fruits, good vegetables, brown bread, figs, porridge, tomatoes, sago, rice, &c. Sexual excesses, smoking and drinking must be studiously avoided.

In most cases the following simple treatment is all that is necessary :—Wash out the stomach ; avoid meat, wines, spirits, beer, drugs ; take one glass of cold water before going to bed and one glass of hot first thing in the morning, and keep this up.

CORNS.

Those who cut their corns will always have a corn to cut. Corns should be poulticed *each* night : a few potatoes boiled in their skins until they are soft worked into a pulp and placed upon the part, warm, tied on with a cloth each night until cured. Wash off each morning with cold water. Rub dry.

Another : A piece of stale bread soaked in vinegar tied on the corn for a few nights will cure it and never hurt ; but most remedies sold contain vitriol and do harm to the feet.

THE HOT-WATER CURE.

The curative power in warm and hot water is marvellous. Many serious cases of Constipation have been cured by simply drinking a tumbler or two of warm water on rising. Bilious headaches are relieved by sipping hot water. The great statesman Burke, whenever he found himself indisposed, ordered a kettle of water to be kept boiling, of which he drank large quantities—sometimes four or five quarts in the morning. A pint was put into a basin and he drank it with a spoon, after the manner of soup; when finished, another basin, and so on.

Hot-water drinking is very beneficial in nearly every case of disease, and those who would avoid being sickly should take a glass every morning on rising. Hot water drinking is harmless, and it cannot be too highly recommended; and a person may drink 20 pints with impunity, allowing an interval of 20 minutes between each pint.

Water is a safe drink provided too much be not sent into the stomach at one time. Should vomiting occur, the draught should be repeated until the stomach is cleansed. In sea-sickness the reaching will be relieved by drinking hot water.

In Dropsy and Diabetes drink warm or cool water to the demand of actual thirst only.

THE EFFECT OF ALCOHOL ON WOUNDS.

The wounds of the Turks generally heal in an extraordinary short time. The lives they live keep their blood in a healthy condition. They are men of fine physique, and enjoy good health. The first commandment of their religion is, Thou shalt not take any kind of alcoholic liquor in any form whatever.

HEADACHE AND COLD FEET.

Wash the feet in hot water; and a large pair of cotton socks, wrung out of cold water, should be put, while wet, upon the feet; draw over them two pairs of dry woollen stockings and keep them on all night. On removal next morning wash the feet freely in cold water; wipe dry with rough towel.

HEADACHE.—Bathe the feet in as hot water as can be borne for ten minutes ; then dash them into cold for ten seconds ; wipe dry and rub well with bare hands until quite warm. Wash the head with warm water once per day, and rinse in cold. Avoid eating rich and greasy foods.

INFLUENZA, or Low Fever.—Tepid baths should be frequently repeated, and the bowels freely moved by tepid injections. The patient should be put to bed and given a hot lemon drink—to make which two lemons should be sliced, put into a saucepan with two cups of water and simmer for 20 minutes, strained and sweetened. A little tepid water should be sniffed up one nostril while the other is pressed and closed with the finger. The matter should then be blown away. Repeat this until a clear passage is effected to the roof of the mouth. Smear goose grease or glycerine over the nose. No meat or solids ; boiled onions will be of help.

INDIGESTION or DYSPEPSIA is caused by eating too fast, too much, and too often. Never eat between meals. Eat in cheerful, lively manner.

Never walk, read or study at or within half-an-hour after meals. Cut all foods into very small pieces. Do not drink at meals, but 30 minutes after—then in slow sips. Never excite or worry the mind while eating. If you cannot digest three meals per day, take less, and give your stomach time to rest. Avoid purgative medicines, new bread, sloppy foods, tobacco, alcohol, condiments, except salt, sexual excess.

NEURALGIA.—In nearly all cases Neuralgia results from the poisoning caused by Constipation and Dyspepsia, and aggravated by anything which is conducive to nervous debility, *i.e.*, Tea and Coffee, Alcoholic drinks, Tobacco, excessive brain labour, amatory excess, and grief, fear, anxiety. Eating white bread is one cause of Neuralgia, as it contains no nerve food.

