



This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

- + *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.
- + *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.
- + *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.
- + *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at <http://books.google.com/>

THE DIAGNOSIS FROM THE EYE

LANE MEDICAL LIBRARY STANFORD
K374 L28 1904
Diagnosis from the eye : a new art of di



24503371837

LANE MEDICAL LIBRARY
STANFORD UNIVERSITY
MEDICAL CENTER
STANFORD, CALIF. 94305

LANE



MEDICAL LIBRARY

GIFT
SHRINERS' HOSPITAL

AMERICAN BANK NOTE CO. LITHO

LANE MEDICAL LIBRARY
STANFORD UNIVERSITY
MEDICAL CENTER
STANFORD, CALIF. 94305

Diagnosis From the Eye

A NEW ART OF DIAGNOSING WITH PERFECT CERTAINTY
FROM THE IRIS OF THE EYE THE NORMAL AND
ABNORMAL CONDITIONS OF THE ORGANISM
IN GENERAL AND OF THE DIFFERENT
ORGANS IN PARTICULAR

A Scientific Essay for the Public and Medical Profession

BY
HENRY EDWARD LANE, M. D.

With Original Illustrations

KOSMOS PUBLISHING CO.

765 N. CLARK STREET,
CHICAGO, ILL., U. S. A.

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

MP
LANE WELDON

ENTERED AT
LIBRARY OF CONGRESS, WASHINGTON, D. C.
AND
STATIONERS' HALL, LONDON, ENGLAND,
IN THE YEAR 1904.

ALL RIGHTS RESERVED.

1095/37A

L 26
1904

Table of Contents.

First Part.		PAGE
CHAPTER I.	Introduction	5
CHAPTER II.	Allopathy <i>versus</i> Natural Method of Healing: The Old Ways of Diagnosis	9
CHAPTER III.	History of the Diagnosis from the Eye	12
CHAPTER IV.	The Teachings of the Diagnosis from the Eye:	
	1. The Four Tenets	15
	2. The Increasing Number of Brown Eyes	18
	3. Unnatural or Acquired Colors	19
	A. The Signs of Suppressed Milk Scurf and Scabies	19
	B. Medicine Colors	21
	Mercury, Quinine, Antipyrin, Iodine, Arsenic, Phosphorus, Strychnine, Lead, Salicylic Acid, Creosote, Turpentine, Gly- cerine, Opium, Cocain, Hashish, Potassium bromate.	
	C. Signs of Vaccinations	25
	D. Signs of Glandular Extracts	29
	E. Signs of Operations	31
	4. The Causes of Disease	33
	5. The Density of the Iris	33
	6. Signs of Defective Organs	34
	A. Signs of Inflammation	35
	B. Catarrhal Defects	36
	C. Loss of Substance; Nerve or Cramp Rings	37
CHAPTER V.	Key to the Diagnosis from the Eye	39
Second Part.		
	The Practice of the Diagnosis from the Eye	45
Third Part.		
	The Natural Method of Healing	105
	General Precepts	105
	The Care and Treatment of the Child	107
	Indispositions	110
	Scabies	111
	Leukorrhœa—Hemorrhoids	115
	Blood Poisoning	116
	First Help in Accidents—Burns and Scalds	118
	Sexual Diseases	119
	Acute Diseases	122
	Chronic Diseases	126
	Reports of Nature Cures	127
	Epidemics	130
	The Natural Healing-Factors	132
	The Fruitarian Diet—The Value of Raw Food	133
	Air and Sun Baths—Cold-Water Treatments	135
	Miscellaneous Applications	139
	Magnetic Healing	139
	General Remarks	141
	Corroboration	143



INTRODUCTION.

EVERYWHERE in the world we perceive a steadily progressing evolution; it is the common band which ties together the long chain of beings from the lowest to the highest one. This process of evolution we can also observe in the parts and organs composing the body of the different creatures.

The highest of all earthly beings is undoubtedly man, his most developed part the head, enclosing the brain where our spiritual and physical life really takes place, where new thoughts originate and are put into action by means of the nerves and muscles. Freely and loftily the head of man rests on his body, dominating it, looking up to the stars and down to the earth. To retain a man's picture and peculiarity it is sufficient if the hand of the artist gives us the head or the face, or even only the eyes and forehead.

The eyes again, certainly are the highest developed of all organs. From them, like from a fountain of rays, mind and soul send their light in love and despair, pity and prayer; pure and impure motions of the soul are reflected upon the eyes, intelligible to and impressive on all. We therefore like to look into the eyes of our friends, speak of the evil look (*jettatura* of the Italians), feel uneasy by the piercing look of malice, cast down our eyes in consciousness of our guilt.

How unattractive a beautiful face with spiritless eyes appears, and how do even the most unsightly features change as soon as they are enlivened by a spirituous eye!

With a mere glance of the eye a strong will can accomplish much to instigate the masses to good or bad deeds, soften excited hearts, to be effective even there where he cannot reach with his words; did we not feel ourselves how much more effective is a freely delivered speech than one recited from the manuscript or read by ourselves? In the same way we are affected by the depressing look of despair or the jubilant glance of joy.

That the eye is the immediate tie between the soul and the outer world, that it is "the mirror of the soul", is understood by all. But unfortunately it is almost unknown that it also reflects every single part of the body and that we are able by systematized experiences: *the wonderful science of the diagnosis from the eye, to recognize with absolute clearness the physical and mental condition of man.*

First of all, we wish to make a few remarks in regard to the relation of the region of the eyes to the face, and about some commonly used

sayings. The narrower and the more covered with hair the eye-brows are, the more brilliant appear the skin of the forehead as well as the white in the eye. The eyebrow ought to bend softly downwards; if it extends horizontally or even turns off upwards, it gives the face a strange, diabolical expression. If the eyebrows are situated too high, leaving too much space between them and the iris, the face receives a naive and childish appearance. We often hear people speak of large and small eyes, but this distinction is erroneous, because the eyeball as well as the iris are of equal size in all men.

However, we do not see the whole eye before us, only as much as the opened eyelids are leaving free, an oval slit which is on an average about 9–10 mm. high. If this slit opens up to 12–13 mm., the eye attains the agreeable form of an almond and the much-praised “moist lustre,” because then we can not only see the iris, but also a strip of white above and below it, while the always moist edges of the lids make an effective frame.

The eyelashes also are of importance, because if they are long, dense, and well situated, they make the white of the eye more brilliant. Another important mark for the expression of the eye is a small lineal furrow on the upper lid; this furrow is formed by the backward folding of the skin and nearly disappears when the lids are closed. If the bright, somewhat moist edge of the upper lid is a little wider than usual, the eye takes a kind of languishing, visionary expression. The white of the eyeball is also of importance; this white is produced through the cornea which is brilliant white itself, being covered by the conjunctiva which is traversed by a net of capillaries. The original, beautiful, brilliant, pure white is scarcely to be found, because in most individuals the conjunctiva, by constant irritation, attains a dim color turning often into yellow.

The cause of the brilliancy of the eye is the reflex of the light from the conjunctiva and especially from the cornea; the moister the eye, and the wider the opening of the lids (which, as stated, is generally the case in juvenile age), and the purer the white, the more perfect is the brilliancy.

Incidentally and on account of the request to apply the “diagnosis from the eye” also to animals—the key for them being the same as that for men, a fact which highly increases the value of our art—we wish to mention a scarcely known difference between the eyes of man and those of animals.

The eyes of man alone, in distinction from the rest of beings, have the shape of an almond with two angles on the sides, but all other creatures, including the anthropoid apes, have round eyes. When the latter are in a state of rest, only the iris is visible, while the white of the eye, the sclerotica, is covered.

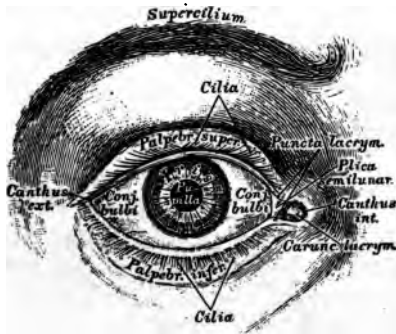


FIGURE 1.

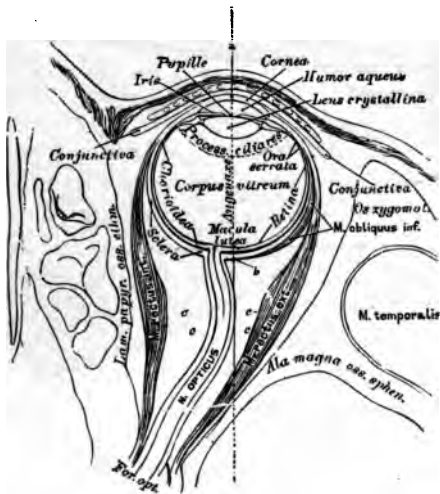


FIGURE 2.

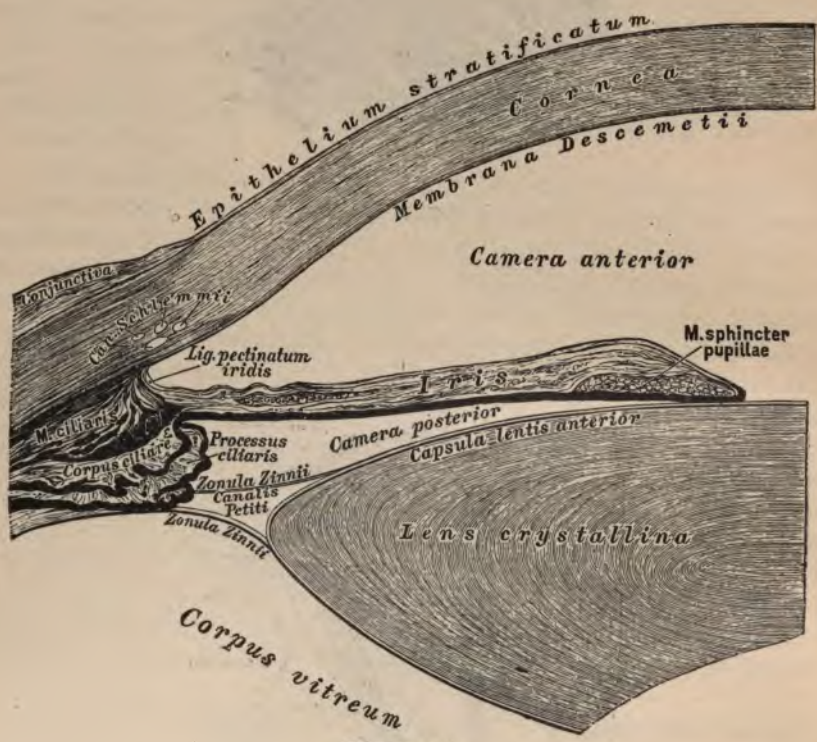


FIGURE 3.

CHAPTER II.

Allopathy versus Natural Method of Healing.

THE OLD WAYS OF DIAGNOSIS.

As in all branches of life, there exists to-day also in that of medical science an increased interest on the part of the public. And rightly so; for in no other branch ignorance costs so dearly, having often to be paid for with years of disease or premature death.

There are two factions rigidly and implacably opposed to each other. On one side stands allopathy and surgery, trying in vain to restore and preserve the health of the body by the strongest poisons and the extensive application of the knife; on the other side, homeopathy and the various ways of natural healing, having as leading motto: "By no means injure the body."

The followers of the healing methods according to the laws of nature—or better the natural methods of healing, including homeopathy—have always shown that the degeneration of the human race is largely due to the pernicious influence of allopathy; that the use of poisons, whatever their names may be and no matter whether they are mineral like mercury, arsenic, iodine, bromine, or vegetable like belladonna or digitalis, or animal like ichthyol, the vaccines (against smallpox, diphtheria, etc.), and the lymphs, will always have the same disastrous effect as the butchering knife of surgery.—But allopathy, being endowed with important privileges by the state, has also an injurious influence in another direction: it is opposed to all real progress, true investigation and enlightenment, and rejects *a priori* all that does not fit in its system, declaring as "unscientific" every new truth which does not come from one of its own ranks! Homeopathy, on the contrary, really and earnestly acknowledges and accepts the results of free investigation, and for that reason alone, rightly deserves the name of "science."

Science is a sum of experiences and observations which everybody can make, whether he belongs to the profession or not.

This book deals with a branch of pure and unadulterated knowledge—its task is to demonstrate clearly and irrefutably that allopathy is the greatest enemy of mankind. The very fact that the book by spreading enlightenment is detrimental to allopathy, will make it useful to humanity, to the well and sick alike. It treats of the discovery, *that morbid*

changes going on in the system are making themselves noticeable in the eye, and the possibility to disclose the inner condition of man by careful observation of his eye, and consequently to make a diagnosis which is reliable in every respect. This discovery and its perfection as a key for diagnostic purposes is one of *the great achievements* of the human mind, guiding us in the struggle against the drugging fraternity and turning the difficult vocation of the true physician into one of delight and satisfaction.

The insufficiency of the old ways of diagnosis by ausculting, percussing, palpating, examination of the urine, blood, sputum, etc., is admitted by all.

We will mention here a notice regarding this matter, coming from the allopathic circles of Berlin :

“ In Professor Leyden’s clinic elaborate experiments have been made to diagnose the first symptoms of consumption, i. e. of an actual lung disease (so far only recognized by percussion), by the Roentgen rays, which *would* be an immense progress in the diagnosis, as at the present stage of medical science a not too far advanced disease of the lungs could not be recognized, but in most cases has been overlooked.”

Although the natural method of healing rejects the complicated diagnosis of allopathy and rightly demands a general treatment of the body, the former, nevertheless, will have the greatest benefit also in diagnostic relation by the “ diagnosis from the eye ” which, resting on the general treatment of the body, always enables us to designate not only the immediately affected but also the weakest organs of the body. The diagnosis from the eye throws also light upon some of the most important questions, viz., the connection of later appearing diseases with the original disease, the probable duration of life, the various duration of the same disease with different individuals, etc. Up to the present the followers of the natural method of healing have been getting along by bringing that which was of some value for a diagnosis into a system called “ facial diagnosis ”; according to the part of the body where the morbid matter had settled, they spoke of a “ morbid encumbrance of the front, side, or back ” and thereupon based their conclusions.

Osteopathy, which enables us in certain acute cases to make a most startling diagnosis, does also not quite fulfill what we can justly demand from a popular method of examination,—it is difficult to learn, and only few are endowed with the fine, instinctive sense of touch necessary for making an unfailling diagnosis.

Osteopathy and facial diagnosis may be very interesting for the investigator, but they are of little practical value, because both systems do but give a general diagnosis in most cases, making it necessary to question the patient, a circumstance which always gives a doubtful result, as thus we can ascertain only incidental points ; but we who are questioned by the patient must give him the most precise information, and that is possible only by means of “ the diagnosis from the eye.”

It has been said that the eye is the mirror of the soul, and that it discloses the different mental and physical conditions of the body: we generally speak of the "vivid clear eye" of the well man, of the "anguishing, glaring eye" of the consumptive, of the "expressionless eye" in typhoid fever and especially insanity (a contraction of the pupil in regular intervals is noticed during the delirium in typhoid fever), of the "broken eye" of the dead-sick. The enlargement of the pupil indicates the presence of spool-worms; a small inequality of the pupils with the inclination to enlargement is found in those suffering from tuberculosis; various nervous diseases are disclosed by the decreased mobility of the pupil; frequent disturbances of the sight are pointing to diseases of the kidneys (diabetes), as does also the falling-out of the eye-lashes. The inward-growing of the eye-lashes discloses scrofula, and reddened eyes female diseases; Basedow's disease of the kidneys brings the eyes out of their holes; a swelling of the eyelids makes us suspect trichinosis, etc., etc.

In a book probably 300 years old I found the following instruction: "Shepherds judge the diseases of their sheep by the lines (falsely called *radii solares*) and other signs of the eye. In man, signs near the iris indicate diseases of the lungs and chest, also cough. If children have sound flesh in the inner angles of the eye, it means health; if these angles lie deep and are devoid of flesh, it means disease or death. If the white of the eye is turning into blue and is veined, it indicates diseases of the sexual organs,"—and so on in a really interesting manner.

CHAPTER III.

History of the Diagnosis from the Eye.

THE discovery and perfection of our diagnosis from the eye, which is justly called a science, was reserved for the nineteenth century. In the following we shall give a short historic account.

In the year 1880 appeared a work entitled *Entdeckungen auf dem Gebiete der Natur- und Heilkunde* (Discoveries in the Realms of Nature and Art of Healing) by Ignaz Peczely, a native of Hungary. In his work he expounded the theory, that "azure is the normal color of the eye of the Caucasian race; that allopathically treated diseases darken the color of the eyes," etc. This important discovery was made by a layman through an insignificant incident, as it often happens. When a boy of eleven years, Peczely wanted to catch an owl in his garden; the bird in self-defense clawed the hand of the lad who could free himself only by breaking the bird's leg. As the boy and the owl sharply looked into each other's eyes, the former observed in the lower part of the bird's eye the rising of a black stripe. Young Peczely dressed the owl's leg, nursed him and finally gave him his freedom again. The bird, however, stayed in the garden for several years, and Peczely observed later in that part of the eye where the black stripe had risen before, the appearance of white and crooked lines.

Peczely, a good designer, became a technologist, participated in the Hungarian revolt of 1848, was wounded and made a captive. In 1861, as a follower of homeopathy, he treated successfully his dead-sick mother; this case made him famous and soon other patients sought his homeopathic advice. At this time, suddenly recalling the little incident with the owl, he also made his discovery of the diagnosis from the eye. The throng of patients constantly increased, for the fame of his art of "diagnosing from the eye" spread rapidly over the country. Then the authorities intervened: an allopathic physician, accompanied by two exponents of the "Christian Law," forbade him, not being a "doctor of medicine," to treat people hereafter. To the physician's reproach: "You are a quack pretending to read the diseases of people from their eyes," Peczely replied: "You have suffered from such and such diseases which have been falsely treated." Although greatly surprised, the physician had to admit the correctness of the diagnosis and afterwards did not speak of fraud any more. To avoid further annoyance, Peczely resolved to acquire the title of "doctor of medicine," and for that purpose—being 36 years

of age—he went to Budapest in 1862 and two years later to Vienna, where he had a good opportunity to enlarge his knowledge of the diagnosis from the eye and to confirm his original discovery, that each operation leaves a sign in the iris, and that all allopathic medicines produce changes in certain parts of the eye. Afterward he returned to Budapest where he established a practice.

The publication of the work mentioned above showed again that only the homeopaths maintain the freedom of investigation, acknowledging truth and merit without envy and reserve, always eager to acquire more knowledge. The important discovery of Peczely was totally ignored by the allopaths, just as upon agreement; it was made known in Germany by August Zoeppritz who in his *Homeopathische Monatsblaetter* (published in Stuttgart) advocated the diagnosis from the eye. A German homeopath, Dr. Emil Schlegel of Tuebingen, also advocated the diagnosis from the eye by publishing a book on the subject.

A Swedish homeopath, Nils Liljequist, improved the diagnosis from the eye by exceedingly careful and comprehensive studies. He sets forth in the following statement the cause that gave him the impulse to these investigations:

“In my thirteenth or fourteenth year I was vaccinated the second time. Being formerly hale and hearty, I now became sickly; first the lymph glands of my neck began to swell, then I was taken ill with malaria, vehement cough, influenza, polyps appeared in the nose, terrible pains in the bones of the legs,—and all that in the course of a year after the vaccination. Physicians were consulted for years. They always prescribed iodine to besmear the swollen glands, quinine for malaria, and used the tongs to remove the polyps which, however, reappeared every year. Thus years passed by. In the meantime I noticed how the color of my eyes changed more and more, and when twenty years of age I brought forth my discovery: ‘Quinine and iodine change the color of the iris; formerly I had blue eyes, now they are greenish with red spots in them.’ Nevertheless, I continued taking medicine, in spite of the warning of Dr. T., a homeopath and then a teacher at the Helsingborg gymnasium. He even offered me homeopathic remedies and let me try small granules of sugar. But why didn’t I accept his kind offer? I often regretted it, but then my sound judgment was disturbed by a newspaper article which wholly ridiculed homeopathy. I took the same standpoint which the Royal Swedish Board of Medicine still takes in the year 1893 and believed that homeopathic medicine contained nothing but ‘sugar, starch, and water.’ Besides I desired to become a physician myself and did not care to promote the ‘silly teachings’ of homeopathy. But the longer and the more I suffered, the more vanished my admiration for the sacrificing, philanthropic vocation of the physician, and finally I lost my liking for it altogether.

“When I came to the city of Lund in 1871, I consulted there new

physicians, hoping they would prescribe for me some better mixtures ; but I was disappointed. I continually got quinine and iodine with the addition of iron which should help my exhausted stomach. I began to protest, but the physician declared that it would mean my death if I would stop taking quinine. As I did not like to die quite so young, I strictly followed his advice. Sometimes I got up to three grams of quinine per dosis. Thus I spent six of the best years of my life on the sick-bed. Oh ! If I had only conformed myself to suffer from malaria, I should have felt well at least some time in my life, as the fever does not appear daily during the whole year. But on account of the quinine and iodine dosing I had been constantly sick since my seventeenth year ; every day vehement headache, especially in the forenoon, heaviness and dullness above the eyes, ringing in the ears,—all symptoms of quinine poisoning.

“ Finally in my thirtieth year I arrived at the conviction that there must be other methods to acquire health, and other remedies besides those which I had taken. Professor Jaeger’s work *Die Neural-Analyse* convinced me of the truth and excellence of homeopathy, and in the year 1882 I became my own physician, and I did not get any worse on that account. On the contrary, in spite of having suffered from malaria for seventeen years, and in spite of the immense quantities of quinine and iodine which I had swallowed, I am now at 45 years of age quite a healthy man, full of love and vigor for work.

“ Some of my readers have certainly encountered similar sad experiences with the allopathic methods of treatment, because we hear the same complaints from different sources. And the Englishman who uttered the famous sentence, ‘ With 40 years you are either your own physician or a fool,’ has probably suffered by the allopathic ‘ art of healing ’ just as much as I did. Sometimes, in sleepless nights when I was lying down and brooding over the reason why just I should suffer so much, the only consolation I could find was, that our sufferings should remind us to guard our fellowmen against similar misery, and if they ever became afflicted with sickness to help them as much as possible. And for that purpose I have written this book.”

In our key to the diagnosis from the eye we hope to have solved and cleared away in a satisfactory manner all indistinctness and uncertainty of the preceding authors and thereby to have perfected the diagnosis from the eye.

Only those who concern themselves with the matter can comprehend what an immense sum of work the investigations for the key represent. Thousands had to be thoroughly examined before but one point could be ascertained with absolute certainty, and although the works of the two investigators mentioned above have brought them many denunciations and enmities, the history of civilization has entered their names in the book of fame with golden letters.

CHAPTER IV.

The Teachings of the Diagnosis from the Eye.

THE background of the eye has been the subject of ardent investigations by the physicians since the invention of the ophthalmoscope; but none of the investigators conceived the idea that we could also diagnose by the so strikingly different and easily perceptible colors of the iris the pathological state of the whole organism.

The most important point for us in the diagnosis from the eye is the *color of the iris* from which we can get at once a reliable picture of the condition of the body, although at first only in general, and our science sets up the **Fundamental Doctrine**: *Azure blue is the normal color of the iris in all nations of the Caucasian race.*

1. THE FOUR TENETS.

From the further enlargement of this principal doctrine, whose value cannot be estimated too highly, the following tenets result:

I. All new-born children of healthy parents have blue eyes.

II. The more the color of the originally blue eye changes, often but partly (for instance, into yellow-brown until completely black): the more the body of the respective individual is encumbered with morbid matter or diseased; consequently a person can be sick without having pains, etc., because sickness is not a condition but a process.

III. Persons whose eyes changed in the manner stated above, get lighter and even blue eyes again; under circumstances the color changes only in certain parts. This change is always effected in the same degree as the morbid matter has been expelled from the body.

IV. Bue-eyed parents who suffered from scabies (itch) often beget brown-eyed children, or at least always children whose iris is completely surrounded by a blackish rim, which the diagnosis from the eye calls "scurf rim."

In explanation of this seeming contradiction it may be said right here: a child begotten of blue-eyed but scabby parents, before father or mother discharged this poison in the form of a skin-disease (scabies), becomes brown-eyed, while it had surely become blue-eyed after the appearance of sores on the skin of the parents.

The latter tenet has been confirmed in the most evident manner by the following case: A man, 35 years of age, was afflicted with scabies,

which was driven back into his body by ointments ; thereupon a sore appeared on the left foot. But wisely this abscess was not suppressed and was running for three years ; a child who was born to him in this time had brown eyes, only that part of the iris which corresponds to the left foot was blue in the left eye.

To the first tenet is to be added, that we divide the eyes according to their color into three classes, viz.: *blue eyes*, *brown eyes*, and *eyes having several colors or a mixed color*. The first and second class, which represent the "one-colored" eyes, as the diagnosis from the eye calls them, are again subdivided into the *equally light-blue normal or ideal eye* which can hardly be found to-day ; the *medium-blue eye*, and the *dark-blue eye*. Brown eyes are classified the same way ; it is obvious, however, that the *light-color is by far the better one*. In the third class, i. e. eyes with a mixed color, we find the iris half-brown, generally round the pupil, while the *outer half is blue with a greenish cast*, popularly called "cat eye" ; more seldom is the opposite case where the inner half of the iris is blueish-green, while the outer half is brown ; but it happens very seldom that one eye is predominantly blue, while the other one is brown in the same degree.

The history of the world teaches us that the blue-eyed men and women are superior to the others in every respect, a fact which is also proven by our observations in family, school and daily life.

Only out of the blue eye the fascinating power of a forceful spirit can speak. Wherever we receive information in regard to the color of the eyes of eminent men, it is described as "brilliant blue."

Only among blue-eyed people we find those vigorous, resistive individuals who excel by the strength and agility of their body in such a degree that the giants of tradition seem to be embodied in them, who surpass in strength the buffalo and in swiftness the gazelle, who show a presence of mind under all circumstances, and who do not know nervousness, fear, and fatigue. Blue has been the color of the eyes of the beauties who remained everlastingly young, and that of all long-lived people.

The Roman historians report that the victorious legions could not bear the piercing looks of the blue-eyed Teutons. A few attested feats of physical strength and endurance of blue-eyed people may be mentioned here.

Teutobach, commander-in-chief of the Teutons in their famous fight against the Roman legions, often jumped over six horses standing side by side and was able to throw stones weighing 1000 pounds. Emperor Maximilian, the "last knight," and his juvenile friend Duke Christopher of Bavaria possessed equally gigantic strength. At the royal residence in Munich, in the passage from the chapel to the court fountain, there lies a stone weighing 400 pounds which Duke Christopher has thrown once, and above the stone, in a height of 12 feet, there is a nail with an old memorial slate as a sign of a powerful jump once performed by him.

Archduke Ferdinand of Austria, the husband of the beautiful Philippine, was able to break with his fingers two pieces of silver money of the size of a dollar laid on top of each other. Better known than the above-mentioned feats is the fact that the English king Richard Lionheart received his name on account of his immense physical strength as well as of the lion-like look of his eyes by which he amazed the Sarazenes.

In a tournament at Augsburg in the year 1459 Maximilian Walter, a German knight, astonished everybody by his strength. A contemporary historian says: "Two lansquenets had to carry this man's lance into the arena. But he himself carried his heavy lance, like other knights, with one arm during the tournament.

He let one of his pages, fourteen years of age, sit on the outstretched lance and carried him across the courtyard and back again. The cavity on the dart of his lance could hold nearly two quarts of wine.

Louis de Bouffeur, called the Strong, who lived in the middle of the fifteenth century, jumped in full armor upon the back of his horse without using his hands or the stirrup; he also was such an excellent runner that he surpassed the swiftest Spanish horse on a distance of 200 yards. Leonardo da Vinci, the great artist, the painter of "The Last Supper," broke horseshoes with his well-formed hands; so did the celebrated actress Gautier who also withstood the herculean field-marshal Maurice of Saxony in a wrestling-match.

The strongest men of modern times also have been, respectively are, blue-eyed; for instance, Karl Rappo, an athlete from Tyrol (Austria), who in 1854 threw the so-called crown consisting of six connected cannon balls each weighing thirty pounds, a most extraordinary feat of strength.

For a long time we have carefully observed the color of the eyes of famous athletes and have always found it to be blue; we only refer to Madam Annie Abbott, an American by birth, who, although of a small and slender figure, was able to lift the strongest men, but she herself could not be removed from her place by the united effort of six men.

It is also interesting to observe that the novelists, in an instinctively correct feeling, endue their heroes with blue eyes; interesting, further, is the fact that the newspapers, which are generally not very exact about the truth, always correctly report about feats of strength that they were performed by blue-eyed persons. We will shortly mention here two almost superhuman feats of blue-eyed men of the present time.

1. Several years ago a Swiss peasant of herculean strength came to Mexico where he saw a bull fight for the first time; he was struck at once with such an ardent desire to try himself as an amateur bull fighter that a bull fight was arranged in his honor, and a prominent Mexican lady took the patronage of the performance. The Swiss, who relied on his immense muscular powers, waited single-handed for the bull which rushed through the opened door into the arena. With lightning rapidity he grasped the horns of the assailing bull with both hands and threw him

back with such force that the animal fell to the ground. Such a daring deed of a bull fighter had never been seen before in Mexico, and such a roaring storm of applause as followed this feat had also never been heard there in an arena. But as the most beautiful price for his appearance as a bull fighter that Swiss won the heart of the patron of the bull fight, the beautiful Mexican lady. The Swiss soon afterward married her, but has never tried himself in bull fights since, for his senora would not allow that any more. The man still lives in very comfortable circumstances on a Hacienda near the City of Mexico and likes to tell everybody of his first and singular appearance as a bull fighter.

2. The Austrian captain Robert Kaempf von Baldenstein was a daring officer who died at Grosswardein at the age of 37 years. Captain Kaempf was known in the whole army as a man who performed almost miraculous feats. Thus Major-General Graney, on the occasion of an inspection at Grosswardein, asked him for fire to light a cigar; Kaempf who smoked his cigarette on the balcony, jumped down from the jutting and offered fire to the General. At another time he undertook a race with the railroad train running to Komadi, where he arrived before the train. According to a bet he covered the distance between Grosswardein and Debreczin (40 miles) in $3\frac{1}{2}$ hours. To a family living on the first floor of a house he paid a visit on horseback. From the railroad bridge over the Koeroes river he jumped 12 yards deep on the surface of the ice, but broke both feet on that occasion. After his recovery he was transferred to Bosnia but later returned to Grosswardein, where he died.

Blue-eyed children are more vivacious, and in school they learn better and keep things better in their memory than brown-eyed children; our explanations will surely solve many a riddle for school teachers, for instructors in gymnasiums, and for teachers of systematic physical culture.

2. THE INCREASING NUMBER OF BROWN EYES.

Brown-eyed people are more sensitive, more nervous, and more apt to be injured by or to succumb to unfavorable influences; they never possess the tender and rosy transparent skin of blond-haired and blue-eyed persons; in a correct feeling, the artists have always painted ideal figures (for instance, Mary and Christ) with blue eyes and blond hair.

The increase of brown eyes, corresponding to that of brown hair, has been often and rightly deplored, but so far only from the standpoint of beauty; such people never have the tender, red-translucent skin which accompanies light-blue eyes. Now we know that this increase is also to be deplored for sanitary reasons, and that the brown-eyed nations of the Caucasian race are degenerating.

In addition I must state, however, that children with brown eyes are born far less frequently than we might judge by the number of brown-eyed adults, because their eyes have turned brown after birth.

Even if both parents are brown-eyed, but otherwise healthy, the newborn child generally has greenish-blue eyes. Nature takes for the generation of new life always "the best," just the same as children of parents with bad teeth, if they are raised according to the laws of nature, will have sound teeth; this relatively "best," however, is "bad enough" on the average; 45 out of 1,000 married women die of consumption, between 30 and 40 years of age; but the poison of mercury rages far worse among men. The eyes of children of such parents will always show the inclination to darken more quickly, starting from the pupil.

3. UNNATURAL OR ACQUIRED COLORS.

Colors which make their appearance in the iris during the lifetime of a man are called by the diagnosis from the eye unnatural or acquired ones; such color signs are for our diagnosis of great importance, and the most significant ones are:

A. The Signs of the Besmeared, i. e. Suppressed Milk Scurf and of the Besmeared, i. e. Suppressed Scabies.

The suppression or driving back of the milk-scurf first produces a yellowish coloring round the pupils, later the blackish scurf-rim on the outer edge of the iris; the other so-called children's (skin) diseases, as measles, scarlet fever, etc., are to be regarded as subordinate forms of the milk-scurf; the false treatment of these diseases causes the same signs as mentioned above.

The signs of scabies are sharply bordered, coarsely marked spots of the size of a prick of a pin, enlarging to the size of the head of a match; these spots darken in time, so that we can fairly diagnose from their color at what age the disease and its false treatment had occurred.

In the Munich *Fliegende Blaetter* was once a drawing of overwhelming comic. A mother had prepared a dough for cakes which she put on the table to let them rise, and then left the kitchen. In the meantime the children, who should take charge of the kitchen, zealously and vigorously knocked down every cake which was going to rise. What became of the cakes every one can imagine.

The followers of the method of natural healing must involuntarily compare the actions of those foolish children with that what the allopathic pseudo-science undertakes against the efforts of the system to expell impurities. The body is impeded by all means in its endeavor to cast out inherited or acquired disease-matter which appears as skin diseases, sweating or open feet, ulcers, etc. Such suppression is always accompanied by the worst consequences, although they do not appear at once or are seemingly not in connection with the original disease. Most fatally is the inward-smearing or suppression of the *milk-scurf*, the well-

known and much-varied infantile disease, and of the *scabies*. I cannot agree with the interpretation of Peczely and Liljequist, that scabies is a contagious disease occasioned by a small insect (*acarus scabiei*), and I am surprised that these meritorious investigators share this really allopathic view.

For us who judge by the laws of rational logic, this insect is only a secondary appearance; it is only the *companion*, and not the *cause*, of an especially sharp skin-disease, just the same as baccilli and microbes do not really cause, but only accompany diseases. We also find a similar insect (*acarus folliculorum*) in the pimples of the face, an appearance which nobody will call an infectious disease. I had the opportunity to observe how persons of my environment, in the course of a water cure, were afflicted with scabies, as a form of a so-called crisis, while infection was absolutely excluded; in similar cases persons suddenly got head-lice (*pediculosis capitis*) as a crisis, by which term is meant an acute or violent elimination of morbid matter. Here also the old saying is right: "Don't drive away the lice, a sickness comes out with them!"

I found that individuals who by smearing suppressed that skin disease which is accompanied by crab-lice (*pediculosis pubis*) show a red-brown coloring in the form of spots in the corresponding part of the rim of the iris.

