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525 Ashland Blvd., Chicago, Ill.
"What about the "chronic"?

"Yes, Nature Cure is all right, but it takes so long."

Now and then we hear this or a similar remark. Our answer is: "No, it does not take long. It is the swiftest cure in existence."

The trouble is that, as a rule, we have to deal with none but the most advanced cases of so called incurable disease. People will come to our sanitariums for consultation after all other methods of treatment have been tried and found of no avail. As long as there remains a particle of faith in the medicine bottle, the knife, or the metaphysical formula of the mind-healer, people prefer these "easy" methods, which require no effort on their part, to the Nature Cure treatment, which necessitates personal exertion, self-control, the changing or giving up of cherished habits. This, however, is what most of us evade as long as we can. "Exercise, the cold blitz-guss, no meat, no coffee;—I'd rather die!"

Afraid of Cold Water

The most dreaded "terror on the threshold" seems to be cold water. Undoubtedly, it has kept away thousands from our treatment and thereby from the only possible cure for their chronic ailments. If we could achieve equally good results without our "heroic" methods of treatment, the sidewalks leading to our institution would be crowded with people clamoring for admission.

After all, this foolish fear is entirely groundless. Cold water is no more to be dreaded than the "boogie man." It is one of our fundamental principles of treatment never to do anything that is painful to the patient. We always "temper the wind to the shorn lamb," the coldness of the water and the force of the manipulations to the sensitivity and endurance of the subject. Beginning with mild, alternately warm and cool sprays, which are pleasant and agreeable to everyone, we gradually increase the force and lower the temperature until the patient is so inured to cold water that the "blitz-guss" becomes a delightful and pleasurable sensation, a positive luxury.

It is amusing to watch the gradual change in the attitude of our patients toward the cold water treatment. In some instances we have had to spend hours in earnest persuasion before we could induce a particularly sensitive person to try the first mild spray. A few weeks later, if, perchance, something interfered with the cold water applications, the patient would indignantly refuse to take the other treatment if there was to be no cold water.

There is certainly no finer tonic than cold water, no more exhilarating sensation than that produced by the artistic application of alternating douches and the "blitz." The real cause of this cold-water scare, we believe, is to be found in the boasting of the "veterans." When, with protruding chest and chin in air, they brag to the newcomers or to their friends about their heroism and the "coolness" with which they allow the cold-water hose to be turned on them, the listener shudders and exclaims: "This cold water may be all right for you, but it would never do for me."
No doubt it is this bravado of the initiated which keeps many a novice from the first plunge into the mysteries of Nature Cure. If these timid ones only knew what they miss!

From a business point of view it would, perhaps, be better to leave off the cold water altogether. It would certainly be much less trouble; but then, the rugged honesty of Father Kneipp, the champion of the cold-water-treatment branch of German Nature Cure, has descended upon his followers and compels them to tell the whole truth and nothing but the truth, to make use of everything that is likely to be of benefit to the patient and to effect a real and lasting cure.

Our friends the osteopaths have only a pitiful smile for our arduous labors. They ask: "Why fool with cold water and drive patients away, when pleasant manipulations bring the business?" If we query in return: "Do your pleasant manipulations cure obstinate chronic ailments?" they answer: "We do not expect to cure them. The effort involves too much labor and spoils the reputation of our work. Not one in a hundred chronic cases has the patience and perseverance to be cured. Besides, if a patient comes too long to the office for treatment he drives others away."

Some of the most successful osteopaths in the city make it a rule not to treat a patient longer than six weeks or two months.

In a number of cases this may be sufficient to produce marked primary improvement, but it is not enough to launch the patient into a healing crisis and, therefore, does not produce a real cure by removing the underlying causes of the disease. If, after a while, the latent chronic condition again manifests itself in external symptoms, the patient returns for another course of treatment; he was "cured" so quickly before and thinks he will be helped again.

In justice to the osteopaths we must say that we are referring more especially to those chronic diseases that are not directly due to spinal lesions. If a spinal lesion be the sole cause of the trouble, its correction may cause a cure within a few weeks; but notwithstanding the teachings of orthodox osteopathy, the majority of chronic ailments have their origin in other causes. In most cases, the existing lesions are themselves the result of other primary disease conditions which must be removed before the lesions will remain corrected.

The mode of treatment will depend upon the object that is to be accomplished. If it is to make the patient "feel better" with the least possible expenditure of time, money, personal effort and self-control on his part, then osteopathic manipulations or metaphysical formulas may be in order; but if the object is to cure actually and permanently any deep-seated chronic disease, it will require all the methods of the natural treatment intelligently combined and adapted to the individual case to accomplish results.

Pull the Roots

Cutting off their heads does not kill the weeds. The first sign of improvement in the treatment of a chronic disease does not mean a cure.

Diagnosis from the eye, borne out by every-day practical experience, reveals the fact that symptomatic manifestations of disease are due to latent constitutional causes within; that the "chronic" symptoms are Nature's feeble and ineffectual efforts to eliminate from the system scrofulous, psoric, or syphilitic taints and the disease products resulting from food and drug poisoning, or to overcome the destructive effects of surgical mutilations.

An abatement of symptoms is, therefore, not always the sign of a real and permanent cure. The latter depends entirely on the elimination of the hereditary and acquired constitutional taints and poisons.

When, under the influence of natural living and methods of treatment, the body of the "chronic" becomes sufficiently purified and strengthened, a period of marked improvement may set in. All symptoms gradually abate, the patient gains in strength, both physically and mentally, and he feels as though "there was nothing the matter with him any more."

But the eyes tell a different story.
They show that the underlying constitutional taints have not been fully eliminated,—the weeds have not been pulled up by the roots. This can be accomplished only by healing crises, by Nature's cleansing and healing activities in the form of inflammatory and feverish processes; anything short of this is merely preliminary improvement, training for the fight, but not THE CURE.

When you order a suit of clothes from your tailor, you do not take it away from him half-finished; if you do, you will have an unsatisfactory garment.

No more should you interfere with your cure after the first signs of improvement. Continue until you have thoroughly eliminated from your system the hidden constitutional taints and the drug poisons which have been the cause of your troubles; after that you can paddle your own canoe; right living and right thinking will then be sufficient to maintain perfect health and strength, physically, mentally, and morally.

The word "chronic" in the vocabulary of the Old School of medicine is synonymous with "incurable." This is not strange; since the medical and surgical symptomatic treatment of acute diseases creates the chronic conditions, it certainly cannot be expected to cure them.

Frequently we have been severely criticised by our friends, our co-workers, or our patients for accepting certain seemingly hopeless chronic cases. They exclaim: "You know this man has locomotor ataxia and that woman is an epileptic; you certainly do not expect to cure them," or, "Doctor, don't you think it injures the institution to have that dreadful looking person around? He is nothing but skin and bones and surely cannot live much longer."

Sometimes open criticism and covert insinuation intimate that our reasons for taking in "incurables" are mercenary.

If we should dismiss today those of our patients who, from the orthodox and popular point of view, are considered incurable, there would not remain ten out of a hundred; and yet our total failures are few and far between. Many such seemingly hopeless cases have come for treatment month after month, in several instances for a year or more, apparently without any marked advance; yet today they are in the best of health.

Yes, it is hard work and frequently thankless work to deal with these cases. It would be much easier, much more remunerative, and would bring more glory to confine ourselves to the treatment of acute diseases, for it is there that Nature Cure works its most impressive miracles. On the other hand, to achieve the seemingly impossible, to prove what Nature Cure can accomplish in the most stubborn "chronic" cases, sustains our courage and is its own compensation.

The word "chronic" in the vocabulary of the Old School of medicine is synonymous with "incurable." This is not strange; since the medical and surgical symptomatic treatment of acute diseases creates the chronic conditions, it certainly cannot be expected to cure them.

Allopathic treatises on the practice of medicine and of surgery classify the stages of disease as "acute" and "chronic." The treatment usually prescribed in the acute stage is, according to the Nature Cure idea, suppressive. Fever is artificially lowered with quinine, coal-tar products, or ice bags; skin eruptions, boils, eczematous conditions are cured (into the body) with metallic ointments; epileptic attacks and brain storms must be stopped with bromides; gonorrheal discharges are checked with injections, syphilitic ulcers "dried up" with mercurial dusting powders or by cautery; scrofulous glands and goiter "absorbed" by iodine; aches and pains are paralyzed by means of morphia and cocaine; the restless brain is stupefied by chloral; coughing, mucous discharges and diarrhoea are checked by opiates and astringents; and so forth, ad infinitum.

If, by continued suppression, Nature's cleansing and healing efforts have been perverted into chronic disease conditions, the following directions are given in the "regular" works on medical practice:

"When this disease reaches the chronic stage, you can no longer cure it. You may advise the patient to change climate or occupation. As for medication, treat the symptoms as they arise."

We know that the "symptoms" are
Nature's healing efforts; when these are promptly "treated," that is, suppressed, it is not surprising that the chronic does not recover. In fact, it is the treatment which makes him and keeps him a chronic.

Nature Cure

Why Nature Cure Achieves Results

The treatment of chronic diseases because its theories and practices are entirely opposite to those just described. However, when the Nature Cure physician claims that he can cure cancer, consumption, epilepsy, paralysis, Bright's disease, diabetes, or certain mental derangements, the "Regular" shows only derision and contempt. He will not even condescend to examine any evidence in support of our claims.

Since, then, Nature Cure offers to the so-called "incurable" the only hope and the only possible means of regaining health, why not give him a chance? Many times apparently hopeless cases have responded most readily to our treatment, while more promising ones offered the most stubborn resistance. Even with the best possible methods of diagnosis, it is hard to determine just how far the destruction of vital organs has progressed, or how deeply they have been impregnated with drug poisons.

Therefore, it is often an impossibility to predict with certainty just what the outcome will be. This can be determined only by a fair trial. In the past we have treated many a case that, according to the rules and precedents of orthodox science, should be dead and buried long ago; yet these individuals are today alive and in the best of health.

Every now and then incidents like the following renew our enthusiasm and our faith in Nature Cure: Recently, we had three new cases, sent by three former patients who had been under treatment three, four, and five years ago respectively. These three had been among the worst cases ever treated in our institution. When they came to us, one was supposed to be dying with cancer, the second was in the advanced stages of tertiary syphilis and the third, a lady, had survived several operations for the removal of the appendix and the ovaries. At the time she took up our treatment she had been advised to undergo another operation for the removal of the uterus.

These "incurables" had been exceedingly trying. More than once the one or the other had quit, discouraged and disgusted, only to return; knowing that, after all, Nature Cure was their only hope. After they left us, we lost track of them, and often wondered how they were getting on. Imagine our pleasant surprise when all three were reported by the new-comers as being in good health! What if it did take months or even years to produce the desired results? Where would these three patients be now if it had not been for "slow" Nature Cure?

INFANTILE PARALYSIS CURED BY NATURAL METHODS

Chicago, 6242 S. May St.

My daughter Grace, seven years old, was sick with scarlet fever in May, 1912. She was treated by an allopathic physician, and although she recovered from the scarlet fever, she remained weak and ailing. About the seventh of July she was taken violently sick with an acute gastritis. Two allopathic physicians were called in succession. As the gastritis subsided, we noticed that the child had lost the use of the right arm and leg. At first the doctor attributed this condition to weakness, but it proved to be infantile paralysis. Our daughter had been paralyzed in the right arm and leg for about three weeks when we brought her to Dr. Lindlahr's sanitarium and placed her under his care and treatment.

From that time on she has shown steady and rapid improvement. To-day, after six weeks of treatment, she has fully recovered the use of her right arm and leg. We are continuing the treatments under the advice of Dr. Lindlahr, in order to remove from the child's system all morbid matter and drug poison that may still affect her.

Charles W. Larson.
What Is Nature Cure?

It is vastly more than a system of curing aches and pains; it is a complete revolution in the art and science of living. It is the practical realization and application of all that is good in science, philosophy and religion. Like many another world wide revolution and reformation it had its inception in Germany.

About 70 years ago this greatest and most beneficent of reformatory movements was inaugurated by Priessnitz, in Grafenberg, a small village in the Silesian mountains. The originator of Nature Cure was a simple farmer, but he had a natural genius for the art of healing.

His pharmacopeia consisted not in poisonous pills and potions, but in plenty of exercise, fresh mountain air, water treatments in the cool, sparkling brooks, and simple, wholesome country fare, consisting largely of black bread, vegetables and milk fresh from cows fed on nutritious mountain grasses.

The results accomplished by these simple means were wonderful. Before he died a large Sanitarium, filled with patients from all over the world and from all stations in life, had grown up around his forest home.

Merchants, princes and doctors made the pilgrimage to Grafenberg to become patients and students of this genial healer, the simple-minded farmer-physician.

Rapidly the idea of drugless healing spread over Germany and over the civilized world. In the Fatherland, Hahn the apothecary, Kuhne the weaver, Rickli the manufacturer, Bilz the carpenter, Father Kneipp the priest, Lahm man the doctor, and Turn-Vater Jahn the founder of physical culture, became his enthusiastic pupils and followers.

Each one of these men enlarged and enriched some special field of the great realm of Natural Healing. Some elaborated the Water Cure and Natural Dietetics, others invented various systems of manipulation, Earth, Air, and Light Cures, Magnetic Healing, Mental Therapeutics, Healing Gymnastics, Thure-Brandt Massage, etc. Von Peckzely added the Diagnosis from the Eye, revealing not only the innermost secrets of the human organism, but Nature's ways and means of cure as well, and the transformations for better and for worse continually occurring in the body.

In this country, Dr. Trall of New York, Dr. Jackson of Danville, Dr. Kellogg of Battle Creek caught the infection and crossed the ocean to become students of Priessnitz. The achievements of these men in their respective fields of endeavor will stand as enduring monuments to the eternal truths revealed by the genius of Nature Cure.