TREATMENT.—Avoid things as aforesaid, and take 1 ounce of castor oil before breakfast—fresh oil, not half-rancid and vile-smelling. This remedy is always harmless.

Delicate and weak people should not take very cold baths, but tepid.

NOSE-BLEEDING.—Let a plentiful supply of cold water be applied to the head, spine and neck, and sniffed up the nostrils. Keep the nose uncovered and the head exposed to air. Another simple way is to put a piece of something tough in the mouth and chew away vigorously.

Deep and quick breathing will not only stop nose-bleeding, but lessen the pain of neuralgia and toothache.

PERSPIRATION.—Those who perspire, be it through disease, through work, walking, or in consequence of any exercise whatsoever, should take a cold bath, or a cold whole-ablution dress without wiping or drying; then take exercise until the body is dry. (Rapidity of proceeding is indispensable.)

Whoever is wet through perspiration, rain, &c., must not expose himself to cold or draught. This is dangerous.

Whoever feels chilly should not attempt any application of cold water.

Whoever is wet through rain, &c., should change clothing as soon as possible.

PILES.—Piles are caused by constipation, sedentary habits, excessive amatory indulgence, and purgative medicines.

TREATMENT.—Avoid the above; exercise in open-air; cool water injections; cool Sitz baths; eating fruit, fasting, every morning. No meat. Eat plenty of oranges, watercress, tomatoes, to make the bowels act naturally. Then cut a raw potato, not skinned—the skin is good—finger-shaped, and insert it in the rectum. Keep it there until it passes away with waste, then renew till cured.

KIDNEY TROUBLES, Back Pains, and Thick Sediment in the Urine.—It shows that waste material is freely passing and should be encouraged by drinking a cup of hot water every 20 minutes for eight hours daily for several days in succession: this will help nature to expel such waste as would, if retained, produce injury and pain.

SLEEPLESSNESS.—Avoid drugs, narcotics and opiates; tea, coffee, sexual intercourse—all that which excites or worries the mind. Think about sleep while undressing. Outdoor exercise sufficient to produce weariness to make rest a welcome pleasure—not exertion. A hot foot-bath, then a cold one, before retiring conduces to an equal circulation. Never retire to bed with cold feet. Drink half milk and water.

SPRAINS.—Keep the limb at rest, uncovered with anything but a cloth dipped in cold water. Allow a stream of cold water to fall on the part four times per day for 5 minutes. After the third day the part may be enveloped with a wet cloth, covered with dry flannel and fastened with calico bandage.

TOBACCO contains to every pound, 380 grains of deadly poison, one grain, of which, if placed upon the tongue of a dog or cat, will kill it in three minutes. Enough poison is contained in one cigar, which—if extracted and received in a pure state into the stomach—would kill two men. Tobacco impairs digestion, poisons the blood, depresses the vital powers, causes the limbs to tremble and weakens and otherwise disorders the heart. It promotes disregard for the rights and comforts of others, for it stimulates the selfish nature of man and stunts the moral growth. It was discovered by Columbus in 1492, when he visited Cuba. The island was inhabited by a horde of savage barbarians, from whom we have copied the habit—so smoking is barbarism. Certainly it gives to man a feeling of contentment and lethargy ; but discontent is the parent of progress. Tobacco is of great use to gardeners as a vermin killer to sprinkle on plants.

ALCOHOL : for thy proper name let us call thee Devil. Intoxicating drink is not necessary to life—indeed, the very opposite is true. Scarcely anything is more destructive to life—it does not nourish—it does not make blood—it excites and stupifies—it takes away the governing nerve-power of the heart and causes that organ to throb with greater violence. All work can be better performed and health better preserved and life prolonged by Total Abstinence from Alcoholic Drinks.

SELF-POLLUTION or SELF-ABUSE is a sin against your own soul and against God, and most cases of lunacy are traced to this cause, because the genital organs and the brain are all one by means of the spine. The microscope has revealed the proof that the seminal fluid and the convolutions of the brain are the same. Self-pollution is one of the most destructive evils now practised by man. It excites the power of nature to undue action, and produces violent secretions, which necessarily and speedily exhaust the vital principle. It causes involuntary discharges of life power to happen at night and help to further drain the system, causing the understanding to become confused and the memory forgetful ; the will

without power to resist ; the eyes without expression ; the countenance vacant ; appetite ceases ; nutrition fails ; fears and terrors are generated, and thus the wretched victim drags out a miserable existence with a mind debilitated even to a state of idiocy, until his worthless body tumbles into the grave and his soul is " guilty of self-murder."