About the discovery and significance of the signs of scabies we may mention the following:

Peczely had observed for a long time that many of his patients had sharply drawn brown spots in the iris: but strangely, they could not remember of having been diseased on those parts of the body which were corresponding with the position of the spots. But one day a peasant called on him who had many such spots in his eyes; he told that he had been very much afflicted with scabies. Peczely requested at once all those present who had also suffered from this disease to step forward. And there were not few of them! Peczely examined one after the other and noticed in all their irises the same brown spots. One of them had even three spots in different colorings one above the other, and he said he had had the scabies three times. Thus this discovery was made. The mite (*acarus scabiei*), as we have already shown, is only a secondary appearance, accompanying the elimination of morbid matter on the surface of the body. If we rationally assist nature in bringing this probably inherited and very virulent poison outward to the skin, the body will remove a good deal of it; and if we strictly avoid to suppress this natural healing action, the system will be greatly relieved, and good health will follow; the eyes will not only show no signs of scabies, but the color of the iris will turn nearer to light-blue,—the best proof, as we know, of an improved bodily condition. The change of color which in such cases takes place inside of a few days, is very striking.

In the opposite way by the allopathic treatment, viz., tar, sulphur, mercury salves, soaps, and ointments, the poisonous matter is thrown

back into the system and always settles in the weakest parts of the body, which we recognize in the iris by sharply bordered red spots, varying to dark-brown and getting darker in the course of years.

B. Medicine Colors.

Two generations ago the great hydropathist Francke (Rausse) maintained that drug poisons are not assimilated by the system, but as "foreign matter" are enveloped with mucus (secreted by the membranes) and deposited in the various parts of the body. Thus kind "Mother Nature," always looking out for our best, in spite of our perversities, makes those poisons innocuous as far as possible, at least for the time being. The diagnosis from the eye proves irrefutably and distinctly the truth of this assertion and shows how terribly the present generation is being maltreated by poisonous drugs and medicines. The great Goethe very pointedly criticizes the injurious practice of allopathy in his immortal "Faust":

" With dreadful potions, knife, and pills
Among these peaceful vales and hills
We raged more fiercely than the pest.
Myself the deadly poison did to thousands give,
They died away, I yet must live
To hear the reckless murderers blest ! "

These words hold as true to-day as they did a hundred years ago, and for the few who survive on account of their resistive nature it will be a tedious task to rid themselves again of the drug-poisons, which always requires much patience and the perseverance of an unwavering character; we can certainly sooth the severest pain by the natural method of healing and help the body in eliminating the foreign or morbid matter; but if the system is continually poisoned by various medicines, years will pass under the most favorable conditions before it can perfectly free itself from the encumbrance of the slowly but surely wasting virus. This casting out of morbid or foreign matter, which is accompanied by a vehement crisis at certain intervals, is falsely called "disease," while it really is the action of vital force which defends and restores, but which allopathy, guided by its mediaeval traditions, always tries to suppress.

MERCURY takes the first place in the long list of allopathic remedies, by its frequent application as well as by its pernicious effect. It is used internally and externally, as an ointment for ulcers and wounds. If this poison has been introduced and deposited in the body in great quantities, there appears near the outer edge of the iris of the blue eye a greyish-white ring of a metallic shine, which looks somewhat blue in the brown eye. Taken in smaller quantities, the drug produces these signs only in the upper part of the iris, because it is drawn first to the mucous membranes of the brain and then to those of the respiratory system; during this time the poison produces whitish-grey clouds. The organs which are charged

with mercury are like dead, cold ; they are the seat of boring pains which suddenly appear and pass away. Much that is called "rheumatism" is really mercury-poisoning. Even allopathy admits that of 100 persons who suffer from tumors of the brain 95 are proven to be poisoned by mercury ; that it does not properly cure in sexual diseases, where it is used as a specific and supposedly best adapted remedy. Nevertheless, allopaths continue their dangerous practices, undisturbed by the deplorable figures of those who in consequence of the mercury poison suffer from paralysis, nephritis, and similar painful diseases.

Mercury is eliminated from the body by smaller or larger carbuncles, blackish coverings which but slowly separate from the skin, or wart-like fistulas and mucous patches in the mouth or nose.

QUININE as an antipyretic is well known, but not its pernicious effect. It gives to the eye a distinct yellow color which, if the drug was taken only in small quantities, appears only in those parts of the iris corresponding to the bowels ; but if the whole body is saturated with the poison, the yellow in the iris becomes predominant, the blue eye takes a greenish color, while the brown eye becomes somewhat more fallow.

Liljequist very pointedly writes about the effects of quinine: "Nobody knows the consequences of chronic quinine poisoning better than I, a circumstance, however, which does not delight me. Heaviness and dullness above the eyes, ringing in the ears, are the daily symptoms from this dreadful drug. For fifteen years I have used homeopathic medicines, and still I am not rid of the poison. The headaches are more seldom, the color of the eye is somewhat lighter, but that is all. That shows that all medicine poisonings are almost incurable.

"Having mentioned the symptoms of chronic quinine poisoning, I shall add a few words about those of the acute stages, especially about the psychic symptoms which will always follow. As bodily symptoms I felt a boiling and tinkling in my head, and occasionally complete deafness set in. But that is nothing compared with the terrible effects which the drug has upon the mind.

"The last time I took quinine was in the year 1881. While I was suffering from the painful consequences of this folly, the news arrived of the assassination of Czar Alexander of Russia, and I feel ashamed to confess that I myself, being naturally tender-hearted and humane, was jubilant, and even wished to possess the power to destroy the whole world. The desire to waste, to destroy, to extirpate, are the psychic symptoms of acute quinine poisoning. With me such thoughts never came into action, but I have seen it in the case of travelers in Africa who are not restricted by laws. The Europeans, in a wild rage, attack the negroes, horsewhipping and even killing them. Men who are humane at home are brutal in Africa. The enervating African climate and the stubbornness of the negroes were accounted for these horrors, but wrongly, for I know it better ; the real cause is the universal use of quinine which the

Europeans think necessary in tropical countries. Here I have a newspaper article of several columns, written by Karl Peters, a Swedish Africa explorer, about Dr. Peters. In that article he tells us about the nervousness of those travelers, which he tries to explain as follows: 'Everything is tending to completely destroy the nervous system of these poor pioneers. Whoever has been sojourning for several years in the unhealthy climate of the tropics, especially East Africa, finally becomes nervous to a degree which is hardly conceivable in our northern climate. Everything is irritating, troubling, and molesting him. Trifles which had hardly annoyed him at home, make him almost insane with rage under the equatorial sun and instigate him to harsh and cruel deeds which under normal conditions he would condemn most severely. He regrets his behavior afterward, but what of that? The next time this intolerable condition of extreme nervousness returns (i. e. after the next dosis of quinine), he can restrain his rage as little as the first time. A man who under normal conditions, i. e. in his native country, is good and considerate, is liable to act in the tropics in the most cruel and brutal manner. It is but natural that the lazy, stupid, unreliable negro, without whom the European can hardly get along, gives his patience the most severe test; but the native must also bear the consequences in ninety-nine out of a hundred cases when "the great master," as he calls the former, is in an angry mood. I therefore venture to say that the European is not in the same degree responsible for his actions in the tropics as at home, and that it is impossible for those who have never been there to judge to what degree he is influenced by the fatal drug and the excessive heat. For that reason I deplore Peters who now had to defend his actions before the German Parliament. If he is sentenced, he will be sacrificed to satisfy the law; but I myself would be much more satisfied if Germany would give up her colonies in Africa where she cannot reap any honors and where she will probably never acquire any riches.'—The latter, of course, was the principal point! But my opinion is, that Germany should not abandon her colonies in Africa, but should recommend to her people the following measures: (1) to live mostly of fruits like the natives; (2) to dress like the natives, i. e. to wear as little clothing as possible; (3) to fear the use of quinine like the plague, and in case of fever to employ homeopathic remedies and water. If these precepts are followed, life in Africa will be tolerable. The same advice I wish to give to the missionaries. The other day I became angry when our missionaries in India went a-begging for Liebig's beef extract and preserved meats. They ought to live like the natives, clothe themselves rationally, and avoid all allopathic medicines. Then they will be spared with the frequent calamity that many of their brethren either die or ask for furlough on account of sickness, just at the time when they should become useful and competent."

The best medicine in all climates is a natural mode of living.

The other well-known fever remedies ANTIFEBRIN and ANTIPYRIN show similar signs as quinine, only of a somewhat lighter color.

The elimination of these three poisons is accompanied by vehement exudations which are preceded by nervous restlessness, vivacity, etc.

IODINE causes red and yellowish-red spots, mostly in those parts of the iris corresponding to stomach, kidneys, and brain; the spots are similar in color to those of the scabies, with the exception that the latter are sharply bounded, while the former gradually change into the surrounding fields of the iris. Below the iodine spots there are in a most significant manner the white clouds of a latent inflammation. These signs which give the spots a somewhat softer color are missing at the marks of scabies.

The eliminations of iodine which take place through the skin are similar to all kinds of skin diseases, beginning from nettle rash up to a stubborn erysipelas.

ARSENIC is used by allopathy especially against skin diseases. It causes signs similar to snowflakes in the outer part of the iris, in those parts corresponding to the limbs, the brain, and the back; it effects burning in the limbs, sometimes increasing to their complete lameness; furthermore, irritation of the lacrimal glands and the sensation of a cold drizzling over the back and of pain in the hair and scalp.

It is eliminated through small boils, running open sores, and dandruff.

PHOSPHORUS effects, like arsenic, whitish-grey clouds in the parts of the iris corresponding to the stomach, bowels, head, and limbs.

It is eliminated through often very deep-reaching ulcers.

STRYCHNINE causes white to yellowish-white lines around the sign of the stomach; the consequences of strychnine poisoning are tension in the chest, pains in the stomach and belching. Its elimination is accompanied by pain in the back and by conditions similar to those of cholera, —cold perspiration upon forehead and chest; and vomiting of blood and bitter mucus.

LEAD gives the region of the stomach in the iris a lead-grey color. Beer drinkers show this sign, as the beer is dissolving lead out of the glass and thus brings it into the stomach. It is eliminated under a vehement stomach-ache, known as lead-colic.

SALICYLIC ACID effects a dirty-grey cover of the iris, generally beginning to grow in the upper part, while the lower part of the iris frequently shows still a comparatively good color. Its elimination is accompanied by pain in the muscles and observed by a chalk-like covering of the skin and inflammation of the mucous membranes, especially of the head.

Similar are the effects of CREOSOTE; but here is the covering finer and grows from the part corresponding to the stomach to the rim of the iris. It is eliminated by the lungs under a painful cough and by gastric and intestinal catarrh.

TURPENTINE produces rather dense grey clouds mostly in the part corresponding to the kidneys, in the direction of the rim of the iris. It is eliminated partly under the well-known appearances of catarrh of the bladder, partly by eczema.

GLYCERINE (the sweetish principal of oils) has the peculiar property to dissolve easily in water; it is therefore used by allopathy for various purposes, for instance, for the preservation of the skin, or to produce a more corpulent appearance of the body, etc. It is not as harmless as is generally believed. It gradually permeates all tissues to the point of saturation, because it readily mixes with water. It is then eliminated as an itching lichen or fatty and shining covering of the skin. It produces large white clouds in the periphery of the iris, in the parts corresponding to the skin, kidneys, and lungs. If it was taken in large quantities it is liable to efface the border between iris and cornea, just the same as salicylic acid.

OPIUM, COCAIN, and HASHISH, the well-known stimulants and narcotics, appear as a whitish-grey ring around the pupil.

POTASSIUM BROMATE makes a white crescent in the upper half of the iris (part corresponding to the head); it is eliminated by a skin disease called brom-acne.

Other poisons which allopathy presents as "remedies" to credulous humanity also affect the color of the iris which unfailingly discloses the dangerous practices of the old school in its useless attempts to cure disease.

C. Signs of Vaccinations.

Vaccination against smallpox is well known to all readers and unfortunately by their own experience, since this allopathic act for the salvation of mankind is enforced in most countries, even in our enlightened America, "the land of the free."

Nothing but false evidence speaks for vaccination, against it divine and human rights. Man, the crown of creation, is certainly the most perfect of beings, and we prefer "the order of nature" to "the wit of man."

The unvaccinated are said to be a danger to the vaccinated, but where remains the logical conclusion? If the vaccinated are really protected, the unvaccinated may suffer the penalty of smallpox. If I am protected by a coat of mail, I don't need to forbid anybody to shoot at me. It may be asserted that since the beginning of vaccination smallpox has decreased, but this is not the merit of vaccination. With the beginning of the nineteenth century people generally commenced to look out for better sanitary conditions; before that time the swill and refuse was thrown into narrow streets and yards, while sewers and drainage canals were almost unknown. On the other hand, epidemics—we mention only the plague, or the youngest epidemic, influenza—often suddenly ceased with-

out the doubtful help of vaccination. The reason for these appearances are influences which escape our perception, for instance, the change of the electric and magnetic conditions of the air effected by the changing constellation of our planet to the other stars of our planetary system.

If, for instance, at a certain place influenza were just disappearing and if at that time a remedy against the disease came into the market,—would not all those who took the medicine swear that it had helped them? Moreover, smallpox has not been extinguished by vaccination, and the disease still exists, especially in those countries where vaccination is practiced to the utmost extent, and, strange to say, afflicts mostly the vaccinated; and still stranger, the most deaths also occur among the vaccinated!—Thirty years ago the vaccination of sheep was introduced, and in consequence the ability of the mother sheep to nurse their young ones diminished to such a degree that vaccination of the sheep had to be prohibited. The inability of our modern mothers to nurse their children is often to be attributed to the same cause.

Allopathy refers to the results of statistics, whereupon we briefly reply that these figures, the same as those in the case of injection of diphtherotoxin and of pasteurism against hydrophobia, are proved to be artificially prepared and amended,—not to say falsified. In compiling the results the motto ruled: “The end justifies the means.”

What we said about vaccination against smallpox refers in the same manner to other kinds of vaccination, some of which, for instance that against syphilis, soon went into oblivion.

The opponents of vaccination are reproached with the assertion that they exaggerate its injurious influence. In regard to the question of the “injurious influence” we wish to let common sense and the experience of a wholly impartial man speak.

Captain Bonavita, the greatest lion tamer of the century (with Bostock's show), is a man whose wonderful mental nerve and physical power is best described by the fact that he works with twenty-seven full-grown male lions. A very imposing sight is the ending of one of his acts where he backs from the arena through the large, broad iron doors, carrying on his neck and shoulders a lion weighing nearly 500 pounds. Brown bread, rye, corn, and whole wheat are what he nourishes his system with. “I am not much on meats,” he says, “I like vegetables and nature's food much better, and you can hardly realize how much better I feel since I adopted this plan.” When asked whether he was ever sick, he replied: “Only when I was vaccinated. This happened when I was nine years old and again at thirty-six years of age, but under protest, I assure. I got so sick and weak that I could hardly do my work, and I could only dress myself one piece at a time with intervening rests. I would not be vaccinated again if Bostock should offer me his whole menagerie.”

The man who received fifty heavy wounds in his vocation which he healed all himself by water; he who knows no fear with his twenty-seven

full-grown lions, fears vaccination on account of his own sorrowful experience!

Yet in spite of these facts, the "free" American citizens tamely submit to the nefarious institution of vaccination which is upheld by a few allopathic doctors who organize a so-called Board of Health and get laws passed to give them arbitrary powers by which they can cripple and kill our little ones.

The following letter to the editor of *Medical Talk* ought to touch the heart of every conscientious father and stir the indignation of every liberty-loving citizen.

MANSFIELD, Ohio, Sept. 25, 1903.

DEAR DR. CARR:—Your letter and *Medical Talk* received, and I thank you. God bless your efforts to stamp out the legal murder of our children. No vaccination here now, and if I can help it there never will be again. Enclosed you will find a photo of my only son who never saw a sick day till this barbarian vaccination law murdered him. His little sister, vaccinated the same day, is now in your city for treatment. I wish our schools would educate our children and stop poisoning them with virus taken by fools from steers. (Rev.) S. P. LONG.

The diagnosis from the eye shows the consequences of vaccination in a darkening of the color of the iris, as a sign of a general deteriorating of lymph and blood; the darkening begins round the pupil, as a proof that the digestive apparatus (respectively its mucous membranes) has been unfavorably influenced; as another bad result sometimes appears tuberculosis.

The body of the child tries to eliminate the poison as diphtheria. It is a well-known fact that only vaccinated children get diphtheria, and that the disease is spreading with vaccination against smallpox. To exchange diphtheria for smallpox is certainly not wise; for it is self-evident that it is easier for the system to eliminate morbid matter if the latter is distributed all over the body where it has a large surface for its elimination, as in the case of smallpox,—than if a small and moreover so very delicate part as the larynx is used for that purpose. It would take up too much space to fully expose the allopathic and "now modern" remedy against diphtheria, Behring's "ANTITOXIN"; it caused, like the other rank poisons, immense injury and suffering. After the inglorious end of tuberculin—the public had been made somewhat suspicious by this evident failure, however—antitoxin could only be introduced because capitalism and allopathy united for the predatory excursion; the case "Langerhans"*) alone should have been sufficient to do away with

*) The case Langerhans: "Yesterday afternoon at 6 o'clock our most beloved first-born, 1 $\frac{3}{4}$ years of age and in the best of health, died suddenly in consequence of a subcutaneous injection of Behring's antitoxin used for immunization. Your still sympathy is requested by Professor Dr. med. Robert Langerhans and wife Anna, nee Gerhard, Kronprinzenufer 20, Berlin, April 8, 1896."

This is the exact translation of an announcement in the morning edition of the "Vossische Zeitung" of April 9, 1896.

antitoxin forever. It affects the iris by forming dark spots and white clouds, the signs of functionary derangements, mostly in the part of the iris corresponding to the back and kidneys.

The discovery of TUBERCULIN put the allopaths almost into a state of rapture ; now, they believed, the destroying demon of humanity could be combatted effectively. But right here they clearly showed that they are powerless against the disease, even in its beginning, and that, by looking for remedies, they forget the plainest facts. The real causes of the origin of diseases have always been unknown to them. Disease, we said, is a process, not a condition, and incurable diseases do not come over night, nor can they be cured by specific remedies. Just like a river is resulting from a confluence of wells, creeks, and small streams, so "incurable diseases"—as they are called by allopathy—arise from the co-operation of various influences. Moreover we know that many causes which are created by our civilization are contributing to the origin and propagation of a large number of so-called diseases. By the wearing of unnecessary clothes and the omission of cold baths the proper perspiration of the body is impeded, and the lungs, by assuming the work of the skin, are overworked. The sojourn in ill ventilated rooms, the use of meat, alcohol, and various other unnatural habits are encumbering the body with morbid matter, sometimes to such a degree that our organs of elimination get entirely exhausted, causing the most fatal diseases and even death. The sudden death of Emil Zola, the celebrated French author, has been directly caused by the foul air of an overheated and tightly shut-up room, a case which shows that the most learned men are often too careless and ignorant about the fundamental laws of hygiene.

The incompetency of allopathy is admitted by Professor Gerhardt of Berlin, a prominent representative of the allopathic system, by the following distinct words : "The allopathic treatment of chronic tuberculosis of the lungs is entirely bankrupt. From the standpoint of allopathy we are confronted by the naught."

The diagnosis from the eye recognizes the pernicious influence of tuberculin by the circumstance that it rapidly darkens the color of the iris.

Of a somewhat longer duration than tuberculin was "PASTEURISM" against hydrophobia, a disease of which the public has a most confusing ideas. With this kind of vaccination also allopathy refers to statistics,—so and so many had been successfully vaccinated, the papers say, but nobody knows where the success comes in ; but the fact that almost all of the vaccinated were afflicted with hydrophobia or the most severest nervous diseases later on, is never mentioned except in the most flagrant cases ; but these are soon forgotten, and the "rabid vaccination" goes on. As far as my observations go, pasteurism is diagnosed by ring-like white clouds in the iris, similar to those caused by cramps. Many persons who were bitten by healthy dogs believed to be cautious in pro-

tecting themselves by pasteurism, but just these succumbed to hydrophobia. We can never expect anything good of remedies whose production depends on the most cruel treatment of animals.

D. Signs of Glandular Extracts.

Allopathy is constantly on the lookout for new remedies, a circumstance which clearly demonstrates that the old healing arts are of no value, and that their practitioners are still groping in the dark. This seeking for something new, however, could be called praiseworthy, for "to know is to know that we know nothing," and the knowledge of oneself is always valuable. But this is not the way allopaths interpret the saying of the ancient sages, otherwise they would begin to realize that they are working altogether in the wrong direction, that they have deviated from the course which nature has mapped out for man, and that our only salvation is to wander her simple paths which are open to all. But allopathy, that pseudo-science, in its constant desire to render friendly services to capitalism, again and again tries to deceive nature. Such tactics may succeed with the ignorant and credulous, but Nature in her inexorable laws can never be outwitted by the puny plots of man, and fortunately so; otherwise humanity would have vanished from this planet long ago. Nature can never be mastered by man, she will still go on to build her wonderful works in unabating grandeur when the feeble creations of human hand will have crumbled into dust or sunk into oblivion's sea.

The "modern" physician does not work any more exclusively with metal or vegetable poisons; the motto in the therapeutics of to-day is and will be for some time to come, until something else shows up, "glandular extracts," i. e. the extract of certain parts of animals used for therapeutic purposes. Is this not the climax of perversity: "We must kill to cure!" Does not that alone show the entire bankruptcy of allopathy, and does it not almost border upon insanity that man, the crown of the universe, must torture dumb and helpless animals to cure disease which is only the result of his own ignorance and violation of the laws of nature?

Kindness is a universal language, understood even by the dumb animals. Cruelty to animals is always the sign of a little and debased mind, In the treatment of the weaker and the inferior lies indeed the true test of nobility of character. Mankind has not yet recognized our right relationship to the animal world.

Vast numbers of animals have been immolated to the folly of vivisection, and instead of resulting in important discoveries, the sacrifice has been absolutely useless. Discoveries made by these means and heralded as a permanent benefaction and blessing to the race, have after a brief trial been denounced and prohibited. Many medical men indeed have confessed that vivisection, far from benefiting science, is both detrimental

and misleading. Meanwhile there are thousands of animals tortured by students in our hospitals under the pretense of discovering new truths, but in fact only to gratify their own cruel curiosity, which can never help the progress of true science.

In a circular issued by a capitalistic concern which exploits the manufacture of glandular extracts commercially, we find the following sentence: "In acute insanities, which are so often due to faulty metabolism, and especially in melancholy of all ages, Phospho-Albumen by its reconstructive qualities recommends itself to specialists and general practitioners who are experienced with its effects in other conditions and who are warm in expressions of praise for its usefulness." It looks very much as if common sense could now be bought by the pound and ounce, but also in this particular case allopathy appears to be confounded by its own remedies!

A dozen of such glandular extracts is now on the market, and their number is constantly increasing. Soon we will have hair-root extracts for bald heads and toe extracts for pain in the toe; then man will be provided for from head to foot. But why go so far into detail and prepare a special extract for each part of the body? Would it not be much simpler to return to cannibalism? Then we would enjoy everything in the form most similar to the respective parts of our body.

The whole affair of the glandular extracts is only a rather corrupt concession to the homeopathic principle *similia similibus curantur*, i. e. similar cures similar, but according to its own doctrines allopathy had to cure disease by reacting measures, *contraria contrariis curantur*, for instance "hunger typhus" by an extract of sweat gathered from the capitalistic brows, just as modern "statesmen" use powder and bullets against famine riots.

There is at least something good in this new direction of the allopathic healing art: it furnishes some material for humor and involuntary comic. It almost realizes the scheme of the celebrated "Nuremberg Funnel" (*Nuernberger Trichter*) by supplying extract of sheep's brain to the feeble-minded,—with what effect could not be ascertained so far.

That the names for these latest allopathic products remind us of the mythological age might also be a reconciling feature for some people.

The gods and half-gods of the ancients are commonly regarded immortal and therefore cannot possibly turn in the grave if they should hear what use is being made of their names, but Aphrodite, the froth-born, would surely blush.

For the historian also opens a new field, and he will soon be able to prove that the "Ambrosia and Nectar" of the gods was made according to the formula:—

R. Extr. A B C etc. Extr. X Y Z,

and that the black porridge of the invincible Spartans and the mead of the vigorous old Germans were made according to the same directions.

The singer will perhaps soon find that cultivation of the voice is made unnecessary by extract No. . . . , and the pianist will possibly discover that dexterity of the fingers is readily attained by the use of extract No. . . . ,—a really promising outlook.

There is still another reconciling factor in the therapeutics of glandular extracts, which we cheerfully acknowledge, as we are always easily satisfied in regard to “allopathy and progress”: we are glad that in the beginning of the twentieth century allopathy does not return to the insane blood-letting, which was still in vogue in the first half of the nineteenth century. We nearly had to fear that, and for that reason we even regard “sheep’s brain” as a progress, especially as some allopaths already remembered that pernicious practice of a dark age. Only one has to start, and the others will follow at once in the same old track.

For another reason we prefer the glandular extracts, however useless and even injurious they are: they are not quite as fatal as the medicine poisons and are easier eliminated by the system. While the poisonous drugs slowly stupefy the vital actions of the organism altogether and in many instances injure beyond repair, the system quickly responds to the injections of the glandular extracts with the symptoms of acute poisoning: affections of the heart, catarrh of the stomach and intestines, vomiting, headache, increased perspiration,—symptoms which soon make themselves perceptible in contrast to the insidious and slowly-killing medicine poisons.

The injections of glandular extracts are followed (similar as in vaccinations) by a darkening of the iris starting from the pupil, the infallible signs of inflammation of the stomach and intestines. This darkening is not symmetrical all around the iris, and we are trying to show this in Figures 40 and 41. What we have left white in the figures represents the original color of the iris, for instance blueish-green; then follow the lines of inflammation and later the dark signs of catarrhal defects.

Thus capitalism and allopathy will not rest to enact still many a kind of vaccination, though not always with the same apparent failures; but humanity and enlightenment will triumph in the end. We, however, agree with those who justly ask that the inventors of such medicaments should try them first on themselves (as the homeopaths do), although we oppose all kinds of medicine poisoning.

E. Signs of Operations.

We discussed the injuries and the changes in the iris produced by allopathic medicaments and vaccinations, and come now to those effected by operations. The more and more apparent inability of allopathy made surgery an important part of medical science, and there is no bodily organ which has not yet been cut and declared unnecessary. The report generally says: “The patient was successfully operated, but by his own fault everything was frustrated, and he died ten minutes later.” Nevertheless,

the news of the successful and daring operation is told in a sensational manner, while the death of the poor victim is hardly mentioned. The following touching report of Liljequist shows best what we ought to think of operations :

“The story of the steersman W.—In the year 1877 during his sojourn on the Philippine Islands there appeared a watery effusion in the right thorax, but he was unable to secure a physician. In 1880, while in Japan, he had chronic gonorrhœa. In 1881 he contracted typhoid fever on Vancouver Island, B. C., and was treated by a physician, Dr. Fick. After he had recovered, the water in the chest reappeared. The physician intended to tap, but the patient did not consent. In 1886 he returned from Alaska ; he was again afflicted with typhoid fever and afterward with ulceration in the thorax. Nearly two quarts of pus were tapped by the physician on Vancouver Island. The patient had good appetite, but after three days the thorax was again filled with pus. A silver pipe and a rubber hose were set in. During ten months the pus was flowing continually. But now the surrounding tissues began to putrefy. An operation was performed between the ribs. Two pipes were set in. After a while worms appeared in the chest. One day he himself took out over three hundred worms half an inch long. (Now I began to doubt the man's veracity in spite of seeing his misery ; but he was ready to verify his statements under oath and therefore I had to believe him.) First two ribs were cut out and afterwards five ; the chest was opened and washed out. After a two years' stay in the hospital he had so far recovered that he could make the trip across the ocean. The newspapers in America had been full of praise for the happily performed operation. I wish those reporters had seen him as I saw him ! Since he left America in 1890, about half a coffee cup full of pus daily flows from his opened chest. Miserable and enfeebled, he is unfit for the slightest exertion. Can that be called “curing” ? If I hear by the newspapers of the great performances or masterpieces of the surgeons, I always think : ‘Better wait and see how long it will last.’ One thing, however, is certain. If the knife is once used, it is impossible to perfectly cure a disease. Each operation leaves inextinguishable signs in the iris. It may be mentioned that the steersman W. had a watch-chain made from his own ribs. The reader can imagine that in such an interesting case I requested the man to undress himself, so that I could see with my own eyes the hole in his side. It was shocking to look upon.”—

This is but one of the many thousand cases of “successful operations” which constantly fill the world with cripples. How many a poor man has been sent to an early grave, because of this insane craving of the surgeons to operate under the slightest excuse !

All operations leave black spots surrounded by white crooked lines, inextinguishable signs of lost substance, in those sections of the iris which correspond to the amputated parts of the body.

4. THE CAUSES OF DISEASE.

The diagnosis from the eye is giving us full enlightenment in regard to the state of the acute or feverous as well as of the chronic diseases, and will show that the latter are caused by organic derangements. Furthermore we are taught that aside from epidemics and blood poisoning the causes of disease are :

1. Inherited impurity of the blood.

2. Irrational care of the new-born, viz.:

a) Improper food during infancy if the child cannot be nursed by the mother ; if the infant is fed with cow's milk, it should be given *uncooked* and *undiluted*, as it contains less solid nourishment than mother's milk. The thinning of the milk is always burdening the digestive organs and causes catarrh of the stomach and the intestines.

b) The body is hindered by the warm, relaxing bath to get rid of the inherited impurities of the blood.

3. False treatment of the milk-scurf ; by this skin disease the vigorous body tries to eliminate the inherited impurities. The suppression of the vital action by fats, oils, ointments, warm baths, etc., always weakens the body which is thereby encumbered with morbid matter and checked in its proper development. Milk-scurf which is thus falsely treated causes the blackening of the rim of the iris like other skin diseases (with the exception of scabies or crab-lice) if treated in the same irrational manner. From the standpoint of the diagnosis from the eye we therefore take all such skin diseases for subordinate kinds of milk-scurf.

4. Vaccination, by aggravating already inherited deterioration of the blood, hinders the body in every instance to eliminate the morbid matter and always prevents the iris from getting a lighter color. Although I object to every kind of vaccination, because I know the dangerous effects, yet I must say that the injuries produced by 2 a and 3 are often equal to those of vaccination ; so I know a case where milk-scurf had been suppressed by application of cream, and soon a yellowish rim formed around the pupil, the eye grew darker and critical affections of the heart and brain set in.

5. Suppression of the scabies by ointments, shown in the iris by the sharply edged, red-brown spots already mentioned above.

6. Allopathic maltreatment ; it is the cause of new and aggravated diseases, the consequences of medicine poisonings.

5. THE DENSITY OF THE IRIS.

We have become acquainted with the fact that the color of the iris is indicating the condition of the body, and we now come to another equally important measure of health, *the density of the iris*.

With the latter term the diagnosis from the eye signifies the total impression which we receive by examining the iris (aside from regarding

its color), only considering the spots, points, clouds, lines (straight and bent, or annular). The density of the iris corresponds to the constitution of the body (i. e. its natural vigor) in such a degree that eyes where the above-named signs are missing are the best. The diagnosis from the eye distinguishes six classes of density of the iris, and consequently of natural vigor of the body:

1. Very fine and dense iris,—similar to glass or mother-of-pearl; it is most frequently found with sailors or mountaineers, with persons who have sufficient physical exercise, live moderately and soberly, avoid stimulants, narcotics, and medicine poisons, and who descend from healthy parents.

2. Fine iris.

3. Common iris, which to-day is almost universal.

4. Coarse iris.

5 and 6 irises with signs of inherited organic lesions.

These figures correspond with the six subdivisions in Figure 8, representing the six different classes.

Density and color of the iris do not always correspond with each other but are often in a reversed relation, which is natural, however. The iris of a man with a frail constitution, who has never used medicine poisons, will show a good color even in an advanced age, as it is but self-evident that the additional injuries would have soon closed his eyes forever. The signs of severe medicine poisoning we therefore find more frequently with hardy and robust people having an iris of the first or second class, because they can withstand injurious influences for a long time.

6. THE SIGNS OF DEFECTIVE ORGANS.

Nature discloses the abnormal or morbid state of the body in the iris in two ways :

A) Inflammations, by white lines, points or clouds, which are somewhat relieved from the surrounding parts.

B) Graver and gravest defects which we call catarrhal derangements, by deeper going black spots.

The *white* signs of inflammation are formed by the circumstance that the nerve-fibers are elevated over the surface of the iris; the *dark* signs of chronic catarrh are effected by the appearance of the black background of the iris as the several layers, forming *quasi* a curtain, are gradually removed in the parts corresponding to the diseased organs. (We wish to remark here that these significations do not refer to those in Chapter IV., 4, in regard to the condition of the blood.)

The presence of light-red tender lines, which could not be explained so far, indicates the rebuilding of new tissues and the eliminating of morbid matter from the encumbered parts of the body, accompanied by a crisis at certain intervals; the question whether those red lines are in any

way connected with the sexual or genital life, will be fully treated by us later. We only mentioned these lines here for the sake of completeness; they are of little practical value in general, as they can only be observed by the more experienced investigator.

The *natural white* lines are easily distinguished on those effected by medicines, as the latter have a somewhat cloudy appearance and are nearer to the surface of the iris, while the former are distinctly drawn.

Before entering into the discourse of defects, such as they are systematically shown in Figure 4, we must say a few words in regard to the study of reproducing the signs of the eye. Even the greatest master is unable to perfectly imitate the works of nature, as it is absolutely impossible to attain the wonderful fineness of creation; we therefore had to take certain liberties in the reproduction of the signs in the eye, to facilitate a better understanding.

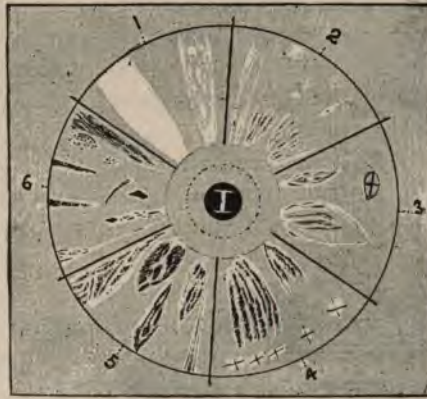


FIGURE 4.

A. Signs of Inflammation.

In Figure 4, section 1, we have—

- a*) a *pure*, uncorrupted inflammation at its height (left side of the section); if nature is not impeded in her curative effort (see third part of the book), the white color will gradually pass away and the color of the iris reappears, as it is shown in the right side of section 1, and soon even the last sign of the sickness will have vanished. This is the ideal course under a treatment according to the laws of nature,—no sign of an abnormal condition remains. If we disturb nature in her healing process (by scarification, ice-bags, medicines, vitiated air of the sick-room, etc.), but do not make any too grave mistakes in the treatment, the formation of
- b*) an *open* (latent) defect will begin (section 2), i. e. the sign of a half acute, half chronic condition, like asthma, gleet, etc.