Quimby, the itinerant Spiritualist and Healer, became successful and renowned by the application of the natural methods of cure. At first his favorite methods were water, massage, magnetic and mental treatment. Gradually he concentrated his efforts on mental and psychic methods of cure and before he died evolved a complete system of metaphysical therapeutics.

Quimby's teaching and methods were adopted by Mrs. Eddy, his most enthusiastic pupil, and by her elaborated into Christian Science, the latest and financially, the most successful of modern healing cults.

Dr. Still of Kirksville, Mo., made a valuable addition to natural methods
of treatment by the invention of Osteopathy, a system of scientific manipulation of the bony structures, muscles, nerves and nerve centers. These simple pioneers of German Nature Cure laid the foundation for the world wide, modern Health Culture Movement, every one gifted by Nature with the instinct and genius of the true healer, who is born, not made.

They were not blinded or confused by the conflicting theories of books and authorities, or by the action of a thousand different drugs on a legion of different symptoms, but applied common-sense reasoning to the solution of the problems of health, disease and cure.

They went for inspiration to field and forest rather than to the murky atmosphere of the dissecting and vivisection room. They studied the whole instead of the parts; causes in place of symptoms. Realizing that man had lost his natural instinct and strayed far away from Nature's ways, they studied and imitated the natural habits of the animal creation rather than the confusing doctrines of the schools.

Thus they proclaimed "THE RETURN TO NATURE" and "THE NEW GOSPEL OF HEALTH" which will yet free humanity from the curse of alcoholism, meat-eating, drug poisoning, surgical mutilation, vivisection, and from a thousand other abuses practiced in the name of science.

When parents learn how to create children in accord with natural law, how to mould their characters and their bodies in harmony and beauty before the new life sees the light of day; when they learn to rear their offspring in health of body and purity of mind, true types of beautiful manhood and womanhood, freed from the hereditary taints of darker ages — then children will no longer be a curse and a burden to themselves and to those who bring them into the world.

These thoughts are not the mere dreams of a visionary. When we see the wonderful changes wrought in a human being by a few months or years of rational living and treatment, it seems not impossible or improbable that these ideals may be realized within a few generations. Children thus born and reared in harmony with the law will be the future masters of the earth. They will need neither gold nor influence to win the race of life, their innate powers of body and soul will make them victors over every circumstance. The children of alcoholism, drug poisoning and sexual perversity will cut but sorry figures in comparison with the manhood and womanhood of a true and noble aristocracy of health.

The Laws of Cure

The Fundamental Law of Cure

"Give me fever and I can cure every disease." Thus, a few thousand years ago, Hippocrates, the father of medicine, expressed the fundamental law of cure. We have formulated the same law in the following sentence:

Every acute disease is the result of a healing and cleansing effort of Nature.

Someone will say, "If that is so, why then do people die from the effects of acute diseases?" It is true, Nature may not always succeed in her good intentions; the vitality may be too low; the obstructions too great, or both; and she may lose the fight; but still, it was an effort on her part to re-establish normal conditions. Failure to understand this simple law accounts for all the errors and confusion in the ranks of healing sciences, and for the greater part of human suffering. While allop-
ful and hostile to health and life; as something to be "cured" (we say, "suppressed") by drug or knife, the Nature Cure School regards these forcible house-cleanings as necessary and beneficial, so long, at least, as people will continue to disregard Nature's laws.

Fever, catarrh, skin eruptions, ulcers and inflammations are indications that there is some poison, waste matter or obstruction in the organism which Nature is trying to remove or overcome by these so-called "acute diseases." What then can be gained by suppressing them with poisonous drugs and surgical operations? Such practice does not allow Nature to carry on her work of cleaning and repair. The morbid matter which she endeavors to eliminate by acute reactions is thrown back into the system and drug poisons are added to disease poisons; fatal complications now arise, or the acute condition is changed into a chronic one.

This is a severe indictment of Old School Medical Science, but it truly explains the difference in the fundamental principles of the Old School of Healing and that of Nature Cure. The fundamental Law of Cure above quoted, explains why Allopathic Medical Science is wrong, not in a few things, but in most things. The foundation, the true conception of disease, being wrong, everything that is built thereon must be wrong also.

WHY DOES THE GREATER PART OF ALLOPATHIC MATERIA MEDICA CONSIST OF VIRULENT POISON?

The fundamental law of cure explains also why seventy-five percent of all allopathic prescriptions contain virulent poisons in some form or another; and why surgical operations are in high favor with the disciples of the regular school.

The answer of allopathy to the question, "Why do you give poisons?" usually is, "Our materia medica contains poisons because drug poison kills and eliminates disease poison." We, however, claim that drug poisons merely serve to paralyze vital force, whereby the deceptive results of allopathic treatment are obtained.

The following will explain this more fully: We have learned that so-called acute diseases are caused by healing efforts of nature. All acute reactions represent increased activity of vital force, resulting in feverish and inflammatory conditions, accompanied by pain, redness, swelling, high temperature, rapid pulse, catarrhal discharges, skin eruptions, boils, ulcers, etc.

Allopathy regards these violent activities of vital force as detrimental, harmful in themselves. Anything which will inhibit the action of vital force will, in allopathic parlance, cure (?) acute conditions. Nothing more effectively paralyzes vital force and impairs vital organs than poisonous drugs and the surgeon's knife. These must necessarily constitute the favorite means of cure (?) of the regular school of medicine.

This school mistakes effect for cause. It fails to see that the local inflammation arising within the organism is not the disease, but merely marks the spot where nature is trying her best to discharge the disease; that the acute reaction is local, but that the causes of it or feeders of it are always constitutional and must be treated constitutionally. When, under the influence of rational, natural treatment, the poisonous irritants become eliminated from blood and tissues, the local symptoms take care of themselves; it does not matter whether they manifest as pimple or cancer, as a simple cold or as consumption.

THE LAW OF DUAL EFFECT.

Everywhere in Nature rules the great law of Action and Reaction. All life sways back and forth between giving and receiving, between action and reaction. The very breath of life mysteriously comes and goes in rhythmical flow, so also falls and heaves in ebb and tide the bosom of Mother Earth.

Sometimes we call it the Law of Compensation or the Law of Dual Effect. The "Preservation of Energy" depends on the action of this law.

The Great Master expressed the ethical application of the Law when He said: "Give, and others will give to you * * * for the measure that you mete
will be meted out to you in return.” — Luke VI., 38.

In the realms of physical nature, giving and receiving, action and reaction, exactly balance each other mechanically and automatically. What we gain in power we lose in speed or volume, and vice versa. This makes it possible for the mechanic, the scientist and the astronomer to predict for ages in advance with mathematical precision the results of certain actions.

This great law of dual effect forms the foundation of healing sciences. It is related to and governs every phenomenon of health, disease and cure. When I formulated the fundamental laws of cure in the words, “Every acute disease is the result of a healing effort of Nature,” this was but another expression of the great law of action and re-action. What we commonly call crisis, acute re-action, or acute disease, is in reality Nature’s attempt to establish health.

Applied to the physical activity of the body, the Law of Compensation may be expressed as follows: “Every agent affecting the human organism produces two effects — a first apparent, temporary effect, and a second, lasting effect — the second effect being always contrary to the first.”

For instance: the first and temporary effect of cold water applied to the skin consists in sending the blood to the interior, but in order to compensate for the local depletion Nature responds by sending greater quantities of blood back to the surface — resulting in increased warmth and better surface circulation.

The first effect of a hot bath is to draw the blood to the surface, but the secondary effect sends the blood back to the interior, leaving the surface bloodless and chilled.

Stimulants, by burning up the reserve force of the organism, temporarily produce forced activity of vital functions, but the resulting weakness and exhaustion is in exact proportion to the previous excitation.

The primary effect of relaxation and sleep is weakness, stupor, numbness and death-like paralysis; the secondary effect, however, is increased strength and new life.

The Law of Dual Effect governs all drug action. The first temporary, violent effect of drugs, given in physiological doses, is usually due to Nature’s efforts to overcome and eliminate the poisons. The second, lasting effect is due to the retention and permanent action of the poisons in the system. Allopathy in its theories and practice considers the first effect of drugs and operations only, and ignores the lasting after-effects. It administers remedies whose first effect is contrary to the disease condition and in accordance with the law of action and reaction, the secondary, lasting effect of such remedies must be similar to the disease condition. In other words, while the first effect of an allopathic drug is contrary to the disease, the second effect creates conditions similar to the disease.

Common, every day experience should teach us that this is so, for laxatives and cathartics always tend to produce chronic constipation.

The secondary effect of stimulants and tonics of any kind is increased weakness and their continued use often results in complete exhaustion of mental and bodily powers.

Headache powders, pain killers, opiates, sedatives and hypnotics paralyze brain and nerves into temporary insensibility, but, if due to constitutional causes, the pain, nervousness and insomnia always return with redoubled force. If taken habitually these agents invariably create heart disease and paralysis, and ultimately develop all sorts of “dope fiends.”

Cold and catarrh cures (?) such as quinin, coal tar products, etc., suppress Nature’s efforts to eliminate waste matter through the membranes of the respiratory tract and drive the disease matter back into the lungs, thus breeding pneumonia, chronic catarrhs, asthmas and constipation.

Mercury, iodin and all other alteratives, by suppression of external elimination, create internal chronic disease of the most dreadful types.

So the recital might be continued all through orthodox materia medica. Each drug breeds new disease symptoms which are in their turn cured (?) by other poisons, until the insane asylum or merci-
ful death rings down the curtain on the tragedy of a ruined life.

The teaching and practice of Homeopathy on the other hand is fully in harmony with the Law of Action and Reaction. In accordance with the law of "Similia similibus curantur," or "like cures like," homeopathy administers remedies whose first or physiological effect is similar to the disease conditions, and according to the Law of Double Effect, the secondary effect of these remedies must be contrary to the diseased conditions — or curative.

The Law of Crises

In this issue we shall confine ourselves to a clear and concise statement of the laws of crises and periodicity. Lack of space forbids us to enlarge upon this highly interesting subject and to work it out in detail. We shall do this, however, in a continued series of articles to be published later.

In our catechism of Nature Cure we have defined "Healing Crisis" as follows: "A healing crisis is an acute reaction, resulting in the ascendancy of Nature’s healing forces over disease conditions. Its tendency is towards recovery, and it is, therefore, in conformity with Nature's constructive principle."

The possibility of producing healing crises and thereby curing chronic ailments depends upon these conditions:

1st. There must be sufficient vital force or power of reaction to react against treatment and change of habits.

2nd. Destruction and disorganization of vital organs and fluids must not be too great.

When a chronic patient whose chances of cure are favorable is placed under proper (natural) conditions of living and treatment, he will experience five weeks of marked improvement. The fifth week marks the beginning of acute eliminative activity. These acute reactions appear in the form of fevers, inflammations, skin eruptions, diarrhoeas, boils, abscesses, perspirations, hemorrhages and muco-purulent discharges by means of which Nature now endeavors to eliminate from the organism the latent chronic disease conditions.

Nature never undertakes a healing crisis until the organism is sufficiently purified and strengthened to conduct the reaction to a beneficial termination. A healing crisis, therefore, is never either harmful or dangerous to the life of the patient.

When either the method of living and of treatment, or the inner condition of the patient, is unfavorable to a cure, healing crises will be proportionately delayed or indefinitely postponed.

If the vitality be too low, or destruction of vital parts too far advanced, the disease symptoms will increase in severity and complexity and become more destructive instead of constructive until the final and fatal crisis takes place.

The prompt arrival and beneficial termination of healing crises is a certain indication that the healing forces of the organism are in the ascendancy and that the treatment has been in conformity with the natural laws of cure and with the constructive principle in Nature.

Our critics and opponents frequently ask how we know that our methods are "natural," and in "harmony with the Law"? The timely realization and beneficial termination of healing crises conclusively answer these questions and the orderly development of healing crises constitutes the best criterion of the correctness and naturalness of treatment.

The character and time of occurrence of healing crises in any given case can be predicted quite accurately from Nature's records in the eyes by means of the Diagnosis from the Eye.
Drugs versus Healing Crises

Our explanations of the natural laws of cure and of natural therapeutics are often greeted by old-school students and physicians with the following:

"You speak as if you had the monopoly of eliminative treatment and of the production of crises. With our laxatives, cathartics, diuretics, diaphoretics and tonics, we are doing the same. What is more effectual for stimulating a sluggish liver and cleansing the intestinal tract than calomel followed by a dose of salts? What will produce more profuse perspiration than pilocarpin; what is a better stimulus to the kidneys than squills or buchu? Can we not by means of stimulants and depressants regulate heart action to a nicety?

"We accomplish all this in a clean, scientific manner, without resorting to unpleasant diet and to barbarous applications of douches, packs and manual treatments. How much more dignified and professional it is to write a Latin prescription! How much better the impression on the laity than soaking and rubbing!"

Let us see if these statements are true, if laxation, perspiration and urination produced by poisonous drugs are identical in character and in effect with elimination and healing crises produced by natural living and by natural methods of treatment.

Elimination Must Start in the Cells of the Body, Not in the Kidneys and Bowels

In the last analysis, disease is resident in the cell. Blood and the tissues of the human organism are made up of billions of little cells which have to be magnified many hundred times before they become visible.

Still, minute as it is, each cell is a living being, which eats, excretes waste, grows, multiplies and dies. It holds the same relation to man that man holds to his social, political and natural environments; it is a microcosm to man, the macrocosm.