Treatment—Beware of Quacks and human vultures ever ready to fleece the unfortunate victim with secret remedies and so make matters worse. Give no ear to cauterizations of the urethra. The only cure for this disease is honourable, healthy, natural sexual intercourse. The greatest sin is ignorance and violation of law. Prudery and ignorance, so-called decency, prevent mothers from instructing their daughters and fathers their sons until too late—in fact, in most cases, father and mothers want educating themselves on these important and sacred matters.

The reproductive organism is the most powerful storage battery of animal life, and its force can be drawn up and used as well as expended in the ordinary functions of reproduction or wasted in riotous lust : for in this way men and women weaken their will power and lose their self-esteem, confidence and strength. Lust ruins the better part of men and women, and makes them brutal, selfish and ungodly. The sexual energy is the most powerful in the smallest form—1 ounce of seminal fluid being equal to 40 ounces of blood.

INVOLUNTARY SEMINAL EMISSIONS.

TREATMENT.—The patient should live on a plain diet of vegetables, bread, fruit, rice, and fish. Bathe the genital organs with cold water night and morning, and when convenient sponge the body all over with cold water on rising, and follow with much friction by bare hands : considerable outdoor exercise should be taken. If the bowels are constipated they may be regulated by tepid-water injections. Take the last meal three or four hours before retiring to bed. Read but very little between the last meal and retiring, otherwise the blood will accumulate in the head. Avoid sleeping on the back or in contact with another person, and let there be very little clothing upon the bed, that should not be feathers. Keep the room well ventilated. No alcoholic drinks and tobacco.

STOMACH WASHING

**For Asthma, Bilious Headaches, Jaundice, Catarrh,
Wind, Flatulency, Stomach and Liver, Coughs,
Indigestion, Dyspepsia, Colic, &c.**

It may appear to many that washing out the Stomach must be a difficult and dangerous operation, yet it is one of the simplest, quickest, and safest prescriptions: in this country very few medical men use the stomach tube, and they keep it as quiet as they can, fearing perhaps that its general use would put an end to the drugging system. It has been found that cases which would not yield to other treatment have readily yielded to this cleansing process. This mode of cure is founded on the fact that a disordered and foul stomach is the source of nearly all diseases, and that health cannot be regained until the stomach is cleaned and strengthened. The best time for performing the operation is half an hour before meals, or at bedtime, but not after a meal. The apparatus consists simply of a flexible tube of india-rubber, about a foot and a half long, which is passed into the mouth and down the throat, and allowed to drop gently into the stomach. Soak the tube in warm water to soften and moisten it before using it, after drinking a pint and a half of warm water. Then lower the tube and allow the water to syphon out. The freedom with which the water flows out astonish all who witness this curious operation for the first time.

If there is a quantity of acrid bile upon the stomach it will be expelled. Sometimes this bile is green, at other times a large quantity of phlegm and undigested food are passed up the tube.

Flatulency or wind is generally produced by the fermentation of food upon the stomach. By the judicious application of the stomach tube this undigested food is brought up and nature relieved. If troubled with painter's colic it will act like magic. If a person has stomach-ache it will give almost instantaneous relief.

Those who cannot drink one-and-a-half pints of warm water should drink as much as they can. Then insert the tube into the stomach and pour the remainder down a funnel attached to the end of the tube.

DISTILLED WATER WILL CURE CANCER, STONE AND GRAVEL.

Pure food, water and air make pure blood. Pure blood builds up a healthy body. The cause of cancer is in the blood. It is no use to cut cancer out—we must get at the cause—the blood. The water makes the blood, and when taken into the stomach it is quickly absorbed into the current of the blood and circulated over the whole body, and its purity and its freedom from any kind of diseased matter must be a thing of vital importance in the cure of cancer. Take no drink of any kind except distilled water, or that made with it—that is, steam cooled down; eat only of fruit, vegetables and cereal food, and no other treatment is required; and the fact that the distilled water contains no lime, it will gradually pick up and carry away the stone or gravel in the body and the cause of the cancer. Stick to this and have patience.