The lines or clouds do not show a pure but a grayish white, the consequence of the irrational treatment; the patient has the sensation of

pain occasionally, which indicates that the particular part is still encumbered with morbid matter. If we invigorate the body by a rational method of living, the latent inflammation becomes an acute one, by which the impurities are eliminated. If the system has not the opportunity to *return to its normal condition*, the injured organ can be but imperfectly repaired, and

c) a *closed defect* (section 3) ensues. Closed defects, while they have ceased to be painful, always have the tendency to deteriorate and under continued unhygienic conditions to become

B. Catarrhal Defects.

These appear in the iris as dark shadings, surrounded and interwoven by white lines. The darker the shadings are and the more they predominate over the white lines, the more serious are the defects, the more fatal the destruction which is going on in the respective organs and which in many instances is likely to become the beginning of the end. If by prudence, patience, and perseverance the system begins to recover, the black shadings will be gradually traversed by white lines; a complete recovery, i. e. the disappearance of all signs, is only possible under the most favorable sanitary conditions.

The defects of this class are often accompanied by catarrhs or running sores, i. e. open places in the skin which secrete pus and blood, while in severer cases decomposed tissues, autotoxins, and medicine poisons are expelled.

In this class also we have three subdivisions:—

a) *Open catarrhal defects* (section 4); such cases are still accompanied by pain, perhaps not always in such a degree as from the seriousness of the defects might be expected.

b) *Closed catarrhal defects* (section 5); these are dark or black parts in the iris surrounded and traversed by white lines. These defects are also produced by giving a violent shock to the nervous system, or a blow, or strains and fractures; in such cases the white lines indicate those those parts where the blood has deposited an excess of mineral salts to repair the damage, while the dark spots are caused by the bursting of the blood-vessels, loss of blood and interrupted circulation.

c) *Black spots* (section 6). We always find these if the body has lost substance, i. e. loss or decay of organs, whole or in part; we call them:—

1. *Hereditary defects* in the new-born, and

2. *Acquired defects* if they are formed in the struggle for existence, by the irrational treatment of disease or by the knife of the surgeon. Their seriousness we have to judge by the degree in which the deep-black color has increased or diminished.

In this respect we distinguish:—

Catarrhal defects of the first class, if the white lines of healing overrule the black color of destruction.

Catarrhal defects of the second class, if the white and black color are about equally represented.

Catarrhal defects of the third class, if the deep black color is separated by gaps and the white healing lines exist but sparingly.

In drawing our conclusions for the practical diagnosis of the diseases from what we have said in the foregoing lines of this chapter (a subject which is made still plainer by a number of illustrations in the second part of the book), we arrive at views which are as important, as they are entirely different, from those which rule to-day, viz.:

That *asthma* is a continual inflammation of the lungs, that *cancer* and also *infantile dislocation of the hip-joint* are in most cases catarrhal defects of the first class and take less time for healing by natural methods than cold tumors or catarrhal defects of the second class, etc.

The signs of scabies and milk-scurf (appearing at the outer edge of the iris) are in regard to their curableness equal to the defects shown in section 3, signs of medicines equal to the catarrhal defects in section 4, i. e. gaps produced by the influence of drugs. It is almost impossible to heal several such gaps, as they represent such serious defects that a generation will sometimes pass before they entirely disappear. These facts may be somewhat desolate and depressing for the present generation which in its mad rush after the almighty dollar seems to have entirely lost the way which leads to perfect physical and mental health, the real foundation of happiness and contentment. But for every thinking mind they will be a sweet consolation and a spur to spread real knowledge, making it possible to raise a new and better generation, sane in body and mind and free from the poisons with which a pseudo-science pretends to improve on nature, the eternal fountain of truth and wisdom. By no other means can the correctness of the claims and teachings of nature cure be more firmly established than by our wonderful art, the diagnosis from the eye.

In regard to the signs called *nerve* or *cramp rings*, we have to distinguish in three directions:—

First, the ring may be observed before or during a crisis, a circumstance by which we are able to designate those organs in which an increased activity is going on.

Second, they can indicate, in connection with the above: an overstrained nervous system, when the body is working under high pressure to expel the impurities circulating in the blood. Furthermore, the rings can be a sign of nervousness or neurasthenia.

Third, they are real cramp signs. If they appear simultaneously with other encumbrances in the genital organs (ovary 31 and uterus 27) of the female sex, they are the signs of *menstrual colics*; if they are noticed in the section of the diaphragm 32, they indicate *gastric and intestinal colics*. In the region of the head, according to the places where they are most frequent:

In $\frac{1}{3}$ of the *right and left eye*: agoraphobia, loss of equilibrium, inebriety, delirium tremens.

In $\frac{1}{11}$ of the *right eye*: hysteria in its various forms, weeping-cramps, epileptic-like conditions, abnormities of the sexual life.

In $\frac{1}{3}$ of the *left eye*: inclination to dizziness, faintings, apoplexy, and even the real cramps of epilepsy.

In $\frac{1}{16}$ *right and left eye*: impaired will and loss of intellectual power.

The rings are not always closed, we often see only half-circles, often only indications of such; furthermore, they may not be equally distinct in both irises, for instance they may be slightly indicated in one eye, while the other eye shows distinct rings.

A morbid encumbrance causing the above-named consequences in their faint beginnings, makes itself noticeable in the iris by more or less distinct black, radiant lines; the latter have already been mentioned as *radii solares*, and we shall refer to them again in the second part of the book in Figure 15. The appearance of these signs may be due to the circumstance that some of the nerve filaments in that section have been set aside, showing the black background of the iris in the defected places, or they may sometimes be due to an increase of black color in the direction of these peculiar lines, starting from the pupil and going straight to the periphery of the iris.

CHAPTER V.

Key to the Diagnosis from the Eye.

ON the following page we give a drawing by which every one can learn most rapidly how to make practical use of our art, provided he has sufficient interest in the matter; it is necessary that the student completely impresses this drawing on his mind, and for this purpose we will give short directions:

Imagine each eye horizontally and vertically prolonged and divided by a vertical line into two parts; put the outer half of the right eye on the front part of the right half of the body and the outer half of the left eye on the front part of the left half of the body, in such a way that the pupil covers the navel; put the inner half of the eyes in the same manner on the back parts of the body. These directions will soon enable the beginner to memorize the whole key, as it shows him at once how wonderfully the sections of the iris correspond to the different parts of the body.

We start from the pupil which is the terminal of the nerve filaments going to the iris. In its normal state the pupil is easily moved, while difficult mobility indicates serious nervous diseases. Next to the pupil follow the stomach and the adjacent parts of the intestines, also showing the condition of the mucous membranes of the body. This part is first invaded by the medicine poisons and is strikingly characterized in the eye of those suffering from hemorrhoids.

The section of the liver 33 A also contains—but somewhat nearer to 32—B the signs of the bile, and bordering on 10 those of the pancreas (P).

If we have repeatedly and diligently observed, for instance by drawing, how the defective organs are characterized in the iris, we shall find: (1) that the signs not always fill the whole section designated to them by the key; (2) that they may just as well reach into the neighboring sections; the latter is often noticed, especially in the case of catarrh of the lungs (36), kidneys (28), bladder (26). Such signs will not show that the neighboring parts are also affected, but that the condition of that particular organ is especially alarming and that in most cases decomposition has set in. The clearness of the diagnosis will not be influenced by this divergence, because the white lines going to the pupil will always keep in the location of the section, as given in the drawing.

The diligent student will make a third observation : that while the signs of defective organs do not always fill the entire sections designated to them by the key, they appear most frequently and clearly in certain parts of the sections, for instance defects of the skin (burns, suppressed milk-scurf, etc.) near the outer edge of the iris, while the defects of the lungs, etc., are marked in the middle between the edge and the pupil.

This fact is of great value, as the inherited organic defects (i. e. the black spots which are not clearly bordered by white lines) are distinctly recorded between the concentric rings, in the order given in Figure 7, in the same way as the signs called nerve or cramp-rings.



FIGURE 7.

In dividing the iris in seven concentric rings (Fig. 7), we find that the defects of the different parts of the body are registered as follows :

In ring 1 the defects of the stomach.

In ring 2 the defects of the intestines.

In ring 3 the defects of the heart, pancreas, kidneys.

In ring 4 the defects of the respiratory organs (the bronchi, larynx, trachea, lungs, diaphragm).

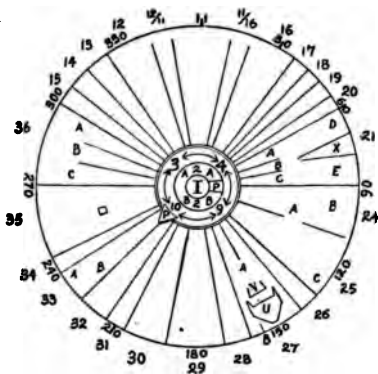
In ring 5 the defects of the brain, sexual centres of the brain and sexual organs.

In ring 6 the defects of the liver, spleen, thyroid gland and the smaller glands.

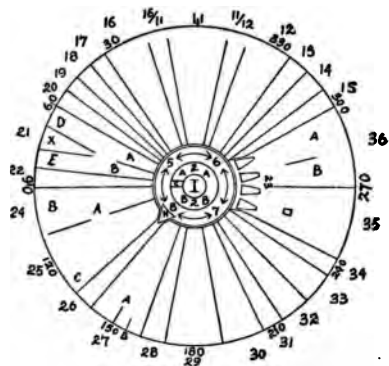
In ring 7 the defects of the skin, limbs, ruptures, muscles and motor nerves.

The following drawings, which invite a diligent study, will soon make the student familiar with our wonderful art. The figures consist partly of line-drawings, partly of half-tones, always endeavoring to give the possible best reproductions.

That what we called density of the iris (Chapter IV., 5) and to which next to the color the investigator should direct his attention, is represented in Figure 8.



Right Eye.



Left Eye.

KEY

To the Diagnosis from the Eye.

Abbreviations: Right Eye, r. e.; Left Eye, l. e. Where it is not specially remarked, the resp. number represent in both eyes the same parts of the body.

- | | |
|---|---|
| <p>1 Pupil; the terminus of the nerve-filaments of the iris.</p> <p>2 Stomach. A front part, B back part, C mouth of the stomach, P pylorus.</p> <p>8<—>5 l. e. and 4<—>9 r. e. Small intestine. 8—5 l. e. duodenum; 4—9 r. e. jejunum, ilium.</p> <p>9<—>10 r. e. Coecum and in the middle of this section the appendix vermiformis.</p> <p>10<—>3 r. e. Ascending colon.</p> <p>3<—>4 r. e. and 5<—>6 l. e. Colon transversum.</p> <p>6<—>7 l. e. Descending colon.</p> <p>7<—>8 l. e. S romanum (flexura sigmoidea).</p> <p>11 Roof of the skull, cerebrum.</p> <p>11 Right eye; sexual and mental life, hysteria.</p> <p>11 Left eye: nervous conditions, faintings, dizziness, epilepsy.</p> <p>12 Occiput, cerebellum.</p> <p>13 Ear.</p> <p>14 Neck.</p> <p>15 Axilla (armpit).</p> <p>16 Forehead, temple.</p> <p>11 Right eye: will.</p> <p>11 Left eye: intellectual power.</p> <p>17 Eye.</p> <p>18 Nose. Cheek.</p> | <p>19 Cheek. Nose.</p> <p>20 Mouth.</p> <p>21 D Trachea (windpipe), A B C r. e. and A B l. e. bronchi and bronchial tubes, X thyroid gland, E larynx.</p> <p>22 (Only in the left eye): esophagus.</p> <p>23 (Only in the left eye): heart.</p> <p>24 Upper back, B shoulder blade.</p> <p>25 Lower back, A to C spinal column, C coccyx.</p> <p>26 Bladder; l. e. N navel.</p> <p>27 R. e.: A urethra, B right testicle, U uterus, V vagina.—L. e.: A—8 rectum, B left testicle, A anus.</p> <p>28 Kidneys.</p> <p>29 Foot.</p> <p>30 Groin; in case of rupture the sign is nearer to part 31, in case of tumor (bubo) the sign is nearer to part 29.</p> <p>31 Hip, ovaries.</p> <p>32 Diaphragm, abdomen.</p> <p>33 R. e.: A liver, B bile, P pancreas.—L. e.: spleen.</p> <p>34 Arms.</p> <p>35 Chest, pleura, ribs, □ nipple.</p> <p>36 Lungs; r. e.. A, B, C the three lobes of the right lung (superior, middle, and inferior lobe.—L. e., A, B the two lobes of the left lung (superior and inferior lobe).</p> |
|---|---|

Explanation to the Key.

The iris of the eye (see page 7, figure 3), which resembles a movable curtain, is made up of an infinite number of very fine small nerve-filaments which receive impressions from every nerve-centre and portray at once every change in the organism in the corresponding part of the eye. Thus the iris becomes the visible outward terminus of the entire nervous system, enabling us to make the most exact diagnosis of the general condition of the body, i. e. of blood and lymph as well as of all its single parts and organs.

Very careful and extensive investigations carried on for a number of years have not only confirmed this discovery beyond all doubt, but furnished also the proof that *every single organ and part of the body is represented in now exactly defined parts or sections of the iris*. According to these facts we have divided the surface of the iris into 36 sections, and we herewith publish this design as *the Key to our work "The Diagnosis from the Eye."*

This Key will greatly facilitate the comprehension of the wonderful science of the diagnosis from the eye, which is destined to become the common property of mankind.

Key and figures are drawn in the proportion of 4 : 1 to the natural size.

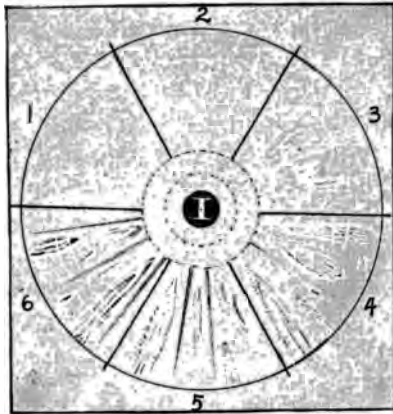


FIGURE 8.

It may be shortly added, that the diagnosis from the eye also confirms the theory of the human temperaments. What the latter calls "non-vital, lymphatic temperament," is recognized by our diagnosis by an undistinct separation of the iris from the white of the eye, i. e. the color of the latter is projected into the former. Lymph is the watery part of the blood, that fluid which flows from the vesicles of the skin. The above-mentioned signs show us that the blood contains too much water and that the nervous energy has diminished either in the whole body or the respective parts.

The opposite case (i. e. if the color of the iris is projected into the white), which is less frequent and generally of short duration, indicates that the nerves are working under high pressure,—a sign noticed with excited and nervous people, generally before or during a crisis.

Whoever has attentively followed our disquisitions—and they were written, not to cause anxiety, but to teach hygiene—will gain the conviction that disease is not a condition created by casual influences (bacilli, change of weather, etc.), but a process,—sometimes most painful but beneficial in the end. Disease is the penalty which nature imposes on us for the transgression of her inexorable laws, but it is at the same time the action of vital force which attempts to eliminate by a crisis (fever, catarrh, etc.) the morbid matter accumulated in our body by our perverted dietetic and hygienic habits. Disease should not be feared as the demon of despair and destruction, but hailed with hope and joy as a herald of health by every intelligent person. Disease in its acute stage, as crisis, is the infallible sign that the body has gathered enough vitality to expel the impurities and to restore the normal state of health. Therefore we should always assist Nature as much as possible in her beneficial efforts of purification and not suppress the symptoms which she hangs out as danger-signals, so to speak, to warn us of further transgressions.

It is of great theoretical and practical importance that we can show by our art the connection of the different diseases in one and the same individual; they are often the result of repeated suppressions and maltreatments, so that one ailment is but the natural consequence of the other. The clouds in the iris which indicate the more recent diseases are always whiter and less dense than those of the original disease. Moreover our art distinctly proves that it is a most pernicious attempt to interfere with the vital action of the body in the elimination of morbid matter. Nature which develops an invisible cell into an organism of the most wonderful perfection, certainly also knows how to restore health if she is not hampered in her wise but often misconceived ways. Especially in the cure of disease this great truth cannot be preached too clearly and impressively: *The laws of nature can never be changed voluntarily, but man must study these laws and act accordingly.*

The diagnosis from the eye emphatically pronounces a sentence of condemnation upon allopathy, surgery, and the practice of specialists, although their doctrines and practices are sanctioned by a diploma of the State. Their remedies, as drugs, lymphs, serums, patent medicines, tinctures, etc., always suppress or impede nature in her healing processes, while our diagnosis teaches: Do not disturb Nature,—she will always find the right ways and means; and it furthermore explains the nature of the chronic diseases, proving the correctness of Hahnemann's doctrine. Over a hundred years ago that great mind taught that chronic diseases are directly or indirectly caused by a certain scabious matter which he called *psora*, or by syphilis, or by sykkosis which is milk-scurf. By our diagnosis it will also become apparent that chronic, i. e. organic diseases, can never be cured in a short time, as under the most favorable conditions it will take months, even years, to rebuild the organs to their normal or healthy state.

SECOND PART.

The Practice of the Diagnosis from the Eye.

IN the following chapter we give those readers who, urged by our discourse, wish to try themselves in the diagnosis from the eye some points how to study and make use of our art to the best advantage.

The student must proceed systematically and try himself in particulars and subtleties only when he has learned to diagnose the general condition of the body from the total impression of the eye. We therefore do not recommend the use of the magnifying glass, as we ourselves work without it, employing it only in rare cases. At any rate we should not get accustomed to it, for the less appliances we need the more independent we become, and a man who does not know the alphabet will not be able to read even with the use of eye-glasses.

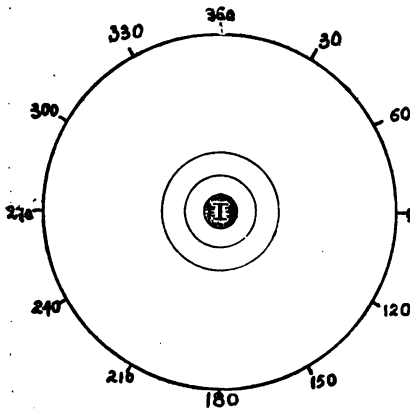


FIGURE 9, right eye.

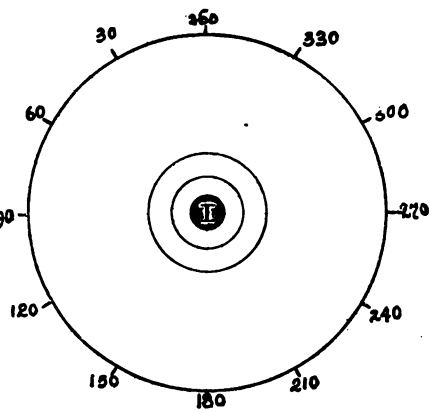


FIGURE 10, left eye.

The student may at first try his art on good models, i. e. on blue-eyed and not encumbered individuals, because it is difficult to distinguish inherited defects from acquired ones; and as much as he desires to have his questions answered with "yes," he should wait with asking until he is sufficiently advanced to make a perfect diagnosis. First he ought to observe the condition of the white cornea, the edge of the iris and its color (signs of scabies), mobility, size of pupil, and make notes of these points.

The signs of the iris are best drawn on paper in the following order : first all dark and black spots, the catarrhal defects, the closed defects, the fresh white lines of inflammation, and last the medicine colors.

In this way he may draw his conclusions from the picture, for it is of importance to the student to judge the healing power by a quick and correct comprehension of the general condition of the individual. The seriousness of a defect should not be the most important factor in his decision, for the diagnosis from the eye does not acknowledge so-called incurable conditions (i. e. the incurability of which is founded in the nature of the disease itself); on the other hand, the smallest defect may become really incurable if the nervous power is too much exhausted or the laws of nature are continually violated in the most stupid manner.

We warn the beginner to give a hasty and therefore unreliable diagnosis of the seriousness of certain defects, for instance of the lungs or kidneys, as such decisions will be of little value before the student has thoroughly mastered our art. Mastership is attained by exercise, which in our case means to *sketch* attentively and industriously.

The color-reproduction of the different signs is a very difficult problem, and we hardly believe that an exact likeness of the iris in all its details could be produced by the present coloring-processes, not to speak of the circumstance that the price of this book would thereby be greatly and unnecessarily increased. Neither can photography be advantageously used, because the picture would only show the grosser defects but never the finer and equally important signs.

With but little industry and perseverance the student will be able to draw good pictures of the iris, to know his own condition and to observe the changes going on in the eye.

The examinations are best made in daylight, avoiding all excitement or anger on part of the examined person. Don't ask too many questions; the simple remark, for instance: "Your lungs have been affected," might vex the patient, a circumstance which at once irritates the iris and makes it difficult to discern the signs.

An accurate and careful examination is very fatiguing for both parties and may require from two to three hours time; from five to ten minutes, however, will suffice to make a diagnosis adequate for practical use.

In enumerating the discovered defects after the examination, the eye-diagnostician will often have his questions answered in the negative, but that does not prove that he is wrong. The defects, visible to him, have not yet become perceptible to the questioned person, or they have been forgotten entirely; but the eye retains them better than the memory.

From a long series of such cases, which almost sound like anecdotes, we shall report only two here. A lady who consulted me had to answer all my questions in the affirmative; only to the question, whether she had ever suffered from a serious injury in the right chest, she replied

with "no"; but the next day she remembered that an operation was performed on that part of the body twenty years ago, leaving a large scar. The other case is just as significant. While visting a befriended family, I examined their eight-year old son. My question, if they had not observed that the boy was affected with cramps, was denied also; the parents had not even noticed a disordered sheet or blanket in the boy's bed, as such attacks often happen during the night. But while sleeping with the youth in the same room that night, I was awakened by a groaning toward the morning, and I found the boy lying in spasms.

The *sketching* of the iris can be done in two ways: (1) with a lead-pencil on white paper; the white places of inflammation are best marked by sharply-drawn or pointed black lines; (2) by making an engraving on medium-dark stippled and embossed paper with a sharp-pointed knife; this will give more natural pictures, as we are enabled to exactly reproduce the white color of the signs. For both methods the student will advantageously use our patterns (Figures 9 and 10). For self-diagnosis we recommend the use of a magnifying looking-glass. In regard to the supply of these articles, we refer to the last page of the book.

To facilitate the study and scientific intercourse among the eye-diagnosticians, we recommend the adoption of our method of reproducing defects, thus establishing *a uniform language by the signs of the eye*.

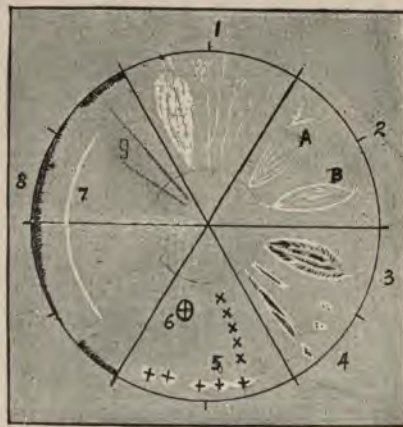


FIGURE 11.

In Figure 11 (compare pp. 35-38) sign 1 represents a fresh, i. e. acute inflammation; sign 2 A open and B closed defects of inflammations; sign 3 catarrhal defects: the degree of the seriousness is indicated by the density of the shading; signs 4 loss of substance, indicated by deep black points or lines; signs 5 +++ = medicine poisoning and sign 6 ⊕ = suppressed scabies, both signs appearing in the iris as colored spots; sign 7 nerve-ring; signs 8 scurf-rim; signs 9 radiant lines (*radii solares*).



FIGURE 12.

Figure 12 gives a systematic reproduction of the most frequent defects of the lungs (in the upper half of the circle) and the kidneys (in the lower half of the circle). The proper region of the lungs in the iris is shown by section 36 in the key, that of the kidneys by section 28. We perceive in the upper part of the figure: sign 1, a heavily encumbered lung; the superior lobe is tuberculous, as shown by the black points, the signs after bleedings; in the middle lobe we discover a spot of suppressed scabies, nerve-clouds which indicate inclination to serious catarrhal defects, and a closed catarrhal defect; the inferior lobe of the lungs shows medicine spot and open defect caused by inflammation. Sign 2 shows a fresh case of pneumonia. Sign 3 closed and open defects of inflammation, which become in sign 4 catarrhal defects having still somewhat the character of inflammation and are consequently not yet serious, while in sign 5 the defects have deepened and increased; but in sign 6 they have assumed a deep black color, indicating destruction and loss of substance.

In the lower part of the figure: sign 1, kidney in the process of complete destruction, suppurative nephritis; sign 2, inflammation of kidneys; signs 3, scabies and medicine spots; signs 4, catarrhal defects still curable; sign 5, very wide open catarrhal defect; signs 6, loss of substance, most frequently noticed in the region of the kidneys.

Next to the digestive organs and lungs, the kidneys have to suffer the most from our unnatural dietetic habits and irrational treatment of diseases during all stages of life. The suppression of milk-scurf already overburdens and weakens these organs, and in later years their morbid condition is often aggravated by the allopathic treatment of other diseases. The function of the kidneys is thereby seriously impeded, and the system must open other outlets for its waste products which are then naturally discharged in the form of eczema, running sores, sweating of the feet, etc. The application of salves and smears will again throw the morbid matter upon the kidneys, and suppuration will set in.

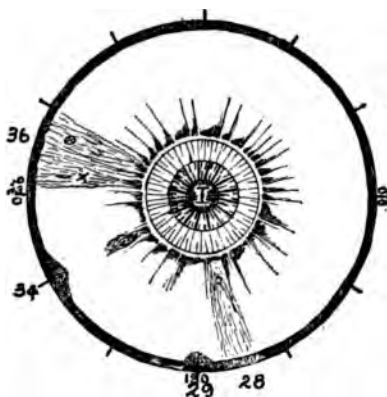


FIGURE 13.

Right eye; iris was originally blue; now the inner half round the pupil is brown, outer half whitish-blue; whole scurf-rim; 29 sweating foot; 34 sweating hand; sweating hands or such which get easily cold or sore are the consequence of suppressed milk-scurf, while sweating feet inclining to soreness are the sign of overworked kidneys; 28 inflammation of the kidneys; 36 inflammation of the lungs; 34 upper arm, closed defect after a fontanel, an especially interesting sign, as this operation is not being performed any more to-day.

The study of this figure will demonstrate the connection between the exterior skin and the mucous membranes covering the interior organs. If the skin cannot perform its important function of eliminating effete matter, it is self-evident that other organs must assume the work of the former to adjust the defect as much as possible, otherwise the body will soon perish by autotoxins, as in case of serious scalds or burns. At first, especially in case of colds, the digestive organs try to assume the skin's function by an increased discharge of worn-out matter in form of catarrh of the stomach and intestines, i. e. violent diarrheas. If the digestive apparatus, however, is unable to do the increased amount of work, the organs of respiration are charged with it. The effete matter is then eliminated as catarrh or inflammation of the lungs, or asthma; the latter, according to the diagnosis from the eye, is nothing but a chronic inflammation of the lungs.

In the case of sign 36, right lung, the thirty-year old patient states: "I had been afflicted with dry lichen which was suppressed by tar-salves; then wet lichen appeared which was treated with sublimate salves, now I am suffering from asthma instead of the skin disease."

Hippocrates, the father of medical science, taught already that the morbid matter of the body is discharged principally by the skin which is a natural outlet, offering the largest surface and the least resistance. This view is often ridiculed by the allopathy of to-day, which treats the natural fontanels of the body, for instance eczema, ulcers, hemorrhoids,

sweating or open feet, etc., as local diseases. But the natural method of healing, knowing that such symptoms have a deeper cause and that they really are the action of the vital force to expel impurities from the system, always assists nature in her well-meant efforts by excluding further impurities from the body: *first*, by proper diet, fresh air, and sunshine; *second*, by assisting the pores of the skin in removing the bodily poisons by external cleanliness (cold water),—in short, by arousing the self-healing and purifying principle which we find throughout the organic world.

Guided by the knowledge, that the organism purifies itself by tumors and ulcers, people in olden times tried even by artificial means to arouse the system to expel morbid matter by making an incision into the skin and preventing it from healing by putting a small article (generally a pea) in the opening. Such a "healing ulcer" was called *fontanel* (derived from the French, meaning a fountain or well).

The "*Acupunktur*" was also founded on the same principle: it is a surgical operation by which so-called "acupunktur needles" two to three inches long were thrust into the flesh, piercing it to the bone, and left there till they were expelled by suppuration; usually from one to five needles were applied. The application of the acupunktur, however, was considered as somewhat too cruel for man and was therefore confined, almost from its beginning, to veterinary surgery.

A somewhat milder form of this treatment is the *Baunscheidtismus* which by means of violent irritation of the skin tries to eliminate the impurities of the blood in form of small ulcers.

The result of such ulcerations would have been more beneficial if at the same time a strict diet had been observed. On such occasions the great value of a natural, simple, and frugal diet is shown in the most distinct manner, for after every mistake in this regard a change for the worse sets in at once, i. e. increased inflammation and suppuration.

What can be attained by strict diet has been proven by the hydro-pathist Schroth in the case of Prince William of Wurtemberg who was shot through the knee in the battle of Navarra, March 23, 1849. Under allopathic treatment the wound became visibly worse, and the physicians intended to amputate the injured limb. In the utmost distress the prince, who was by no means inclined to part with his leg, sought the advice and treatment of Schroth and regained his health, by a strict dietic cure, in the time of six months.

In the midst of the cure, when the patient perceived the great improvement in his condition, he suggested to the physician that such a strict diet as dry bread and fruit was no longer necessary, disbelieving the latter's warning, that a change for the worse would immediately set in. To prove the correctness of his views, Schroth allowed the prince to deviate from the prescribed natural diet,—and the wound became at once serious again, as the ulceration increased.

Will allopathy and surgery ever learn from such plain facts?

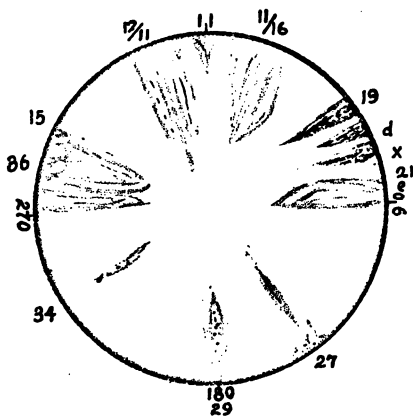


FIGURE 14, r. e.

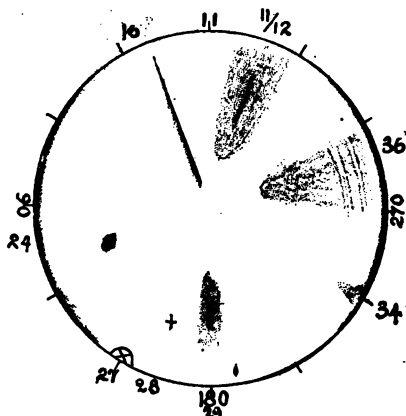


FIGURE 15, l. e.

Suppressions and their Subsequent Diseases.

Figure 14 r. e. shows: closed defects of inflammation in 27 penis, 29 knee-joint, 34 upper arm, and 15 shoulder. The patient himself, a farmer, 38 years old, who pretends to suffer from rheumatism, says in regard to his case: "Until three years ago I did not know what sickness means." But that he had gonorrhoea four years ago, he thought hardly worth while mentioning, yet the suppression of this elimination of morbid matter (as catarrh of the urethra) was the cause of the immobility of the knee-joint and the pain in the upper arm and shoulder; there was not a trace of rheumatism in these conditions.

In 36 lungs and $\frac{1}{4}$, 11, $\frac{1}{16}$ hysterical conditions and weakening of the will and intellectual power, we show the inevitable sad consequences of operations in female diseases.

21 d and e bronchial and tracheal catarrh; the sign of x thyroid gland indicates swelling of the neck.

Figure 15 l. e. shows: encumbrance which we recognize by certain darker places deviating from the original light color of the iris, principally by the scurf-rim, 16 decrease of intellectual power, $\frac{1}{2}$ epilepsy, 36 lungs (two cramp-signs), 34 sweating hand, 29 encumbrance of the knee, 28 kidneys (iodine-spot), 27 anus, treated with salves for soreness, 24 encumbrance of the back. Concerning the encumbrances of the head 16, $\frac{1}{16}$, we have to add that they are often noticed with infants already having a scurf-rim, and they always injure the intellectual development of the child. It is obvious that hereditary encumbered and therefore weaker places are mostly affected by injurious influences.

The sign 16 we have already explained on page 38 and in Figure 11 as *radii solares*, or radiant lines.

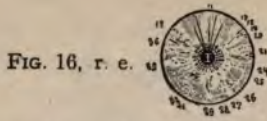


FIG. 16, r. e.

(Natural Size).



FIG. 17, l. e.

Defects as they can be noticed by casual observation, for instance during conversation: scurf-rim, catarrh of the stomach and intestines; 11 head, defects of inflammation; r. e. *radii solares*; 13 l. e. ulceration of the ear; 15 r. e. pains in shoulder, signs of phosphorus. R. e. 17, 18, 19, 20 eye, cheek, nose, mouth,—influenza. L. e. 17, 19, 20 eye, nose, and mouth,—ulceration and inflammation. 21 r. e. catarrh of the larynx and trachea, 24, 25 back,—inflammation. 26, 27, 28 r. e. bladder, sexual organs, kidneys,—inflammation. 27 l. e. blood and mucus hemorrhoids. 29 r. e. inflammation of the knee-joint. 31 and 32 r. e. hip and diaphragm,—pain in the abdomen. 35 r. e. inflammation of the pleura. 36 lungs, r. e. black spots after bleedings; l. e. clouds of creosote.



FIG. 18, r. e.



FIG. 19, l. e.

Figure 18, beautiful, almost normal (azure-blue) right eye of twenty-five-year old lady; +++ quinine color, 27 uterus, indicating closed defect after difficult and painful parturition.

Figure 19, left eye of a man, 35 years old. Density 2. Blue color, intermingled with white signs of inflammation, still open defects which are about to heal, causing pains occasionally. Catarrh of stomach and intestines, and 36 of lungs; $\frac{1}{2}$ faintings; 14 inflamed muscles of the neck; 32 aching in the left side of the abdomen; weakness in the back.

Referring to sign 27, closed defect in the uterus, we will show in the following disquisition that difficult and *painful parturition* is always the result of a violation of nature's laws, and that the views of allopathy are nothing but a chain of errors and illusions. Here the sentence comes true: "Cursed be he who relies upon men," and it is but natural that it

is followed by another passage which has filled the world with fear and despair for thousands of years: "In sorrow thou shalt bring forth children!"

But with stupid and thoughtless resignation the last sentence, transmitted from a barbarous age, is still regarded as "sacred truth," principally because the old methods of healing excuse their inability to prevent the pains of parturition by asserting that "the pelvis is too narrow," thus declaring painful child-birth in accordance with the laws of nature.

But nature in her supreme wisdom has never intended to make the very act of the perpetuation of life one of suffering and fear. Pain and anguish can never be the natural conditions of child-bearing. In the normal state all bodily functions are easy and agreeable, and nature has even endowed the pregnant woman with increased resistance against injurious influences; it may be only mentioned here that she hardly ever succumbs to epidemics. It is our modern civilization, with its perverted dietetic and hygienic habits, that has burdened humanity with so many ailments which are never to be found among animals living free and according to their natural instincts.