The welfare of man depends upon the welfare of these minute organisms; if they are well, he is well. If they are sick, he is sick. In order to cure the man, the cell must be freed of its encumbrances. Elimination must begin in the cell, not in the organs of depuration. Laxatives and cathartics, by irritating the digestive tract, cause a forced evacuation of the contents of the intestinal canal, but they do not eliminate the poisons which encumber cells and tissues.

Mercury, in the form of calomel, is one of the best known cholagogues (liver stimulants), laxatives and cathartics. It is commonly supposed that calomel acts on the liver and intestines; in reality, these organs act on the drug.

All laxatives and cathartics are poisons; if they were not, they would not produce their peculiar, drastic effect. Because they are poisons, Nature tries to eliminate them from the system as quickly and as forcibly as possible; in order to do this, the secretory cells and membranes of the liver and intestinal tract greatly increase their secretions, thereby producing a forced evacuation.

In other words, the system, in the effort to eliminate the mercurial poison, evacuates also the contents of the intestinal canal. Such a forcible purging may superficially and artificially increase the secretion of bile, and incidently cleanse the intestinal tract, but it cannot and does not cleanse the individual cells of their impurities.

The Law of Action and Reaction

Action and reaction are equal and opposite. In accordance with this law, the temporary over-irritation and stimulation of the sensitive membranes are followed by corresponding weakness and exhaustion and, if habitually repeated, by progressive atrophy and paralysis. As atrophy progresses, the doses must be
increased in order to accomplish the desired result, and this in turn hastens the
degenerative changes.

This artificial purging cleanses the drains and sewers but not the interior
chambers of the house. The cells in the interior tissues remain encumbered with
morbid matter. Genuine and effective housecleaning has to come from within
the cells and must be brought about through the initiative of the vital forces in
the organism, through healing crises and not through stimulation by means of
poisonous irritants.

When the organism is loaded to the danger point with morbid matter, the
vital forces, in self-defense, arouse themselves to acute eliminative effort in the
form of colds, catarrhs, fevers, inflammations, skin eruptions, boils, discharges,
etc. In these instances, the disease conditions force the crises; the organism is
on the defensive, and therefore we call these reactions "disease crises."

Such unequal struggles between the forces of healing and those of disease
sometimes end favorably, sometimes fatally.

On the other hand, "healing crises" are brought about through natural methods
of living and of treatment, and always result in improved conditions. When,
under a natural regimen of living and of treatment, the system has been suffi-
ciently purified, adjusted and vivified, the cells themselves begin the work of
housecleaning. They unload their morbid encumbrances, which are carried by
the venous circulation to the organs of elimination in the bowels, kidneys, skin
and mucous membranes of the respiratory tract. The morbid eliminations of cells
and tissues irritate the organs of elimination to increased activity and thereby
produce diarrhœas, catarrhs, fevers, inflammations and other eliminative proc-
esses.

Eliminations brought about in this manner are Nature's own housecleaning
and true healing crises. They are the result of purification and elimination from
within and produced by natural means.

**How We Produce Healing Crises**

A rational vegetarian diet eliminates food and drink poisons and thus allows
the organism to throw off the old accumulations.

Hydropathic treatment, active and passive exercise, massage and osteopathic
manipulation, in a natural manner stimulate the organs of elimination to increased
activity. Osteopathic and chiropractic manipulations correct subluxations of the
vertebra and remove abnormal pressure on nerves and blood vessels, re-establish-
ing the natural flow and exchange of blood and nerve currents.

Here interposes Friend Allopath: "What difference does it make whether
I stimulate the circulation by digitalis or by a cold water spray? The cold water
stimulation brings a reaction just as digitalis does and the one must be as injuri-
ous as the other."

To this we reply: "The stimulating effect on heart and circulation, pro-
duced by digitalis, is the first action of a highly poisonous drug; the second effect
of it is weakening and paralyzing. The first effect of a cold water spray is
depressing; it sends the blood into the body and benumbs the surface. The sensa-
tion of cold is telegraphed to headquarters in the brain, and, in order to overcome
this sensation, the command comes back, "Blood to the surface." As a result,
the blood is carried to the surface and the skin becomes warm and rosy with the
glow of life. The stimulation is the second and lasting effect of the water treat-
ment, from which there is no further reaction."
Similarly, the stimulation produced by exercise, massage, osteopathy, or the exposure of the nude body to light and air, is natural stimulation, produced by harmless, natural means.

We can now understand why the flushing of the colon with water, laxation by non-poisonous herb remedies, and forced sweating, cannot be called natural means of cure. These agents irritate the organs of elimination into forced activity, without, at the same time, arousing the cells in the interior of the body to natural elimination.

Dr. Lahman made a series of experiments which prove these principles in regard to sweating. His chemists gathered the natural perspiration of certain patients, produced by ordinary exercise in the sunshine. These secretions, evaporated and analyzed, contained poisons powerful enough to kill rabbits. Produced in sweat-boxes, the profuse perspiration of the same patients, when evaporated and analyzed, contained only a very small amount of toxins, showing that artificial sweating does not eliminate disease matter; that sweating and elimination of disease matter are two different processes; that we cannot force the organism to elimination by irritants and stimulants; that the system eliminates morbid matter only in its own natural manner and when it is in proper condition to do so.

The same is true, in a lesser degree, of fasting. While fasting under certain conditions becomes a necessity, it can be abused and overdone as a method of elimination. This subject we reserve for a future article.

**Our Diet**

Whatever one may think of vegetarianism as a continuous mode of living, a little consideration will make it apparent that a rational vegetarian diet is the “sine qua non” in the cure of so-called incurable chronic diseases. In such cases every drop of blood and every cell is affected; in order to produce a cure the old tissues must be broken down and eliminated and new ones built up. The greater the change in food materials, especially if the latter are “pure” and “eliminating,” the greater and faster will be the changes in blood and tissues. The same old poisoned food and drink will build the same old poisoned body. The less of morbid materials and the more of eliminating elements the daily dietary contains, the faster will proceed a complete regeneration of the organism. Anything short of this may be palliative but it is not worthy the name of “Cure.”

**Do We Never Fail?**

Certainly we fail, but our failures are usually due to the fact that sick people as a rule do not consider Nature Cure except as a last resort. The methods and requirements of Nature Cure at first appear so unusual and exacting that people seek to evade them so long as they have the least faith in the miracle-working power of the poison bottle or of a metaphysical healer. When health, wealth and hope are entirely exhausted, then the chronic sufferer grasps at Nature Cure as “a drowning man grasps at a straw.” But, even though ninety percent of these cases which come to us are of the hopelessly incurable type, our failures are few and far between.

If there is sufficient vitality in the body to react to natural treatment and the destruction of vital parts and organs is not too far advanced, a cure is possible. Often the apparently hopeless cases yield the most readily.

Our success is due to the fact that we do not rely on one method of cure but combine in our work all that is good in the different systems of natural healing.
Metaphysical Healing

During the last generation men have discovered the fallacies in orthodox medicine and surgery. People have grown more and more suspicious of Old School theories and practices. From allopathic "overdoing" the pendulum has swung to the other extreme of metaphysical nihilism, to the "underdoing" of Faith Healing and Christian Science.

The people have been educated for ages in the belief that almost every acute disease will end fatally unless the patient is drugged or operated on. When they find to their surprise that the prayers of a "faith healer" or the affirmations and denials of a "scientist" will cure baby's measles or father's smallpox just as well and better than Dr. Dopem's pills and potions, they are firmly convinced that a miracle has been wrought in their behalf by the "holy" man or woman. Straightway they become the abject slaves, mentally and financially, of their new idols, until some other delusion ensnares them.

They simply exchange one superstition for another: the belief in the efficacy of drugs and surgical operations for the belief in the wonder-working power of a fanatic extremest, a self-appointed savior, or a reason-stultifying and will-numbing cult. They have not been taught that every acute disease is the result of a healing effort of Nature, and therefore fail to see that it is vital force, the "physician within," that, if conditions are favorable, cures measles and smallpox as easily as it repairs the broken blade of grass or heals the wounded deer of the forest.

"That is exactly what we say," exclaim healer and scientist, "have unlimited faith in the God within and all will be well."

True, Brother, faith is good, but faith and works is better. Though we cannot heal and give life, we can in many ways assist the healer within. We can teach and explain Nature's laws, we can remove obstructions, and we can make the conditions within and around the patient more favorable for the action of Nature's healing forces.

When the Great Master said: "Go forth and sin no more, lest worse things than these befall you," he acknowledged Sin, or the transgression of natural laws, to be the primary cause of disease, and made health dependent upon compliance with the Law. The necessity of complying with the Law, in all respects and on all the planes of being, is still more strongly emphasized in the following:

"For whosoever shall keep the whole law and yet offend in one point, he is guilty of all."

The skeptic and the superficial reader may reply: "This saying is utterly unreasonable. Stealing a penny is not committing a murder; overeating does not break the law of chastity; how, then, is it possible to break all laws by breaking any single one of them?"

There is however, a deeper meaning to this seeming paradox which makes it scientifically true.

SELF-CONTROL THE WHOLE LAW

Obedience to all laws on all planes of being depends primarily on self-control. Self-control is, therefore, in a sense, "the whole law," for man cannot break any one law unless he breaks first this fundamental "law of all laws." This implies that the demoralizing effect of sinning or law-breaking, on any one of the planes of being, does not depend so much upon the enormity of the deed as upon the loss of self-control. Continued weakening of self-control in trivial things may therefore, in the end, prove more destructive than a murder committed in the heat of passion. If there is not self-control enough to resist a cup of coffee or a cigar, whence shall come the will-power to resist greater temptations?

Truly, lack of self-control in small things is the "dry rot" of the soul.

Is it not, then, somewhat unreasonable to expect God or Nature to strain and twist the immutable laws of Nature
at the request of every "healer" in order to save us from the natural consequences of overeating, meat-eating, whiskey-drinking, smoking, tobacco-chewing, drugging, and a thousand and one other transgressions of natural laws?

In spite of the finest-spun metaphysical sophistries, we continue to burn our fingers in the fire until we know enough to leave it alone. Herein lies the corrective purpose of that which we call Evil—suffering and disease. The rational thing to do is not to deny the existence of Mother Nature's punishing rod, but to escape her salubrious spankings by conforming to her laws.

As in medicine, so also in metaphysical healing, men judge by superficial results, not by the real underlying causes. The usual answer to any criticism of Christian Science or kindred methods of cure is: "That may be all right; but see the results! Nobody can deny their wonderful cures," etc.

Let us see whether there really is anything wonderful or supernatural about these cures, or whether they can be explained on simple, natural grounds.

In our critical analysis of allopathy and surgery we have learned that by far the greater part of all chronic ailments is due to drugging and to operations. People commence doctoring for little troubles, which are aggravated by every dose of medicine and every surgical operation until they end in big troubles. Is it marvelous that such patients improve, and that many are cured when they are weaned from drugs and the knife?

Metaphysical healers unwittingly do their best and most beneficial work because they induce their followers not to suppress the acute diseases and healing crisis by drugs and surgical operations, thus allowing them to run their natural course in harmony with the fundamental Law of Cure that every acute disease is the result of a cleansing and healing effort of Nature. People will refrain from the suppressive drug treatment under the influence of metaphysical teachings which appeal to the miracle-loving element in their nature, when they cannot be convinced by common-sense Nature Cure reasoning.

Thus metaphysicians are of great service to humanity in general and to their patients in particular because they prove the correctness of the fundamental law of cure and, by appealing to religious superstition, induce their patients to comply with it. They assist Nature indirectly by non-interference and directly by soothing fear and worry, by instilling faith and hope, by prohibiting the use of tobacco, alcohol and pork, and by regulating otherwise the life and habits of their followers.

Furthermore, let us assume for argument's sake that the average person passes in the course of a life-time through a dozen different diseases. He recovers from eleven of these in spite of any treatment. It is only the twelfth to which he succumbs. Yet, whoever happened to treat the first eleven diseases claims to have cured them and, perhaps, to have saved the patient's life when, as a matter of fact, he recovered in many instances in spite of the treatment and not because of it.

These explanations account for the seemingly miraculous results of metaphysical healing. If "healers" and "scientists" were to explain their cures by natural laws, mystery and miracle would be taken out of their business.

While non-resistance to Nature's healing efforts is better than suppression by drugs or the knife, there is something more rational and helpful than this negative attitude toward disease assumed by metaphysical systems of healing. That something is intelligent co-operation with Nature.

Where the Old School fails by sins of commission, the Faith Schools fail by sins of omission. Many patients are sacrificed daily through fanatical inactivity, when their lives might be saved by a wet pack or a cold sponge, an internal bath, rational diet, judicious fasting, scientific manipulation, or some other simple yet powerful remedy of natural healing. To permit a patient to perish in a burning fever, depending solely upon the efficacy of prayers, formulas, and mental attitudes, when wet packs and cold sponges would in a few
minutes reduce the temperature below the danger point, is manslaughter, even though it be done in the name of religion.

Our forefathers were too pessimistic; Higher Thought enthusiasts are often too optimistic. While the former poisoned their lives and paralyzed their God-given faculties and powers by dismal dread of hell's fire and damnation, our modern "scientists" and healers have drifted to the other extreme. They tell us there is no sin, no pain, no suffering. If that be true, there is also no justice, no retribution, no personal responsibility, no need of self-help or of personal effort.

The ideal of the faith healer is the ideal of the animal. The animal "trusts implicitly," it has "absolute faith;" guided by instinct, God, or Nature, it follows the promptings of its appetites and passions without worrying about right or wrong. It acts today as it did ten thousand years ago.

In man, reason has taken the place of instinct; we must think and manage for ourselves. We are free and responsible moral agents. If we deny this, we deny the very foundations of equity, justice and right. It behooves us to use the talents which God has given us, to study the laws of our being and to comply with them to the best of our ability, so that enlightened reason may take the place of animal instinct and guide us to physical, mental, and moral perfection.