SYPHILIS.

The use of mercury is no longer believed in by enlightened physicians. Its use has been the cause of terrible body rot, not the disease. Says Dr. Lanbe: "If I had a thousand cases in every stage, I would cure them all with the Turkish bath, or a portable substitute which can be used anywhere, and with bread and fruit diet.

Avoid spices, condiments, meat, stimulating foods, tobacco, alcohol, drugs. Drink three or four pints of water daily. Two tepid baths and other eliminating treatment may be taken with advantage daily. Keep treatment up twelve months after all symptoms have vanished.

STEAM FOR DRY HACKING COUGH, BRONCHITIS, ASTHMA, AND INFLAMMATION OF THE THROAT.

Where there is a dry hacking cough, in cases of bronchitis and asthma, it is good to inhale a quantity of steam from an inhaler, or large jug, three parts filled with boiling water, and the steam drawn as far down into the chest as possible, and expelled through the nostrils. From 30 to 40 inhalations may be made, and great care should be taken not to go directly out of doors so as to breathe the cold air for some hours afterwards: it would be well to remain in the room all night after its application. A little flower of sulphur may sometimes be put into the water, and this will have a tendency to kill the fungi which accumulate around the throat in these affections: or vinegar may be substituted for water, when there is much inflammation of the throat.

PARALYSIS AND TOBACCO.

Of late there has been a great increase in paralytic affections, more especially in the nerves that supply the muscular power, and this condition is produced chiefly by the use of tobacco, as it very rarely, if ever, occurs in non-smokers. Partial paralysis of the optic nerve, causing near-sightedness, weak vision and colour-blindness: these cases generally recover when the use of tobacco is discontinued, but they will not recover so long as it is used. Take a warm Sitz bath, put the feet in hot water at the same time, sponge the back well with hot water at the same time, then throw a bucketful of cold water upon the spine and follow with brisk friction. Get a strong man to rub the body well with his bare hands: this is a disease of exhaustion. No amatory action or excitement, tea or coffee. Plenty of out-door exercise, plenty of sleep.

DIABETES.

Symptoms—excessive quantity of urine containing sugar.

TREATMENT.—The most important measure is the regulation of the diet. Sugar, starch and all foods containing them, should be as far as possible excluded from the dietary; abstain from sugar in any form, from bread, potatoes, beans, peas, rice, oatmeal, and other grains, chestnuts and all farinaceous articles of food, no sweet fruits. Eat chiefly meat, including fowl, greens, green beans, lettuce, asparagus, cucumbers, radishes, acid fruits, lemons, oranges, strawberries, peaches, currants, skimmed milk. Many cases have been cured by a diet of milk only. the milk should be carefully skimmed. The stomach should be washed out with tube occasionally. Drink warm or cool water only as thirst demands, but the diet must be sparing and reduced to its lowest limit.

FAINTING.

Many well-meaning persons will raise or hold up a person's head when in a faint. This is quite wrong. Let them be flat upon their back, and if the head is a bit lower all the better, to enable the flow of blood to return to the brain and so end the faint.

SLUGGISH PEOPLE.

Sluggish people should take a warm bath, but excitable persons are better with cool or cold ones; but always finish up with cold douche to close the pores of the skin. Pale, cold, weak and bloodless invalids should not have any cold water applied to their bodies until they possess more reactive power—use tepid.

DISEASES CURED BY STARVATION.

Wonderful Cures by Total Abstinence from all Foods and Nourishments.—Every description of disease has been cured by the eminent Dr. Hooker Dewey, M.D., of America—diseases and complications of diseases of the most malignant and terrible kind, that have baffled all medical science, after years of misery and suffering, have yielded to the simple and natural treatment of no food from 10, 20, 30 and 40 days ; fasting, the body cures itself. Certainly some have died while being so treated, but very few in comparison to the number that die under the drug and pill treatment.