It will become obvious to the intelligent reader that all the various pains of parturition, which are commonly regarded as unavoidable, are but the result of continuous violations of nature's laws, and we will shortly point out the most common mistakes that are made in this respect. The aversion to cold fresh air and the sleeping in ill-ventilated rooms give a wholly inadequate supply of oxygen to the blood of mother and child. If the pregnant mother would take but little care, she would soon notice that the fetus always becomes restless when she remains in bad air. Further, the corruption of the blood and lymph by meat and other irritating food is often aggravated by the excessive consumption of liquids, like wine, beer, soups, milk, etc. That the corset is one of the greatest injuries to the female body is such a well-known fact that we hardly need to mention it. It lessens and often ruins the digestive power; it restricts the development of the lungs to almost half of the normal size; it destroys absolutely the normal power of breathing; it prevents the return of the venous blood from parts below the waist-line:—in short, it is one of the principal causes of marital misery; but also the infant has much to suffer, and many ailments of childhood are due to this folly of fashion.

Difficult and painful parturition can never be caused by such a mistake of nature as a too narrow pelvis would be; and right here we want to correct one of the most significant and fatal errors of the old school: *not the pelvis is too narrow, but the circumference of the head and body of the child are too large!* The average measurements of normal new-born infants are: length of the body, 50 cm.; circumference of the head, 34 cm.; weight, 3000 grams; yet at present we find in the majority of births, by

the same length of the body, a circumference of the head of 35 cm. and a weight of 3500 grams. This abnormal enlargement is caused by an excess of water in the cavities of the body, and the weight will increase the more the vitality of the mother is weakened and the more serious dietetic mistakes are made during pregnancy, so that the weight of the new-born can even reach 4500 grams and more. We must add here the fact that the accumulation of fat in the body of the new-born as well as of the adult is by no means a sign of health, but a process of fatty degeneration, the consequence of watery and insufficiently oxydized blood, i. e. imperfectly assimilated albumen. All advanced physiologists acknowledge the fact that modern man takes about five times as much albumen in his food than he really needs; a daily ration of 20-40 grams of protein is sufficient for the average man.

The over-supply of nitrogenous elements, especially through excessive meat-eating, will never increase health and strength. How often do we see a person who, according to his own opinion and that of his physician, lives well and upon "strengthening foods and drinks," yet who, with wan and pale face and bloated abdomen, goes shivering and groaning through life.

Over-feeding and lack of proper exercise are always the cause of the abnormal size of the new-born. The latter and a too large quantity of amniotic fluid (the liquid in which the fetus is suspended) expand the muscles of the uterus and the abdomen far too much, thus weakening their elasticity. The consequences which then appear are often dangerous, like bursting of the womb, expulsion of the after-birth before the fetus (*placenta praevia*), rupture of the uterus; sometimes they are molesting, like preponderation of the venter.

There is but one way to ensure painless parturition, and that is by living strictly in accordance with nature. Even if the mother first begins during pregnancy to adopt a natural diet, consisting principally of fruits, nuts, and broken whole wheat, she will have an easy delivery. It will be a still more surprising fact to many that such a diet will bring forth an abundant flow of healthy milk from the lacteal glands within twenty-four hours, even in such cases where the latter had been completely dried up.

Every mother should realize that it is her sacred duty to nurse her child herself, because it is the best and most natural way to ensure not only the health of the baby but also her own; and all mothers who deprive the new-born of its natural food from sheer vanity to preserve their beauty, show not only the utmost heartlessness and cruelty, but also the grossest stupidity. The number of children that in our "Christian age" are still being murdered upon the altar of the great moloch "Fashion" is simply appalling, and the fashionable hypocrites who constantly organize sensational crusades against the so-called "social evil" should rather spent their activity in another direction.

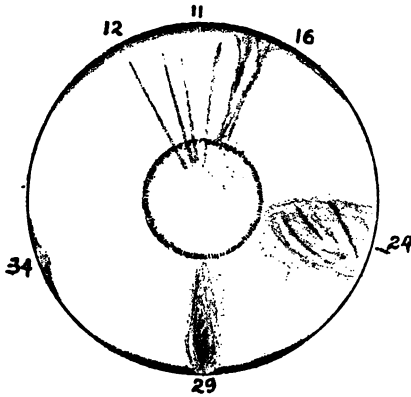


FIGURE 20, r. e.

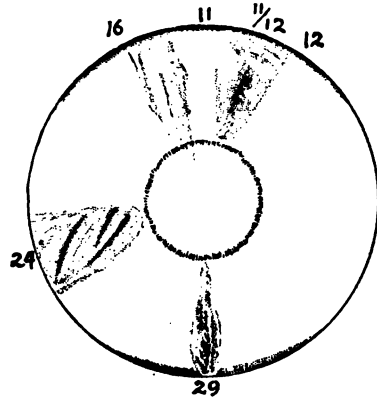


FIGURE 21, l. e.

Pair of Eyes of a Patient.

Grey eyes, density 3, surf-rim above and below the pupil. The man, 50 years of age, had open feet for a long term of years; the elimination of morbid matter in this direction effected the improvement of the color of the iris from brown to greyish-blue. By means of erasion, mercury, and bandages the pores of the feet (29) were closed and also sweating of the hands (34) suppressed. Soon a change for the worse in the general condition of the patient set in, a stooping attitude of the body, effected by encumbrance of the upper part of the back (24) with morbid matter, was noticed, and at the same time the will and intellectual powers decreased. The mercury clouds in $\frac{1}{12}$ left eye indicated faintings, epilepsy, apoplexy, and premature death.

In this case also all warnings from our part were futile. The patient, a spiritist, would not adopt a fruit diet and cold-water treatments, and therefore the close observer, without being a "medium," could predict the manner and probable time of the man's death. If then in such cases the departure of the beloved ones is lamented, we would like to say to the mourners, although our words may sound heartless: "Grant the dead his rest, let him slumber the eternal sleep which redeemed him from his sufferings; if you had listened to common sense and competent advice in due time, you would not need to lament now."

Do not misunderstand our words. We know to value the power of the mind, the impulse to investigate the spiritual life and the psychological phenomenas, and we are the last to deny the influence of mental attitudes upon the body. But it will always be better for a sick man, instead of communicating through a medium with a spirit of unknown quality and to blindly follow his advice, to consult his own mind and reason and to adopt the natural method of healing: the luscious fruits, the cleansing water, the refreshing air, the enlivening sunshine,—in short, nature's

own medicines which she bountifully offers to all. It seems rather risky to me to follow the medical advice of a medium of doubtful mental and physical health, or to adopt any other fashionable methods of healing,—may they call themselves faith cure, prayer cure, or Christian science. These methods may prevent the patient from taking poisonous medicine, but on the other hand they may be often very harmful by neglecting the value of the real healing factors in the cure of disease. The knowledge, that health can never be bought by money and wealth is too important to be lost sight of; otherwise the danger would be too near that people would live still more carelessly and extravagantly if they could be cured by a few thoughtlessly spoken words and at the same time dispense with loathsome medicines,—a plan which of course would be very convenient.

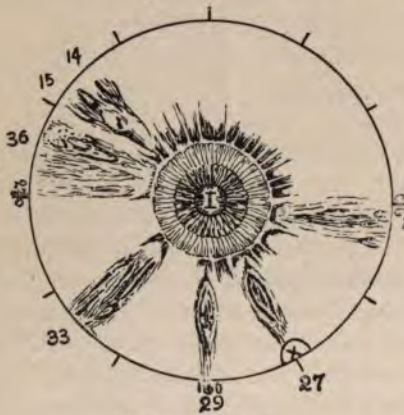


FIGURE 22, r. e.

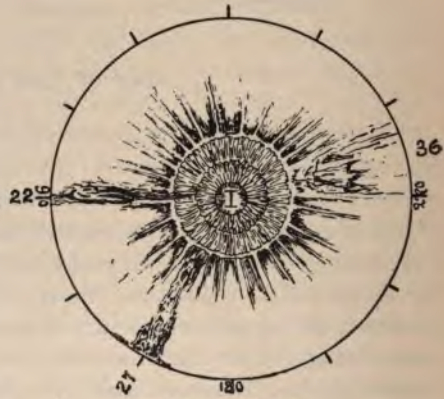


FIGURE 23, l. e.

Suppressions and their Subsequent Diseases.

I. Catarrh of uterus,—sign of catarrhal defect with ichthyol medicine spot in 27 right eye; swelling of the knee-joint (29) follows, also inflammation, i. e. paralysis of the muscles of the neck (14), shoulder (15) and upper back (24).

II. Mucous and blood hemorrhoids, 27 left eye, suppressed by operation, are followed by heavy catarrh of the lungs 36, and asthmatic conditions; the right upper lobe of the lungs is severely affected, the black points being the signs left after lung bleedings.

III. Girl, 20 years of age: eye whitish-blue, density of the iris 2-3; in spite of, or rather on account of the treatment by specialists, she has such a serious constriction of the esophagus (*esophagostenosis*, an inflammatory and catarrhal defect) 22 left eye, that the partaking of food is sometimes almost impossible, even liquids regurgitate through the nose. The diagnosis from the eye wonderfully revealed the condition of the girl, who was a splendid model: in 33 r. e., region of the liver, we notice an open inflammatory and catarrhal defect; four years ago the

patient had suppressed jaundice by allopathic remedies, but soon another disease made its appearance in the esophagus in place of the first. After a strict nature cure of seven weeks the jaundice reappeared but was finally cured in eight days, and with it the disease in the esophagus disappeared.

Such facts speak surely an eloquent language for nature cure, which always looks out for the purification and general improvement of the whole system ; but **these** facts show also the perniciousness of allopathy, which never cures **but simply** produces another sickness in place of the first one which is **claimed** to have been cured.

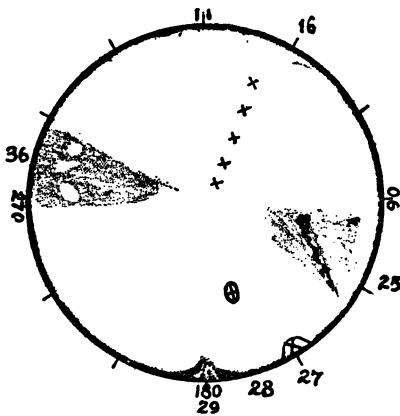


FIGURE 24, r. e.

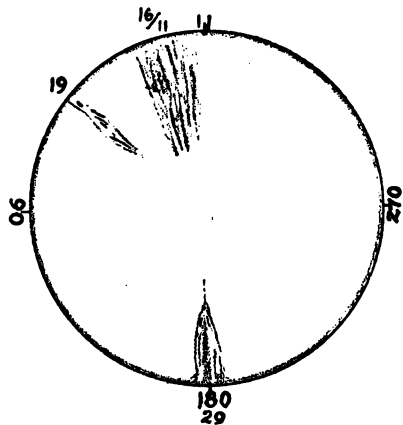


FIGURE 25, l. e.

I. Man, 42 years of age, eyes blueish-green, density of the iris 3. Right eye quinine color, spot in the section of the kidneys (28) indicates suppressed scabies; section of the genitals (27) discloses crab-lice spot; in the section of the right lung (36) we perceive creosote and catarrh clouds; signs of strychnine; sweating of the feet (29) had been suppressed by dusting powder and potassium bichromate, with the result that the morbid matter appeared in the left side of the body in the form of varicose veins and swelling of the leg; the man used a rubber stocking, which again caused a deep-going catarrhal defect of the nose, (19) swelling of the upper jaw, loss of three teeth ; the poisonous matter then settled in the brain ($\frac{11}{11}$), causing loss of reasoning power. This man, after experiencing by allopathic treatment a continuous change to the worse, also successfully used the simple healing factors of nature and was restored to perfect mental and physical vigor.

II. Right eye ; 25 curvature of the spine; this deformity is caused in most instances by an inadequate supply of mineral matter in the food, a circumstance which always seriously injures the strength and development of muscles and bones; the ailment may often be aggravated, as in this case, by encumbrance with morbid matter.

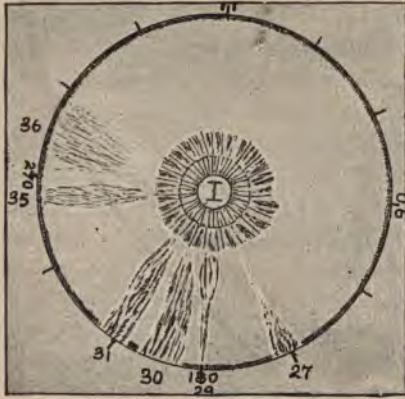


FIGURE 26, r. e.



FIGURE 27, l. e.

Right eye, I. Boy, 14 years of age, has scurf-rim, defects on 29 leg, 30 groin, 31 hip to perineum. Three vaccinations had changed the beautiful azure of the eyes into a brown color, which now after a strict nature cure of six months begins to give way to the original color. The defects 29, 30, 31 were caused by seven deep-going holes, secreting pus of an almost unbearable smell; five large bone splinters over half an inch long were expelled by ulceration.

II. Man; 35 pleura, 36 lungs are the seat of repeated inflammations.

III. 27 genital organs show a two-week old shanker under allopathic treatment. In both eyes near the pupil we perceive the most general form of encumbrance of the stomach and intestines.

Left eye, I. Uncommon form of long and broad catarrhal defects; serious encumbrance of the nervous system and the head. The man, about 35 years of age, looks like 50 years old, mentally and physically degenerated by drunkenness; impotent, self-conceited, takes himself for a clever detective because he was watchman for some time, is a liar and a braggart. The iris shows some fresh defects; injuries of 19 nose and 20 mouth, injury from fall on 34 wrist which will be permanently weak, black sign between 11 and $1\frac{1}{2}$, blow on top of the forehead. Old defects are shown in 26 weakness of the bladder, and 29 lameness of the leg. Such signs of defects of the brain and encumbrances of the head like the following are significant for that type of men who are rightly called half fool half rascal. $\frac{1}{11}$ intellect enfeebled by drink, 11 vertex, $1\frac{1}{2}$ cramp conditions, 12 side and back-part of the head and 13 ears. The defects 12 and 13 are the most important and striking. Such signs of defects indicate loss of equilibrium which is always present if a person is stooping too much to one side and was operated in the inner of the ear; it often appears as agoraphobia, i. e. some kind of neurasthenia which makes people fear of crowded places, street crossings, etc.

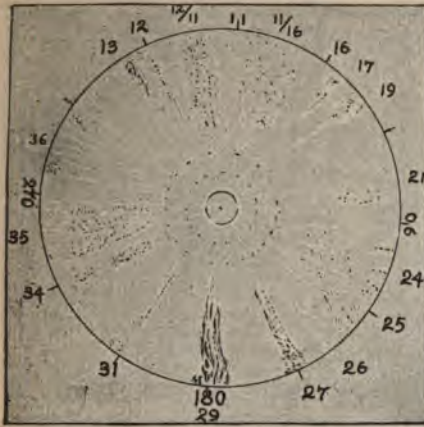


FIGURE 28, r. e.

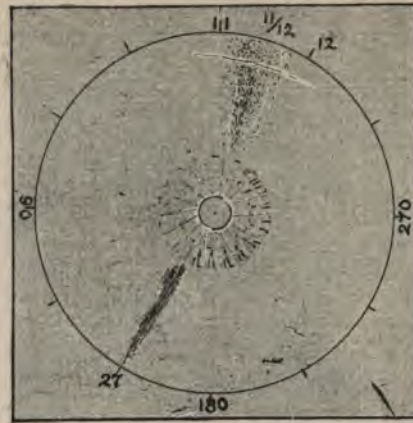


FIGURE 29, l. e.

Right eye, I. Right eye of a lady morphomaniac. Section 34 and 35 show that arm and breast are covered with small boils, the abscesses caused by the syringe; the small white rim round the pupil is the sign of the morphine; in a state of health this inner rim of the iris is of a delicate rose color. All the following signs of defects are the inevitable consequences of morphinism and of a complete disorder of the nervous system: 13 hissing in the ears, and 12 back of the head shows agoraphobia; defects in $\frac{1}{2}$ sexual life, 27 genital organs and 31 ovaries; $\frac{1}{4}$ lack of will power, ill-humor, and peevishness; 17 sensation of heaviness in the eyes; 19 nose, itching and dryness; 21 trachea and larynx, burning sensation and weak voice; 36 lungs, also show signs of being affected; 24 and 25 back, shows weak and sore places; 26 bladder.

II. 29 foot, shows carbolic acid gangrene caused by carbolism.

Left eye, 27 rectum, indicates mucus-hemorrhoids, constipation, pain in the upper rectum; $\frac{1}{3}$ serious catarrhal defect, the white arc is caused by deposition of mercury and has in consequence faintings, epileptic conditions, and atrophy of the brain.

In its complete helplessness to mitigate pain by the simple methods of natural healing, allopathy often employs one of the most poisonous alkaloids, morphine, by subcutaneous injection. The nerves may be completely benumbed for a short while by means of this poisonous drug, but soon the pains return with increased vehemence, and larger doses will be necessary which soon establish a morbid desire for the narcotic, thus enslaving the patient and completely disordering his nervous system. The poor victim is then in the most deplorable condition physically and mentally, almost beyond relief. There is only one way to save the patient: to cut him off from the poison at once, if necessary by force, and restore his debilitated nerves by a strictly non-irritating diet and mild water applications, as explained in the third part of this book.

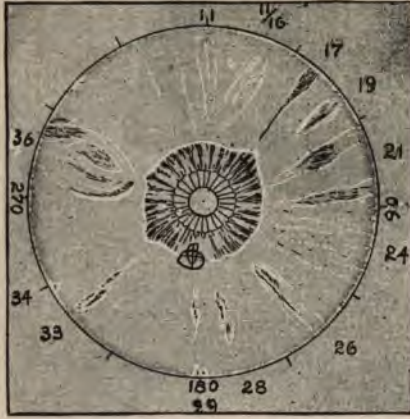


FIGURE 30, r. e.

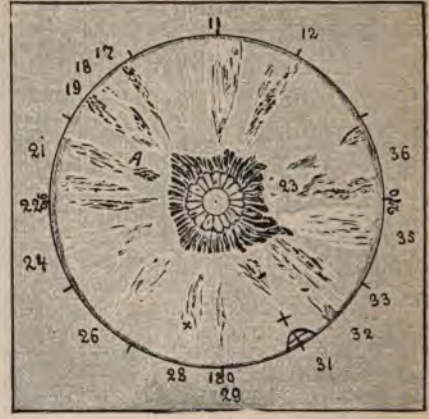


FIGURE 31, l. e.

Pair of Eyes of a Patient.

Man, 48 years of age, dark-blue eyes with white spots, density 3, scurf-ring.

He complains of peculiar stomach or rather digestive troubles from which he suffered since childhood. The different physicians which he had consulted could neither correctly diagnose nor treat his ailments. On the other hand, the diagnosis from the eye shows plainly: in 10-9 cecum and ascending colon, twice suppressed scabies by which he had been afflicted at the age of six and sixteen years. Consequently the patient was right when he contradicted the physicians' diagnosis and treatment for stomach troubles, by claiming that his pains in the abdomen only appear two or three hours after meals; the diseased condition of the alimentary canal is caused by repelled scabious poison.

In the division of the stomach and intestines we see the signs of catarrh of these organs; in the right eye the two signs of scabies mentioned above, one over the other, in the section of the cecum; in the left eye, 6-7, the signs of a dislocation of the descending colon to which we will refer later.

In the right eye, 11 and $\frac{1}{6}$ forehead and side of the skull (temple), we notice open signs of inflammation, causing pains in the right side of the forehead and making the patient often despondent and angry; 11 and 12 (left eye), stinging pains in the vertex and dull pains in the back of the head; 17 (in both eyes) indicates that the organs of vision are easily overstrained; 18 (left eye) gum boil in the upper jaw; 19 nose, the feeling of dryness; the left nostril is like closed up; 21 trachea and larynx; A, deep-going closed catarrhal defect (loss of substance) at the end of the left bronchia; 22 l. e. esophagus, pains while swallowing food; 24 upper part of back, sensation of strain; 26 bladder and 28 kidneys, open inflam-

mations; in the left eye signs of medicine poisoning, phosphorus; the defects of the kidneys are worse than those of the bladder; 29 legs, frequent pains in the knees; on the sole of the right foot there are two painful corns; in 31 (left eye) we find a fresh spot of iodine, being on top of an old sign of scabies; dull pains and unsteady step; the patient often has the sensation of being lame; he had received a blow on the hip and lower part of the abdomen a long time ago; the signs of defects of hip and pelvis are always nearer to the section of the intestines.

32 (left eye) diaphragm, and 23 heart; important in connection with the dislocation of the ascending colon mentioned above. The patient suffers from the well-known anguishing pains and oppressions about the heart (*angina pectoris*). The pain, starting from the left side, goes over the heart reaching to the left shoulder and can increase to such a degree that the patient loses his breath and even his consciousness; the intestines are pressing upon the diaphragm and the spleen and these parts, in turn, upon the heart. In 33 (right eye) liver and 33 (left eye) spleen we see the signs of light inflammations; 34 (right eye) injury on the forefinger; 35 (left eye) acute inflammation of the pleura, pleuritis; 36 lungs r. e., closed defect of inflammation; l. e., deeper going open catarrhal defects.

The comparison of the right and left eye is instructive in many ways; for instance, the defects of the right lung, which are surprisingly large on account of the white clouds, seem to the superficial observer to be the worst ones. As a matter of fact, however, the defects of the left lung are more serious. Like in all catarrhal defects, the white borders of healing are not as broad as in more real inflammatory defects; they are the smaller the more serious the condition is, and in the severest cases they indicate in some measure the outlines of the organs. Thus it is often more difficult to diagnose the catarrhal defects, especially in the brown eye in which the lines of inflammation are of a yellowish color.

In this case also nature cure, to which the patient took refuge, soon produced the most beneficial results, and within two years the complete regeneration of the man was effected. Soon after the beginning of the cure there appeared profuse secretions through the intestines, bladder, lungs, and skin; a homeopathic dosis of "psora" caused repeatedly scarlet-like skin eruptions, while the two signs of scabies disappeared almost entirely. The other signs of defects are traversed by the fine white lines of inflammation indicating healing, i. e. all of the above-mentioned encumbered parts of the body are in the process of rebuilding to the normal and healthy state. The most interesting fact in this cure is, that the rather slender patient, who for years had regular stools, now got the most profuse evacuations for a whole year, despite the scant cure diet. In the meantime the outer appearance of the man has greatly improved; he looks twenty years younger than before, the bald head has been covered with new hair, the complexion became healthier, the eyes brighter, while temper and self-confidence have changed much for the better.



FIGURE 32, r. e.

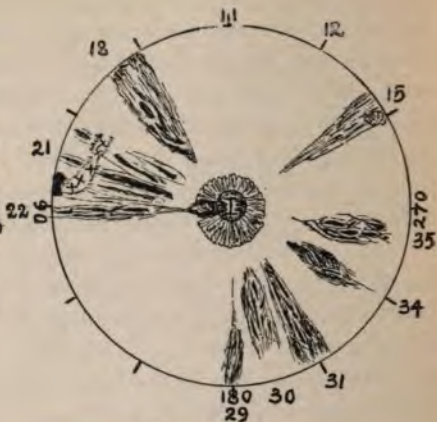


FIGURE 33, l. e.

Right eye, I. 15 shoulder and 34 wrist, elbow and upper arm show signs of dislocation and strain in these parts, contracted by stopping a frightened horse.

II. 17 eye, deep-going catarrhal defect, wasting (atrophy) of the optical nerve; the patient had suffered from influenza which was treated—or rather maltreated—with antipyrin, etc.; the following vehement inflammation of the eyes had been also suppressed by a specialist, and the result of such an irrational treatment is then—an incurable case!

Of course, not every ailment which is incurable from an allopathic point of view is also incurable by the natural method of healing; and this patient too regained his eyesight after he had followed the wise maxims of nature cure for three years.

III. 21 deadly defect in the larynx, trachea, bronchial tubes; deep black, also sign of medicine poisoning (creosote).

IV. 24 and 25 back, inflammation, pimples, and nerve-rings.

V. 27 uterus; the patient had inflammation followed by prolapsus.

VI. 29 leg and 31 hip, so-called congenital dislocation of the hip-bone. The ailment, which is often unjustly charged to a mistake of the obstetrician, is in most cases caused by the mother's tight corset which exercises the most injurious prenatal influences upon the child, principally by mechanical pressure and malnutrition. These conditions also require neither bloody nor bloodless surgical treatment; by a strict nature cure they will heal in a surprisingly short time. In this very case the four-year old girl greatly improved already in the first month of the cure.

VII. 35 chest; patient suffers from painful swellings and two open ulcering spots; signs of iodine and arsenic poisoning, nerve-clouds.

Figure 33 (left eye), I. 18 nose, cheek, eye. Swellings between the lower lid and the nose had been removed by operation, with the result that the lid drew itself downward, almost inverting and laying open part

of the mucous membrane which covers the eyeball. Defect 21 is the same as described above in case III.

II. 22 inflammation and catarrh of esophagus, pylorus, and stomach, caused by hastily swallowing a hot dumpling.

III. 29 calf of the left leg, shot wound going downwards; became very serious by false treatment and irritating diet.

IV. 30 thigh; hard tumefaction; sometimes there appears suddenly without any outer cause a swelling of the size of a dove's egg.

V. 31 tuberculous hip, sign of operation.

VI. 34 ulceration in the upper arm. 15 shoulder, inflammation causing pain.

VII. 35 chest, sign of operation; compare the deepness of this defect with the harmless signs of inflammation of the right chest, the condition of which was diagnosed by the old school as *cancer* and incurable. This disease, which is nothing but the result of corruption of blood and lymph and suppressed scabies, would heal in most cases by the natural method of healing in the course of two or three years. More serious, i. e. darker, appear the tuberculous defects, for instance 21 in this figure.

The reports of allopathy regarding cancer are given here wholly impartially. First we wish to refer to the fact that the number of deaths caused by cancer has increased six times during the last forty years, a proof that the disease appears now more frequently and has assumed a more serious character,—or has perhaps the dangerousness of the surgical operations increased?—Formerly only the directly diseased part was removed from the body; deaths during or immediately after the operation amounted to 3 per cent., but under modern surgery 25 per cent. of the poor victims succumb to the ever-ready knife.

In the following disquisition concerning cancer of the chest we shall show the uselessness and dangerousness of the operative treatment of this disease. The prolongation of life after a so-called "successful operation" is estimated at from 7½ months to 1¾ years, on an average one year; the relapses after the operation begin already within three months; the death-rate in consequence of the operation itself is given at from 5 to 7 per cent.; the duration of life after the beginning of the disease under allopathic treatment never exceeds four years, death being generally caused by consumption, formation of cancerous ulcers in other parts of the body and blood-poisoning.

From these figures, taken from allopathic authors, we can come to no other conclusion than that cancer ought never to be operated upon, especially if we consider the facts that only the "best cases" are generally subjected to operative treatment; that each operation is a blind experiment with the vitality of the patient; that from 5 to 7 per cent. of the patients expire almost under the hands of the surgeon; and we may truly say that even those who "successfully" survived the knife are the very pictures of misery, wandering in the shadow of death, because we

can never improve the condition of blood and nerves on which our well-being depends, by merely removing the external appearances of a diseased organism.

An operation in these cases is as useless as the removal of the *appendix vermiformis* in the case of appendicitis, and every physician should apply only strictly natural methods of healing. In several instances cancer disappeared for about four weeks during a simultaneous eruption of erysipelas by which some of the cancerous poison had been naturally discharged. This is a very important fact and proves that the principles of natural healing are correct.

We mentioned that those parts of the body which are encumbered with scabious poison are inclined to cancerous diseases; most of such patients admitted that they had scabies. Cancer may also be the consequence of an encumbrance with the virus of vaccination or of treatments with strong medicine poisons. A thorough investigation in this direction would show the uselessness of the chase after bacilli and reveal some very surprising facts.

We regard cancer as a blood disease which differs from similar diseases in the circumstance that the corruption of the blood concentrated itself in one or more organs, degenerating them in a similar way as in the case of caries. We assert that if the patient lives yet several years after the operation, he can live still longer without it and become well again if he makes proper use of the time. The natural healing factors, which will ensure complete recovery without the use of drugs or the knife, are proper care of the skin by cold ablutions, sunshine and fresh air, strict fruitarian diet, and avoidance of all irritating and stimulating food. The local treatments consist in the application of clay plasters upon the diseased part which, in case it should open, is washed with natural cold water. The applications are the very same in case of caries, tuberculous conditions, lupus, etc., and they will bring far better results than the destructive and always fatal treatment by cauterizing, scraping and cutting.

Unfortunately, to the average man surgical treatment and suppression of disease seems the simplest way to get relief from his pains, a circumstance which shows that despite the wonderful progress of science the majority of people still live in complete ignorance in regard to their own body. Millions of dollars are spent annually for the performance of operations which are not only absolutely unnecessary but most detrimental in their after-effects; even men who are otherwise intelligent and well informed, submit rather to the knife of the surgeon than to change their unreasonable modes of living. In fact, we see the representatives of high-life and the crowned heads of Europe constantly suffer from one ailment or the other, the inevitable effects of their gluttony, by which they strive to distinguish themselves. Cancerous diseases are increasing almost proportionately with the advance of modern civilization, and it seems as if we were progressing in the wrong direction in some respects.



FIGURE 34, r. e.



FIGURE 35, l. e.

Right eye. Signs of bromide and iodine poisoning at $\frac{1}{11}$ occiput and and probably creosote at 13, 14, 15, ear, neck, and shoulder.

I. $\frac{1}{11}$ hysteric-epileptic conditions, while 27 (genital organ) shows signs of perverted sexual instincts and unnatural sexual intercourse.

II. 13 operation in the ear, removal of the auditory ossicles; the damage caused by the surgical knife can never be repaired. The deafness is now complete and will remain so. The case was simply this: the catarrh of the ear was the result of vaccination, and the flux from the ear was really a process of purification. Although the secreted matter was of bad smell and disagreeable, it was beneficial to the system and should not have been suppressed. Instead of letting so-called specialists perform an operation, the blood should have been purified and vaccination and medicine poisons should have been removed by natural methods of healing. Then the poor woman could hear now the voice of her children, enjoy life and the charming sounds of music. The final result of the operation was that the disease appeared also in the left ear.

III. 14 stiff neck, inflammation of the muscles (*torticollis*). 15 pains in the shoulder and collar-bone; now atrophy of the muscles. 17 and 18 catarrh of the eyes and nose,—ozena, which was cauterized with an electric wire; since that time the patient suffers from inflammation and catarrh of 35 pleura, accompanied by the sensation of heaviness and dullness and pains in the nipple. 24 upper back, pains in the shoulder blade. 25 buttocks, had furuncles which were cut, only to be followed by ulcerations on both sides of the body between the anus and the sexual organs.

IV. 29 open inflammatory and catarrhal defect; leg from the knee downwards is swollen to thrice its circumference; the disease looks like elephantiasis and lepra; the patient has also a hole in the heel reaching to the bone and secreting ichor.

Left eye. Iris of a patient suffering from typhoid fever at the eighth day from the beginning of a nature cure; the signs of inflammation in head 16 to 12 and in the lungs 36 have disappeared; 24 and 25 sore places in the spine; round the pupil signs of inflammation in all parts of the intestines and 27 rectum, 31 pains in the hips, 32 diaphragm and abdomen, 33 spleen.

Typhoid fever can appear everywhere and at all times, in singular cases also as epidemic, and comes from an inflammation of the mucous membranes and lymph glands of the intestines; the fever is accompanied with but little pain and is mitigated by profuse fetid evacuations and sweats; on the seventh day there appear on the lower abdomen several red spots like stings of insects. The sympathetic and central nervous systems are simultaneously affected, and while the temperature of the blood is increasing from $37\frac{1}{2}^{\circ}$ C. to 43° C ($98\frac{1}{2}^{\circ}$ F. to $109\frac{1}{2}^{\circ}$ F.), bleeding of the nose, raving, delirium, etc., set in. Typhoid fever, under allopathic treatment, is a dangerous and murderous disease which has brought premature death to thousands of men, while others with somewhat stronger constitutions survived and became afterwards afflicted with all kinds of chronic diseases. The violent allopathic applications cause ulceration in the lymphatic system of the cecum, followed by bleedings and ulcerations of the walls of the intestines, often penetrating them. In the latter case the contents of the intestines are evacuated into the abdominal cavities, causing death in almost every instance. By the allopathic treatment a change for the better, i. e. the secretion of poisonous and morbid matter in the form of fetid sweat and urine, cannot be expected before the twenty-first day in the course of the disease, and is retarded until the twenty-eighth and even the forty-second day, while the always dangerous relapses become more frequent. On the other hand, by the natural method of healing, the course of the disease is far less dangerous and shorter, without relapses and after-appearances. Homeopathically are given: aconite, belladonna, rhus tox; water applications: short bandage, whole and part ablutions of the body, drinking of cold water or fruit-juices diluted with water; food should not be given to the patient unless he asks for some, and then only fruit. Artificial nourishing of the patient will always prove injurious.

The deeper causes of typhoid fever, as also of catarrh of the stomach and intestines, albuminuria, diabetes, hypochondriasis, etc., lie always in a general morbid encumbrance of the organism. We have also explained that scabious poison, the same as medicine poisons which have been repelled into the body, especially weaken that part of the system where they are deposited, causing in many cases cancerous ulcerations. Napoleon I., for instance, had scabies which had been repelled by allopathic treatment; he died of cancer of the stomach only 51 years old. In the same way, the man referred to in Figures 30 and would have had to expect cancer of the intestines.

In the following disquisition we shall shortly elucidate the processes going on in the abdomen which has in its cavities many organs that can very easily be injured. Even if originally only one organ is diseased, the morbid condition will soon spread to others and finally over all organs, thus affecting the formation of lymph, blood, and the excretion of effete matter, at last encumbering and seriously injuring the whole organism.

As soon as a yellow complexion, or tension and pain in the region of the stomach or in the upper part of the abdomen appear, people are too easily inclined to take these symptoms for a disease of the liver and have at once all kinds of nostrums at hand: patent medicines, potions, pills, and all kinds of quack remedies which are claimed to have helped this or that person. But the liver is not the only organ that is diseased, perhaps it is not even the original seat of the sickness; the fact is that all organs are diseased and that only one or the other, according to its function, structure, and composition, is more seriously affected. The organs of the abdomen are so closely interwoven with each other that none can be injured without simultaneously affecting others, and if it should only be by over-burdening them in their functions of digestion, assimilation or secretion.

The sympathetic nervous system which accompanies every vein and artery and all the numerous capillaries, connects all organs of nutrition and elimination to a wonderful co-operative system in which the motto rules: "All for one and one for all." As soon as one organ is weakened, the other ones take over a part of its work until harmony is restored. Thus kind mother Nature takes care of us, making it possible to regain perfect health in a comparatively short time. But if we continually disregard her inexorable laws, we must finally pay the penalty with disease and destruction. No transgression is too insignificant which by perpetuation might not have the gravest results,—and then people are completely at loss to see the real cause; sometimes it is the devilish microbes, always ready to assassinate us; another time the change of weather, and so on: they look for a scapegoat everywhere but in themselves.

Right here we want to point out where most of our digestive troubles come from. We consume too much cooked food, eat too much and too hastily. If we do not masticate our food thoroughly, it can never be properly assimilated, and the digestion is at once hampered. Chylification and chymification of the food cannot go on properly, and consequently the formation of pure and healthy blood, which is absolutely necessary for the maintenance of bodily vigor, is an impossibility; the formation and secretion of bile is impeded, and thus the emulsion and saponification of the fats cannot take place, a circumstance which again causes a long chain of digestive troubles. The latter appear in the form of constipation, sour fermentation and putrefaction of the food in the intestines, flatulence, belching, bad smell of the mouth, vomiting, while the color of the skin turns fallow and yellow.