"FAITH WITHOUT WORKS" DANGEROUS

To believe that God or Nature will overcome the natural effects of our ignorance, laziness, and viciousness by wonders, signs, and metaphysics, or to deny the existence of sickness, sin, and suffering, must lead inevitably to intellectual and moral stagnation and degeneration. I am a thorough and consistent optimist and New Thought enthusiast, but I do not overlook the fact that in this, as in everything else, there lurks always the danger of "overdoing" and of exaggerating virtue into fault.

The greatest danger of this revulsion from old-time pessimism to modern optimism lies in the fact that the Higher Thought enthusiast may cut from under his feet the solid ground of reality; that he may become a dreamer instead of a thinker and doer; and that he may mistake selfish, emotional sentimentalism for practical charity and altruism.

This unhealthy all-is-good, there-is-no-evil emotionalism leads only too often to weakening of personal effort, a deadening of the sense of individual responsibility, and thereby to mental and moral atrophy; for any of our voluntary functions, capacities, and powers which we fail to exercise will in time become benumbed and paralyzed. Unprejudiced observers who come in close contact with metaphysicians cannot help perceiving the pernicious effect of their subtle sophistries on reason and character.

A chronic invalid who had been under the treatment of a faith healer for several years exclaimed, when we gave her our various instructions for dieting, bathing, breathing exercises, etc.: "How glad I am that you give me something to do! I fear I have been imposing too long on the goodness of the Lord, expecting Him to do my work for me." Often afterwards, while recovering from life-long ailments, she expressed her happiness and contentment in that she herself was doing something which in her opinion was rational and helpful because it assisted Nature's healing efforts.

We believe firmly and fully in the influence of mind over matter, in the fact that vibrations of the physical plane correspond to vibrations on the mental and psychical planes and vice versa. We know that, in accordance with this law, anything which affects the mind or the moral life of a person affects also his physical condition; but instead of hypnotizing the minds of our patients by law-defying, reason-and-will-benumbing dogmas and formulas, we strengthen and harmonize their mental vibrations by appealing to reason, by teaching and explaining natural laws instead of obscuring and denying them.

The more intelligent the patient, the more amenable he will be to such "normal suggestions" based on scientific truth and on the dictates of reason and common sense.
The following letter from Rev. Claire L. Waite will speak for itself as to the practical results to be obtained from Nature Cure.

Dear Doctor Lindlahr: — I was down to Chicago to see Mother last week, and find her so well and strong after the few weeks she spent at your Sanitarium some months ago that out of gratitude to you I feel constrained to write you a few lines of appreciation. And although you have never solicited a testimonial from any of our family, I want you to show this letter to any persons who may be in doubt as to the worth of Nature Cure.

Nature Cure as taught and applied by yourself has been of very great benefit to our family. It has revolutionized our methods of living and has greatly increased the health, happiness and working capacity of every member of our family who has followed your teachings.

Some four years ago I was badly afflicted with catarrhal and indigestional troubles. I put myself in your hands, and patiently followed your lead through all the crises, etc. I listened to your lectures and learned how to live. I can now say, after testing Nature Cure methods carefully for three or four years, that my present good health and greatly increased capacity for hard work is entirely due to Nature Cure. I never take drugs of any kind, neither do I drink tea or coffee, and I try to follow out the principles of Nature Cure generally. From my own experience I am very enthusiastic, and I wish you would tell your patients for me not to be discouraged when the crises come, but to go right on with Nature till she has completed her good work of elimination, and then they will become new creatures as I and many others have become.

My father, seventy years old, was on the verge of typhoid fever. He went in haste to your Sanitarium where you not only prevented the run of fever, but you put his diseased bowels into such good shape that, although he has been almost constantly on the road as a traveling salesman, his long-standing intestinal disorder has given him very little trouble, due also to his great care in diet and living according to Nature, as far as he can on the road.

My sister used to be in bed every once in a while with a terrible sore throat. Since she has discarded the use of drugs and lived according to your instructions she has not had a single recurrence of throat trouble. In every instance when she has felt any indication that it was coming on she has used the cold pack, and Nature has eliminated in this way instead of by the way of the throat.

One year ago my mother, sixty-six years old, was taken down with a severe case of dysentery, owing to the fact that she had been up in a little town in Wisconsin where she could not get the proper food. She took no drugs whatever. Under instructions from you we took care of her in Chicago. She ate nothing for over ten days, and completely recovered. I wish you would refer any of your patients to me. I shall be glad to write to them.

Very truly yours,
Claire L. Waite

3136 Flournoy St., Chicago, Ill.

Three years ago, on the 25th day of August, I first consulted Dr. Lindlahr. I had been suffering for many years with serious digestive disorders, chronic indigestion and constipation with all the resulting complications of malnutrition, loss of flesh, physical and mental weakness, until I found myself in a most deplorable condition.

After trying all kinds of doctors and systems of treatment, I finally came to Dr. Lindlahr and took up the regimen of living and of treatment by the Nature Cure methods. From that time on I began to improve slowly but steadily until I have now regained my lost health and strength.

I am very happy to have this opportunity of showing other sufferers the way to recover their lost health, and I shall be glad to answer personally any letter of inquiry addressed to me.

Frank C. Farewell

Chicago, Ill., 382 Augusta St.

I most heartily recommend Dr. Henry Lindlahr’s Sanitarium in Chicago to every sick person. He has treated nearly every member of my family and cured such diseases as tuberculosis, rheumatism, stomach disorders, and kidney troubles. It is impossible for me to find words that express the changes that take place while under his treatment; the word “regeneration” seems to me to best describe my condition.

Go to his sanitarium and get cured!

Wm. Brandenburg
The Diagnosis from the Eye

The Story of a Great Discovery

Dr. Von Peckzely, of Budapest, Hungary, discovered nature's records in the eye, accidentally, when a boy ten years of age. Playing one day in the garden he caught an owl. While struggling with the bird, he broke one of its limbs. Gazing into the owl's large, bright eyes, he noticed in the iris of the bird, at the moment when the bone snapped, the appearance of a black spot in a location which he later on verified to be that of the leg. He kept the owl as a pet, put a splint on the broken limb, and as the fracture healed, noticed that the black spot in the eye became overdrawn with a white film and surrounded with a white border, denoting the formation of scar tissues in the broken bone.

This incident made a lasting impression on the mind of the future doctor. It often recurred to him in later years. From further observations he gained the conviction that physical conditions are portrayed in the eyes. As a student, he became involved in the revolutionary movement of 1848 and was put in prison as an agitator and ringleader. During his confinement, he had plenty of time and leisure to pursue his favorite theory, and he became more and more convinced of the importance of his discovery. After his release, he entered upon the study of medicine, in order to develop his important discoveries and to confirm them more fully in the operating and dissecting rooms. He had himself enrolled as an interne in the surgical wards of the college hospital. Here he had ample opportunity to observe the eyes of patients before and after accidents and operations, and in that manner he was enabled to elaborate the first accurate Chart of the Eye.

Since he gave his discoveries to the world, many well-known scientists and conscientious observers in Austria, Germany and Sweden have devoted their lives to the perfection of this wonderful science. The regular schools of medicine, as a body, have ignored and will ignore it, because it discloses the fallacy of their favorite theories and practices, and because it reveals unmistakably the direful results of chronic drug poisoning and ill-advised operations.

The Diagnosis from the Eye
AN EXACT SCIENCE

Ignoring everything which is still speculative and uncertain in this intensely interesting science, we can give as positive facts of demonstrated science the following statements:

The eye is not only as the ancients said, “the mirror of the soul,” but it also reveals changing conditions of every part and organ in the body.

The iris of the eye contains an immense number of minute nerve filaments, which receive impressions from every nerve trunk in the body.

Every organ and part of the body is represented in the iris in a well-defined area.

The nerve filaments, muscle fibers and minute blood vessels in these areas portray by certain signs and color pigments the changing conditions in the corresponding part or organ.

By means of various marks, signs and discolorations in the iris, nature reveals inherited disease taints, such as sycosis, scrofula, psora, et cetera.

Nature also reveals, by such signs, marks and discolorations, acute and chronic catarrhal inflammatory conditions, local lesions, destruction of tissues, all kinds of drug poisonings, as well as the results of accidental injury and of surgical operations.

By means of this art we are able, from the eye alone, to tell the patient his inherited and acquired tendencies towards health and disease, his condition in general, and the state of every organ in particular. Thus, reading the record in the eye, we can predict the different healing crises through which the patient will have to pass on his road to health.

The eye reveals dangerous changes in vital organs, from their inception, and
this enables the patient to overcome by natural living and natural means of cure the threatening disease.

The diagnosis positively confirms Hahnemann's teaching, that all acute diseases have a constitutional background of hereditary or acquired taints, and finally, it reveals the gradual purification of the system from morbid matter and the readjustment to normal conditions, under the regenerating influences of natural living and treatment.

The key to the Diagnosis from the Eye which is reproduced just below clearly outlines in the iris of the eye the corresponding areas of every vital part and organ in the body.

### Examination and Diagnosis

Modern diagnostic measures are so scientific, elaborate, and complicated that frequently days are required to complete a diagnosis.

The majority of these methods, however, in spite of their scientific detail, supply but little more usable information than that furnished by the superficial methods of the old-time country physician. The most elaborate examination is of no practical value unless it affords a clear insight into the causes of the disease to be diagnosed.

The old Latin and Greek names of diseases, such as rheumatism, neuralgia, neuritis, neurasthenia, dyspepsia, etc., etc., serve very well to cover the doctor's ignorance. Translated into plain English they describe symptoms, but fail to uncover their causes. Of little more value are the modern elaborate chemical and microscopical examinations, unless the causes of the various abnormal findings are revealed and explained.

Along these lines Nature Cure has made revolutionary progress and laid the foundation for a more satisfactory diagnosis and prognosis of disease in the future.

In diagnosis, as well as in treatment, Nature Cure combines all that is good in the old, as well as in the new, advanced methods. It compares and correlates the revelations of nature's records in the iris, the findings of electronic, osteopathic, chiropractic, and naprapathic examinations, the teachings of Basic Diagnosis and the laboratory tests of blood, urine, sputum, feces, etc. On the basis of the many-sided evidence from these various but closely related sources, we are then enabled to draw correct conclusions as to the causes of symptoms and abnormal findings, as well as to the most direct and efficient methods of treatment.
The discoverers of anaesthetics are classed among the greatest benefactors of humanity, because it is believed that ether, chloroform and similar nerve-paralyzing agents have greatly lessened the sum of human suffering. I doubt, however, that this is true.

Anaesthetics have made surgery technically easy and have done away with the pain caused directly by the incisions; but on the other hand, these marvelous effects of pain-killing drugs have encouraged indiscriminate and unnecessary operations to such an extent that at least nine-tenths of all the surgical operations performed today are uncalled for. In most instances these ill-advised mutilations are followed by life-long weakness and suffering which far outweigh the temporary pains formerly endured when unavoidable operations were performed without the use of anaesthetics.

We do not deny the necessity of surgery for broken bones, wounds, certain obstetrical complications, and other conditions of a purely mechanical nature. In all such cases anaesthetics prevent much suffering which could not be avoided in any other way. But anyone who has had an opportunity to watch the prolonged misery of the victims of uncalled-for operations will not doubt that anaesthesia has been a two-edged sword which has inflicted many more wounds than it has healed.

Many physicians have recognized more or less distinctly the uselessness and harmfulness of Old School medical treatment. Dissatisfied and disgusted with old-fashioned drugging, they turn to surgery, convinced that in it they possess an exact scientific method of curing human ailments. They seem to think that the surest way to cure a diseased organ is to remove it with the knife—fine reasoning for school boys, but not worthy of men of science.

I, for my part, cannot understand how an organ can be cured after it has been extirpated and, preserved in alcohol, adorns the laboratory of the surgeon.

"But," the surgeon says, "we do not remove organs unless they have become useless."

However, this claim is not borne out by evidence. During the past eight years thousands of patients have come under our treatment, both to our Chicago and Elmhurst sanitariums, whose family physicians had declared that in order to save their lives they must submit to the knife without delay. With very few exceptions these people were cured by us without using a poisonous drug, an antiseptic, or a knife.

Several women who, five or six years ago, were confronted with removal of the ovaries, are today the joyful mothers of children. Many of our former patients, who were treated by Old School physicians for acute or chronic appendicitis and were strongly urged to have the offending organ removed, are today alive and well and still in possession of
their vermiform appendices. Other patients were threatened with operations for kidney, gall, and bladder stones, fibroid and other tumors; floating kidneys; stomach troubles; intestinal and uterine disorders, not to mention the multitude of children whose tonsils and adenoids were to have been removed. All of these one-time “surgical” cases have escaped the knife and are doing very well indeed with their bodies intact and in possession of the full quota of organs given them by nature.

Is it not better to cure a diseased organ than to remove it? Nature Cure proves every day that the better way is at the same time the easiest way.

Thousands of men and women operated upon for some local ailment which could have been cured easily by natural methods of treatment are condemned by these inexcusable mutilations to life-long suffering. Many, if not actually suffering pain, have been unnecessarily unsexed and in other ways incapacitated for the normal functions and natural enjoyments of life.

Cases of this kind are the most pitiable of all that come under our observation. When we learn that a major operation has been performed upon a consultant, our thermometer of hope drops considerably. We know from much experience that the mutilation of the human organism has a tendency to lessen the chances of recovery; such patients are nearly always lacking in recuperative power.

A body deprived of important parts or organs is forever unbalanced. It is like a watch with a spring or a wheel taken out; it may run, but never quite right; it is hypersensitive and easily thrown out of balance by any adverse influence.