But some people allow themselves to go too far before being treated, and most of them have tried this treatment as the last resource, after being nearly ruined by drugs and physic ; and so orthodox are the masses that if one patient were to die out of twenty-five treated this way, the cry is, " Shame ! Starved to death !" But if ten were to die by the old cruel system of drugging out of the twenty-five, we are informed that there was no cure, and quite naturally people often attach more importance to bulk weight of body and stoutness than they do to health. People will get thinner under this treatment, but that need cause no alarm ; one can soon put on more flesh when the body is well. The body, of course, will waste during sickness, if not fed, and so do the bodies of those that are fed. What is the good, or where the sense, of putting food into the stomach when there is no hunger or digestion ; it only does harm, fouls the stomach, uses up the vital energy which the body requires to do the repairs with. It is a wonder that physicians do not see that acute sickness is a loss of all the natural conditions of digestion, and the wasting body the clearest evidence that food is neither digested nor assimilated. When the digestive system is disorganised, or the body in danger with disease, nature points the way by taking away all appetite for food and power of assimilation for the time being. The brute will not eat when ill—he knows better—try your dog and see. Primitive man in his wild state did not eat when ill. Feeding people when ill is one of the curses of civilised logic.

You will not get weak and lose strength by not eating—you will gain strength. Food, when digested only, restores the waste. Strength is only restored by sleep. When do we feel most strong and fit for work—after a good meal, or after a good sleep? We all have a store of material laid up in the body which supplies what is required for keeping the necessary functions of the system going while no food can be usefully taken in the stomach.

From the day of medical history the question of how vital power is supported in time of sickness has never been considered, because it was believed that it came from the food. Vital power is centred in the brain: feeding the sick is a tax on vital power by using it up in getting rid of the rubbish that is forced into our bodies when not required.

To those who follow this method of cure, the following advice is necessary:—Take no heed of the people who will become scared; they will say all manner of things—that you will die, that you are looking much worse—the doctor will perhaps say the same—for remember that very few doctors know anything about this form of treatment—it is not taught in our colleges; and doctors, like priests, will seldom acknowledge their ignorance. Not a bit of food or nourishment during the fast, nothing but water, enough to satisfy thirst. At the start it is as well to eat lightly one day and none the next, for one week. Then start the fast in earnest, and when you are well enough real hunger will come. Be very careful to start taking food slowly, and not much the first day or so.

The following diseases have been successfully cured, and after many years no return of the diseases:—Rheumatism, Gout, Ulcerated Stomach or Bowels, Epilepsy, Asthma, Cancer, Appendicitis, stoutness, Chronic Catarrh, Insomnia, Indigestion, Heart troubles (for most heart troubles are caused by indigestion), Dyspepsia, Insanity—in fact, every disease.

The principle is that the fact of the body getting thinner proves that the rubbish and diseased parts being burned up first of all, is a wise proviso in nature, remember. Don't fear and don't be suggestionised, for both fear and self-suggestion can kill.

VACCINATION.

The cause of small-pox is filth, and its cure is to be sought in cleanliness. Jenner introduced Vaccination, under the mistaken supposition that the infusion of one poison into the system would keep out another, which is altogether delusive and dangerous. Small-pox cannot be "stamped out," as the phrase is, by Vaccination—it is more likely to be stamped in, seeing that the vaccine used is only a modified form of small-pox matter.

Again, it is claimed that Vaccination mitigates the virulence of small-pox and prevents marking or pitting. Nonsense. Nothing is easier than to so temper the light as to prevent disfigurement. There are many thousands of people and children in Leicester unvaccinated, yet, thanks to the absence of Vaccination, and the strict enforcement of sanitary measures, there has been hardly a case and no death for many years.

THE ORDINARY WET PAD.

1 $\frac{1}{4}$ yards Flannelette, folded into four or eight thicknesses wrung out of cold water and applied to the part affected, cover this with six thicknesses of dry flannel and bandage down snugly with a calico bandage. When removed wash the parts freely with cold water. This will act like a poultice. This mode of application is of the greatest service in cases of indolent swellings, rheumatic joints, weak stomachs, sluggish livers, pains in the back, &c.

Put on at night, remove in the morning; but if it is simply an inflamed part that we wish to cool, it should be wrung out of cold water and left uncovered and renewed frequently.

GONORRHŒA AND GLEET.