These symptoms are generally followed by derangements of the nervous system and stagnation in the blood vessels, congestion of the bowels, clammy, cold feet, pains, colics, and cramps,—which clearly shows that we have to contend with a general morbid encumbrance of the body, not with the ailment of one single organ. Morbid processes, especially if they occur oftener and more violent, accompanied by cramps, are generally called catarrh of the stomach and the intestines. But just because every disease of the abdominal organs is the result of a morbid condition of the whole system, we can never have success with the onesided treatment of a single organ; all such measures may bring a momentary relief, but they will never be able to effect a complete recovery; in the contrary, they will finally leave the patient in a more pitiful condition than he was in before.

We said that the first signs of a diseased condition of the body are the signs of a catarrh of the stomach, a fact from which we can draw some important conclusions. No patient can be considered cured or normal as long as the iris shows defects of the stomach, even if the ailments on account of which he began the cure should have entirely disappeared. It is therefore of great importance for the eye diagnostician to value the condition of the stomach and intestines by careful observation and comparison of the respective signs in the iris as they appear in the normal state which is hardly to be found in the adult "civilized man"; only the iris of the infant born from comparatively healthy parents and nourished with mother's milk will indicate sound digestive organs if they have not been injured either by mistakes made during or immediately after parturition, or by medicinal treatment in case of diarrhea, or suppression of skin diseases, or by vaccination. Unhygienic living, alcoholic beverages, and especially physicking during pregnancy and lactation, may already produce in the iris of the new-born the signs of catarrh of the stomach.

We shall treat the different degrees of stomach diseases more fully on pages 70-71 and wish to mention here only the first stages of the deviation from the normal state: the section of the stomach is bordered by a white ring without any other perceptible signs; the section becomes dark-blue in the blue iris, while in the brown eye it assumes a deep dark-brown shade, showing spoke-like lines going out from the pupil to the edge of the ring; such significant changes appear as the result of the suppression of milk-scurf and of medicine poisoning (see pp. 19 and 21).

It will be obvious to every thinking mind that a perfect and lasting regeneration can only be achieved by such treatments which simultaneously benefit the whole organism, and these are: proper diet, consisting principally of raw fruit perfectly masticated, regular exercise in the open air and sunshine, and mild water applications such as we have specified in the third part of this book. These are the remedies which, if strictly and perseveringly enjoyed, will not only remove the old poisonous matters, but will also rebuild the organism to unthought-of health and vigor.



FIGURE 36, r. e.

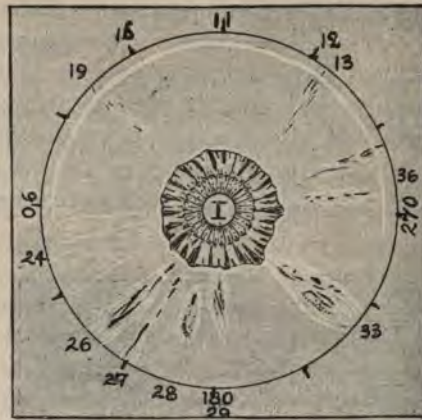


FIGURE 37, l. e.

Pair of Eyes of a Patient.

Man, 50 years of age, color of the iris in the inner part dark-brown, in the outer part somewhat lighter; density 4. Stomach and intestines are in a bad condition as a result of medicine poisoning; between 11 and 12 r. e. signs of mercury; 36 lungs and 21 E r. e. larynx show also clouds of medicine poisoning, especially the signs of strychnine; the white crescent running parallel with the upper edge in each iris is probably caused by glycerine.

12 r. e. occiput, sensation of dullness, 13 r. and l. e. ringing in the ears and defective hearing; 19 nose, polypes removed and cauterized; 21 E larynx, inclined to hoarseness; 24 pains in the upper back; 26 bladder, operated for stone 15 years ago, but lately causing terrible pains, dysuria, sand in the urine; 27 r. e. urethra, a defect which is in connection with the above-mentioned operation and sandy urine; 27 l. e. rectum, excretion of blood and mucus; 28 kidneys, open catarrhal defects, albuminuria; 29 r. e. leg, weakness of the ankle; 29 l. e. swelling of the thigh; 31 r. e. pain in the pelvis and hip; 32 diaphragm, pain in the stomach and short breath, flatulence, suffered from inflammation a few years ago which was treated with ice-bags and swallowing of small pieces of ice, applications that are as absurd as they are injurious; 33 r. e. liver, signs of catarrh, mercury, salicyl or glycerine, same as in 33 l. e. spleen; 36 lungs, signs of catarrhal defects and r. e. clouds of arsenic.

The prospects for recovery are unfavorable on account of heavy encumbrance of stomach, intestines (constipation changes with diarrhea), pyloric system, liver, spleen and kidneys; the color of the iris is very dark, showing also the signs of extensive medicine poisoning and inactivity of the skin.

With every defect of the kidneys we find *albumen in the urine*, even if only temporary. The deposit of tartar upon the teeth, together with

double spokes spreading out from the pupil like from a hub and are bordered by a rim towards the region of the intestines. The color of the iris in this section is yet but little changed.

3. In the third degree the stomach shows the signs described somewhat more strikingly, accompanied by a change of color into reddish and brown; inertia and expansion of the stomach are now beginning.

4. The further deterioration of this organ is indicated by an increased darkening of the colors, generally caused by the various stomach medicines, for instance, a change into yellow shows quinine, brown betrays iron, etc. The color after the newly suppressed milk-surf is a mixture of white, violet, and yellow, often turning into dark-brown.

5. The danger sign of this class is the turning of the spokes and rim into the white color of inflammation near the pupil; the more these signs increase in circumference, the worse for the patient; malodorous breath, sour belching, and similar disagreeable symptoms are now making their appearance.

6. The color has changed into dark-brown and even black shadings, the signs of ulcerations, which often develop from former signs of scabies (see Figure 30); the bad smell of the breath becomes unbearable.

For instance, Napoleon I., as we have already stated, died of cancer of the stomach caused by suppressed scabies. On account of the old and popular belief that the suppression of scabies would prove injurious, he at first objected to the allopathic treatment, i. e. suppression of the disease, but finally yielded to the insistent persuasions of his environment and submitted to the "cure," and the consequences were epilepsy and cancer of the stomach. An epileptical attack at a decisive moment was the cause of his dramatic fall from the zenith of his glory, while the latter disease ended his meteor-like career forever.

In Figure 38 r. e. we have indicated a contraction of the pylorus, in the left eye a common inflammation of the mouth of the stomach (*cardia*).

In diagnosing the condition of the intestines we also distinguish six classes, and the different defects can especially be recognized by an enlargement of the respective sections towards the outer edge of the iris.

A short anatomical description of the intestines will facilitate the understanding of the digestive processes. The alimentary canal from the pylorus to the anus, is divided into the *small* and *large intestine*.

The subdivisions of the *small intestine* take the following place in the key:

1. *Duodenum* from 8 to 5 l. e. The biliary and pancreatic ducts terminate in it, uniting at the same time.

2. *Jejunum* and *ilium* from 4 to 9 r. e.

The subdivisions of the *large intestine* are represented in the key as follows:

1. *Cocccum* 9 to 10 r. e.; about in the middle of this section is the much disputed appendix vermiformis. It is about 2 or 3 inches long.

2. The *ascending colon* 10 to 3 r. e.
3. The *colon transversum* 3 to 4 r. e. and 5 to 6 l. e.
4. The *descending colon* 6 to 7 l. e.
5. The S-shaped part of the colon (*flexura sigmoidea*) 7 to 8 l. e.

The *rectum*, the bulkiest part of the intestines, begins at 8 l. e. and ends at 27 l. e. *anus*. Of diagnostic value is also the fact that in a perfectly healthy state of the body the anus remains clean after the evacuation of the bowels; closet paper is therefore no necessity for the healthy man.

Completely covered by the *peritoneum* are the parts of the large intestine 9-10, 3-4, and 5-6, 7-8; the parts 10-3, 6-7 are but partly covered by it, because they lean directly upon the walls of the abdomen. The peritoneum encloses also the small intestines and is called here *mesenterium*; it contains numerous glands which secrete the necessary digestive fluids.

The most important process of digestion is going on in the small intestines; the food is masticated in the mouth and brought in a more soluble form by the action of the saliva; the digestive juices of the stomach and the small intestine completely transmute the food into *chyle*, a part of which is absorbed by the *villi*. The latter are very minute, highly vascular projections covering the mucous membrane of the small intestine throughout its whole extent and giving to its surface a velvety appearance. The essential parts of a *villus* are the lacteal and blood vessels enclosed in the epithelium, being supported and held together by a network of lymphoid tissues. The number of the villi from which the chyle is carried to the *thoracic duct* by the lacteals is estimated at about four millions; they are more numerous in the upper part of the small intestine than in the lower one.

If the intestines are in a diseased condition, they often contain worms, and it is important that we remember this circumstance in the diagnosis.

The small intestine, especially the duodenum, is generally the place to look for tapeworms, trichinae, round worms, while the so-called *anchylostomum duodenale* is often found in the jejunum, especially in the case of worm-disease which afflicts tile-makers, miners, and all underground-workers; the most striking symptoms of this disease are: impoverished blood which can hardly be improved, and decline of physical vigor, commonly called consumption.

The rectum 27-7 and the large intestine 7-8, and in severe cases also in 6-7, 3-4, and 5-8, are the abode of thread-worms.

Beginning from the cecum, through the entire length of the large intestine the whip-worms are found.

It is well known that the intestinal worms are not always removed with the excrements but sometimes ascend in the alimentary canal, causing very disagreeable symptoms, even epileptic conditions; there may exist different kinds of worms in other parts of the body at the same time.



FIGURE 40, r. e.

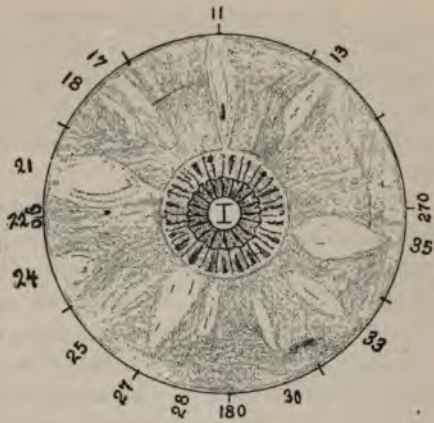


FIGURE 41, l. e.

This study illustrates an iris in the process of darkening; if blood and lymph have been corrupted, for instance by vaccination, injection of glandular extracts, etc., the inherited defects of the organs become plainly visible.

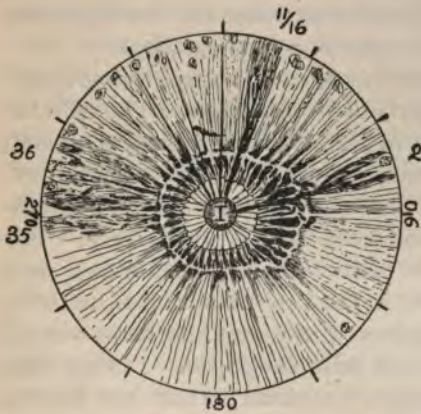


FIGURE 42, r. e

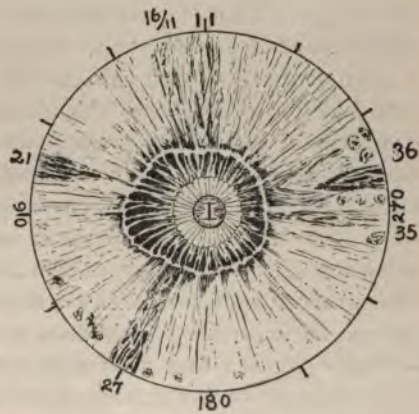


FIGURE 43, l. e.

Man, 32 years of age; very good model; density of iris 2-3; color blue, intermingled with white; whole scurf-rim; signs of medicine poisoning by strychnine or some other alkaloids; very deep-going catarrhal defects in 4-9 and 5-8 small intestine and l. e. 27 rectum; in $\frac{1}{16}$ and $\frac{1}{11}$ and 11 reason, will, and memory are affected; 21 atrophy of the thyroid gland; 35 and 36 defects in the pleura and lungs.

A typical picture of *encephalomalacia* (softening of the brain). The condition was plainly shown by the eyes of the patient, but he was not able to report much himself on account of his inability to speak. However, our diagnosis was confirmed by his wife, an intelligent person; she

said: "I became acquainted with my husband ten years ago; he was then a sober and healthy man; eight years ago he passed through a successful tapeworm cure; six years ago he had inflammation of the lungs, and since two years I notice a steady decline of his intellectual powers, especially of language and memory, and he often puts his clothes on reversed," etc.

The old school of medicine generally attributes the cause of such abnormal conditions of the brain to syphilis, i. e. mercurial poisoning, lead poisoning, over-work, worry, etc. But in this case we have a different explanation which is confirmed by the diagnosis from the eye:

The tapeworm cure completely destroys the vitality of the small intestine 4-9 and 5-8 and thereby certainly forces the worm to go off. But such a treatment is just as perverted as to free a tree from parasites, such as plant-lice, etc., by burning it down to the ground. We always noticed that tapeworm remedies and other worm cures inflict the gravest injuries on the alimentary canal. By the forcible interference with the functions of the digestive organs the brain-power was constantly weakened. The inflammation of the lungs was treated medicinally and with ice-bags, and it is but self-evident that this violent treatment also was most detrimental to the brain, which is always more or less affected in similar diseases of the lungs. Thus tapeworm cure, medicine-poisons, and ice-bags had united in bringing about the deplorable condition of the patient.

In connection with this case we wish to refer to an interesting symptom which appeared after the inflammation of the lungs. The man became afflicted with melancholy and, as in almost all such cases of mental disturbance, he was unable to shed tears, although he was at times overcome with grief. The symptom of "tearless weeping" is very significant, and we will give a short explanation of this appearance. The shedding of tears is one of the many qualities which distinguish man from the rest of the animal world; only in the new-born infant the secretion of the lacrimal glands does not appear within the first seven weeks, owing to the fact that the brain is not yet fully developed. During that time children only cry, scream, or show convulsions of the face but do not weep. People who suffer from melancholy or severe mental depressions as a consequence of an encumbrance of the brain, as indicated by sign $\frac{1}{16}$ r. e., most always lose the ability to shed tears. If they suffer great pains, only the muscles of the face will be distorted, because the secretion of the lacrimal glands is suspended in consequence of the affection of the brain.

The lacrimal glands are those organs which in case of great emotions, as pains, sorrow, fear, joy, secrete a watery fluid from the eye; they are also the only glands of our organs of vision and are more developed in the female than in the male sex, because woman is more emotional than man. Nature seems to have offered her relief for her greater sensitiveness in the ever-ready and profuse shedding of tears.

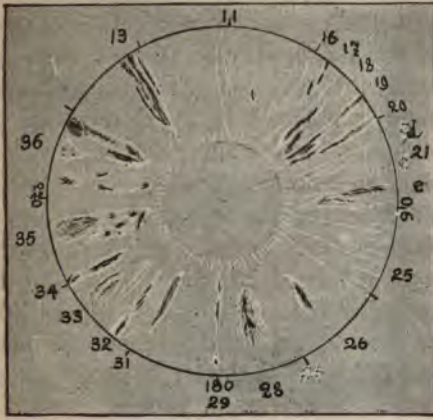


FIGURE 44, r. e.

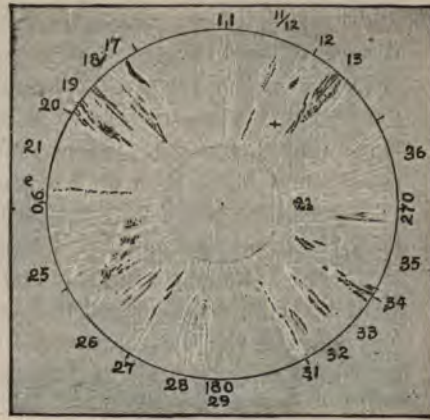


FIGURE 45, l. e.

I. and II., right and left eye. Illustrations of injuries caused by accidents. The signs of traumatic defects, i. e. those effected by external causes like blows, falls, stabbing, shooting, etc., are going out from the pupil, sometimes more, sometimes less distinctly. The dark spots indicate those places where in consequence of the bursting of blood vessels curdled blood has been deposited. The horizontal, vertical, or oblique position of these signs in the iris corresponds with the direction in which the respective part of the body had been injured by the blow or weapon; by this peculiarity the signs are especially prominent, as in 35 r. e., thorax; the almost vertical, short, black stripe corresponds with a wound running near and almost parallel with the sternum.

I. Sailor, 25 years of age; blue iris, density 2; stomach and intestines in good condition; signs of scabies. Three months ago he was hit by a torn cable, throwing him down and injuring him in his right side above the thigh; the further injuries which he received by this accident are shown in 11 vertex and top of skull, $\frac{1}{2}$ l. e. faintings, 12 occiput (signs of carbolic acid), 13 ears, 29 r. e. thigh, knee, and ankle, 31 hip, 32 sides and abdomen, 33 liver and bile, 34 elbow and wrist, 35 r. e. sternum, ribs, and sides, l. e. sternum, 36 lungs; a few clots of blood had recently been ejected. The latter incident is very instructive, for the patient was thought to be highly tuberculous on account of his heavy, rattling, and painful breathing; in reality these symptoms were chronic inflammations of the lungs, in their endeavor to free themselves from the foreign matter, in this case the coagulated blood, with the result mentioned above.

II. Man, 50 years old, color of iris grayish-blue, density 3; defects in 25 back, 26 bladder, 27 l. e. rectum, 28 kidneys, 33 l. e. spleen and 23 l. e. heart; after a violent fall on the back blood was found in the urine.

III. R. and l. e.: 17 eye, 18 cheek and upper jaw, 19 nose, 20 mouth and lower jaw, 20 *d* trachea, *e* larynx. Both eyes had been cauterized in early childhood; the eye-lashes are growing inward, ulcerations appear in the upper and lower jaw, accompanied by deterioration of the teeth which are covered with tartar. The patient, a lady of 26 years, extremely shortsighted, reports: "Nine years ago I suffered from diphtheria in the mouth and nose; later on I was several times afflicted with erysipelas in the cheeks in such a degree that the swelling of the face completely covered the eyes. I was treated with hot applications and electricity; since that time I notice a constant decline of my eyesight, and I fear that I shall soon be totally blind if I do not get relief. My disease was called 'atrophy of the optical nerves,' and the best specialists answered my questions only by a shrugging of the shoulders,—thus the nature cure will be my last hope."

A strict diet and water cure again brought out the erysipelas, which was cured to the great astonishment of her relatives with cold-water ablu-tions of the face; the former warm or hot applications had only driven the morbid matter back into the body. The patient at once noticed an improvement in her eyesight, and after six weeks she could resume her occupation, while before the cure she could not even do housework.

With the publication of this report we do not intend to awaken exaggerated hopes, but simply wish to point out that the warm treatments are just as wrong as the use of electricity, and that the diagnosis from the eye also gives information in regard to the curability of the disease and the duration of the cure. I know of cases in which only after a strict nature cure lasting over three years a decisivs improvement of the bodily conditions and of the eyesight was effected. We know only too well that many people who after years of medicine-dosing take refuge to the nature cure often expect immediate results, believing that the morbid matter which for years encumbered the body can now be removed as if by magic. Those who are not fully convinced of the simple, sometimes slow, but in the end always effective methods of nature, and still look upon pills, powders, potions, and patent medicines as necessary adjuncts of healing, should rather try the latter till they are convinced of their uselessness. I have found that nothing is more obstructive to the success of nature cure than a wavering character that lacks confidence and determination. Only those who are trying to spread the teachings of nature can realize how often ignorance, prejudice, and blind belief in so-called medical authorities must be fought, discouragement and exaggerated hopes must be dispelled, aversion to the natural healing-factor—cold water—must be overcome, and last but not least how often the false doctrine of the insufficiency of the non-irritating, fruitarian diet must be refuted!

The preservation of health is only a matter of living in harmony with nature. Health is the normal state of our being, and we take far more trouble to make ourselves ill than we need ever do to make ourselves well.



FIGURE 46, r. e.

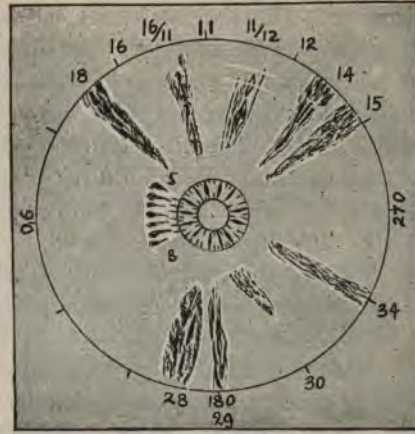


FIGURE 47, l. e.

Illustration of defects which cause little or no pain, but which are nevertheless very difficult to cure. These defects have been drawn from different pictures of studies and were assembled in the above figures; the catarrhal defects of the right eye are still closed, while those of the left eye are in the process of healing.

I. Dilatation of the stomach, indicated by the radiant dark lines going out from the pupil.

II. 4-9 and 5-8 small intestine afflicted with tuberculosis of the peritoneal glands, causing emaciation, *tabes mesenterica*, a disease of infancy; such a child shows besides the well-known senile look the still more significant sorrowful, sad countenance, just as if the poor creature was about to cry on account of pains but had suddenly changed his mind; the legs are somewhat drawn up to the body, while the arms are hanging on the sides weak and motionless. The cause of the disease is generally lack of mother's milk, insufficient nourishment with poor, diluted cow's milk and artificial preparations. The great importance of mother's milk we have already pointed out in our disquisition to Figure 18, to which we cannot refer too often.

III. The defects of the brain r. e. $\frac{1}{11}$ and $\frac{1}{16}$ owe their origin to the demon "Alcohol"; they are nervous conditions as we find them with the sot or toper, whose system answers the withdrawal of the poisonous stimulant with the so-called "appearances of sudden abstinence," i. e. general debility, mental depression, extreme nervousness; about the same defects appearing in long black lines varying in width and deepness according to circumstances, appear in the eyes of persons who are addicted to the moderate but regular use of stimulants and narcotics.

IV. Defects of the brain l. e. $\frac{1}{12}$ and $\frac{1}{11}$, consequences of an occasional intoxication, after the awakening of the person; such signs are also found in individuals who get drunk at regular intervals (dipso-

maniacs). The defects in the iris clearly demonstrate that alcohol is direct poison for the brain and the nervous system.

V. Man, 25 years of age; 14 neck; at the slightest occasion face and neck take a copper-red color, while the arteries are highly protuberating on the neck. The crisis effected a bitter taste in the mouth, palpitation of the heart, cold sweats on the forehead and chest, accompanied by such a violent diarrhea that the patient could hardly believe his intestines were still in normal condition.

VI. 15 shoulder, 34 arm, 30 groin, thigh-bone, and 29 leg; atrophy of the muscles, complete immobility; the leg is dropsical (edematous).

VII. 28 kidneys, closed catarrhal defect of the second class.

Referring to III. and IV., defects in the brain caused by alcohol, we wish to quote a pertinent passage from a very interesting treatise entitled *The Drink Problem in the Light of Modern Science*, written by Dr. Otto Carqué:

“Thousands and tens of thousands of individuals are to-day martyrs to indigestion and suffer more or less from organic disorders of various kinds altogether attributable to the moderate and habitual use of intoxicating liquors. In too many instances attempts are made to remove these symptoms by an increased consumption of the fatal but unsuspected alcoholic poisons, until a series of morbid changes is effected almost beyond the reach of remedial measures. Morbid changes of this kind are frequently going on until such a debilitated state of the system is produced as to terminate on some critical occasion in a complete collapse or sudden death.

“These observations can be made with the stronger as well as with the lighter drinks containing only a small percentage of alcohol. The great affinity of the latter for water always causes the red blood-corpuscles to part with a portion of this liquid; it coagulates the febrin of the blood, thus preventing its proper circulation and impairing nutrition, at the same time laying slowly the foundation for diseases. Moreover, alcohol becomes particularly injurious to those tissues and organs which are largely composed of aqueous and albuminous matter, as the brain and its nerve-centres.

“France, the greatest wine producing country on earth, furnishes a warning example in regard to those facts. The French people are not drunkards. You may travel all day in France without finding a drunken man. The sot is a rare sight in France. And yet for continuous ‘respectable’ alcoholism, the screwing up of the nerves day and night all the year around, France stands at the head of all other nations.

“And what has the habit done for France? France where drunkards are almost unknown, where a sot is a living curiosity, where scarcely any one drinks to excess, but where nearly every one drinks moderately? The answer can be given in few words: it has inflicted upon that nation tuberculosis, epilepsy, and insanity.

“One of the most distinguished Frenchmen, M. Mesureur, Director of the Department of Charities of Paris, recently exposed these effects of alcoholism in a report which has been confirmed by the government in every particular. As a result the ‘Council of Investigation for the Promotion of the Public Welfare,’ issued the following poster now displayed all over France:

“‘Alcoholism is chronic poisoning, resulting from the constant use of alcohol, even if it does not produce drunkenness.

“‘It is an error to say that alcohol is a necessity to the man who has to do hard work, or that it restores strength.

“‘The artificial stimulation which it produces soon gives way to exhaustion and nervous depression. Alcohol is good for nobody but works harm to everybody.

“‘Alcoholism produces the most varied and fatal diseases of the stomach and liver, paralysis, dropsy, and madness. It is one of the most frequent causes of tuberculosis.

“‘Lastly, it aggravates and enhances all acute diseases, typhoid fever, pneumonia, erysipelas.

“‘These diseases attack sober persons only in a mild degree, while they quickly do away with the man who drinks alcohol.

“‘The sins of parents against the laws of health visit their offspring. If the children survive the first months of their lives, they are threatened with imbecility or epilepsy, or death takes them away a little later by such diseases as meningitis or consumption.

“‘Alcoholism is one of the most terrible plagues for the individual health, the happiness of the home, and the prosperity of the nation.’—

“‘Another circumstance which speaks loudly against the use of alcoholic beverages must here also be mentioned. Statistics prove that *the greatest mortality which results from the use of intoxicating liquors is found among the moderate but steady drinkers.* The drunkard, after his sprees, usually has seasons of abstinence during which he has a chance to recuperate or regain strength and vigor, and consequently drunkards often live to an advanced age; but the steady drinker has no such seasons of rest, and his face, by its almost constantly congested appearance, shows the condition of his internal organs; alcohol paralyzes the minute capillary vessels throughout the body and fills them with blood which produces redness in the face and a sensation of warmth. The constant state of congestion of these minute vessels which results from regular, moderate drinking interferes very seriously with the process of purification and renewal of all the structures of the body. As a result, while some drinkers die from drunkenness, many more die from apoplexy, paralysis, laryngitis and bronchitis, heart failure, fatty degeneration of the heart, diseases of the stomach and liver, Bright’s disease of the kidneys, and especially from the inability either to resist or overcome epidemics, contagious or inflammatory diseases or even accidental injuries.’”



FIGURE 48, r. e.



FIGURE 49, l. e.

It was exceedingly difficult to diagnose definitely and exactly in this case. The sick person is a practicing physician himself, 40 years old, of vigorous constitution, rather corpulent and of a lymphatic temperament; the whole outer part of the iris is covered with a substance that looks like beaten albumen. The ground-color of the iris was originally blue but looks greenish now; this change is always caused by a deterioration of lymph and blood, indicated by a yellow discoloration turning the blue eye greenish and the brown eye still darker. Scurf-rim, and next to it a broad and perfectly closed white ring (*anulus senilis*), the sign of premature age. Between the latter and the pupil we perceive a smaller, almost closed white circle, which indicates the presence of glycerine or salicylic acid in the system; signs of dilatation of the stomach and lead-color caused by excessive beer-drinking; a number of inflammatory defects are also shown.

However, the man is now well again after having lived hygienically for a long time, so that the defects have lost their former catarrhal character and begin to ache again, a sign that the system is discharging the morbid matter which had accumulated for years.

11 and 12 l. e. vertex, forgetfulness and pains in the occiput. 14 r. e. neck, occasionally swollen; 15 shoulder; 17 eyes, eyelashes falling out; the eyelids are suppurating, the consequence of scrofulous deterioration of the blood since infancy; they had been cauterized, a sad remembrance of his childhood; 19 nose; 21 l. e. trachea, shows sign of iodine; 24 upper part of the back where some time ago a crisis appeared in the form of furuncles; the patient still has itching accompanied by small boils from time to time; on this part the body is especially inclined to eliminate morbid matter; 26 l. e. bladder, iodine spot; 27 l. e. rectum, constipation; 28 r. e. kidneys, sign of iodine; 30 hip; 31 groin, feels pain in getting up from bed; 33 r. e. liver and l. e. spleen also show iodine; 35 ribs; 36 catarrh of the lungs.

The prospects in this case, however, are very favorable, especially as the patient has common sense and strictly avoids all medicine poisons. Of the crises which he has to expect the most painful will be a violent diarrhea, the most disagreeable hemorrhoids (see encumbrance of the stomach, intestines, rectum, kidneys—the pyloric system). The activity of the skin is good, notwithstanding the scurf-rim, and thus the defects which the moderate but regular use of even light alcoholic drinks had caused will heal more easily under a wise and hygienic method of living. The longest time in the cure will require the defects of the eyelids, the consequence of the fatal operations which his parents, misguided by the errors of allopathy, had performed on him.

We shall speak more fully of lung diseases on page 84, but wish to make here a few diagnostic remarks. The defects of the superior lobes of the lungs are generally more serious and assume the character of catarrhal defects; thus the signs after lung bleedings are mostly found in the upper sections of the lungs, while the inflammatory defects are generally found in the inferior lobes from which all inflammations originate. They mostly begin at the roots of the lungs, i. e. that place where they make a cavity for the bronchial tubes and the pulmonary artery and veins.

This case teaches in the plainest manner that it is the duty of all parents to study the laws of nature and live according to them, thus securing not only their own health and happiness, but also that of their offspring. It is the sins of the parents that are inevitably transmitted to their children, and those who intend to beget new life should first of all make an attempt at self-reform and thus save themselves and their children unnecessary sorrow, suffering, disease, and an early grave. Rather bequeath your children less money but full physical and mental vigor. The education of such children will be an easy task, because they will know how to govern themselves. Then brutality, immorality, crime and all the animal passions will give way to a reign of common sense and justice, without the enactment of special legislative measures. Then the dissensions and iniquities of our much-praised civilization and the still ruling dead doctrines transmitted to us from a dark and barbarous age will disappear before the enlightening, enlivening teachings of Nature, like the shadows of a dark and dreary night vanish before the radiance of the heavenly light.

All the social and economical problems which agitate and disturb the world to-day will be solved perfectly and permanently when man comes to the comprehension of the great truth that harmony, health, and prosperity can only be secured by individual effort and reform; that the highest aim in our life must be the development and improvement of our physical and mental powers and strength. Only thus we shall ever be able to inaugurate a new era in the evolution of mankind, characterized by the highest functions of the human mind: perfect knowledge, fully developed consciousness, and the moral activity arising from it.

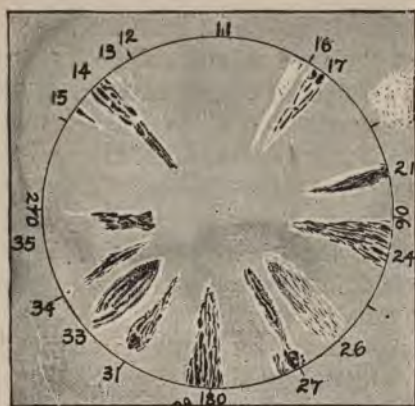


FIGURE 50, r. e.

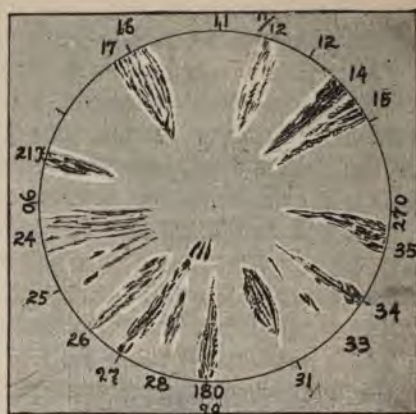


FIGURE 51, l. e.

Illustration of painless, feverless conditions, so-called *cold ulcers*; they are always deep-going defects and show a black color, indicating loss of substance. The signs are taken from different patients and illustrated in one pair of eyes.

50 r. e. 13 swelling of the earlap which had been frozen and daubed with iodine. 14 neck, hard swellings, the glands are often drooping down. 15 shoulder, afflicted with a sebaceous cyst (due to the retention of the secretion from the sebaceous glands). 16 forehead and left side of the head, light swelling after a fall. 17 eye, sebaceous cyst between lid and forehead below the eyebrows and swelling near the eyelashes, sometimes suppurating. 21 thyroid gland, defects indicating stunted growth (*athyrea*). The competent eye diagnostician will frequently find the latter defect and thereby the explanation for otherwise perplexing appearances, like affections of the brain, heart, and edematous conditions. The sign is distinctly going out from the pupil, sometimes as a hair-like stripe. 24 upper back, wart-like elevations at those places where the patient had been cupped years ago. 26 bleeding of the bladder. 27 bending of the penis where it had been operated upon; the glans was cauterized; swelling of the testicles. 29 varicose veins, soft swelling of the knee; abnormal outgrowth on the shinbone (*exostosis*); ankle was dislocated seven years ago by an accident. 31 ovary, catarrhal defect, cystic tumor can be felt through the peritoneum. 33 abnormal swelling of the liver. 34 swelling of the wrist, tumor containing blood (*hematoma*). 33 thorax, hard swellings, pain in the nipple.

51 l. e. $\frac{1}{2}$ abnormal growth of the occiput (*exostosis*); such a swelling leaves no hollow space but the brain expands accordingly.

14 suppurating neck-glands which had been cut; the shoulder is also afflicted with an ulcer. 16 forehead and 17 region of the eyes of an eight-year old boy. His parents state: "He first had scarlet fever, then dropsy,

followed by an inflammation of the brain which we treated with the laying-on of ice-bags; we did not expect that the boy would survive. He recovered but slowly and complains of a feeling as if the eyes were being pressed out of the head. Subsequently he became cross-eyed, and now we are told that the boy will get blind on account of the wasting of the optical nerve" (atrophy). The origin and cause of this disease will be obvious to everybody.

In 21x r. e., thyroid gland, we mentioned *athyrea*, now we wish to speak about its abnormal growth, called *goitre*, also a wearisome disease. The sign 21x l. e. distinguishes itself from the others by the circumstance that it is produced by the accumulation of white spots and that it looks like toothed; the whole iris looks as if it was covered with soft white spots or rays which indicate that the thyroid gland is of great importance for the functions of the nervous system.