We are realizing more and more that the human body is a homogeneous and harmonious whole, and that we cannot injure one part of it without damaging other parts and often the entire organism. Cutting in the organs means cutting in the brain. It affects the functions of the nervous system most profoundly.

A physician in Vienna has written a very interesting book in which he shows that the inner membranes of the nose are in close relationship and sympathy with distant parts and organs of the body. He located in the nose one small area which corresponds to the lungs. By irritating this area with an electric needle he could provoke asthmatic attacks in patients subject to this disease. By anaesthetizing the same area he could stop immediately severe attacks of asthma and of coughing. Another area in the nasal cavity corresponds to the genital organs. The doctor proved that by electric irritation applied to this area abortions could be produced, and that by anaesthetism of the same area in the nose, uterine hemorrhages could be stopped.

These and many other facts of experience throw a wonderful light upon the unity of the human organism. The body resembles a time-piece. You cannot injure one part of it without affecting its entire mechanism.

The evil after-effects of surgical operations do not always manifest themselves at once. On the contrary, the surgical treatment is frequently followed by a period of seeming improvement. The troublesome local symptoms have been removed, and after-effects of the mutilation have not had time to assert themselves. But sooner or later the old symptoms return in aggravated form, or a new set of complications arises. The patient is made to believe that the first operation was a perfect success, and that this latest crop of difficulties has nothing to do with the former, but is something entirely new. At other times he is assured that the first operation did not go deep enough, that it failed to reach the seat of the trouble and must be done over again.

And so the work of mutilation goes merrily on. The disease poisons in the body set up one center of inflammation after another. These centers the surgeon promptly removes; but the real disease, the venereal, psoric, or scrofulous taint, the uric or oxalic acid, the poisonous alkaloids and ptomaines affecting every cell and every drop of blood in the body,
these elude the surgeon’s knife and create new ulcers, abscesses, inflammations, stones, cancers, et cetera, as fast as the old ones are extirpated. In operations for cancer, for instance, the probability of the reappearance of the cancer in the same or another region of the body is always reckoned with.

Those who have studied the first and second volumes of the *Nature Cure* Magazine are fully aware of these facts. They know that acute and subacute conditions represent Nature’s cleansing and healing efforts, and that local suppression by drug or knife only serves to turn Nature’s corrective and purifying activities into chronic disease.

The highest art of the true physician is to preserve and to restore, not to mutilate or destroy.

### Woman’s Suffering

“Woman’s physical suffering” is so universal among civilized races that the very phrase has become a proverb. That woman should suffer untold agonies during menstruation, at the climacteric and in childbirth is looked upon as unavoidable and a matter of course.

The fact that the native woman of Africa, of the Sandwich Islands, of the South American bush and our western plains, is practically exempt, indicates that the cause of suffering must lie in artificial habits of living and in the unnatural treatment of diseases.

Many are beginning to recognize these truths; for them a new era is dawning, when knowledge will free woman from physical suffering as it has freed her from other bondage.

Incidents like the following are of common occurrence in our practice. A lady enters our office for examination and consultation. The eyes reveal a heavy scurf rim and the digestive organs, especially the intestinal tract, in an atonic condition. The area of stomach and bowels shows dark discolorations and numerous black spots and spokes, which stand for serious chronic lesions in these organs and in the nerve structures which supply them.

We address her somewhat as follows: "The digestive organs, especially the intestines, are in a wretched condition, assimilation of food and elimination of waste is very defective. You suffer, therefore, from anæmia; the blood is weak and degenerated. This means sluggish circulation, cold extremities, malnutrition of muscular and nervous tissues.

"On account of scrofulous tendencies and the inactive condition of the organs of elimination, the system is in a poisoned condition, with all the attendant evils of catarrhal and inflammatory diseases."

In this manner we outline the fundamental causes, which may result in many different local symptoms, and point out to her that the only way of escape lies in removal of the original causes, through natural methods of treatment.

Our client, however, is not satisfied. Some of the best “specialists” told her the uterus was retroverted and pressing on the rectum, causing constipation, congestion during menstrual periods and other troubles, that by means of surgical operation the womb must be placed in normal position.

Then we further explain that “scrofulous constitution” means rachitic conditions in childhood and youth with resulting softness of the bones, curvatures and ankylosis of the spinal vertebrae. This in turn produces pressure on the nerves passing out between the vertebrae, irritation and inflammation of the digestive and pelvic organs, weakness and paral-
ysis. The outcome is a flabby and relaxed condition of the stomach and intestinal tract and of the genital organs.

This causes the lengthening of the ligaments of the uterus and ovaries, the misplacement and prolapsus of these organs.

Suppressing inflammations with poisonous drugs, curetting, replacing or removing the affected organs with the knife does not correct the cause.

It is a fact known to every observing physician that from 50 to 75 per cent of all women suffer from some kind of misplacement in the genital organs, and that only a comparatively small number of these suffer from local disturbances, indicating that misplacement alone will not, in most cases, create serious trouble.

It is ridiculous to assume that the small, flabby uterus of an anemic woman can block the rectum and cause serious diseases, but it is an excellent "talking point," as effective in bringing victims to the operating table as "appendicitis" with its fairy tale of seeds and foreign bodies in the appendix.

While studying Nature Cure in Germany, I took special courses in Thure-Brandt Massage. By means of this internal manipulative treatment, adhesions, displacements, weakness of ligaments and muscles, tumors and inflammations can be corrected without knife or drugs. During my first year in practice, I frequently resorted to the internal manual treatment with good results, but I found that even this was not at all necessary to produce perfect cure.

I found that the purification of the system by oscilloclast and autopathic treatment, the correction of spinal and pelvic lesions and consequent removal of irritation and pressure on the nerves, the cure of chronic constipation and malnutrition by pure food diet and hydrotherapy, the strengthening of the pelvic muscles and nerves by means of active and passive movements and exercises, were fully sufficient to correct the local symptoms in a natural manner. At least two thousand cases cured by us in this manner attest the truth of these statements, but the patients who failed to understand the simple reasoning of Nature Cure or lacked will power to withstand the arguments of friends and doctors, followed the siren call of the operating table and are sorry for it.

When the misplaced womb is torn loose by the knife, in order to be kept in the new position it must be stitched to the frontal abdominal wall. Often it will not stay there, breaks loose and relapses into the old position. Granted that it remains fixed, woe to the woman, if she become pregnant. The womb cannot assume the constantly changing positions of pregnancy, and either abortion or malformation of the fetus is the result, together with great suffering.

The operation has done nothing to correct unnatural habits of living or to purify the system of its scrofulous and psoric taints, drug and food poisons. Frequently these gather in the parts weakened and irritated by the surgeon's knife and antiseptics, where they set up new inflammations, ulcerations and only too often malignant tumors. As a result one operation follows another.

We cannot cut in the genital organs, without cutting in the brain. The nervous system is a unit and next to the brain the genital organs contain the most complex and sensitive nerve centers. The two are intimately connected; mutilations in the genital nerve centers invariably mean affections of the brain. It is almost axiomatic that a woman whose uterus or ovaries have been operated on is afterward mentally abnormal. Nervousness, irritability and only too often nervous prostration and insanity are the sequelae of operative treatment.

In medical colleges, among students and professors, these facts are freely admitted and discussed, but the prospective patient hears a different story. "Cut loose the womb—or shorten the ligament; put it into the right position and everything will be well." This sounds plausible and is very seductive, but every-day experiences expose the fallacy.

THE STABILITY OF THE LAW FORMS
THE MORAL BASIS OF THE UNIVERSE,
OUR ADJUSTMENT TO IT THE MORAL BASIS OF HUMAN CHARACTER.
The Climacteric or Change of Life

Under our artificial methods of living, the climacteric, or change of life, has become the bugbear of womanhood. It seems to be universally assumed that this period in a woman's life must be fraught with manifold sufferings. It is taken as a matter of course that during these changes in her organism a woman is assailed by the most serious physical, mental, and psychic ailments, endangering her sanity and often her life.

Like rheumatism, neurasthenia, neuralgia, and hundreds of other medical terms, the climacteric is a convenient phrase to cover the doctor's ignorance. No matter what ailments befall a woman during the years from forty to fifty, may the causes be ever so obscure, the diagnosis is easy. "You are in the climacteric, you are suffering from the change of life," says the doctor, and the patient is satisfied and resigns herself to the inevitable.

Frequently women come to us for consultation, and after reciting a long string of troubles they conclude with the remark: "Of course, doctor, I'm in the change, and I know that lots of these things are natural at my time of life."

Is it true that all this suffering is "natural and inevitable?"

Among the primitive races of the earth suffering incident to the change of life is practically unknown. The same is true in a lesser degree of the country population of Europe. The causes of it must, therefore, be sought in the artificial modes of living peculiar to our hyper-civilization and in the unnatural methods of treating disease as they are commonly practiced.

Which are the specific causes of the profound disturbances so often accompanying the organic changes of the climacteric?

Aside from their other physiological functions, the menses are for the woman a monthly cleansing crisis through which Nature eliminates from her system considerable amounts of waste and morbid matter which, under a natural regimen of life, would be discharged by means of the organs of depuration, namely, the lungs, skin, kidneys, and bowels.

Through unnatural habits of eating, drinking, dressing, breathing and through equally unnatural methods of medical treatment, the kidneys, skin, and bowels have become inactive, benumbed, or paralyzed. As long as the vicarious monthly purification by means of the menses continues, the evil results of the torpid conditions of the regular organs of elimination do not become so apparent. The organism has learned to adapt itself to this mode of evacuation.

But when, on account of the organic changes of the climacteric, menstruation ceases, then the systemic poisons, which formerly were eliminated through this monthly purification, accumulate in the system and become the source of all manner of trouble. All tendencies to physical, mental, or psychic disease are greatly intensified. The poisonous taints circulating in the blood overstimulate or else depress and paralyze the brain and the nervous system. As a consequence, mental and psychic disorders are of common occurrence; the more so because the waning of the sex functions is accompanied by a tendency to negativity and hypersensitiveness.

How can the ailments of the climacteric be avoided or cured?

Is it not self-evident that the easiest way to side-step the troubles incident to this critical period and to reestablish the perfect equilibrium of the organism, lies in restoring the natural activity of the organs of elimination?

This is what Nature Cure accomplishes easily and successfully with its natural methods of treatment. Oscilloclast and autopathic treatments purify the system of hereditary and acquired disease strains. Air and sun baths, water treatments, and massage bring new life and activity to the enervated skin. Pure-food diet, osteopathic treatment, high potency electrical treatments, curative gymnastics, homeopathic or herb remedies restore the natural functioning of the stomach,
liver, kidneys, and intestines. Mental therapeutics, systematically practiced, make every cell of the body vibrant with the higher and finer forces of the mental and spiritual planes of being.

When the natural equilibrium of the organism is thus restored, there is absolutely no occasion for the troubles of the climacteric. We have proved this in hundreds of cases. As kidneys, skin and bowels begin to function normally and freely, physical and mental conditions commence to improve, and one after another the dreaded symptoms disappear.

Let us compare with this common-sense, natural treatment the orthodox medical practice in such cases. This treatment, as usual, is entirely symptomatic. The sluggish organs of elimination are prodded by poisonous cathartics, laxatives, diaphoretics, chologogues, and tonics, all of which, after temporary stimulation, leave the organs in a more weakened, and the system in a more poisoned condition. If brain and nerves are irritated and aching, sedatives and hypnotics are given to stupify them into insensibility. If the heart action is weak and irregular, it is whipped up by poisonous stimulants; if too fast, it is checked and paralyzed by sedatives and depressants.

Thus, instead of removing the underlying causes, every symptom is promptly suppressed. Drug poisons are added to the waste and morbid matter which are already clogging the channels of life. And of course, under such unnatural treatment, in many instances things go from bad to worse. Flushes, headaches, rheumatic and neuralgic pains, melancholia, irritability, mental aberration, partial paralysis, and a multitude of other symptoms appear and gradually increase in severity.

When the family physician has arrived at the end of his wits, the surgeon has his innings, and leaves the patient in a still worse condition of chronic suffering. These experiences are so common that the manifold troubles of the climacteric are regarded as unavoidable and as a matter of course. Here, as in so many other instances, people fail to see that it is the treatment which prevents the cure. If the efficiency of common-sense, natural treatment were more widely known and recognized, how much unnecessary suffering could be avoided!

FROM WALTER DE VOE

The following cordial letter was sent by Dr. DeVoe, the well-known and broad-minded spiritual healer, to a number of patients and prospective patients prior to a prolonged absence from his offices.

I feel that it is my duty in these days of unnecessary operations for every trivial complaint to tell my friends of the splendid work of Dr. H. Lindlahr at his Nature Cure Sanitarium, 525 Ashland Boulevard, Chicago.

Without operations and without poisonous drugs and in perfect accord with the laws of mental healing, he is practicing scientific Nature Cure for the alleviation and cure of all chronic conditions of disease. Any one who will study his writings will see that he is applying principles of cure which conform to the laws of expression whereby life manifests perfection in the physical body. His methods, combined with the truths of mental healing, will produce a revolution in the practice of healing, and every student of Truth should be broad-minded enough to study and practice all natural as well as spiritual methods that serve to increase vitality, heal disease, and transform character.

The work I am now doing will keep me away from Chicago for some time, and I would urge those who feel the need of being toned up physically to see Dr. Lindlahr, have him diagnose their condition from the eyes, and then fulfil his instructions to the letter. This slip or the mention of my name will serve as an introduction. Write to him for terms.

Walter DeVoe
The Making of a "Chronic"

In order to illustrate the foregoing theoretical expositions of the development of chronic diseases by living examples from every-day experience, we shall now describe a typical case of consumption, tracing it from its incipiency in an hereditary scrofulous constitution through its various progressive stages to the fully developed tuberculosis, and thence to health under the regenerating influences of natural living and natural methods of cure.