The best of all measures is the hot douche. With a fountain syringe inject plenty of water, as hot as can be borne, into the urethra twice daily. After the water inject the following (half an ounce twice daily):—Oil of Capaibæ, half-ounce; powdered gum, one ounce; water, three ounces; mix together.

Bathe the outside parts well with cold water twice water.

Avoid alcoholic drinks, tobacco, mustard, pepper, pickles, and drugs. Eat plenty of fruit and tomatoes. Glass of hot water mornings.

HOW TO LIVE ON A FEW PENCE PER DAY.

It becomes a question of the highest importance to know what we should eat and drink and what we should avoid, as there is a perpetual waste going on in the human system.

Much money and time is wasted in the food question that need not be. Foods are those substances which, when introduced into the system, are capable of supplying the loss occasioned by the natural waste of the body. The highest scientific authority shows the following foods give all the nutriment that is necessary for the building up of the body and the energy required by the average person to work on no matter how hard they work:—

One pound of Wheat has more nutriment than 4 pound Beef or Mutton.

Cheese is a muscle and nerve-forming food of high value.

Millions of Scotchmen have grown strong, hardy and intellectual on Oatmeal. The Scotch student who carried to the University a sack of Oatmeal, on which he lived, studied quite as hard as the English student on his chops and steaks.

The chief food of multitudes of the people of France is chestnuts. The brave, strong Turks are happy on dry bread and Figs or Dates.

The Italian fares sumptuously on Macaroni, Maize pudding, and fruits.

The hardy Spanish peasant is strong and happy on bread, onions, Olives and grapes.

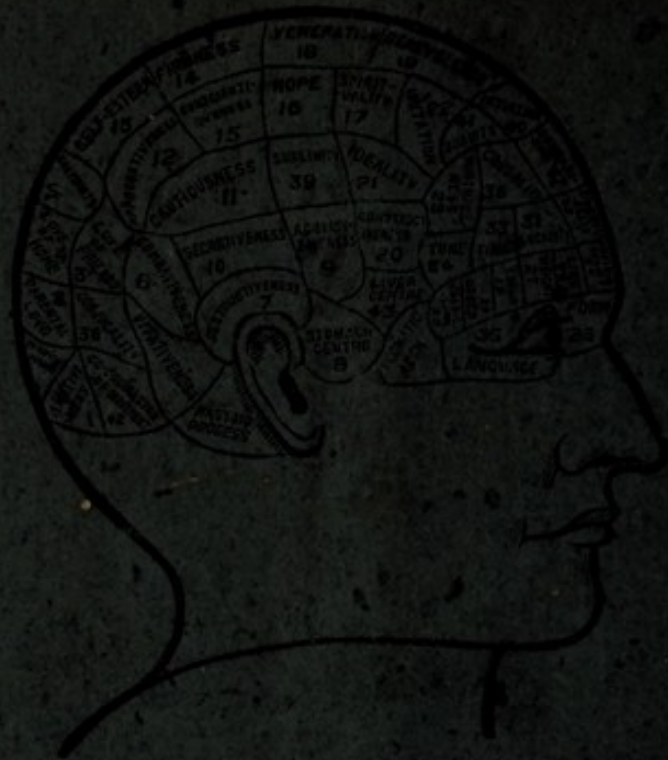
Eggs are very perfect types of food, since they contain all the elements that form the perfect bird when it breaks from the shell.

A Herring is worth three times its weight in Bacon as a food.

Bread contains more life power than meat; the more flesh a person eats the stronger will his animal propensities become, and the greater will be the desire for alcoholic drinks.

Sixpennyworth of dried Peas or Beans contains more than twice as much life power as a food than could be obtained from sixpennyworth of Bread, Cheese, or Fish; four-and-a-half times as much as Beef; five times as much as Milk; seven-and-a-quarter times as much as Eggs; and 160 times as much as Butter. Dried Peas and Beans, therefore, easily hold the first place for energy value, yet the popular impression is that there is nothing like the "Roast Beef of Old England."

The Grand-
est study for
Man is Man.



To know
the truth
and not
speak it
cowardly

Real Education consists in training all
our powers.

The Jewels of the Soul are Temperance, Justice,
Courage, Nobility and Truth.