The disease, also called *Basedow's* or *Grave's Disease*, makes itself noticeable in severer cases by the circumstance that the enlarged gland follows the movements of the larynx; further by anemia, cardiac palpitation, and tremor, while the pulse ranges from 90 to 120 or higher. The ailment is especially characterized by the abnormal protrusion of the eyeballs so that the sight is sometimes disturbed; the disease is further increased by the circumstance that the upper lid follows imperfectly the downward movement of the eyeball and contracts itself upwards, thus widening the palpebral aperture.

The treatment of the disease by the old school consisted in the removal of the gland by operation, but patients thus treated succumbed to an incurable mental debility, while the whole body suffered from edematous swellings. The circumstance that we knew nothing about the physiological function of the thyroid gland did not give us the right to remove that organ as unnecessary; just as little as it is justified or even advisable to cut out the appendix because it is often the seat of inflammations and we are still in ignorance of its significance.

The diagnosis from the eye shows us that in case of disease of the thyroid gland we always find in the iris, besides scurf-rim and signs of vaccination, the signs of catarrhal defects, especially in the liver and spleen.

24 upper back, some drooping warts. 25 lower back, two muscular tumors (myomas). 26 bladder, defect caused by the retention of urine; sitting on cold water for ten minutes several times brought forth the urine and made an operation unnecessary. 27 rectum, chronic constipation, see also defects in 8, region of the intestines; fistula in the rectum. 28 kidneys after the use of turpentine as a diuretic and worm remedy (anthelmintic). 29 leg, the veins are occasionally protruding, especially at the ankle, causing intense pain. 31 hip-joint, sensation of weakness. 33 spleen defects. 34 arm, wrist afflicted with chronic inflammation (*athritis deformans*). 35 chest, swellings from the armpit downward, pains in the ribs.



FIGURE 52, r. e.

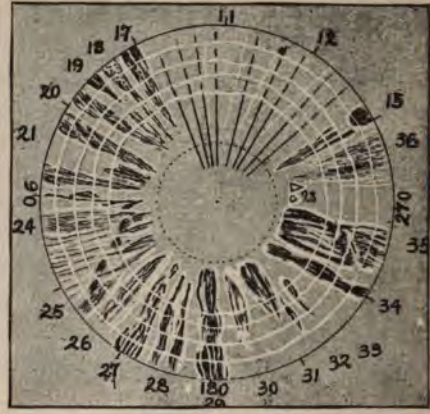


FIGURE 53, l. e.

Pair of Eyes of a Patient.

An uncommonly and exceedingly interesting illustration of different diseases. Lady, 24 years of age; nearly all her joints have become stiff in consequence of gouty deposits which are perceivable in the iris as broad, dark, open catarrhal defects. At the periphery are whitish clouds, the sign of medicinally treated (or injured) skin. Color of the iris dark-brown, intermingled with black rays and scurf-rim; signs of mercury, arsenic, creosote, and salicylic acid can also be noticed.

We can give an explanation of this deplorable condition which befell the girl when she was 14 years of age, by referring to the fact that the parents were sick when they begot the child. Thus she was hereditarily encumbered, and the parents themselves admitted that she was born with blackish eyes.

Every time the system tried to purify itself and to get rid of morbid matter by inflammation of the eyes, sores, dandruff, head-lice, catarrh of the bladder, etc., all kinds of medicines and nostrums were given to the girl; she did not have any infantile diseases (measles, etc.), but at the age of ten years she was repeatedly afflicted with head-lice which were suppressed with mercurial ointments. At the time of sexual maturity, when the body generally makes another attempt to cast out morbid matter, slight fever and catarrh of the stomach were also treated medicinally, and with this last interference with the course of nature the foundation for the chronic diseases was laid. The question how a hereditarily encumbered person could stand so much suffering, is answered by the fact that she was not vaccinated; and the reason why the disease appeared so suddenly and at once so vehemently, growing steadily worse, is explained by the circumstance that as long as in a hereditarily encumbered person at least the digestive and respiratory organs are in order, the inherited

weaknesses of other organs will be little or not at all noticed; but if the stomach is ruined, the collapse is inevitable and the human wreck will soon be complete. The circulatory and lymphatic systems are entirely corrupted, the activity of the skin has in most instances been hampered by the suppression of the milk-scurf and therefore cannot make up for other defects, and the lungs can hardly be expected to do almost all the work of the rest of the excretory organs while these are diseased and constantly more encumbered and paralyzed by medicine poisons. Under such conditions it is no wonder if the before apparently healthy individual succumbs to galloping consumption, sometimes within a few weeks.

In spite of such unfavorable circumstances nature often tries to continue life by frequent excretions of morbid matter through the mucous membranes of the lungs, throat, larynx, nose, etc. If parts of this morbose mucus remain in the organs, for instance if the actions of the latter have been paralyzed by so-called "cough medicines," putrefaction sets in, causing suppurations in the viscera, sometimes even bleeding of the lungs. Such defects appear in the iris as black spots; the signs of a deep-going, serious catarrh are always of a blackish-grey color.

Regarding the curability of tuberculosis we wish to say, taking the different lobes of the lungs as a whole: if only one-third is affected but the rest of the body (including the other two-thirds of the lungs) is still in fairly good condition, the cure is not difficult; even if two-thirds of the lungs is diseased, a recovery is not impossible although the chances are much slighter, for at this stage the other parts of the body are generally so heavily encumbered that less serious diseases often end fatally. For this reason it is always important to judge rightly the general condition and vigor of the body and to make use of the latter in the treatment of the patient. We ourselves have seen most desperate cases in which by sound judgement and proper use of the still remaining vigor of the system cures were effected. But we beg our readers not to take our explanation of a "third" or "two-thirds" of the lungs in the sense in which one generally speaks of a "half a lung,"—the latter belongs to the realm of fiction.

For those who have carefully followed our explanations in this case, a detailed enumeration of all the signs will be unnecessary, and we shall therefore make only a few remarks regarding those defects which are more difficult to diagnose: 16 r. e. sign after accident (fall), whereby the skull was slightly injured. Signs between 18 and 20: the tongue is swollen and cracked. 22 l. e. (near 90): esophagus is affected, causing difficulty in swallowing food, a sensation similar to the *globus hystericus*.

That the medicinal treatment of all lung diseases is without any success whatever, has already been mentioned on page 24. But as these patients are especially anxious to take medicine, we give them something of real benefit in the shape of unfermented fruit-juices. The latter should always take a high rank in the nourishment of the sick, because they

purify the blood and supply at the same time the necessary organic salts, especially those of iron, sodium, calcium, the lack of which in cooked and artificially prepared food is the cause of anemia, scrofula, and neurasthenia,—some of the principal scourges of humanity.

We cannot emphasize too strongly that our success in life depends upon a healthy and vigorous body, and that health cannot be attained by specific remedies, but only by living in accordance with the inexorable laws of nature. In the light of this great truth it is deplorable to see how the people spend millions and millions of dollars for poisonous drugs and medicines, pills, extracts, powders and nostrums, only to make themselves still more miserable than they were before.

Nature prepares in the luscious fruits all that we need to sustain health and vigor of the body, and it is far more sensible to enjoy them and their delicious juices in their natural and unfermented state, than to take them putrefied in the form of alcohol or similar deleterious concoctions. Unfortunately the great nutritive and therapeutic value of fruits and unfermented fruit-juices is not yet fully appreciated, much to the detriment of the health of humanity. Fruit-sugar is the main source of animal heat and energy, and it is just this valuable part which is entirely destroyed by the process of fermentation.



FIGURE 54, r. e.

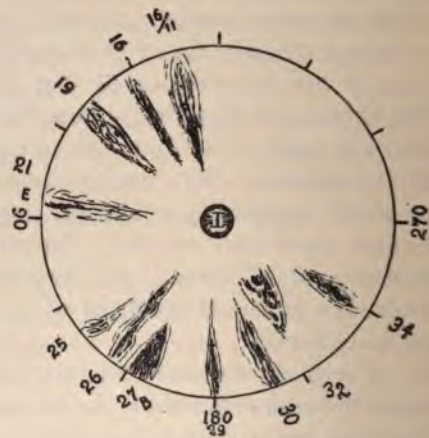


FIGURE 55, l. e.

Right eye I. 12 and 13 occiput and ear; the patient suffered from catarrh of the middle ear where he had a small operation performed. Since that time he has a dull sensation in the back of the head and often succumbs to a morbid desire for intoxicating liquors.

II. $\frac{1}{2}$ inflammatory defects and nerve-rings, indicating crying-spells. 14 swollen neck-glands. 36 lungs, show three signs of scabies, has asthma-like conditions. 21 E larynx, is also affected. The last two

organs are very heavily encumbered and show several signs of medicine poisons. The patient has been led to believe that his ailments were solely the consequences of masturbation; this, however, is a mistaken view, for they are merely a sign that the body is heavily encumbered with morbid matter which highly irritates the blood-vessels and nerves of the sexual organs. We therefore have to look for the real cause of this condition somewhere else, and here it is: the body tried to purify itself by means of influenza and the patient was advised to take refuge to the usual medicines and nostrums, i. e. to suppress the vital action of the system by paralyzing the nerves with poisonous drugs. Indeed, many changes for the worse and many deaths have to be attributed to the extensive use of antipyrin, phenacetin, etc., in this disease which can be so easily and perfectly cured by natural methods. As a matter of course people must also have a scape-goat for this particular disease in the form of a bacillus of influenza, which was recently pictured in one of our leading newspapers as a fiere, thousand-legged monster,—much to the horror of a credulous public!

It seems almost as if people had progressed but little since the time they believed that sickness was the work of devils and witches; of course these emanations of a childish brain have passed away, but they have been substituted by microbes and bacilli which the medical practitioners of to-day claim to be the real cause of the diseases. But unfortunately they entertain, as we have so often shown, a false theory of disease itself. The presence of germs does not prove that they create disease; they are there because the morbid conditions of the body favor it, the same as carrion attracts vultures. The impurities or foreign matter in our body are the real causes of the disease, and the bacilli act in some measure as scavengers which make the rapidly increasing poisonous matter in the system innocuous. If it were not for the very presence of these germs, death would be inevitable in all so-called infectious diseases.

Concerning the dreadful evil of masturbation the views of the majority of people are also much confused. The main fault lies directly with the parents who give their children stimulating food and drink, like meat, coffee, tea, liquors, etc., which irritate blood and nerves. The only way to avoid or heal this fatal habit is also a natural mode of living, and without a fundamental change of diet all admonitions will be in vain, and punishments will but aggravate the evil. The impulse to masturbation is always created by irritating food, and the disastrous consequences must therefore be attributed more to the latter than to the evil itself.

In his highly interesting treatise *The Foundation of all Reform* the popular author on hygienic questions, Prof. Otto Carque, writes very pointedly under the chapter "The Ethics of Diet Reform":

"The perverted sexual instincts of man and their dreadful consequences are nothing but the outcome of his unnatural dietetic habits. Despite the many books which have been written on this important sub-

ject and despite all the well-meaning information given therein, thousands still suffer from those most fatal violations of nature's laws, turning not only their own life but also that of their offspring into a hopeless fight with misery and disease. Theoretical instruction in this matter may be of much value, but we can never lay too much stress on the fact that only by the return to the purifying diet of nature's luscious gifts we shall ever be able to start a cleaner and healthier life."

We cannot enough warn the poor victims of self-pollution of the numerous and unscrupulous advertising quacks whose pernicious nostrums, after a but momentary effect, will in time completely disorder and enfeeble body and mind.

III. 30 groin, painful swellings, 28 inflammation of the kidneys, 27 genital organs; A urethra, gonorrhoea at the stage of becoming chronic; at B tumor of the right testicle; these ailments are all of a common origin, namely allopathically treated gonorrhoea.

55 l. e. I. $\frac{1}{11}$ and 16, debilitated memory and pain in the forehead, the consequence of an inflammation of the brain which was treated with ice-bags and other allopathic applications.

II. 19 cheek, affected with *lupus vulgaris*, a chronic tuberculous skin-disease for which allopathy has but one fatal remedy,—the knife. The diagnosis from the eye indicates that the respective section in the iris shows only few black defects. The disease was cured by a strict nature cure within two years. Professor Dr. Finsen's light-cure with violet and ultra-violet rays, which is now much spoken of, can bring no better results, and the patient who does not possess the money for such expensive cures needs not to despair therefore; a good deal of Finsen's success is most likely to be attributed to the strict observance of a rational diet and care during the cure. Before Finsen the layman Maximilian Mehl of Oranienburg near Berlin had already applied the sunlight-cure in cases of *lupus vulgaris*. Such cures, of course, are better than medicinal treatments, but we should always bear in mind that if we regularly expose our body to the enlivening rays of the sun, enjoy the fresh air and cold water freely, all those dreadful diseases will be prevented.

III. 21 E larynx and 32 diaphragm; the patient often suffers for hours from hiccough; the application of a wet, folded towel upon the abdomen will soon stop this painful ailment; in a similar effective way works the magnetic healing if a person lays his hands upon the head or the abdomen of the patient for about three minutes. I have seen how most serious cases improved at once under such treatment.

IV. 25 buttock, scars after a fall upon glass.

V. 26 weakness of the bladder after catarrh; the bladder had been washed out several times, and such treatment is not apt to have a curative effect.

VI. 27 b hydrocele. 29 leg, varicose veins. 30 rupture of the groin.

VII. 34 tuberculosis of the left middle-arm.

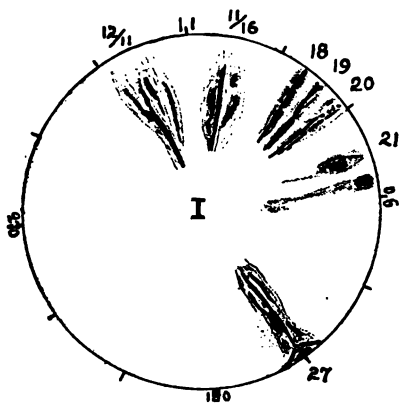


FIGURE 56, r. e.

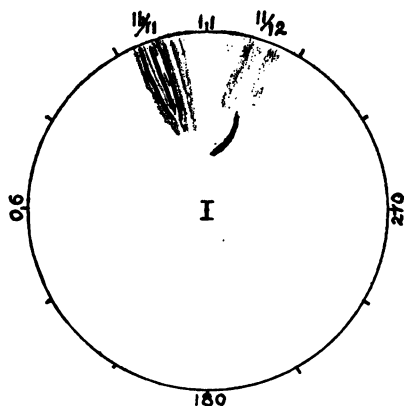


FIGURE 57, l. e.

Right eye, I. Man, 36 years of age. Color of the iris whitish-blue, density 3. $\frac{1}{2}$ hysterical conditions, i. e. abnormalities in the sexual life; was hurt on the occiput during childhood and then falsely treated with anthelmintics (chenopodium and santonica) against epileptic conditions caused by the presence of worms in the intestines; for that reason and on account of the further treatment with bromides and strychnine the nervousness became almost unbearable. Later on he became afflicted with the often irresistible inclination to imitate others, see defect $\frac{1}{2}$; for instance, if he had something in his hand and saw another person throw an object away, he felt an irresistible impulse to do the same.

II. 18 cheek (upper jaw), 19 nose and 20 mouth (lower jaw), signs of an entirely unnecessary operation for cancer at the lower jaw; the patient died after three months on account of this always fatal operation.

III. 21 thyroid gland, iodine was used against its swelling; the signs of defects in the iris were deepened in consequence. Below (near 90), larynx; shows signs of treatment by specialists, operation on account of polypes; the patient himself brings this ailment in connection with a small operation—removal of a sebaceous cyst between ear and neck—which had been performed several years ago. The patient is right in attributing his condition to this cause. By the first operation, removal of the sebaceous cyst, the morbid matter drew itself inward; catarrh of the larynx followed which was medicinally treated. The always fatal treatment of so-called “laryngologists” consists in the use of cocain and silver-nitrate or galvanocautery and stimulating inhalations, while the polypes are removed by means of tongs. If in consequence of these treatments the morbid matter is directed to another part of the body, the patient will be relieved from his pains for some time during which only his voice may be hurt. But unhygienic habits aggravate the case, and the patient who believes himself cured after the first small operations is sooner or later attacked by graver diseases, like tuberculosis and cancer, for

which the old school has no other remedy than incision of the trachea and insertion of a metal tube, and this operation is followed in most instances by a complete loss of voice. The removal of the enlarged glands is often immediately followed by weakening of the voice.

IV. 27 uterus; the neck of the uterus has been cut out, see signs near the periphery; the other signs further up indicate that the vagina has been cauterized.

Left eye, I. $\frac{8}{11}$ fixed ideas. II. $\frac{11}{12}$ physically fairly well developed person, but unable to learn to write.

The topic "*abnormities of the sexual life*," as homosexuality, sexual perversion, etc., has been made a very precarious one, not the least by the stupidity and prudery of those vile hypocrites who can only make a despicable living by spying upon the poor victims of degeneration. The diagnosis from the eye clearly shows that all abnormities of sexual life are but the outcome of other abnormities in the mental constitution of the body, inherited in most instances, sometimes acquired through the action of outer forces, like blows, falls, and similar accidents that seriously affect the brain and the nervous system; but perverted sexual instincts may appear also as consequences of falsely treated diseases of other parts and organs of the body.

The fact that comparatively little has been published in regard to these matters for fear of professional spies and hypocrites accounts for the prevailing ignorance concerning sexual questions. But just those who are the least informed and the least fit are the first to set themselves up as judges and to pronounce their sentence of condemnation upon the poor victims of abnormal mental conditions whose full comprehension requires a deep and thorough study of the laws of nature.

Many cases have shown that homosexuality may often go hand in hand with highly developed intellectual faculties; and while it is likewise true that many of these deplorable perverts commit suicide or end their lives in the insane asylum, it must also be admitted that they are often in the hands of those who subsist on extortion and blackmail, and these vultures with their infamous practices are enough to drive even a strong and normal mind into despair, insanity, and destruction. It is only too natural that the unfortunate perverts feel themselves as outcasts in a society which has at best only scoff and scorn for them and which neither cares for the causes of their condition nor for human rights and justice.

While the diagnosis from the eye unmistakably reveals the origin of such conditions, the natural method of healing shows how to cure them by the persistent application of simple and natural healing factors which relieve from all sexual diseases and perversities, from impotency, pollutions, and even the most unnatural passions which are a stain on our civilization. The natural, simple, and frugal life will be the only, but often long and laborious path that leads to the mental and physical regeneration of mankind.

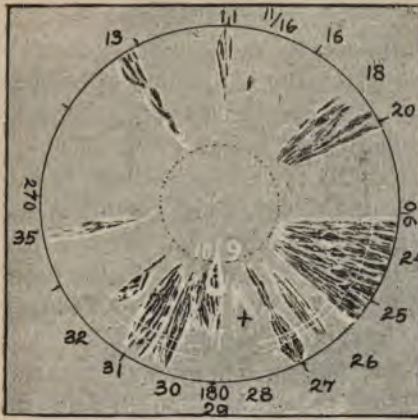


FIGURE 58, r. e.



FIGURE 59, l. e.

I. r. e. 11 headache, radiating from the vertex to the forehead, and $\frac{1}{16}$ migraine, incapable of any expression of will; l. e. $\frac{1}{12}$ faintings, inclination to apoplexy. The patient, a fifty-five-year old woman, went through one of the most severe crises I have ever seen: bleeding of the nose (*epistaxis*) lasting from 8 o'clock in the evening till 2 o'clock in the morning; the blood came out dark, smelling badly, and mostly in clots; the patient felt comparatively well during the bleeding, in fact better than for a long time before; afterward she had a quiet and refreshing sleep until 7 o'clock in the morning. After two more crises, which were accompanied by head-lice, the patient recovered rapidly; even the hair which had become grey through the many sufferings now begins to regain its former blond color, and the wrinkles in the face are also disappearing.

II. r. e. 13 deafness after falsely treated scarlet-fever. 14 l. e. swollen neck-glands; the patient believed himself able to cure that scrofulous corruption of the blood by the extensive use of iodine, with the result that he died of tuberculosis of the lungs.

III. r. e. 18 to 20 cheek, upper and lower jaw, pains during chewing, the consequence of mumps (*parotidis*) which had been treated internally with phenacetin and externally with ichthyol. 29 right thigh, large swelling. The patient himself brings these defects in connection with the remaining of morbid matter after typhoid fever, which showed itself after a bruising of the thigh.

IV. 20 l. e. Boy, bit himself in the tongue; although the latter had already begun to heal, it was unnecessarily sowed. It is a well-known fact that of all wounds and lesions those of the mouth heal surprisingly quick under rational treatment.

V. r. and l. e. 24 and 25 back and buttocks; fall on the coccyx on account of a sudden removal of the chair; the shock was so violent that the person was unconscious for several hours after the accident.

VI. Farmer girl, 16 years of age, underwent an operation for appendicitis eighteen months ago; the signs left by the surgical knife are visible in 32 r. e., while the defect caused by the amputated appendix itself is shown in 9-10; as another proof that surgical operations cannot restore health the girl now suffers from tumors in the ovary 31 r. e., while in the corresponding section of the left eye we see the sign of inflammation and medicine poisoning. R. e. 30 thigh, hard swellings; 28 r. and l. e. kidneys show also signs of medicine poisonings. 27 r. e. inflammation of the vagina; 27 l. e. anus whose defects have probably been caused by the forcible introduction of diagnostic instruments. 26 bladder, catarrhal defects. The nerve-rings are the signs of menstrual colics.

VII. 35 chest; r. e. ulceration of the nipple of a nursing woman; 35 l. e. defect caused by bruising of the left side of the thorax, pains in the sternum.



FIGURE 60, r. e.



FIGURE 61, l. e.

Right eye, I. 11 top of skull, has been injured by a summersault into shallow water.

II. $\frac{1}{11}$ melancholy, and 27 genital organ, defects caused by the use of stimulants; prolapse of the uterus after premature births. 12 occiput and 13 ear; had a running ear which she tightly closed with cotton; this suppression of elimination of morbid matter was followed by the terrible pains of inflammation of the middle-ear and brain; the external auditory canal was closed by the inflammation and swelling of the sebaceous glands of the ear, the consequence of an operation.

III. 15 shoulder and 34 arm, lesions from injury; fracture of the shoulder-blade.

IV. 17, 18, 19, 20 eye, cheek, nose, and mouth: the whole face covered with pustules which had been opened for years with a pen-knife. Fresh signs of mercury, also in the brain at $\frac{1}{11}$ near the periphery of the iris; the patient is dominated by avarice and depravity.

V. 24 and 25 curvature of the spine and shoulder-blade, and 35 chest; the patient has been wearing an iron corset, much to the detriment of his health. 29 fracture of the knee-cap which had been sewed with silver-wire; has two suppurating holes in the shin-bone.

Left eye, 16-11-12 and 36 inflammation of the brain and lungs; we found that all cases of lung-inflammations which we have treated or observed—and their number is not small—are always accompanied by a more or less noticeable inflammation of the brain.

II. 24 and 25 weakness and pains in the spine.

III. 6-7 and 7-8 chronic inflammation of the descending colon and sigmoid flexure; had Asiatic cholera five years ago and suffers since that time from stomach-aches and diarrheas on the slightest occasions.

IV. 27 rectum and anus; the evacuations are very painful.

V. 34 wrist, ganglion removed operatively, tendovaginal inflammation. 35 inflammation of the nipple and pustules near the sternum; pains around the left nipple always indicate disorders of the uterus.

At this place we wish to say a few words about *epilepsy*, a disease which is very seldom inherited, but in most cases acquired. The foundation or inclination to the ailment is often laid in infancy already (see Figure 15), but it can also be acquired in later years (see Figure 21), for instance as the consequence of falsely treated inflammations of the brain, mercury-poisoning, alcoholism, accidents, traumatic wounds, etc. We do not believe, however, that the disease is caused by other injuries than that of the head; where it seemingly resulted from wounds of other parts of the body, it has to be attributed to the medicine-poisons which were contained in the bandages and were later deposited in different parts of the head. The rational treatment of the disease consists of a very strict fruitarian diet by which the morbid encumbrances of the digestive organs will be dissolved and expelled, while daily cold washings and air-baths will greatly invigorate the skin and nervous system; especially important are cold washings of the scalp and hair. Under such treatments the attacks will generally subside at once, but one should not get scared if they recur about six weeks after the cure was commenced. The slightest deviation from the fruit-diet, even the drinking of milk, may immediately cause a relapse, and if dietetic mistakes are made during the time of the expected crisis, the latter will appear more violently. These periodical crises are in most cases overcome in the course of a week, and only in exceptional grave cases the attacks repeat themselves more frequently.

The curability of the disease depends on the primary cause, as will be quite obvious to the intelligent reader; catarrhal defects of the third degree, consequently also medicine-poisonings, will heal very slowly, if at all. Not long ago it has been tried to cure epileptics by opening the roof of the skull and by destroying that part of the gray matter where the seat of the disease was supposed to be!—Patients thus treated are incurable also for us.

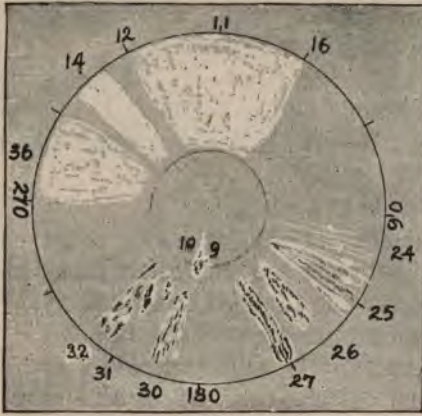


FIGURE 62, r. e.

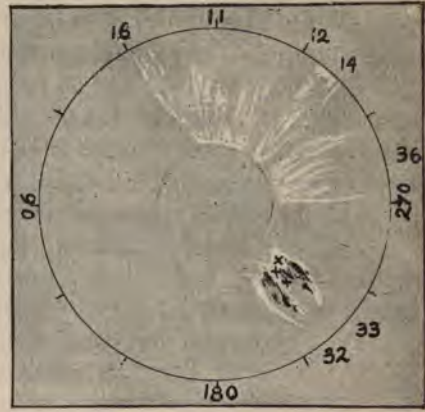


FIGURE 63, l. e.

I., Right eye. Severe inflammations at their height, 16-11-12 head, 14 neck, erysipelas and torticollis, 36 lungs; in the left eye these processes are in the stage of healing under rational methods of nature cure.

II. 9-10 appendix has been removed, 32 diaphragm, 30 groin.

III. 31 hip, pelvis; so-called infantile dislocation of the hip-joint; was healed by a strict nature cure of three months, without bloody or unbloody surgical manipulations.

IV. 27 sexual organs and 26 bladder; syphilis in the third month under natural methods of treatment; the signs are showing now the white lines of healing.

V. 25 lower back and buttocks, bed-sore (*decubitus*). The diagnosis from the eye shows us that this symptom afflicting bed-ridden persons is a process of healing; the much-feared pains can easily be alleviated by the application and often change of wet pieces of linen. There goes an old saying: "If patients who suffer from serious emaciating fevers (typhoid fever, etc.) get bed-sore, they generally recover if they do not take any more medicine. But if the imprudent physician tries to cure (i. e. suppress) these sores, he will kill the patient." 24 upper back, pains.

VI. 32 l. e. diaphragm and 33 spleen, frequent inflammation by which a catarrhal defect began to get lighter. Several years ago the patient had used iodine to reduce his goiter, without success, however, but his spleen was afflicted with several iodine spots. That is what the Bible calls "driving out the devil by Beelzebub." The diagnosis from the eye often unexpectedly reveals morbid conditions of the spleen, in most instances deep-going catarrhal defects, but also spots of scabies and medicine-poisoning as the signs of inflammation. The male sex is more subject to spleen diseases than the female on account of the excessive use of salt and liquors.

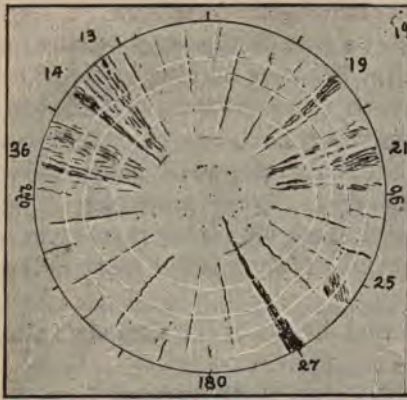


FIGURE 64, r. e.

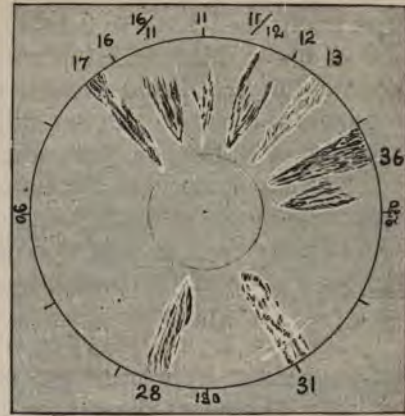


FIGURE 65, l. e.

Right eye gives a picture of devastation and misery as we fortunately do not see it very often. The patient himself, a man of 32 years, says: "I know that I am a complete wreck, but perhaps the water-cure can alleviate my terrible neuralgia."

13 ringing in the ears. 14 neck, stiffness, swollen glands. 19 nose, cheek, neuralgic pains in the face. 21 trachea, thyroid gland, larynx. 25 lower back, weakness and pain in the coccyx. 36 lungs, serious signs of inflammation. 27 penis; the glans has been completely amputated, on account of abnormal enlargement, the patient says; most likely it was a cancerous growth of the skin (*epithelioma*). At any rate, this surgical interference had no curative effect. The patient, a printer, had still been able to work before the amputation, but was completely disabled after it and died a painful death of tuberculosis of the lungs six months after he had submitted to the knife. I do not know whether the patient and his relatives were right in saying that they had never noticed any signs of lung-disease; but when I saw the patient in his hopeless condition three months after the operation his lungs were already most severely affected. Even the most impartial examiner of this case must come to the conclusion that the old ways of diagnosis and treatment are unreliable and insufficient.

A similar impression as that of Figure 64 (with the exclusion of sign 27) gives us the iris of one suffering from *locomotor ataxia*.

On the other hand, we notice a similar sign of defect as shown at 27, only in a less degree, in all who have been subjected to *circumcision*, and alone for that reason we must condemn that relic of a barbarous age still practiced by many physicians to-day. With a large number of persons *circumcision* is followed by chronic nervousness, while some of the *circumcised* complain of pains in the prepuce; others say that the contraction of the preputial orifice (*phimosis*) returned; still others assert that sexual

intercourse is made painful by this operation. We cannot help but say that many men have to attribute the pathological conditions in their sexual life to this artificial interference at a part of the body equally important for mental and physical health. We have nothing to say if the followers of a certain religion still practice this mutilation of their body as a sign of distinction from other races and beliefs, but we protest most emphatically against the recommendation of this stigma of servitude and barbarism by the medical profession of to-day. In this particular respect also nature cannot be improved upon, and those who allow themselves to become victims of this foolish operation will always suffer more or less under its consequences.

Left eye, I. $\frac{1}{3}$, 11, $\frac{1}{11}$ open catarrhal defects of the first class after inflammations; $\frac{1}{11}$ indicates giddiness.

II. 11 vertex; the patient has the sensation of pressure from the top of the skull; loss of memory; $\frac{1}{11}$ dullness of the intellectual powers.

III. 13 ears; hard of hearing after measles.

IV. 17 eye, cataract (opacity of the crystalline lens); the sign shows only little of black color. The patient himself brings his ailment in connection with the wrongly treated sweating of his feet. We cannot warn enough of the dangerous practice of suppressing with salves or powders the increased activity of the sweat-glands of the feet, which is always a sign that the body is heavily encumbered with morbid matter. Besides recommending daily cold washings of the feet and barefoot-going as often as possible, at home or out-doors, we cannot lay too much stress upon the adoption of a rational diet. Irritating food, alcoholic beverages and other stimulants and narcotics weaken especially the depurative organs, and the skin must therefore perform a part of their functions. We should always look out, therefore, for the real cause of the evil and not unwisely suppress the external symptoms, just as little as we would shut up tightly the windows of an over-crowded room.

V. 28 open defect of the kidneys, inflammation and catarrh.

VI. 31 ovary; signs of inflammation and cramp-rings.

VII. 36 lungs; superior lobe is most severely affected, while the inferior lobe shows more the signs of inflammation; little hope for recovery.

The circumstance that photography cannot be successfully employed by the diagnosis from the eye because the different colors cannot be reproduced, makes an exact representation of the defects of the brain doubly difficult. The reproduction by drawing is no easy task for the student; but the most difficult part of the practical diagnosis always is to draw the right conclusions in such cases. Here the ability, practical knowledge, and keen perception of the eye-diagnostician are put to a crucial test. Just because the signs of these defects are of the greatest importance for the practical diagnosis and give often unexpected disclosures in regard to the character of a person, we would advise every student to

be especially careful in judging these conditions and in drawing his conclusions. We hope to facilitate a better understanding of these defects by the following remarks.

A sign of inflammation in 12 occiput indicates a spot very sensitive to pressure, and it betrays also the presence of sugar in the urine, for instance after a fall on the back part of the skull; on the other hand, wrongly treated diseases of the ear will have the tendency to pass from 13 to 12; signs of inflammation in the occiput are generally connected with affections of the ear and sometimes with an encumbrance of the lungs. In case of an encumbrance of 16 forehead and temples we may expect with certainty ailments of the eyes and teeth, while the latter will sometimes appear in 16.

An encumbrance of 11 and 16 roof of the skull, forehead, and temples shows mental debility, thoughtlessness, and laziness, while defects in 11 and 12 vertex and occiput indicate disturbances of mind and senses.

A heavier encumbrance of all these parts 12-11-16 warrants the assumption that we are confronted with a narrow-minded, superficial, and selfish person who in all his undertakings is guided solely by his craving for money. The reason why such an individual can seldom accomplish his purpose, in spite of his utmost unscrupulousness in regard to ways and means, is his inability to work independently and his lack of perseverance in carrying through an undertaking. Such persons, in their narrow-mindedness, generally kill the hen which lays the golden eggs. Restless and nervous people show the above-named signs in a less degree, but they also are unable to perform useful work, for their pretended activity and industry are not earnest, intelligent endeavor but simply trifling.

Patients suffering from brain and nervous diseases are the most difficult to please by the nature-cure. With every patient there comes a time when he becomes angry and displeased with physician and nature cure, because at this period the morbid encumbrance of the brain is being dissolved, which causes a temporary irritation of the nervous system. The crises may often be exceedingly and uncommonly grave, as bleeding of the nose, suppurations of the head or ailments of the feet; they must be treated very discreetly, as they always appear at the critical point when the system has sufficiently rallied to make a decisive struggle for ultimate recovery. These symptoms are especially noticed in persons who suffer from the graver diseases of the nervous system. They are utterly disgusted with life when the crises, nervousity, restlessness, and sleeplessness appear, and the patient is inclined to give up the cure. The latter case, however, seldom happens if he has but a little patience and perseverance, because his better sense tells him in quiet periods that these conditions are but the stepping-stones to health. During this time more cold washings of the head than of the whole body should be made, while frequent air-baths will bring much alleviation and accelerate the cure.