"John" was born with eyes of dark violet blue, indicating that "the sins of the fathers," that is, unnatural modes of living and of healing for many generations past, had endowed him with the undesirable inheritance of a psoric or scrofulous constitution.

Nature or vital force, ever desirous of establishing the perfect normal type, almost at birth began to eliminate the morbid inheritance through the skin and through the mucous membranes of the digestive and respiratory tract.

But these well meant cleansing and healing efforts of Nature were misunderstood by John's friends and by the family doctor. When the scalp took up the work of scrofulous elimination in the form of milk scurf and eczematous eruptions, it was smothered in oils, unsalted butter, cream, or mercurial ointments, in order to suppress as quickly as possible the "dreadful looking scabs."

If mother, after this "successful cure," had looked closely into baby's eyes, she would have noticed in the outer rim of Johnny's iris the appearance of a very broad ring—the "scurf ring"—and also a slight darkening or browning of the iris color in general.

Mother Nature, however, does not give up the fight so easily; thwarted in one quarter, she tries in another, and the liver, kidneys, stomach and bowels next took up the work of purification. Johnny had attacks of gastritis, vomiting, colic and constipation, interspersed with diarrhoea. The scrofulous poisons, eliminating through the membranes of the intestinal tract, bred worms of various descriptions.

But doctor, grandma, auntie and the entire female neighborhood within a radius of several miles contributed advice, "teas," drugs and salves of all possible description to "cure" the pains, colics, worms, constipations and diarrhoeas as fast as Mother Nature developed them. If mother had examined Johnny's eyes as he passed through these periods of strenuous doctoring, she would have noticed, around the pupil in the regions of stomach and bowels, the development of a peculiar wreath full of black spokes and spots, denoting the localities in stomach and intestines where drugs and suppressed disease poisons had accomplished their work of destruction.

She would also have noticed various color marks indicating the locations in which drug poisons had gradually accumulated.

Fine, whitish nerve rings indicated that Johnny's nervous system, irritated and over-stimulated by disease and drug poisons, was badly out of balance.

As the incumbrances of Johnny's system grew more serious and more complicated, nature's efforts at elimination became more drastic and severe. He was going to school now and mother was very indignant because "he was catching from other dirty children" every "infectious" disease within hailing distance. Now he would be down with the measles, then with scarlet fever, another time he was "infected" with lice and "itch," and, to cap the climax, he was taken with smallpox.

Mother and doctor failed to see that these "infectious diseases" were different forms of psoric elimination. These "dreadful" diseases were also promptly "cured" by poisonous drugs and serums. That is, they were interrupted and arrested before they had run their full and natural course, and were thus made permanent in the form of defective hearing, liver and kidney diseases, indigestion, and malnutrition.
Though John, in his numerous tussles with allopathic and home-made remedies, did not contract and carry off all of the defects and blemishes mentioned above, he entered upon young manhood sufficiently handicapped to make life a burden. Suppression of psoric diseases left "itch spots" in the eyes, in the regions of the liver, kidneys and intestines, indicating that these organs were severely affected by degenerative changes. The eyes revealed in many places the color-marks of quinin, phenacetin, strychnin, iodin, arsenic and mercury, showing that these poisons had accumulated in the parts and organs indicated in the eyes and were now interfering with the normal functions of assimilation and elimination. As a consequence, elimination through the natural sewers of the body was seriously impeded, but waste matter and poisons had to be disposed of somewhere. The mucous membranes of throat, bronchi and lungs undertook this work of vicarious elimination for kidneys and bowels, and it is not to be wondered at that John was "catching cold" in every passing draught.

Dr. Pills, who had "cured" so many of his childhood ills, tells him now that his catarrh and cough are becoming chronic, and John continues to lose ground little by little. One day he walks into Dr. P.'s office and remarks: "Well, doctor, my feet got wet the other day and I 'caught another bad cold.' I am coughing and expectorating terribly; it keeps me awake at night."

"All right, John," answers Dr. P., "here is some quinin sulph. that will down the fever; and here is some codein (opium) that will make you sleep and dry up that cough; come back in a few days and let me know how you are getting on."

After a few weeks John comes again: "Well, doctor, your medicine worked like a charm. The fever was gone in twenty-four hours, and the coughing and spitting has ALMOST stopped now. Only I feel so weak in my limbs, and my back aches, and I have such a depressing headache, and then my bowels won't move at all." (Depressing effects of quinin and opium.)

"All right, John, we'll fix that up for you. Here is some phenacetine that will stop your aches, and here is a nice tonic (arsenic, strychnia and iron) that will give you a fine appetite; and then you eat a good big beefsteak twice a day, eggs and chicken, soups and beef tea. A little beer or a good old brandy won't hurt you either." "All right, doctor, but what about the bowels?" "Oh yes, I forgot about them; here are some pills; take a few after each meal; they will keep you going like clock work."

One month later: "Good morning, doctor." "Good morning, John; how are you?" "Well, doctor, it might be better; that cough you stopped seems to be getting a little worse again, and I eat and eat and eat, but I don't seem to grow any stronger; it feels like a big stone in my stomach. My bowels worked a little better for a while, but now they won't move at all. And then sometimes I have a bad pain in my chest; and I am growing quite short-winded." "All right, John, I see we have to give it to you a little stronger. Here are some calomel pills (mercury); take a few every night and follow it up in the morning with a good big dose of salts. That is bound to do the work; your appetite will be better, you will eat more and that will give you more strength. I notice your heart and pulse are getting a little weak. I'll give you some digitalis; that will strengthen the heart; and here is some ipecac to loosen the mucus in your lungs and help to bring it up.

Another month goes by and poor John is not quite well yet. Once in a while he has a time of feeling well and then the doctor tells him the medicine is doing splendidly; again, John is worse, and the doctor says he must give him something stronger. By and by, John becomes impatient; he thinks "all that medicine" should benefit him in some way. He does not like to leave his doctor, since Dr. P. now "knows his 'system' so well": he imagines that if he goes to another doctor now, the latter will have to "study his system" for a year or so before understanding his multitudinous ailments.

Dr. P. himself grows somewhat tired
of the case. It grates on his nerves to see poor John come again and again with the same old "tale of woe." He knows that the patient cannot last much longer, and advises him to consult a celebrated lung and throat specialist. John's vitality has been more and more lowered by the long continued effects of stimulants and of virulent poisons. Poisonous tonics have worn out his stomach and cathartics his bowels. Quinin, iodin, arsenic, etc., are rack-ing his flesh and bones with rheumatic and neuralgic pains. Decay and degeneration of bronchi and lungs have progressed far enough to form a luxuriant soil for the tubercle bacilli. The celebrated lung specialist examines the spu-tum and tells John that he found the T. B.'s in great numbers. He then proceeds to kill the germs with coal-tar products.

But these poisons do not stop to pick out just the T. B.'s; on their way through the body they also kill red and white blood corpuscles and the delicate tissues of vital organs. In addition they are powerful heart-poisons. Every lec- rurer on materia medica and every book on practice affirms this, but the rem- edies are high in favor with the pro-fession and the public, because they stop the headache and kill the germs— they hardly ever fail to kill the patient. Some time ago I read in one of our daily papers an article by the Rev. Gregory entitled, "The Lesson of a Mor-tality Table." The writer states that the latest insurance statistics reveal the fact that consumption is no longer the champion destroyer of human life; that all forms of heart disease are rapidly on the increase and are killing more people than any other single disease; that young men and women apparently in the best of health are dropping dead on the streets, in the shops and on the cars. He attributes this phenomenon to our strenuous American life.

The strenuous life is not the cause. It is an old and true saying that "a man has more endurance than a horse." While his organism is in normal condi-tion, hard labor will not kill him. If the Rev. Gregory understood the diagnosis from the iris, he would see in the eyes of these people, afflicted with heart disease, the signs of coal-tar products. On closer investigation he would also find that during the last two decades heart disease has increased in exact ratio to the increased use of coal-tar products, in the form of headache powders, seda-tives, pain killers, antipyretics and germicides. The word "allopathy" itself furnishes the explanation. The word means "another disease"; it is the old story of curing (?) one disease by caus-ing another — Beelzebub against the devil.

So, between the germs and the germ killers, the tonics and the over-feeding, the mercury, salts, and other good old orthodox pills and potions, John, in spite of (?) all that money and science can do for him, goes rapidly from bad to worse.

THE RESURRECTION

Finally the great lung specialist also recognized the futility of his efforts and ordered John to pack his trunk, as quick-ly as possible, for El Paso or Phoenix, the Paradise of "one lungers." But John finding himself by this time, thanks to long continued idleness and to ex-pensive "doctoring," short of the necessary funds required for an extended sojourn in the southern Mecca of consumptives, decided as a last and forlorn hope to obtain our opinion of his case. Being informed, evidently, about our way of doing things, he asked us to examine his eyes and give him a correct inventory and estimate of his remaining anatomy. While we found some parts missing and others badly damaged we did not give up his case as entirely hope-less.

From the records in the eyes we pro-ceeded to unravel his history as outlined in the preceding sketch of "John's" life. When we had finished our diagnosis he asked us whether we "got it" psycho-metrically or mediumistically. We as-sured him that we did not have to draw on any supernatural power or powers; that on the contrary, our "reading" from the eye was based on very simple and strictly scientific facts and principles. By means of a magnify-ing mirror and a chart of the eyes he was himself able to locate and to recog-
nize the principal landmarks. He had to admit that the record in his eyes exactly tallied with his past history and present symptoms, and he felt convinced there was "something in it."

We assured him though the records in his optics were somewhat "complicated" and "shady," we by no means looked upon his case as incurable, since he possessed youth, some hundred and thirty pounds of flesh and the odds and ends of an originally good vitality. He was told that only an actual trial could determine the possibility of cure. If there was left in his system sufficient vitality, and if his kidneys, intestines and lungs were not damaged beyond repair, his system would soon respond to the purifying and invigorating influences of natural treatment.

Furthermore, we explained to him that when properly assisted, Nature always works her cures in a perfectly orderly manner, in harmony with certain well-defined laws of crises and periodicity. In conformity with these laws there would be about six weeks of general improvement, especially noticeable in the digestive organs. First of all his bowels, which "in spite" of laxatives and cathartics had been sluggish and constipated for a lifetime, would begin to act normally and freely. Then as his system became purified and invigorated, Nature would commence in earnest her work of elimination and repair. The latent chronic conditions would then become acute. Febrile diseases and skin eruptions, long ago suppressed, as shown in the eye, would reappear and this time run their course in regular, natural order.

We also informed him that during these crises periods he would experience various symptoms of acute poisoning such as are commonly produced by quinin, coal tar products, mercury, iodin, etc., because these drug poisons, accumulated in the course of many years, would be stirred up in their lairs and would be eliminated in due season under their own peculiar symptoms. When we had proceeded thus far in our prognosis, our prospective patient arose somewhat hastily, grabbed his hat and started for the door saying he would come back some other time; that he must now hasten to keep another important appointment.

Reading his thoughts aright, we assured him there was no cause for alarm in our predictions: healing crises come in mild form only, because they cannot materialize until the system is properly prepared, and in a healing crisis Nature always has the best of the fight.

We also reminded him that he was rapidly wasting away, in destructive "disease crises," and unless a speedy change was wrought in his condition, he would soon be beyond the possibility of "healing crises."

Reassured and encouraged by our explanation, he decided to give Nature Cure a fair trial.

We then proceeded to inquire into his daily habits of life and to offer suggestions for their correction. It was pointed out to him that if he wished to eliminate old accumulations of disease and drug poisons he must stop taking in new ones in the form of meat poisons, alcohol, tobacco, drugs, coffee or tea. The patient was put on a vegetarian, but withal positive diet; everything in impure food and harmful drinks was promptly eliminated from his dietary. This greatly relieved his organs of elimination and gave them a chance to remove old encumbrances of morbid matter and poisons.

Cold water treatments, osteopathic manipulations of the nerves and nerve centers, simple health gymnastics, normal suggestion and the indicated homeopathic remedies, all contributed to increase, in a natural and harmless manner, the activity of the skin, bowels, kidneys, mucous membranes, and in fact of every cell in the body; and this increase of activity was brought about without introducing into his system any poisons whatsoever.

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No condition can be called incurable until a combination of all these healing factors has been tried and failed. If there be vitality enough to react properly under such treatment, and if the destruction of vital parts be not too great, the system will soon respond. John's case,
fortunately, was of this description. Under our treatment, the worst symptoms of the patient rapidly abated, his appetite improved wonderfully, the bowels moved more freely than for many years past; he became stronger, physically and mentally.

He continued thus to improve for about two months. Then he said, "Doctor, I do not believe your crises will materialize in my case. I suppose I was not sick enough to have any. Don't you think I might go home now?" The doctor smilingly answered, "Just wait a while and see—you will whistle a different tune by and by." A few days later, the erstwhile flippant patient came to the doctor in a different frame of mind. He was the picture of fright and despair. "Oh, my! doctor, I must have caught a terrible cold, but I cannot imagine where—unless it was the last cold water treatment that did it. I told the operator he was putting it on too long and too cold; but he only laughed at me, and now I've got it. And those nuts I ate did not agree with me either—I am always a little afraid of them—Oh, my stomach and bowels are in a terrible condition; I am just as constipated and nauseated as I was six weeks ago; I have chills and fever, and the cough and catarrh are worse than ever. I feel it is all up with me now. It's too bad after having been so hopeful and confident of recovery. I suppose I was too far gone and my friend, Jack, was right. He told me this kind of cure was all right for rheumatism, but starvation diet and cold water would kill me surely."

Strange to say, the doctor did not pity the sufferer in the least; he actually laughed at him and jokingly remarked, "Well, well, such a beautiful crisis! and just on time, too. Oh, these crises—they are so pleasant to talk and read about, and they are really interesting when the other fellow has them; but when they come to us, we wish the doctor and his Nature Cure in a warmer clime and feel like making a short cut for some drug store or for old Dr. Pills in order to have something done for us quickly." Isn't that the way you feel, old man? Oh, yes, you thought you were not going to have any crises; well, without any doubt it has you now. No, you will not die and you need not stop work, either; just keep quiet, don't worry—you are doing gloriously. If you don't feel like eating, fast until you are hungry. If you feel hot and feverish, take a cold sponge, or foot bath; or if you have the chills and cannot get warm, take a wet pack and a hot drink. This, together with our regular treatment, will be fully sufficient for every emergency, and Nature will do the rest."

The good humor and self-confidence of the doctor, inspired by absolute knowledge of the law, were more effective than all the pills and blisters of Dr. P. The patient went home, had his fever, coughed, expectorated, perspired and had a pretty tough time of it generally. Nevertheless, considering the seeming severity of symptoms, he was able to attend to his usual duties with remarkable ease and endurance. Nature had the best of it—she never undertakes a healing crisis unless the organism is in condition to conduct it to a successful termination. In due time, from a few days to a few weeks, or a few months, according to the severity of the condition, the acute symptoms abate.

After a few weeks of crises our patient began to improve, he grew stronger day by day. He realized he had actually "gotten rid of something," for he felt remarkably light and energetic, in fact better than for many years.

The doctor warned him, however, not to be over-elated and not to mistake the first period of real improvement for a permanent cure. For, while the eyes showed greatly improved conditions in lungs, bronchi and digestive organs, they still revealed plenty of work ahead for Nature's healing forces; and subsequent events again confirmed the records in the eye.

After periods of "building up" and of splendid improvement, there would suddenly develop an inflammation of the kidneys, a "bilious spell," symptoms of acute quinin, iodin, or mercurial poisoning. But the climax was capped by an acute attack of pneumonia.

His friends expected this to be
the beginning of the end, but the inflammation in the lungs ran its course in less than two weeks and the patient began to improve, at first slowly and then more rapidly.

Today, three years after the great crisis in his condition took place, he is in good health and enjoying a vacation in Europe. The last time I saw him most of the signs of chronic disease and drug poisons had disappeared from his eyes.

THE MORAL OF IT

What lessons are to be learned from this remarkable and authentic case?

The diagnostic signs in the eyes of this patient were verified:

1. By his previous history;
2. By his "symptoms," which exactly corresponded with the signs in the eyes;
3. By his subsequent healing crises;
4. By the gradual disappearance of the signs and color marks in the eyes after the occurrence of healing and cleansing crises.

The diagnosis from the eye, as illustrated and confirmed by this and other cases, absolutely and conclusively proves the cumulative effect of drug poisons in the body; it demonstrates that everything which is foreign, uncongenial or injurious to life reveals its presence in the body by certain well defined color marks in the iris of the eye. It furthermore proves conclusively that certain elements which in the organic form are normally present in the human organism, will become abnormal and injurious to health when taken in large doses in the inorganic mineral form.

For instance, iron, sulphur, phosphorus, magnesium and manganese, in the live, organic form, in fruits and vegetables, may be taken continuously in large amounts without "showing" in the iris. The same elements, however, when taken in much smaller quantities in the inorganic earth form, soon accumulate in those parts of the body for which they exhibit a special affinity. These accumulations of foreign matter reveal their presence and location by well defined color marks in the corresponding areas in the iris of the eye.

Why is inorganic matter so injurious to living organisms? Nature never intended coarse inorganic minerals to serve as foods and medicines for human bodies. Evolution consists in ever accelerated vibratory activity, accompanied by an increasing refinement of matter and by greater complexity of structure. In accordance with this law of evolutionary development, each lower kingdom refines and prepares food materials for the next higher one.

The vegetable life principle draws, refines and organizes minerals of the soil into the living protoplasm of the vegetable cell and thus prepares them for animal and human food. The animal life principle refines and elaborates vegetable matter into the highly refined and complicated molecular structures of the animal cell. The vegetable lives on the mineral, and the animal on the vegetable. To introduce the coarse, inorganic forms of the mineral kingdom into the animal organism is contrary to Nature's way.

This explains why Nature did not prepare animal and human organs of assimilation and elimination to cope with the coarse, heavy aggregations of the mineral kingdom; why animal and human organisms cannot mould these uncongenial elements into normal living tissues; and why the organs of depuration cannot eliminate them completely.

As a consequence, such "foreign materials" accumulate in parts of the organism for which they possess a special affinity, and ever afterwards, unless eliminated by powerful, natural methods of cure, act as irritants and poisons, thus causing a large percentage of chronic, malignant diseases.

What does diagnosis from the eye teach with regard to the dogmas of Christian Science? If there is no disease, why does God, or Nature, with marvelous exactitude, portray in the iris of the eye every passing or permanent condition which we are in the habit of calling disease? "Scientists" claim that diseases are only errors of mortal mind. Mortal mind, however, until a few years ago never suspected the existence of these records in the eyes. How then could it be instrumental in producing
them? If Christian Science be true, we must necessarily conclude that the great Universal Intelligence which creates these wonderful records in the eyes is afflicted with a badly "erring mortal mind."

About a year ago I attended a gentleman, who, in addition to Nature Cure, desired also the assistance of a Christian healer. One day at the bedside of our mutual patient I met the healer, who was a grand old man with the venerable head and features of a patriarch. In the course of our conversation he related to me the circumstances of his conversion and development as a faith healer. Twenty years before, while living in a small Texas town he was stricken with typhoid fever. The local country doctors fed him as usual on calomel (mercury), quinin and salts. But, in spite (?) of their faithful services he did not improve and they finally pronounced his inevitable doom. In his last extremity he had recourse to the Bible. The promises and assurances of spiritual healing, therein, aroused new hope and confidence, he "threw physic to the dogs" and put his sole and entire reliance in the healing power of the Spirit. A powerful therapeutic faith, thus aroused, greatly invigorated and harmonized his mental vibrations and these in turn, by continuity, acted as a powerful tonic on the waning forces of the physical organism. Unhindered by poisonous drugs and stimulated by therapeutic faith, Nature's healing forces now gained the ascendancy and the disease crisis was transformed into a healing crisis. But, Brother C., as he assured me, attributed his marvelous recovery from typhoid or from any other acute ailment, because they are in themselves healing and cleansing efforts of Nature.

He would also have understood that even the Lord could not cure him of his chronic catarrh so long as quinin, the primary cause and excitant of it, was not removed from his system; he could have known that it takes more than the buoyant and stimulating effect of therapeutic faith to eliminate such poisons from the system. With all due respect for the holiness and effectiveness of prayer, it is still a fact that a four months' thorough course of water cure, electrical treatment, diet, osteopathic, and homeopathic treatments would have accomplished a great deal more in diminishing the signs in the eyes and the catarrh in the body than twenty years of faithful prayer.

ANNOUNCEMENT

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on the Arts and Sciences of Natural Living and of Natural Healing

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in the Lecture Hall of

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**Oscilloclast:** The basic disease strains discovered by electronic diagnosis are annihilated and eliminated by the Abrams oscilloclast treatment.

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The Morse Wave is the most wonderfully efficient treatment for the ailments before mentioned. Its gripping, tonic contractions invigorate and revive the atrophied abdominal organs, contract the ligaments and muscles and thus raise the prolapsed organs to their normal positions. One such treatment more than equals the effect of half a dozen massages.

**Radiant Light and Actinic Rays:** We have installed a complete set of radiant light and actinic ray lamps for general tonic treatment and for local applications to the urethra, prostate gland, rectum, vagina, bladder and to other parts of the body.

These latest and most perfect forms of radiant light and actinic or ultra-violet ray treatments increase the red corpuscles and hemoglobin in the blood, vivify and regenerate the atrophied skin, stimulate the surface circulation and promote cutaneous elimination. They revive and invigorate the weakened genital and urinary organs. Their effect is much more satisfactory and permanent than the unnatural transplantation of monkey glands.

They create local tonic hyperemia, oxidize—that is, burn up—disease matter and destroy the morbid soil, which breeds the germs, as well as the germs themselves.

**High-frequency Electricity:** We have now in operation the latest, most perfect apparatus for the administration of high-frequency electrical treatments wherever these are indicated.

This line of work has very much the same effect as the radiant light and actinic or violet-ray treatment. The various methods are applied according to individual indications and requirements.

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Individual practitioners and therapeutic institutions charge large fees for the application of any one of these up-to-date systems of treatment. As a rule they employ only one or several of these methods and in case of allopathic physicians always in combination with the regular medical or surgical treatment.

The Lindlahr Institutions give their patrons the full benefit of all these old and new methods in perfect combination without any additional charge over and above the accustomed sanitarium rates.

There is no other institution on the face of the earth that combines and applies the old ways and the new in the treatment of human ailments as exemplified and practiced in the Lindlahr Sanitariums.
In many European countries, especially in Germany and Bohemia, "bone-setters" have, in a crude way, been treating strains and sprains of the spinal column since time immemorial. These bone-setters usually belong to the peasantry, and the practice has been transmitted in the same family from father to son for many generations. Incidentally, these simple people observed that their treatment relieved not only sprained, tired and painful backs—against which it was primarily directed—but frequently exerted a favorable influence upon diseased processes in remote organs and parts. This has gradually led to a wider application of this crude and empirical form of treatment, which often accomplishes results that baffle the physicians of the regular school of medicine.

The various systems of modern scientific spinal manipulation, namely, Osteopathy, Chiropractic, Naprapathy, Spondylotherapy, Neuropathy, and our own Nature Cure Neuro-Therapy, are all of distinctly American origin. It may be argued that as early as 1805 the Ling System of Swedish Movements was founded on the same principle, namely, "permanent health through perfect circulation." The evidence at hand, however, strongly suggests that the founder of Osteopathy arrived at his conclusions independently.

The further claims of Dr. Still as to the cause and cure of disease are briefly as follows: * Partial displacements of any of the various bones of the body exert pressure on neighboring blood-vessels thereby interfering with the circulation to the corresponding organs. These displacements, called "bony lesions," are best "reduced" by manipulations in the form of Osteopathic "moves."

**Chiropractic**

In 1895 Dr. D. D. Palmer put forth the following claims as to the cause and cure of disease: * Sprains of the spine result in partial displacement of one or more of the vertebrae which go to make up the spinal column, thus exerting pressure on the neighboring nerves. This shuts off the vitality of the organs supplied by the affected nerves, hence disease results. These displacements, called "vertebral subluxations," are best "adjusted" by means of manipulations in the form of Chiropractic "thrusts."

As soon as Osteopathy and Chiropractic were properly established, the more broad-minded exponents of both systems began mutual investigation and amalgamation.
As a result, we find that only seven years after the birth of Chiropractic, Osteopathic literature began to make mention of vertebral subluxations as pressing on nerves, thereby causing disease. On the other hand, advanced Chiropractors soon began to realize the importance of relaxing tense muscles prior to delivering their thrusts. They also began to pay attention to bony lesions other than those occurring in the spine. A great deal of Chiropractic principles and technique of today has been gleaned from Osteopathy, whilst the reverse statement holds equally true.

**Naprapathy**

The “connective-tissue doctrine” of disease was first proclaimed by Dr. Oakley Smith in 1907. It may be briefly stated as follows: *A vertebra does not become displaced without being fractured or completely dislocated. What is called a bony lesion by the Osteopath, and a subluxation by the Chiropractor, is in reality a “ligatight,” that is, a shrunken condition of the connective tissue forming the various ligaments that bind the vertebrae together.

Ligatights are best “corrected” by means of Naprapathic “directos.” These differ from Chiropractic thrusts in that they aim not at adjusting subluxated vertebrae but at stretching definite strands of shrunken connective-tissue. Ligatights occur not only in the spine but also in the thorax and pelvis, in fact, wherever connective tissue is found in the body.

**Spondylotherapy**

Dr. Albert Abrams, who is responsible for the introduction of this system of spinal treatment puts forth no definite claims as to the cause of disease.

His method consists of stimulating one or more of the spinal nerve centers by means of light hammering (concussion), deep pressure or electricity. The aim in view is to originate nerve reflexes that will relieve or modify the disease process in the part of the body to be treated.

Dr. Abrams also lays stress on the fact that inflammatory processes almost invariably give rise to more or less localized tender spots in the region of the spine with which the nerves of the inflamed parts are associated.

It can readily be demonstrated that these tender-spots frequently are the fore-runners of spinal lesions.

**Neuropathy**

This system of manipulative treatment was originated in 1899 by Drs. John Arnold and Harry Walter of Philadelphia. Their claims may be briefly stated as follows: *Morbid matter, poisons and irritants of various kinds, acting upon the vaso-motor nerves which control the blood-vessels, produce abnormal changes in circulation which, if perpetuated, finally lead to disease manifestations.

The nerve impulses coming from diseased parts travel to the spinal cord and, like all other nerve impulses, are transmitted along those branches of the spinal nerves which supply the structures (muscles, blood-vessels, etc.), along each side of the spine. Here these impulses bring about abnormal circulatory changes similar to those found in the diseased organs or parts.

Since nerve impulses will be transmitted from diseased organs to the spine, it is evident that they can be made to travel also in the reverse direction.

Treatment consists of manipulations and thermal applications which aim at correcting the abnormal circulatory changes as found in the spine, thereby correcting corresponding abnormal processes in the organs or parts supplied by the nerves coming from that region of the spine.