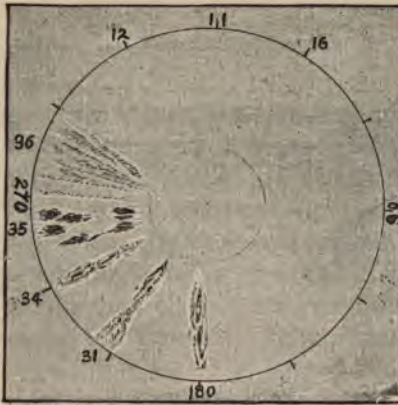


FIGURE 66, r. e.



FIGURE 67, l. e.

Right eye, I. 29 tuberculosis of the knee. 31 hip. 34 arm, carries a much-feared ailment, because allopathy, if it would effect a "cure" in such cases, must always resort to the knife of the surgeon. By the natural method of healing caries is comparatively easy to cure, without leaving scars or deformities. To state an example, we refer to the case of Prince William of Wurtemberg (p. 50) whose life was saved by the intelligent application of natural healing methods by the naturist Schroths who had neither title nor diploma. In all such cases the importance of a non-irritating, meatless diet and the avoidance of all stimulants and narcotics can never be too much emphasized. The signs of caries are catarrhal defects of the first class; but by surgical interference they are at once turned into such of the second and third class.

II. 21 l. e. hip shows a defect which was aggravated by an incision made for "diagnostic purposes." This method of diagnosing a disease, known as "exploratory incision," is often employed by allopathy, thereby attesting its inability to ascertain the nature of a disease, unless the symptoms are plain and undubitable.

III. 35 cancer of the chest; the right side had not been treated operatively as was the case with the left side which therefore shows in the iris a darker color, almost covering the whole section.

IV. 22 l. e. esophagus, mouth of the stomach afflicted with cancer.

V. 23 l. e. heart, shows signs of inflammation and enlargement. The diagnosis from the eye shows that serious organic defects of the heart are not very frequent; most heart diseases are inflammatory defects, appearing after medicinally treated rheumatism, skin diseases, etc. All affections of the heart can be easily cured if the patient overcomes his aversion to cold-water applications, for the popular belief that such treatments would be injurious in these conditions is entirely unfounded. Palpitations stop almost instantly if a piece of linen soaked in cold water is put upon the heart or still better upon the abdomen. It is superfluous

to remark that heart diseases may also be the consequences of the excessive use of alcoholic liquors and tobacco; stimulants as well as narcotics must be entirely discarded to effect a permanent cure.

VI. 24 l. e. upper back, swellings and tuberculous ulcerations. *N* rupture of the naval.

VII. 36 lungs, r. e. asthma, l. e. serious catarrh. In regard to this defect we have to add the following interesting circumstances: the patient, a brown-eyed young man, has been devoted to physical culture for a number of years and has well-developed muscles which he proudly showed when he consulted us on account of his constant inclinations to colds. We explained, however, that bulging muscles do not necessarily assure perfect health and pure blood, and that in case of impoverished blood strenuous exercise may often be followed by affections of the heart. If a man frequently suffers from colds, it shows that his system is loaded with impurities and that his vitality is lowered, and this fact cannot be changed by the most perfectly developed muscles. In nearly all such cases we shall find upon closer examination that the development of the muscles is not harmonious, but onesidedly restricted to the arms.

Every healthy man is strong, but not every athlete is healthy and enduring. Professional athletes and pugilists who do not adopt a natural diet hardly ever live to an old age, and their great strength soon gives way to premature debility; they generally lack endurance and resistance against outward influences, as severe weather, etc. In such cases the value of the diagnosis from the eye cannot be too highly estimated, because it reveals the most hidden defects of the body and often shows diseased organs where we should expect them the least. It will be of interest to the reader, therefore, if we relate another typical case of our practice. One day two brothers called on us, apparently healthy lads of 18 and 20 years of age and of quite an athletic appearance. Yet one of the brothers had a serious closed catarrhal defect in the inferior lobe of the right lung, while the other had a similar defect in the superior lobe of the left lung. The brothers, as intelligent adherents of physical culture, readily perceived the teachings of the diagnosis from the eye and the natural method of living and healing. After a three months' strict cold-water and diet-cure (principally raw food) the above-mentioned defects had disappeared, the color of the iris which had turned brown in consequence of vaccination and suppressed scabies brightened up again and the vitality and dexterity of their body had considerably increased. The followers of systematic physical culture should draw the right conclusions from this case and adopt a natural, simple, and frugal diet and use cold water freely to invigorate and purify their body.

Our art is bound to give also in this direction much enlightenment and valuable suggestions. It will especially call the attention of the teachers to the fact that blue-eyed pupils with a dense iris will always make the best progress, and thus the diagnosis from the eye will solve

many a riddle for them. The physical culturist will gain the intelligence that bodily exercise alone is not sufficient to acquire perfect health, and that the highest improvement can only be attained by studying and observing the laws of nature.

We admit that in order to be at one's best, mentally as well as physically, the body must take regular and systematic exercise, and in no other way can an active brain be so easily stimulated. Body and brain are most closely interdependent, and one cannot be neglected without injuring the other. Physical exercise and hygienic living are indivisible requisites for the attainment of the highest ideals, and one is impotent without the other.

On the other hand, abnormal muscular development is almost impossible for an active brain-worker. Our attention should never be turned toward a development of the muscles alone, for they neither insure health nor power of mind. The athlete or pugilist may have a splendidly built body, but he is seldom productive for the good of mankind, and his sole aim in life is making and spending money, without any higher ideal. If we pay too much attention to physical perfection, we are apt to lose sight of the far more important cultivation of the mind.

The highest stage of human perfection can only be attained by a generation that not only encourages athletic sports but also, and in a still higher degree, the development of the intellectual faculties. The diligent study of the eternal laws of nature and the increasing knowledge of her wonderful works will teach us simplicity, frugality, and hygiene, leading us onward and upward to better and happier conditions of life.

* * *

In concluding our disquisitions to the various illustrations we wish to make a few general remarks. Only those will fully enjoy the great value of the diagnosis from the eye who practice this wonderful art as that what it intends to be: a means to teach and enlighten humanity, a way to attain deeper insight into the innermost recesses of human nature. The diagnosis from the eye affords genuine and comprehensive knowledge; while it condemns the views and methods of allopathy, *replacing at the same time blind belief by actual knowledge*, it will be a great gain for humanity which will thereby be enabled to dispense with all guardianship whether physical or mental and take the control of its welfare and destiny into its own hands. This will certainly be the case when our teachings are comprehended *in their fullest extent*, and we shall shortly point out by an example what we mean by this term.

Experience and the diagnosis from the eye show that vaccination against smallpox is injurious, because the vaccine corrupts blood and lymph still more. The bad effects may often appear at once, especially if the body is already heavily encumbered with morbid matter, for instance by the suppression of milk-scurf, or they may show themselves later if the system was still in a comparatively healthy condition. But

vaccination has another disadvantage, because it deceives people as to the real causes of disease; they believe themselves protected against sickness by the vaccine and continue their old perverted dietetic and hygienic methods of living and unsanitary and sometimes squalid habits.

Consequently the follower and practitioner of the natural method of healing who wishes to act consistently has not yet done his whole duty by his mere opposition to vaccination; far more important is the open propagation of the truth that we can only render ourselves immune against smallpox and other dangerous diseases by purifying our blood and invigorating our system by a natural mode of living; malignant epidemics will then become less frequent and less fatal, because the resistive and self-healing power of the system has been greatly increased. Consciousness of our own power attained by an incessant and untiring study of the laws of nature is a better protection against disease than the thoughtless reliance upon the opinions of others.

From this standpoint we are fully justified in reproaching the old school of medicine for fostering ignorance in hygienic and dietetic questions by directing people to look everywhere for the cause of their ailments but in themselves.

In accordance with the natural method of healing the diagnosis from the eye conceives the body as a unity. Diseases, in whatever form they may appear, are but the consequences of violations of the laws of nature. Man as the highest organized being possesses the greatest power of resistance against injurious influences; and for this very reason many a morbid process may be going on in his body without making itself immediately perceptible. In spite, or rather because, of our much-praised civilization the majority of men is hereditarily encumbered, and their irrational modes of living increases the evil still more.

In speaking of diseased parts or organs, the allopathic practitioners assume that the ailment is restricted to the respective places in the system, while we can always prove that it is a general encumbrance with morbid matter which affects certain organs more than others because they are weakened by heredity, false modes of living, accidents, etc. The diagnosis from the eye reveals all changes for the better or worse in the organism long before the patient is conscious of them or before they can be detected by the old methods of diagnosis. Under no condition can we therefore approve of the practice of so-called specialists, because our diagnosis clearly and distinctly shows that local treatment is entirely inadequate and that only by living in perfect harmony with nature can permanent health and vigor be restored. The nomenclature of the various diseases is therefore of secondary importance; they may serve to confuse the patient, but they will never enlighten or benefit him. The vocabulary of the old school is being constantly enlarged and augmented by by new unpronounceable exotic words, without helping suffering humanity. It is astonishing what soothing influence such ponderous words sometimes have even upon otherwise intelligent people. The patient

asks: "What is the name of my disease, doctor?" With the usual professional solemnity the latter answers: "You are suffering of rheumatism, neurasthenia," etc.,—and the patient feels greatly relieved, for he knows now what his pains mean in Greek, and is probably satisfied with a Latin prescription.

We hope that the present work will effect beneficial changes in this respect, as the gaining of the intelligence that most diseases are only the result of a violation of the laws of nature will be the starting-point for a better and healthier life. The dubious practices of many doctors will then become unmasked, and the old, but still much-neglected motto will rule: "*Medicus curat, natura sanat,*" and above all the special treatment of diseases must finally give way to the complete regeneration of the individual. What the people need most, therefore, is instruction as to the right way of living and healing,—then a healthy and vigorous generation will rise that will endure neither physical nor mental fetters.

There will surely be attempts made to exploit our art for the benefit of allopathy, because the old methods of diagnosis, for instance the examinations of blood, urine, feces and other excretions, are entirely unreliable and wholly inadequate; even in the case of an already active disease these methods are of little value, not to mention the fact that they can never give us any information as to the origin of the disease. The use of the X-rays as a medium for diagnosis has also been a failure. The confession of allopathic practitioners themselves that "the principal part of medical science is the diagnosis, not the cure of disease," must be amended by the addition that it cannot do either.

We are firmly convinced that the diagnosis from the eye will attract the attention of all educated people, especially of the scientific world, and will awaken in many the desire to study and practice our teachings. *Phrenology* will be especially benefited by the diagnosis from the eye in many respects; to mention only one of the most important points: the iris reflects all those pathological conditions of the brain which would escape the observation of even the most experienced phrenologist but which are of special value for the exact delineation of the character and faculties of a man.

On the other hand, there will be many who in order to conceal their own ignorance and inability will try to ridicule our art, while others will attempt to use it for selfish purposes, sometimes in the most unscrupulous and despicable manner.

The diagnosis from the eye, however, is an art which cannot be so easily mastered; many find the learning out of books difficult, while others like more convenient methods,—many are called but few are chosen. No doubt freebooters and fraudulent individuals will try to make use of our art, and soon all kinds of fakirs will appear who will add to their other high-sounding titles that of an "expert eye diagnostician" and guarantee to every fool that they will teach him our art the quicker

the more he pays for it, presenting him with a beautiful diploma at the end of the course.

But in order to be able to instruct in an art which is interpreting nature, the eternal fountain of truth and wisdom, one must possess a little more than boldness, egotism, and self-conceit. To protect the public as well as our art, we shall always endeavor to prevent incompetent and fraudulent persons to rob their fellowmen by false and exaggerated promises and therefore request all friends of true and earnest investigation to aid us in this good cause as far as possible.

The proverb says, "Stagnation is retrogression," and a new truth can only be promoted by constantly creating new spiritual centres in the form of a union of persons of the same mind from which the teachings of nature can be spread in larger circles. We shall try to do our duty in this respect also and report from time to time about the progress of this movement, for which purpose we shall use the last pages of the following editions of this book.

Thus we expect to promote not only the interesting study of the diagnosis from the eye and to acquaint the broad masses of the people with it, but to care also for it that its teachings are kept pure and unadulterated, a sharp weapon against medical superstition, a lightening torch for humanity in its long and laborious struggle for mental and physical freedom.



—GENERAL VIEW OF THE NERVOUS SYSTEM.

a, cerebrum, or brain proper; b, cerebellum, or little brain; c, spinal cord; d, nerve of face; e, f, g, h, nerves of arm; i, nerves between ribs; k, nerves of lower part of back; l, nerves in region of hip; m, n, o, p, nerves of the leg.



—THE GREAT SYMPATHETIC NERVE.

1, 2, 3, ganglia in the neck; 4, spinal ganglia; 5, 6, branches going to heart; 7, nerves about diaphragm; 8, nerve to digestive organs; 9, semilunar ganglion; 10, 11, 12, nerves to abdomen; 13, small nerves going with arteries to brain. Dotted lines show position of a, heart, and b, diaphragm.

PART III.

The Natural Method of Healing.

"Learn in time that you may know in need."

GENERAL PRECEPTS.

A FULL discussion of all the various forms of ailments is impossible in this limited space; we can therefore refer only to the most important and frequent cases, giving at first some general precepts in the prevention and cure of disease.

Over two thousand years ago the Grecian author Plutarch put up the golden rule: "If you feel sick, don't use medicines at once but rather fast a day, and never forget the body by devoting too much attention to the mind." Better avoid all allopathic physicians and their poisonous drugs as well as the surgeons; if you need a medical advisor at all, have a sincere exponent of the poisonless method of healing, but always remember that there is but one physician who can guarantee us a perfect cure, and that is Nature.

According to the well-known but too often neglected proverb, "An ounce of prevention is better than a pound of cure," get in time acquainted with the teachings of physiology and hygiene, shun all medicine-poisons, adopt a flesh and bloodless diet and learn to appreciate as an almost exclusive nourishment the luscious fruits and nuts, nature's unsurpassed medicines which she abundantly provides for all. A simple and frugal life, water, pure air, and sunshine, are the only factors necessary for regenerating and healing the body, and they will not only prevent diseases but will also cure inherited evils or quickly heal injuries caused by accidents and morbid conditions produced by unavoidable circumstances.

Patience—and true knowledge gives us patience—will greatly alleviate our pain; if every one knows that each encumbered or abnormal part of the body is to be called "diseased," that the rebuilding to the normal state is not an easy task, and that we should never feel offended at the actions of the patient,—we shall look at everything from a more conciliatory point of view, and much grievance will be avoided. The patient knows that he is on the right track, and his friends also realize that by clearly pointing out to him the necessity of pain to restore perfect health—for nobody can violate nature's laws with impunity—he and his

companions will bear the burden with resignation. I knew a physician who had many striking successes by his original methods of treatment and who told his patients complaining about pains arising during the cure: "You ought to be glad of having such a good and rapid cure, and you will certainly allow me to charge you now more for my services."

The following example will answer the question of the curability of chronic diseases. We take a case of ailment of the eyes and ears and its different stages until deafness and blindness sets in. Are these morbid conditions the consequences of false treatment, perhaps of milk-scurf, scarlet, diphtheria, etc., a cure will be possible in most instances if the disease has not yet been aggravated too much by the pernicious practices of so-called specialists.

A six-year old girl was taken ill with diphtheria after being vaccinated, and the allopathic treatment of the disease was followed by infantile spinal paralysis (*anterior poliomyelitis*). After the parents had spent a fortune with allopathic physicians and druggists, they resolved to try the vegetarian diet, and to make it easier for the child (now 12 years of age) they lived on the same plan, especially as several smaller ills from which they had suffered entirely disappeared by the use of plain and unirritating food. After six months, during which a strictly natural manner of living had been observed in connection with moderate and not enforced cold-water treatments, the girl experienced a crisis in the form of fever and diarrhea, etc., followed by discharge of morbid matter through the nose in the form of a copious effluence which lasted for three months. A year after the beginning of the cure, i. e. natural manner of living, the before emaciated leg had become as strong and vigorous as the other normal one. We admit that not all cases may be so favorable and have such apparent success, but as long as the cure does not cause any outlay of money and as it is not a cure in the general meaning of the word, it may be successfully tried by every one who does not make the fatal mistake to call at the appearance of the first crisis (i. e. the first sign of reappearing vitality) an allopathic physician who by poisonous drugs undoes everything that has been made good by common sense. The power that awakened the dormant vigor of the body to effect a crisis (i. e. an acute discharge of morbid matter) will also be able to bring the crisis to its end by completely purifying the system.

Whoever cannot fully endorse these views should rather not begin to walk the long and often tedious paths of natural healing that lead from the dark valleys of disease and despair through many windings up to the sunny hills of health and happiness. But—let us say it right here—whoever will not do his own thinking is nothing but a slave,—a traitor to himself and to his fellowmen. Everybody should stand under the triumphant flag of nature, a peer of every other man. Health is the greatest of all blessings, though we prize it but little until we lose it. By the development of our powers through obedience to the laws of

nature we cannot fail to become healthy and strong in body and mind. The preservation of health, therefore, is only a matter of living in perfect harmony with nature. Health is the normal state of our existence, but the majority of people take far more trouble to make themselves ill than they will ever need to do to maintain their health.

The Care and Treatment of the Child.

Every child has a right to be born with a strong constitution which is the best and most valuable inheritance parents can bestow upon their offspring, and failing health and vitality is a much greater misfortune than poverty. We can hardly expect people who know little or nothing of their body to be able to preserve their own health and that of their children. As long as children are brought into the world under conditions involving less consideration than stock-raisers generally exercise in improving the strain of their animals, there will be need of physical education to correct blemishes and imperfections arising from faulty parentage. The ignorance concerning the laws of health and nature account in a great measure for the evils of intemperance and the acts of passion of which we hear every day. A careful study of all the teachings contained in this book will therefore prove a boon to parents.

On pages 52 to 54 we have given explicit instruction how to secure an easy and painless parturition, and we cannot emphasize too strongly the facts contained in this disquisition. In addition to that we desire to refer at this place to a few more equally important points. A great mistake is made during the act of parturition by cutting the navel-string before the after-birth is expelled from the uterus. As long as the placenta is not separated from the wall of the uterus, the circulation of the blood from the mother to the child is going on, and a premature cutting of the navel-string will therefore give the infant an insufficient supply of blood from the beginning. That the pernicious tight lacing of the "fashionable" mother is one of the principal causes of the dislocation of the hip-joint in new-born children we have repeatedly stated.

The mother should always nurse the child herself, and this—being the best for both—could be made possible in nearly every instance if the mother would adopt, especially during pregnancy, a strictly plain and non-irritating diet consisting mostly of fruits. Next to the mother a healthy nurse is best adapted to nourish the infant. The milk of a healthy animal living in perfect freedom is also a good substitute which, however, should be given uncooked and undiluted; if this cannot be procured, whole wheat or oats may be boiled and the blood-warm solution given after it has been strained of its coarser elements; fruits, for instance grated ripe apples, will also make a good nourishment.

The child should sleep near the mother. In bathing the child, only cold water should be used; it is best to begin by immersing the child right

from the bed for a second into cold water having the temperature of the outside air. Much harm is done by the warm and sometimes hot bath and the use of soap. If the infant is afflicted with eruptions of the skin, these ought to be regarded as a sign that the body has sufficient vitality to expel inherited or by improper nourishment imparted impurities. If the body is not impeded in its work—a circumstance which unfortunately does not happen very often—and if otherwise proper care is taken, the purification of the system is perfected in the course of from two to four weeks, and in the same time the general appearance of the child has improved, his eyes have become brighter and the skin healthy and rosy.

In almost every instance this very first elimination is made impossible by the application of powders and salves; as a result catarrh of the stomach and the intestines sets in, eyes and skin lose their freshness, the iris shows the first beginnings of a scurf-rim, and often the foundation of various diseases, for instance heart disease, is laid.

Later on the body of the child generally tries again to eliminate the morbid matter in the form of dandruff and *seborrhea capitis*. Of course, what could formerly have been accomplished in weeks now takes months, and the elimination goes on in a more unsightly form. The places of the skin where the poison appears are barked, torn, and scaling off, while the child scratches til blood flows; the scratching should not be interfered with in this case, as it will leave no scars.

The mother in her vanity, however, applies everything possible to suppress this unsightly but healthy skin eruption,—and with what success! Scrofulosis is still one of the smaller evils that follow such irrational treatments, and their pernicious effects are still more aggravated by vaccination. As long as the skin was active, i. e. expelling the morbid matter, the child was healthy, vivacious, and slept well; but now after the suppression it is always restless and tired, its abdomen becomes hard and expanded, the growth of the body is impeded, the bones are becoming weaker, the hair thinner, while the skin is turning pale and yellow. The scurf-rim of the iris widens to a broad scurf-ring, while the color of the iris darkens in a surprisingly short time. But the worst of all is, that the weak and hereditarily encumbered parts of the body cannot be rebuilt to the normal and healthy state; they now become lasting defects which appear in the iris as dark spots surrounded by whitish clouds.

These so-called children's diseases ought to be treated as follows: besides adopting a strict vegetarian diet, the child ought to be daily immersed into cold water, best soon after awakening. If the child is still in its first months, it should be put in bed again after the bath; but if it can walk already, it may take an air-bath, i. e. run around naked in the room until the water in the skin is dried up. In case of dandruff or skin eruptions on the face the sore places ought to be wetted and cleansed with cold water from time to time, but without using soap, etc.

We call special attention to the fact, that in order to allow perfect perspiration of the skin children as well as adults should always sleep naked and covered as lightly as possible, for in the state of rest the elimination of worn-out matter goes on more actively. These rules refer also to the treatment of scrofulosis or rachitis.

The treatment of acute skin diseases, like measles, scarlet fever, etc., is just the same; the poisonous and morbid matter is thus eliminated without causing much distress. Homeopathic remedies are aconite, belladonna, psora, sulphur, etc.

Diphtheria—the consequence of vaccination—and inflammation of the throat require a longer time for elimination, from 5 to 7 days. No constraint whatever should be exercised upon the child. Cold washings of the head, neck, and chest should be made in case of serious coughing-spells. At any rate, the rules given above should be carefully observed. Homeopathic remedies for this sickness are apis lycopodium, more frequently mercurius cyan.

For *whooping-cough* in the catarrhal form the following homeopathic medicaments are employed: aconite, belladonna, or hepar sulphur; during the spasms, drosera, ipecac, or pulsatilla, a dosis of the suitable remedy after each coughing-spell. Cold-water treatments for both diseases are wet compresses around the chest, abdomen, and legs.

On this occasion we wish to make the reader acquainted with a certain grip or manipulation which is advantageously used to stop the suffocating spasms. This manipulation, however, should not be regarded as a complete remedy for whooping-cough, but rather as a means to mitigate the alarming stages of the disease and to render the latter more endurable for the poor little patient. The manipulation is being performed by laying one hand on the forehead of the patient, pressing his head gently backward, while at the same time the thumb of the other hand is hooked behind the front-teeth of the opened mouth, gripping also the lower jaw-bone which is pulled forward and downward with a light jerk. The other fingers of the hand are placed below the chin and aid the thumb in its forward pull. The manipulation can be carried out quickly and energetically as soon and as often as the suffocating spasms set in, but good care should always be taken that not only the front-teeth but also the lower jaw-bone is gripped by the thumb. The entire manipulation will last only a few seconds, as the little patients will soon be able to breathe again.

The operation is so simple that it can be executed by almost every member of the household, and we would recommend to teach it especially to those who are constantly in company of the suffering children. We have had the opportunity to observe the excellent effect of the manipulation and have seen how children themselves offered head and mouth to the rescuing grip as soon as the much-feared, suffocating spasms were approaching.

The Treatment of Indispositions.

If the first signs of indisposition would be duly observed and rationally treated, inflammations of the different organs would appear less frequently and less seriously. The treatment of an indisposition ought to consist in resting, fasting, drinking of pure water according to want, and breathing of fresh air day and night, while special attention must be paid to the real cause. A disordered stomach ought to be treated by strict fasting, a wet sheet-pack around the abdomen, or the short bandage, both of which will be described on p.137; they must be renewed as soon as they do not cool any more. A cold is relieved by the homeopathic remedy aconite, while frequent cold washings of the whole body immediately after leaving the bed restore the perfect action of the skin, and soon the patient will be covered with beneficent perspiration. Skin-diseases, for instance skin-eruptions, etc., are also treated by cold washings of the body, which cool the skin and effect a better and easier elimination; for internal use the homeopathic remedies psora or hepar sulphur may be given. We refer here to the interesting fact that photography indicates approaching skin-diseases long before they are visible to the human eye. In such cases the affected places of the skin appear in the negative of the photograph as if strewn with dark points and spots.

The general treatment of the body as explained above is also to be employed if inflammation of the organs has already set in; the local treatment in such cases consists in putting cold-water compresses on the aching and burning places; plasters of clay or pot-cheese may also be used advantageously. The returning of the pain always indicates that the compresses and plasters are warm and dry and that they ought to be renewed to cool again the inflamed parts. In case of inflammations in the head, for instance meningitis, tooth-ache, etc., we wet the hair and the scalp with cold water and cover the head with a dry towel. This simple treatment which is more convenient than compresses (for instance on the forehead) greatly diminishes the fever heat, brings rest and sleep and is our never-failing dormitive. The cold-water treatment consists of washing the whole or the upper part of the body and of the application of a wet sheet-pack around the abdomen (short bandage) which is to be renewed as soon as it has become warm and dry.

Homeopathic remedies for fever: in all inflammatory processes, aconite; in all cases of skin-fevers (for instance measles, scarlet-fever, etc.), aconite, belladonna, psora, sulphur; an old popular remedy is soffran in homeopathic doses; in all cases of fevers produced by suppressed eliminations (for instance sweating feet, lichen, etc.), psora, sulphur, hepar sulphur; in intermittent fever: arsenic; in nervous and typhous fevers: aconite, belladonna, rhus tox.

A disease of childhood as well as of the more advanced age is *diarrhoea*; in the first case it is called cholera infantum or summer-complaint, as it generally occurs in summer; in the latter case, cholera or cholera.

Whether it be the consequence of irrational living or polluted food, or of a purifying elimination (crisis), the action of the intestines should never be paralyzed by allopathic medicines, as opium, etc.

The general precepts of the natural method of healing are: observation and removal of the cause, change of diet, quenching of the thirst by drinking cold water which should be neither boiled nor distilled. Homeopathic remedies, if the evacuations of the summer-complaints are foaming and yellow: ipecac; if the stools are green and accompanied by pains: chamomilla.

In the case of cholera the return of warmth and the more frequent but moderate sweating of the body indicate the decline of the disease; at this stage, especially as the patient then enjoys refreshing sleep, we may dispense with the homeopathic remedies, which will always triumph, even in most desperate cases.

In case of rice-water-like and painless stools, camphor tincture may be given, three drops on a piece of sugar three times in intervals of five minutes. In case of vomiting and cramps in the abdomen, give veratrum album tincture in the same manner; if debility, sinking of the eyes, unquenchable thirst set in, give arsenic homeopathically as stated above. Cold-water treatment: sheet-pack around the abdomen.

The Treatment of Scabies.

In the following treatise on Scabies we shall go a little more into details, because we mentioned the scabies repeatedly as a sign of blood-corruption and because our views regarding this disease will certainly meet opposition.

We explained that we can consider the mite only a secondary appearance and that, like in all other contagious diseases, infection is only possible where the body is predisposed to it (i. e. encumbered with morbid matter); in fact, we have repeatedly noticed in the natural treatment how the long expected and much desired crisis finally appeared in the form of scabies in cases where the possibility of infection was absolutely excluded. By a cool and careful consideration of all the connecting circumstances we cannot but come to the conclusion that scabies, like so many other diseases, has its origin in an abnormal and impure state of lymph and blood (*dyscrasia*), especially if one has often treated patients afflicted with that disease and has observed how in every instance before the appearance of skin-eruptions the skin of the individual showed a dirty-yellowish color, similar to that of persons who were later afflicted with cancer; it is only necessary to pass gently with the fingers over the patient's veins running near the surface of the body, and one can feel the foreign matter in the form of small knots below the skin, several days before the eruption takes place in the form of scabies. The fact alone that with such a patient, who is yet unaware of the disease, the skin-

eruptions will appear in a few hours after taking flowers of sulphur, is a proof of our view that scabies is really a blood disease.

At all times and by all thinking physicians it has been observed and acknowledged that the suppression of skin-diseases is always followed by more serious diseases, and men like Theophrastus Paracelsus and his contemporaries Prospero Alpini and Quercetanus, and over 200 years ago the Italian Bonomo, have raised their warning voice against this fatal practice.

Hahnemann, seeking the causes of chronic diseases and their difficult cure, supposed that in most instances "the healing is impeded by formerly suppressed scabies." His own observations and those of many others showed that chronic diseases appeared after a quick suppression of scabies by external remedies, and this circumstance led him to take a certain morbid matter which he called *Psora* for the cause of many deep-rooted evils.

The diagnosis from the eye shows us that his view is perfectly right, and that those homeopaths who did not agree with Hahnemann's theory, on account of the discovery of the mite (1786), were wrong.

Allopathy treats scabies, like all other skin-diseases, with salves and soaps containing mostly tar, sulphur, and mercury, and at the same time admits that patients thus cured (?) "get afflicted with stiff joints and have even become unable to move their limbs." We can complete the list of injuries caused by the allopathic treatment of scabies by adding the un-failing proofs of a deep-going corruption of blood and lymph: over-sensitiveness against colds, predisposition to catarrh and inflammation with more or less fever, in the last stages: serious ulcers and tumors, hot and cold gangrene, and cancer.

In fact, every experienced practitioner of the natural method of healing has often occasion to observe the injuries following the suppression of scabies (i. e. interfering with the action of the skin by means of salves, soaps, and similar preparations): Pastor Kneipp makes the following statement:

"The abominated evil 'scabies' can do much harm on the surface, but still more inside of the body. It is to be deplored that remedies are used which instead to cure (i. e. remove the cause of the evil) are most detrimental to the organism and become the source of endless misery and suffering. Who knows all the fatty salves prepared with sulphur, alcohol, and other mixtures? They all have one thing common. They perfectly close the pores of the skin, and by forming a greasy crust they almost completely stop the absolutely necessary perspiration which is thus held back in the body, causing many and often deadly diseases. This is not exaggerated but very grieving, especially if one knows how easily and quickly scabies can be cured by natural means.

"A well-grown man, 28 years of age, once sought my counsel, and his appearance reminded me immediately of a worm-eaten piece of wood. He could nowhere find relief, nobody knew what really ailed him. I

asked him: 'Have you ever been afflicted with scabies in your younger years?' He affirmed my question; 'but,' he added, 'I was cured within three days.' That is not the way I want to cure, God forbid!

"Just in the cure of such loathsome diseases which most distinctly reveal the presence of foreign and poisonous matter in the system, we must uphold the principle: Everything in the body that does not belong there must be expelled from it! To practice the contrary would be just like planting vermin into the clothing, or rabbits and mice into the field. But all applications which bring forth, extract, and remove poisonous matter from the body and at the same time strengthen the organism for vigorous action, assist nature in her wise and beneficial course.

"After a water cure of six weeks the skin disease was perfectly healed, and the patient was finally able to choose a vocation. He enjoys still the best of health, and his stubborn sickness has vanished without leaving any traces."—

The treatment of scabies according to the natural method of healing is the same as that of other skin-diseases: do not prevent the patient from scratching which brings sooner forth the eruptions, as the itching is always a plain hint of nature; a strictly non-irritating diet, water as a beverage, and pure air will effect a speedy recovery. As treatment of the skin we recommend, according to need, cold baths, washings of the body wholly or partly, about two or three applications daily, the first soon after rising, the second in the forenoon, the third in the afternoon, and in the evening before retiring an air-bath of about ten minutes' duration. If there is no opportunity for baths or washings, the skin can be cooled by covering it with wet linen, which may be renewed after an hour or two, as soon as the linen gets dry and the skin begins to burn again. The homeopathic remedy for scabies is sulphur.

After such general treatment the scabies like any other skin-disease comes out fully and wholly and generally begin to heal after the third or fourth day of the appearance. The temporary constipation will give way to copious evacuations; the urine will lose its sharpness, and the complexion which long before the appearance of the disease showed a somewhat grayish cast, will begin to get clear and rosy.

On this occasion I also wish to point out that *warts*, *corns*, etc., are to be regarded as diseases and have to be treated as such. We have observed how the wrong treatment of these evils by caustics, erosion, excision, etc., was followed by serious other ailments, for instance jaundice. All such morbid thickenings of the skin are removed without danger by the following simple remedy. Cut an onion through the middle and put it in vinegar for twenty-four hours; take off the single coats and tie one on the surface of the corn during the night; after repeating this every evening for one week, the thickening can be removed painlessly. Interior homeopathic remedies are dulcamara, hepar sulphur, lycopodium. Like all other patent medicines, all so-called "corn-killers" are useless.

In conclusion we wish to say that it is under all circumstances objectionable and useless to resort to cosmetics in the desire to attain a clear complexion. *Impurities of the skin*, whatever their name may be, are always the proof of impure blood. Besides the suppression of the milk-scurf, the extensive use of soap is especially responsible for the fact that a pure and lustrous skin and a luxurious growth of blond hair is a rarity, and that, on the other hand, the skin is becoming brittle while the hair is turning prematurely gray and falling out; not only does the skin absorb some of the ingredients of the soap and passes them into the blood, but the soap also deprives the skin of the fat which protects the former, and makes it brilliant and flexible. If anybody discontinues the use of soap, he will show at first perhaps an unsightly skin, but as soon as the latter has regained its natural fatty covering, cold water alone will then take away all the impurities. All medicinal essences, oils, tinctures, etc., are as useless as "hairseed for the bald head," for they can never effect that fine transparency of the blood color in which the enlivening charm of beautiful limbs consists. On the other hand, even the most brittle skin will improve at the same ratio as the blood gets purified, become soft like velvet, supple, acquire a lustre as if treated with oil and remain so even into old age, if the body enjoys daily fresh air and exercise, cold washings or baths, and if a natural diet is observed.

Dry rubbings or such with alcohol or eau de cologne, etc., the use of sharp, so-called medicinal soaps, rubbings with sand or glycerine, etc., can at best produce the chalky color of a corpse, a color which may be called beautiful by hysteric people. All these practices may temporarily give the skin a smooth appearance by removing the epidermis, the natural protection of the body; they are just as perverted as cleaning silverware with sand. We wish to mention here also the fact that the abnormal growth of hair on some parts of the skin indicates an encumbrance of the body. The pulling out of such hairs will promote their growth still more. All nostrums for coloring or removing hair are of no avail, the same as the electric needle.

The skin is one of the most important organs of the body, and while everybody knows that we cannot live without air, but very few realize the great importance of fresh air not only for the lungs but also for the skin; the majority of the people is still unaware of the beneficial effects of sleeping with a window open, of the air, light, and sun bath. We do not only impede the excretory functions of the skin by wearing too heavy (woolen) clothing, but also weaken thereby our power of resistance against the changes of the weather. Nothing hardens our constitution more than the wearing of porous linen next to the body and frequent air and sun baths. By such means even the most stubborn skin diseases will easily and agreeably heal,—without the use of the now celebrated radium which will bring to many patients nothing but disappointment and like some other "great discoveries" will soon sink into oblivion.

Leukorrhœa.

We spoke about fontanels in another passage, called asthma a chronic inflammation and a curative effort of the body, and are going to discourse now on another condition, the leukorrhœa of the female sex, the wrong treatment or suppression of which produces all possible other diseases from inflammations to tumors, spreading to other organs.