These men also emphasized the fact that the circulation within the blood-vessels, being propelled by the heart, needs less attention during disease than the circulation of the fluids in the spaces between the cells and through the lymph-vessels and glands. Neuropathy, therefore, lays great stress on applying manipulation and thermal applications to the lymphatic system also.

Dr. A. P. Davis of Los Angeles was the first to attach the name “Neuropathy” to a system of manual and mechanical treatment which, however, is not based on the above principles.

*Not a verbatim quotation*
Neurotherapy—(continued)

While the exponents of the before mentioned systems of Spinal Manipulation differ widely in their theories as to the cause of disease and the means of removing such cause, they all furnish considerable evidence of satisfactory results. This seems to suggest that there must be some real value in each system, and that a great deal of the difference between these apparently opposed methods of treatment lies in the claims of their exponents. In fact, we firmly believe that in their final analysis, the Osteopathic Spinal lesion, the Chiropractic Subluxation, and the Naprapathic Ligatight, represent one and the same thing.

The Nature Cure Philosophy has always been broad enough to allow the incorporation of all methods of treatment, no matter what their source, provided they harmonize with the fundamental laws of cure.

Gradually, therefore, after having gathered the constructive elements from all the various methods of manipulation, after considerable spinal dissection, and above all, after close observation of the results obtained in hundreds of obstinate acute and chronic cases, we have evolved our own system of Spinal Manipulation and have named it NEUROTHERAPY.

The Relation of Neurotherapy to Other Methods of Healing

According to the teachings of Doctors Still, Palmer and Smith, the human organism is self-regulating—health is automatic. Disease is merely a process during which health is laboring under difficulties—it is health-handicapped. Since the body is also a self-repairing organism, treatment calls for nothing more nor less than the removal of handicaps. Structural lesions and their correction, therefore, constitute all there is to the cause and cure of disease.

In this relation note the following quotation from the Naprapathic propaganda literature: "If a puddle of water on the floor is produced by a small leak in the roof, find, treat and cure the leak. . . . The Naprapath, instead of treating the organic or functional disturbance (the puddle), finds, treats and cures the diseased ligament (the leak)."

Following is our own version of the same analogy: If a puddle of water on your floor is the result of a leak in your roof, would you leave the puddle to spoil your floor and merely patch up the leak, leaving your roof in a condition where it is liable to spring other leaks? That is what the Naprapath, Chiropractor, or Osteopath does when he merely adjusts your spine.

Would you not carefully wipe up the puddle, repair the leak and so reinforce your whole roof that it will be able to withstand future rain-storms? That is what the Neurotherapist, with the aid of Nature Cure does, when he promotes the elimination of morbid matter from the system (the wiping up), readjusts the spine (the repairing), and makes it lesion-proof by means of corrective exercises (the reinforcing).

It is encouraging to note that Osteopaths in general have already detected the deficiencies in their slogan, "Find the lesion and remove it." The fact, however, that they are gradually adopting also the Allopathic maxim, "Find the germ and kill it," proves that they are not as yet familiar with the fundamental laws of cure. As evidence of this, Osteopaths are today advocating the use of germicides, antitoxins, serums and vaccines. In addition, they practice major-surgery and advertise patent medicines in their journals.

Let it be understood that in order to manifest perfect health, the body cells demand not only an unimpaired nerve supply, but also the proper amount and kind of nourishment, as well as the prompt elimination of their waste products.

Given an unimpaired nerve-supply, under natural surroundings, health would be automatic. Our present-day hyper-civilized environment and habits of living, however, have to be compensated for by a health-culture regimen that would have been uncalled for had we not strayed away from the simple and biologic life.

It is essential, therefore, to "adjust" not only a patient's spine, but also his food supply, his mental attitude, his environment, and his habits of living in general.
Wrong eating and wrong drinking is the most prolific of all causes of disease, hence regulation of diet in harmony with Nature's laws becomes of vital importance in the treatment of acute and chronic disease. I covered this subject thoroughly in my articles on "Natural Dietetics" published in the Nature Cure Magazines of 1907-1909, and in my books published since.

The following is taken from The Lindlahr Vegetarian Cook Book:

Starving America is the title of a very instructive book on food chemistry and food poisoning and "Diet, Build or Destroy" is the title of a series of articles on the same subject now running in the Chicago and New York papers, by Alfred W. McCann.

These publications show how rapidly the teachings of Nature Cure are spreading in this country. All the important arguments and statements of the author dealing with food chemistry were fully treated in my articles on "Natural Dietetics" in the Nature Cure Magazines, Vol. 19-7-1909, the most important of which are incorporated in the subject matter of this volume.

"Starving America." It sounds rather strange. Is it possible that this glorious country of ours, blessed more abundantly by Mother Nature than any other, the richest on God's footstool, can be starving amidst a plethora of all that human beings need to live and thrive on in comfort and in luxury (provided its chemistry were fully treated in my articles on "Natural Dietetics" in the Nature Cure Magazines)?

Yes, it is not only possible, but an actual fact that America is starving amidst plenty; not only its inhabitants, but in many localities the soil as well. What is strangest of all, those who have the greatest abundance in lands and money are starving just as much, and possibly more, than the underpaid and overworked wage-earner. In many instances, the wealthy are worse off than the poor, because they are not only starved, but also poisoned by their over-abundance of food and leisure.

You ask, "What is the meaning of all this nonsense?" It is this: The people of America have been overfed with starch, sugars, fats and nitrogenous foods (meat, eggs and glutsans), but starved from lack of the all-important mineral elements—the organic salts—on which depend absolutely the normal structure and functions of the body, or physical and mental health.

The public in general, as well as the medical schools, have been ignorant on the subject of true food heat-producing values and of true food chemistry. Doctors and laymen have labored under the mistaken idea that the only foods worth considering on account of their nutritious value are the starches, sugars, fats and proteins. The most recent works on dietetics, used in our best medical schools, take into consideration these foods only. They have nothing to say on the importance of the mineral elements in the economy of the human body.

As yet it has not become generally known that certain alkaline mineral elements, though present only in minute quantities in foods and in animal and human bodies, are essential to life and health. If these "tissue salts" are lacking in the food, and if, as a result of this, they are deficient in the body, disease is bound to arise; and in this event, overfeeding on the "nourishing" starches, sugars, fats and proteins will only serve to make matters worse.

To be sure, starches, sugars, fats and proteins meet certain demands and fill very important functions in the economy of the body, but, on the other hand, they produce in the processes of digestion large amounts of poisonous acids, alkaloids, gases and poisons.

These morbid by-products of digestion are added the excretions or feces of the cells. Furthermore, the cells and tissues of the body are constantly changing, building up and breaking down, just like the body as a whole. The broken-down tissue-materials also create large quantities of morbid matter and poisons. Practically all diseases arising in the human organism are caused originally by the accumulation of these effete waste and end products of digestion and of the tissue changes.

Therefore, in order to insure normal structure and functions, in other words, "good health," these waste products must be neutralized and eliminated from the system as promptly and as completely as possible. This, in turn, depends upon an abundant supply of blood and tissues of the alkaline mineral elements, also called nutritious salts or tissue salts, the most important of which are iron, sodium, lime, lithia, magnesium, potassium and silicon.

These mineral elements are found in all the important secretions of the body. Upon them depends the "richness" of the blood and the solidity of the fleshy and bony structures. They are the building stones of the physical organism.

The science of biochemistry deals with the functions of these mineral salts in the life-activities of the ascending kingdoms of Nature: the mineral, the vegetable, the animal, and the human. Natural diet or rational vegetarianism is based upon this strictly scientific foundation. The medicinal values of the natural foods and remedies depend upon their richness in the positive mineral elements.
## Dietetics in a Nutshell

<table>
<thead>
<tr>
<th>Food Classes</th>
<th>Predominant Chemical Elements</th>
<th>Functions in Vital Processes</th>
<th>Foods in Which the Elements of the Respective Groups Predominate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starches and Dextrines</td>
<td>Carbon, Oxygen, Hydrogen</td>
<td>Producers of Heat and Energy</td>
<td>CEREALS: The inner, white parts of wheat, corn, rye, oats, barley, buckwheat, and rice</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>VEGETABLES: Potatoes, roots, sweet potatoes, pumpkins, squashes</td>
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<td></td>
<td></td>
<td></td>
<td>FRUITS: Bananas</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td>NUTS: Chestnuts</td>
</tr>
<tr>
<td>Sugars</td>
<td>Carbon, Oxygen, Hydrogen</td>
<td>Producers of Heat and Energy</td>
<td>VEGETABLES: Melons, beets, sorghum</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>FRUITS: Bananas, dates, figs, grapes, raisins</td>
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<td></td>
<td></td>
<td>DAIRY PRODUCTS: Milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>NATURAL SUGARS: Honey, maple sugar</td>
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<td></td>
<td></td>
<td></td>
<td>COMMERCIAL SUGARS: White sugar, syrup, glucose, candy</td>
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<td></td>
<td></td>
<td></td>
<td>NUTS: Coconuts</td>
</tr>
<tr>
<td>Fats and Oils</td>
<td>Carbon, Oxygen, Hydrogen</td>
<td>Producers of Heat and Energy</td>
<td>FRUITS: Olives</td>
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<td></td>
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<td></td>
<td>DAIRY PRODUCTS: Cream, butter, cheese</td>
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<td></td>
<td></td>
<td></td>
<td>NUTS: Peanuts, almonds, walnuts, coconuts, Brazil nuts, pecans, pignolias, etc.</td>
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<tr>
<td></td>
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<td></td>
<td>COMMERCIAL FATS: Olive oil, peanut oil, peanut butter, vegetable-cooking oils</td>
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<td></td>
<td></td>
<td></td>
<td>The yolks of eggs</td>
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<tr>
<td>Albumen (white of egg)</td>
<td>Carbon, Oxygen, Hydrogen, Nitrogen</td>
<td>Producers of Heat and Energy; Building and Repair Materials for Cells and Tissues</td>
<td>CEREALS: The outer, dark parts of wheat, corn, rye, oats, barley, buckwheat, and rice</td>
</tr>
<tr>
<td>Gluten (grains)</td>
<td></td>
<td></td>
<td>VEGETABLES: The legumes (peas, beans, lentils), mushrooms</td>
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<tr>
<td>Myosin (lean meat)</td>
<td></td>
<td></td>
<td>NUTS: Coconuts, chestnuts, peanuts, pignolias (pine nuts), hickorynuts, hazelnuts, walnuts, pecans, etc.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>DAIRY PRODUCTS: Milk, cheese</td>
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<td></td>
<td></td>
<td></td>
<td>MEATS: Muscular parts of animals, fish, and fowls</td>
</tr>
<tr>
<td>Sodium Na</td>
<td></td>
<td></td>
<td>The red blood of animals</td>
</tr>
<tr>
<td>Ferrum (Iron) Fe</td>
<td></td>
<td></td>
<td>CEREALS: The hulls and outer, dark layers of grains and rice</td>
</tr>
<tr>
<td>Calcium (Lime) Ca</td>
<td></td>
<td></td>
<td>VEGETABLES: Lettuce, spinach, cabbage, green peppers, watercress, celery, onions, asparagus, cauliflower, tomatoes, string-beans, fresh peas, parsley, cucumbers, radishes, savoy, horseradish, dandelion, beets, carrots, turnips, eggplant, kohlrabi, oyster plant, artichokes, leek, rosekale (Brussels-sprouts), parsnips, pumpkins, squashes, sorghum</td>
</tr>
<tr>
<td>Potassium K</td>
<td></td>
<td></td>
<td>FRUITS: Apples, pears, peaches, oranges, lemons, grapefruit, plums, prunes, apricots, cherries, olives</td>
</tr>
<tr>
<td>Magnesium Mg</td>
<td></td>
<td></td>
<td>BERRIES: Strawberries, blueberries, cranberries, blackberries, blueberries, raspberries, gooseberries, currants</td>
</tr>
<tr>
<td>Manganese Mn</td>
<td></td>
<td></td>
<td>DAIRY PRODUCTS: Milk, buttermilk, skimmed milk</td>
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<tr>
<td>Silicon Si</td>
<td></td>
<td></td>
<td>NUTS: Coconuts</td>
</tr>
</tbody>
</table>
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Some of Our Healing Factors

All natural methods of healing are applied strictly in accordance with individual requirements. Among our healing factors are:

Natural diet reduced to exact science, adapted to any constitution and disease condition. Pleases the palate, eases the digestion, unexcelled anywhere.

Milk Diet and Fasting Cures.

Hydrotherapy, Father Kneipp and other systems. Sun and Air Baths, Osteopathy, Chiropractic, Naprapathy, Spontaneous Therapy, and other manipulative methods. Massage, Swedish Movements, Magnetic Treatment. Corrective Gymnastics and Breathing Exercises by competent instructors. Chromotherapy, Homoeopathy and Non-poisonous Herb Remedies, Mental Therapeutics, Applied Psychology, Suggestive treatment on a common-sense scientific basis.

Frequent lectures by Dr. H. Lindlahr and his able assistants teach you how to become your own doctor and the family physician for the future.

Electric and Electronic Methods

ELECTRONIC DIAGNOSIS AND TREATMENT: We are using the Abrams electronic methods of diagnosis and treatment—the greatest discoveries of the age. From a few drops of blood we diagnose the basic disease strains in the system, hereditary as well as acquired. The electronic treatment positively destroys the disease strains in the system.

Radiant Light and Actinic Ray: These are more powerful in their effects than direct sunlight and are used for general tonic treatment and for local applications.

Morse Wave: The latest improvement on sinusoidal electrical treatment for weak, atonic and prolapsed conditions of the digestive organs.

High-frequency Electricity: For the oxidation of disease matter as well as for general tonic and local curative effects.

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LINDLAHR NATURE CURE INSTITUTES, Inc.

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