This form of disease also, which may appear in the most varied and troublesome forms, has its origin in an effort of the body to expel impurities. That this act of self-healing apparently requires a long time is easily understood if we consider that only single organs—in this case the mucous membranes of the vagina—have to do the whole work of excretion and that the many mistakes in the method of living, for instance irritating diet, wrong treatment of the skin, medicines (used in rinsing the vagina) render the elimination of morbid matter an endless task. The fevers, irregular and excessive menses, pains in the depth of the pelvis and all parts of the abdomen and the back, burning in the vagina, bladder, and intestines, dyspepsia, constipation, cold feet, etc., are nothing else but necessary consequences which disappear by themselves as soon as the real cause—impurities of the blood—is removed. Here also the natural method of healing lays the principal stress upon the purification of blood and lymph.

According to the symptoms the following remedies are given homeopathically: aconite, calcaria carb., pulsatilla, sepia, sulphur.

The simple treatments of the water cure are able to alleviate the sometimes almost unbearable itching in the sexual organs and anus, making the condition of the patients more endurable and effecting by a purification of the system a complete regeneration in the course of from three to four months. One of the local treatments is sitting on cold water from three to ten minutes, five times daily; this splendid application makes the rinsing of the vagina unnecessary. Care of the skin: weekly three sheet-packs around the abdomen (short bandage), three washings of the chest and one of the whole body, fresh air, sunshine, and strictly non-irritating diet. By this method the homeopathic medicine in connection with the water and diet cure will render the diseased condition what it should be according to the laws of nature: a purification, a self-healing act of the body which by ridding itself of a mass of poison also gains full health and vigor.

Hemorrhoids.

What has been said about leukorrhœa also refers to the hemorrhoids of the male sex, with the difference that this ailment has its origin in a more serious morbid encumbrance of the body, either acquired or inherited, and therefore needs a longer time for healing. The usual allopathic treatment by tying up, cauterization, or operation of the piles has

been referred to as a most injurious practice; we would advise all those suffering from this disagreeable ailment to be patient and persevering, as the often recurring hemorrhages are really a sign of an active natural healing power of the organism, by discharging plenty of virulent morbid matter; the regeneration of heavily encumbered organs into their normal state requires time, and all hasty, forcible operations will have the most fatal results.

The most effective water-treatment is sitting on water for ten minutes, by which a cooling of the heat in the intestines is effected at once, and the patient will soon learn to appreciate this application. Pulsatilla is generally given as a homeopathic remedy.

Blood-Poisoning.

During the last decades all diseases have become more frequent and have assumed a more dangerous character on account of the increasing corruption of blood and lymph; even small injuries are becoming more and more fatal, partly because the blood-corruption has diminished the natural healing power of man in a lamentable degree; mostly, however, because all the pretendedly disinfecting remedies, for instance carbolic acid, frequently cause blood-poisoning.

Dr. Bilfinger, well known in Germany as a homeopathic and hydro-pathic physician as well as an excellent author, writes in such an able way regarding this subject that we let follow here one of his articles (*Kneipp-Blaetter*, 1892):

“The cases in which apparently healthy young persons suddenly succumb to blood-poisoning following a slight injury are on the increase.

“A few weeks ago, in Stuttgart, such a case rightly caused a sensation. A young student of medicine who was just going to pass his examination, contracted a blister on the heel by wearing a too tight shoe on occasion of a little excursion. ‘Artfully’—did he not have studied medicine at celebrated universities?—he opened the blister by means of a pair of scissors disinfected by carbolic acid. He paid no further attention to this little injury, but after a few days he took sick with violent fever caused by an inflammation of the blistered part. The consulted physician prescribes quinine and ice-bags, but the former disagrees with the stomach and the latter has to be replaced by water compresses.

“As the patient continually grows worse, the most renowned surgeon of the capital is employed, but without avail. The young student of medicine, only a few days ago apparently a picture of health, the only son of his mother who justly set her pride in her well-bred, industrious son, the hope of the family, was the prey of death inside of a week,—in consequence of a blister caused by a tight shoe.

“Is there anything which shows more clearly the inadequacy of the allopathic school of medicine than this case? The poor fellow who up to the time of this accident had seemingly enjoyed the best of health and

endowed himself with the latest acquisitions of medical science, is treated by 'medical authorities,'—and the end of all this is that the young and vigorous man becomes within a few days the victim of a 'modern scientific treatment' of an insignificant injury.

"I think such cases speak a very eloquent language. Now I will mention a case which I have experienced myself, so that nobody can say I only want to criticise but cannot do better myself. A young servant girl jestingly quarreled at home with a boy; he strikes after her and she wants to strike back but unfortunately hits with the palm of her right hand in the shortly before used steel pen which the boy had in his outer coat pocket. The pen which stuck fast in the palm could only be removed with great difficulty as it had pierced deeply into the hand. Severe pain appeared during the night, the whole hand swelled, violent fever set in, and the pain extended through the whole arm.

"I was called the next day, and although I am generally not easily scared, the wound seemed to be very serious according to its whole origin, but I encouraged the patient and began energetically with vapor and compresses of pewter-grass tea (*equisetum arvense*) to extract as far as possible the poison which had penetrated the tissues of the palm. Those natural applications also proved excellent in this particular and most serious case. After a few days the fever disappeared, the swelling of the arm and hand disappeared, and before the week was over the girl was able to resume her usual work. Facts tell!"

Blood poisoning is treated according to the natural method of healing as follows: for internal use apis is given homeopathically, especially after the sting of a poisonous fly, etc.; aconite in case of fever with a dry skin; belladonna in case of fever with a moist skin and traumatic erysipelas; coculus if brain and nerves are affected, *hepar sulphuris* if ulcers will not suppurate.

For local treatment we mention here a few approved home remedies, one of which might always be at hand. The covering with a slice of lemon at once alleviates pain and itching, even in case of old and scratched mosquito bites; a plaster of wet clay, whey-cheese, moist earth or moss, compresses of moist linen, etc., soon bring relief. The *Deutsche Lehrer-Zeitung* ("German Teachers' Journal") published the following item: "The news of the blood-poisoning of a Berlin teacher by the piercing of an inky pen below a nail causes me to announce a proved remedy against such injuries. This remedy is nothing else but the immersion of the wounded part in sour milk or buttermilk which has to be renewed about three times after it begins to warm by the heat of the wound. This remedy is successfully used in West Prussia against the bite of serpents and has also proved salutary in case of phosphor poisoning. My own son has been saved from blood-poisoning by that remedy. On a farm in West Prussia, while striking a match, part of the phosphor flew off and got under his nail. In a short time the whole arm was swollen. He rode to

the neighboring dairy farm, took at once a large can with sour milk and put his whole arm in it. He immediately felt relief. He renewed the milk three times, and within two hours all danger was removed and arm and hand were like before. I should rejoice if many could be helped by this simple remedy."

First Help in Accidents.

We think it would be a neglect to write in this popular book nothing about the first help in case of accidents, as in most instances such help will have to be given by laymen. The attendants should keep calm, cool-headed, and with it a clear view and presence of mind, that they may be able to do the best with the available remedies.

The assistants have to cleanse their hands as well as possible. Then they should clean and close the wounds and stop the bleeding; this is effected as soon as the outer atmospheric pressure is re-established and thereby the outward pressure of the blood counteracted. This is best accomplished by making a bandage of something impenetrable that can easily be gotten; for instance take a piece of wadding, immerse it into hot or cold water, milk, etc., as it may be convenient, and put it on the wound; or close the bleeding wound by covering the place with a piece of raw meet or a clean silver coin, if nothing else can be had.

A little accident in daily life may prove what presence of mind can accomplish even under the most unfavorable conditions. A man, while traveling in a railroad car, breaks a bottle and seriously cuts his wrist and palm, causing heavy bleeding and great excitement among the other passengers. A young woman who was just going to feed her one-year old baby with mush, puts a part of the latter on a piece of linen and covers the wound with it. The physician at the point of destination who then removed still another glass splinter from the hand was delighted over the good effect of the original bandage.

Two other original treatments of pinched fingers caused by slamming a door may be mentioned here: in one case alleviation of the pain was effected by immersion of the injured limb in a small dish of pot-cheese, in the other case by immersion in a cucumber cut apart in the middle. If possible the injured limb should always be kept upright.

Burns and Scalds.

In regard to burns and scalds we let report our Swedish investigator: "To make the reader at once acquainted with the rational treatment of scalds, I shall relate the following truthful story. In a fire an infant was badly burnt on different parts of the body, having a narrow escape from the burning house. In the yard stood a basket full of wadding which was to be used for a quilt. Into that the almost naked child was thrown. The cotton at once adhered to the burns, and all attempts to liberate the child from its envelopment had to be abandoned, as the operation was

apparently too painful. But this was a happy circumstance for the infant, as the serious burns covered with cotton healed up quickly. In this case the principles of Dr. Bolles were followed, although unconsciously. His maxim is to cover the burns with cotton and not to move or change the bandage. The reader will remember the great forest fires in the United States in 1893. What mostly caused my pity in that instance was the description of the misery of the unfortunate people when the physicians were going to change the bandages and plasters. So ignorant are American physicians,"—and, we may rightly add, also the European allopaths.

Another kind of treatment may be mentioned by relating the following accident. A woman scalded her face badly while washing; in her pain she at once immersed her head into cold water. Her husband put her to bed, cut a kind of mask out of old soft linen, which after wetting it in water at once adhered to the face. He did not remove this first plaster but effected cooling by the laying on of other moist pieces of linen. The scalds healed perfectly, as all the other precepts had been truly followed.

Another approved method is to immerse a piece of linen into good sweet oil, fat or milk and lay it on the scalds, and to take further care of cooling the first covering by putting on cold wet compresses; if the latter should have become dry by laying on too long and should stick together—a circumstance which causes the returning of the pain—they must be thoroughly wetted to facilitate the removal and renewing.

If the clothes are burning on the body, the person should throw himself down at once and try to stifle the burning or smouldering garments by rolling on the floor, or if somebody comes to his rescue that party should smother the flames by covering the person with dry or wet clothes, bedding, etc; the apparel should be carefully removed by cutting it off, with the exception of all those parts which stick to the wounds. Blisters should not be tampered with. In case of smaller scalds or burns it is sufficient to exclude the air by covering the affected places by sprinkling them over with flour of cereals or pulses.

Sexual Diseases.

We regret that we have to be so brief in our treatises, especially in the following on sexual diseases. In no other form of disease the incompatible contraries in diagnosis and treatment between the natural and the allopathic method of healing, and the complete inconsistency and insufficiency of allopathy in diagnosis and treatment are shown more distinctly.

The views of the different allopathic authorities contradict each other so much that the reader believes himself in a labyrinth.

The Frenchman Ricord, who was the first to distinguish between gonorrhœa, soft and hard shanker and who originated the now fortunately forgotten vaccination against syphilis, declares in his essay which has

been translated into all European languages, that gonorrhoea was only a small matter, while shanker was a very serious disease.

On the other hand, the English surgeon Astley Cooper, one of the greatest physicians of his time, concludes his essay on sexual diseases with the following words: "The difficulty in the treatment of gonorrhoea on the one side and of syphilis on the other are not to be compared with each other. The latter can be cured by a child, but gonorrhoea is a disease which baffles the experience of the most learned physicians."

The German specialist Frankel speaks about sexual diseases as follows: "The nature of the contagious poison is of minor importance, everything depends on the more or less favorable soil the poison finds for development in the body." This view is often clearly confirmed by the experience of daily life.

After these contradictory views of allopathy regarding diseases of so far-reaching importance, we shall want to hear the explanation of the natural method of healing: Sexual diseases have their origin not only in self-poisons (auto-toxins) like most other diseases, but also in easily transferable poisons of excretion which are transmitted from one person to another.

The diagnosis from the eye clearly shows that *gonorrhoea* is really the same what a cold is for the nose, i. e. catarrh of the urethra. We do not use this expression in the sense of careless people who play with danger, but as a strictly scientific term. Gonorrhoea is a catarrhal inflammation of the mucous membrane of the urethra, affecting the mucous membranes of the whole abdomen sympathetically and simultaneously. We can observe the signs of inflammation in the corresponding part of the eye, commencing almost from the pupil and reaching to the edge of the iris. We can also see—and this is of great moment—that only such people are afflicted with gonorrhoea whose mucous membrane is still in a healthy and active condition, while—and herein lies the second important point—soft and hard shanker are only found in persons having a scurf-rim in the iris and having an inactive mucous membrane.

Although we have examined many people suffering from sexual diseases, we have never found that those suffering from gonorrhoea had the red-brown signs of vaccination or quinine-poisoning around the pupil and that those affected with shanker always had the signs of catarrhal defects in the iris, combined with a heavy scurf-rim; one gains almost the positive impression that these signs start from the scurf-rim, so distinctly is the connection between them.

Nothing needs to be said in regard to the allopathic treatment of sexual diseases, the obvious injuriousness of which we have repeatedly explained; the whole effort of these treatments is directed upon the possible quickest suppression of the symptoms of the disease.

To do away quickly with the efflux in gonorrhoea is not an act of cleverness but a very serious mistake, for the sharp medicaments inter-

fere with the ability of the mucous membrane to excrete the morbid matter, and this process which is thereby made chronic must naturally continue in other organs. On the other hand, the natural method of healing never suppresses this efflux, but assists nature in the act of excreting and removing the poison and thus ensures a quicker and perfect cure. Consequently there is no reason to get scared if in the application of our cure the efflux increases during the first two weeks, as it will cease between the third and fifth week, the catarrh having been cured naturally and perfectly.

The treatment consists in strictly non-irritating diet (principally raw food—fruits and nuts), proper care of the skin by air baths, whole and part-ablutions of the body and frequent sitting on water. The principal homeopathic remedies are: for the female sex, *pulsatilla*; for the male, *nux vomica*. Sulphur is often given in connection with both remedies.

In discussing *soft and hard shanker* we wish to call the attention of the reader, first, to the fact that by allopathic treatment the harmless soft shanker can easily develop into hard shanker; that in southern Europe, for instance Malta, etc., both diseases are regarded as something common and easily to heal without medical treatment; that *syphilis* is merely an artificial product,—the consequence of the allopathic treatment with mercury, a fact which is clearly proven by the circumstance that we find the symptoms of so-called secondary and tertiary syphilis in the most distinct manner with people whose vocation brings them into contact with mercury (miners, thermometer-makers, etc.) but who have never been afflicted with sexual diseases. We cannot therefore speak of syphilis as a disease in the usual meaning of the word, but really as mercury and iodine poisoning.

One of the best works on this subject has been written by Prof. Dr. Josef Hermann, formerly chief-physician of the Vienna-Wieden hospital; it is entitled: "The Mercury Treatment is a Crime Against Whole Humanity." The author, an allopathic physician himself, had been forced by many experiences and the sincere love of mankind to combat his own school, and during two generations (from 1843 until his death in 1902) he stood in the foremost ranks in the fight against vaccination and every other medicinal superstition, in spite of all enmities of the allopathic physicians.

By the natural method of healing the cure of both forms of shanker can be treated effectively, radically and also in a comparatively short time (from four to six months), but we expressly remark that in all our discussions we mean purely original cases which have not yet been treated allopathically. Knowing that venereal diseases are the result of a deep-going scrofulous deterioration of lymph and blood, we give homeopathically *calcareo carb.*, sulphur, *nux vomica*, *pulsatilla*, or *mercurius vivus*. We regulate the movement of the bowels by a very strict fruit diet and take proper care of the skin by air baths, whole and part-ablutions of the

body, sitting on water, etc. The local treatment consists of cold water applications upon the suppurating parts, thus exciting the latter to the possible most abundant excretions. It is very probable that under such a treatment, just like in the case of gonorrhœa, an enlargement of the ulcers and increased excretions set in which are sometimes accompanied by fever. In the treatment of these particular diseases nobody should be alarmed over the increased activity of the system in expelling impurities, symptoms which are falsely regarded as a change to the worse, especially as by a very strict observation of the fruit diet the crisis will soon pass its climax, followed by a speedy recovery.

In regard to venereal diseases which have already been treated allopathically, the reader should carefully peruse the chapter "Reports of Nature Cures."

Acute Diseases.

On account of the importance of a correct understanding of fundamental ideas, we will now give a comprehensive and comparative discussion of acute, chronic, and epidemic diseases. In doing this we can of course not avoid repeating some points already alluded to.

Inflammatory, feverish, vehement, or acute diseases are always proof of a still vigorous body trying to eliminate impurities, and only by false treatment can they end in death or chronic sickness, as the excessive heat created by the additional medicine poisons will be followed by gangrene causing death if affecting internal organs, or, in external cases, decay of the limbs.

External inflammations give a picture of their origin and course, and similar appearances are going on in the interior of the body where morbid matter is excreted. The inflamed part is swelling under a painful strain, and as the heat is rising it is covered by a more and more darkening redness; one can distinctly feel a knocking inside of it, and the swelling as well as the pain are increasing until the morbid matter has become ripe for excretion; from this moment on the pain will lessen, the formerly hard tumor will become soft, the red color is turned yellow by a transparent yellowish fluid, and the *quasi* well-done morbid matter is emptied in the form of pus. The latter will break its own passage in all cases, and no tumor should therefore be opened artificially and prematurely.

Pus should be well distinguished from ichor. The former is the excretion produced by a naturally healing inflammation, the result of a regenerative disease; ichor (discolored and having a peculiarly bad smell) is the result of a gradually increasing putrefaction or decay of organs, which finally cause death, as the result of a destructive or wasting disease, for instance, phthisis, caries in consequence of diabetes melitus or mercury treatment, parietic dementia, suppuration of the kidneys, etc. A pure and perfectly healed inflammation under the natural method of treatment never leaves behind traces like scars, indurations or colorings

of the skin, paralytic conditons, or even continuous ulcerations and other chronic ailments.

In all cases of fevers and inflammations we can observe a gradual aggravation of the symptoms and consequently of the pain until a climax is reached, after which a decrease of the symptoms follows until the convalescent generally feels better than ever before.

The duration of such a purifying crisis is seven, nine, or fourteen days, and in exceptional cases it can last even four weeks.

We generally find that these important processes of purification are not appreciated and therefore subjected to irrational treatments which causes the gravest injuries. A neglected and wrongly treated coryza (catarrhal inflammation of the nose), for instance, is liable to effect sooner or later the most endangering conditions and chronic diseases. If parts of the excreted mucus remain in the bronchial tubes, they will putrefy in a short time and may thus produce lung diseases. How many deaths have been caused by influenza in connection with the dangerous anti-pyrin! Whoever has had a severe cold knows that it is not only accompanied by a complete loss of appetite and an apathetic condition, but that the organs of the senses are also most severely affected. And such a serious ailment during which all labor, all thinking and acting, can only be performed with the greatest exertion, is hardly regarded a disease! Right in the cure of this ailment the complete helplessness of allopathy is shown in a very significant manner: the process of purification is suppressed, and the autotoxins (self-poisons) are aggravated by medicine poisons.

The treatment of violent bodily disturbances which appear during the cure as crises—generally called sickness—affords no difficulties by the natural method of healing if no mistakes are made and if common sense and sound reasoning is used. May every one first impress upon himself the golden words of Plutarch: "Instead of using medicines, rather fast a day." The patient should take neither food nor drink until a pronounced desire sets in, and then he should eat only raw food (principally fruits) and drink fresh water, but only in small draughts according to his need. The window should be kept open day and night. If the patient is in bed, he should be naked, i. e. without any undershirt, drawers, or nightshirt, covered only with a linen sheet combined with a quilt.

The bedsheets should not be changed too often, and when a change becomes necessary the unstarched linen should be put into the bed of the patient the night before. I have seen many a betterment of patients turn again into the contrary (to the embarrassment of the attendants) where these rules had not been observed. As a matter of course the bedding should be well aired during the day and put back in its place only in the evening. Sick as well as healthy people should rest with stretched-out body on a hard support, best on a bag or mattress of straw, and under

the head they should have a round oblong pillow filled with straw or old linen, instead of feathers, etc.

If possible a bath-tub to be filled with fresh cold water twice a week should be put near the bed of the patient who may then, according to want, take a whole bath of short duration (from ten to twenty seconds), or enough water should be kept ready that the patient can at any time make a whole ablution, or an ablution of that part of the body which requires special treatment. If the patient cannot serve himself, the necessary water treatments should be given to him, and in case part-ablutions are given, the whole body should frequently be exposed to the air (air baths).

In the treatment of the fever patient it is only necessary to follow his desires, and not to force anything on him. Against this most important principle in the treatment of the sick the gravest offenses are made, especially by well-meaning, urging requests to partake of some favorite dishes or of some "wholesome" decoctions. The absence of any desire for food is easily explained and quite natural. The body is working with its whole force to dissolve and expel the morbid matter and has no strength left for the digestion of food; besides, the morbid matter after dissolving itself from its mucous envelopments takes its way to the greater part through the stomach to be carried out in an upward or downward direction, and the poisonous excretions have by themselves alone a dissonant effect upon the stomach, a circumstance which is indicated by the heavily coated tongue or vomiting of mucous matter. If one crisis has passed, the next one sets in, and so on till the body is again in its normal condition. Sometimes the fever appears more violent, but it is always of short duration, i. e. as long as the dissolved poisonous matter is circulating in the blood and until it is finally expelled by larger excretions of the skin and the depurative organs.

Thus fever, which is a very important factor in the restoration of health, is merely a symptom of healing and is not effected, as is often erroneously assumed, by some external causes (climate, bacilli, etc.); it is the action of the vital force which defends and restores; it is produced by the circumstance that the body is working under high pressure, that the circulation of the blood is accelerated and the temperature of the body is increased, while its extremities become cold from time to time until the climax is passed. Skin, tongue, and throat are hot and dry and require cooling which can best be effected by the already mentioned treatments with fresh water, thorough wetting of the scalp, air baths and drinking of cold water.

The appearances in crises are very numerous and changing; at first appear weakness, drowsiness, vexation, irritability, strange appetites and thoughts, uneasy sensations like stinging, itching, rushing, increasing to the severest pain, caused by the excreted sharp poisons which irritate the nervous system; if the motor nerves are irritated, the symptoms are: involuntary convulsions and movements of the limbs, etc., lifelessness of

the hands and feet, swelling of the glands. Itching and scaling of the skin appear repeatedly accompanied by diarrhea in which the sharpness of the excrements irritates the walls of the intestines, etc., etc.

The appearance of *cold feet* during the climax of a crisis is a sign that there are feverous conditions in the abdomen, followed by constipation. By a strict fruit diet, or still better a few days' fasting, the latter will soon give way to plentiful evacuations, while the tension in the abdomen is relieved by the expulsion of the troublesome gases. Not enough can be warned here against the prevalent use of cathartics, mineral waters, massage, electricity, syringes, etc., which give but momentary relief and leave the digestive organs in a weaker condition than they were before. Injections into the intestines (flushing of the colon) are regarded by many as a natural method of treatment, but wrongly so. All such applications are just as erroneous as the rinsing of the vagina, for something is forced into an organ whose physiological function is excretion. The intestines may absorb the water, but the system frees itself again from it by repeated eruptions of sweat, and the real cause of constipation remains untouched.

Sleeplessness is another symptom connected with crises; it may often keep on for two or more weeks and is remarkable for the circumstance that the patient who can hardly close his eyes is not weakened thereby and can perform his regular daily work without the slightest fatigue. The explanation for this appearance is given by the fact that the vital force is working under high pressure. Frequent air baths and cold washings of the head will alleviate the sleeplessness.

All these partly very painful symptoms mean a gain for the whole organism; they are a sign of healing, and the patient should therefore feel content, in spite of all pains. Increased health is the lasting enjoyment after a crisis has been treated according to the natural method of healing, and this betterment keeps on until a new crisis is matured when some more morbid matter which was latent in the system enters into circulation and is excreted; complete recovery is finally attained when the body has expelled all encumbrances.

The natural method of healing itself causes no pain, not even inconvenience. All the pains come from the dissolved impurities and morbid matter which have been latent in the system and which are now expelled from the body; if we, therefore, do not want to suppress the symptoms but to remove their real cause, the inevitable troubles must be patiently endured, for without struggle there is no victory, and under the nature cure the reappearing ailments will be less painful. If at such moments anxious people would like to call a physician opposing the nature cure, they should bear in mind that he would destroy by false treatments—under the severest condemnations of the rational methods of healing—the achievements of weeks and hinder the ultimate recovery which the crises would surely bring to the patient.

Chronic Diseases.

For all chronic diseases a natural manner of living means an invigoration of the system and a gradual restoration of the normal or healthy state of the body, after the real causes of the diseases have been eliminated. Corpulence as well as emaciation disappear, the hair will become thicker and stronger, even baldheads will be covered again with their original ornament, the brown and dark eye will become brighter and brighter and finally blue; even old and neglected ruptures will gradually disappear; the voice will improve, the fallow and emaciated face will attain a healthy and rosy complexion, the whole system will become normal again. Beauty is health, and a beautiful and harmoniously built body can only be attained by living in harmony with nature.

The success of natural methods is most surprising in cases of female diseases, even in those of sterility, because women generally show more endurance and take the matter more seriously. It is but self-evident that such transformations are not always easily and quickly performed, moreover that the cure requires the intelligence, patience, and perseverance of the patient.

If somebody becomes bedridden—only this condition is nowadays called sick—on account of an accident (for instance anger, fright, excitement, cold, or a cold drink, etc.), all are inclined to look at one of those incidents as the real cause. This view is wholly wrong, for hundreds are simultaneously exposed to the same influences, and the patient himself has done the very same thing many times before, without the same consequences. We have to seek the real cause in the circumstance that the morbid encumbrance of the body, i. e. the before latent foreign matter, now becomes perceivable in the sudden flash of an acute disease which cannot be misunderstood any more.

The diagnosis from the eye gives us the most reliable information how long this morbid encumbrance dates back and which parts of the body are most encumbered, i. e. suffering from chronic disease.

The duration of a perfect cure will now be evident to the reader: it will take as long a time as the body needs to expel the foreign or morbid matter; but we can favorably influence the change of matter and accelerate all vital processes going on in the body by endeavoring to live in harmony with nature and her inexorable laws which are truly interpreted by the natural method of healing.

The process of regeneration within the body, i. e. the dissolution and excretion of foreign matter and the formation of new and pure blood and tissues, cannot take place, however, without externally visible signs. These appearances are called fever, inflammation, etc., and according to allopathic views the normal state of the body is restored by quickly suppressing these external symptoms, no matter by what kind of poisons.

All such processes of recovery we term "crises," which are consequently a vehement action of the body to dissolve and excrete morbid

or foreign matter that has encumbered the system sometimes for years. By the natural method of healing we see all wrongly treated, suppressed diseases return and free themselves in the same succession as they have been stupefied or made latent by poisonous medicaments. The body reproduces the diseases like a phonograph the words, only in a reversed order: the last allopathically treated ailments reappear first; the one suppressed before the last follows second, and so on.

In every instance, before and after the crisis, the taste of the swallowed medicaments returns and can be perceived, and even in cases where salves had been applied to the skin the poisonous ingredients reappear on the surface of the body.

In every single case of chronic disease we have to take into consideration in what degree the patient is encumbered with morbid matter. The slightly encumbered individual will have to expect the crisis sooner and in milder form; the more heavily encumbered person will have to endure graver crises, while the most heavily encumbered will have no crisis for a long period, as the body is first preparing and strengthening itself for the critical moment. In the last case the crisis will therefore appear as soon as the body has gained sufficient strength for the expulsion of the morbid matter, which always lays a severe strain on the nervous system.

Reports of Nature Cures.

1. *Chronic disease of the liver in consequence of medicinally treated inflammation of this organ.*—A middle-aged lady sought the advice of an hydropathic physician concerning her old and serious liver disease. The chronic sickness originated from an inflammation of the liver which an allopathic physician had principally treated with mercury.

The hydropathist sent her to the showerbath which was applied daily for several weeks. Then came a crisis in the form of furuncles through which undoubtedly the mercury was being expelled, for as soon as the ulcers healed up the old inflammation of the liver reappeared. "Now you are cured," said the physician,—she was restored to perfect health within four weeks. The fundamental cause in this case is evident. Some foreign matter, perhaps in consequence of a cold, had settled upon the liver, and this organ became inflamed in its effort to throw it off. Now the "plaster and pill faculty" interfered with the "antiphlogistic" mercury, stopped the process of purification, thus sapping the vigor of the organism by the administered poison,—and the chronic disease was complete. As soon as the water cure had expelled the poison from the system, the body roused itself for the old struggle against the latent poisonous matter which still encumbered the liver. The acute inflammation returned but soon gave way to complete recovery by the beneficial effect of the nature cure.

Thus act all the antipyretic medicines, or the vaccination lancet, or the cupping-glass, or the leeches: they prematurely stop the acute disease

—the healing process—by weakening the organism, and these practices either kill the patient, or make him the victim of a chronic disease. Therefore the severe after-pains which follow all allopathically treated inflammations; the doctors certainly persuade themselves as well as their credulous patients that these after-pains must be attributed to the original disease.

But every one employing the natural methods of healing can observe how easily and perfectly inflammations are cured; after a few days the ailment will have completely disappeared without leaving the least trace.

2. *Pains in the back and gout in consequence of a mercury cure.*—An army officer, fifty years of age, but with a good constitution and an active skin, was compelled by his gout and pains in the back to seek the advice of an hydropathist, after a dozen allopathic physicians had tried in vain to cure him.

“Did you ever take mercury?” asked the hydropathic physician. “Yes,” the officer replied, “but that was thirty years ago, and only long after that cure my present evils appeared, which increase from year to year. The mercury can therefore have nothing to do with my case.”

“You will be much surprised,” laughingly replied the former, “and if you take the cure for a sufficient length of time, you will see the syphilitic ulcer reappear on the very same spot from which your doctor has driven it into your body.”

Five months passed before the crisis set in, but mitigation of his pain and invigoration of the organism had already begun. In the sixth month German measles appeared, and after those had healed off in the seventh month, furuncles and smaller ulcers—160 in all—came out. This was a terrible and dangerous crisis, such as they seldom happen. After the officer had recovered, he felt quite well and had a very good appetite, and as he steadily gained in strength and vigor, he thought the cure was finished.

“Wait,” said the physician, “we want to see what comes next,” and the patient had now to undergo somewhat changed treatments. After three weeks his vital forces had sufficiently rallied to effect another crisis in the form of 60 to 70 new ulcers. Then after a few weeks' rest 20 more ulcers and finally, for the last time, only a few furuncles came out. After the mercury had thus been expelled, the original syphilitic ulcer reappeared; but after two weeks already the remainder of this poison was also bathed away, without the application of medicines or operations.

“Now you may consider yourself cured,” the hydropathist assured the patient. It is hardly necessary to add that the pains in his back had disappeared forever, and that the officer went home healthy and happy, like a new man. This is but one case of mercury cure and suppressed syphilis,—one out of thousands.

In the natural method of healing experience has undoubtedly established the fact that mercury poisoning can only be relieved by the water

cure. It is also a fact that syphilis can never be cured by mercurial treatment, although physician and patient may believe that it can be done, and although all syphilitic symptoms disappear for the time being. But the poison is only enveloped together with the mercury and remains in the system,—in other words, the mercury has completely suppressed and paralyzed the vital actions of the organism in its efforts to expel the syphilitic poison. It is just like trying to drive out the devil by beelzebub. Nearly all formerly syphilitic persons who went through a good nature cure on account of supposedly new and entirely different ailments were affected at the end with the long-forgotten syphilitic symptoms.

Whoever took mercury may surely expect that in case of a later disease that poison will take a prominent part in it, although it may not always be clearly visible. Numerous proofs for this assertion could be given, but one may suffice.

3. A man, about 40 years old and with a strong constitution, suffered from a *stiff knee and emaciated leg*. He ascribed his ailment wholly to a fall from his horse, an accident which had happened nine years ago; but he had entirely forgotten that eighteen years ago—nine years before the fall—he went through a very easy and “successful” mercury cure. In the seventh week of the water cure he got a small eruption on the stiff knee, then large ulcers—the mercury had reappeared—and in the third month he could already bend the knee-joint; after another month he was able to depart for home,—although somewhat too early, but important business called him away. However, he continued the cure at home till he had completely recovered.

Hydropathists have had the experience many times that mercury can rest wholly inactive or dormant in the human system for a long time. But the poison is only lurking like a snake, and as soon as another disease befalls the person it surely comes out of its hiding-place to begin with its “venom tooth” the work of destruction.

No one is more in need of a thorough water cure than a mercury-poisoned individual, and in no other sickness is the crisis more violent, more painful by ulcers, than in the mercurial disease. We recommend therefore especially to take the cure under the supervision of an experienced hydropathic physician.

For all those who are unable to do so we wish to state that they must first of all begin to live strictly on a fruit diet, carefully avoiding all stimulants and narcotics, while the water treatments consist of wet packs, sitting on water, and shower baths; the patient should not get scared if, after being freed from the mercury, the syphilitic poison which he believed to be removed long ago is reviving in external symptoms. He should continue with local cold-water treatments and bathing until the old enemy has departed forever.

4. *Rheumatic headache*.—A middle-aged businessman wanted to be freed from an old painful rheumatism of the head. In the course of the

cure soon alleviation set in, but suddenly the evil returned with doubled vehemence; fever appeared also, and one evening the physician was notified that the patient was in a furious rage, breaking the windows and trying to kill his wife.

"Very well," said the hydropathist, "now he will be cured."

An allopathic physician who was present and who was trying the water cure on himself, asked astonished how that could be a sign of improvement.

"Because," replied the hydropathic physician, "an ulcer has formed in his head, which will empty itself and all morbid matter into the eustachian tubes."

The allopathist was still more surprised and did not know what to say. But everything came to pass as the hydropathist had predicted. He had repeatedly had the experience that in all rheumatic diseases of the head and the eyes ulcers form in the interior of the head which discharge the morbid matter through the ears.

The patient had formerly an acute disease of the head—inflammation of the brain, I believe—which was treated allopathically, or rather turned into chronic misery and disease.

Epidemics.

*"Truth is the daughter of time,
i. e. of historical study, and not of authority."*

Our dissertation on epidemics will also bring new views for many people. Concerning the real origin of epidemics, allopathy is wholly at loss for a valid explanation, for the old theory of making microbes responsible for contagious diseases is nothing but an illusion. Even the investigations of the ingenious Pettenkofer concerning the height of the subsoil water give no satisfactory explanation. The studies of homeopathy which are based upon the experience of centuries give us better information.

The height of the subsoil water and the bacteria, if we want the latter to be mentioned at all, are only the perceptible part of all that is influenced by the atmosphere. The latter, i. e. the extension of the earth in a gaseous form as well as our planet at large, is being continually influenced by the other stars; a few of these influences have been explained, and Prof. Rudolf Falb's theory of "critical days" seems to be confirmed also by many incidents and catastrophes which he had predicted. We know that ebb and tide are governed by the moon, that a tidal wave is likely to come if at new moon the latter and the sun are in a vertical constellation above the earth; we observe at the time of the equinoxes (March 21st and September 22d) the quickest changes in atmospheric pressure and temperature and the greatest number of the most violent storms, while at the same time the most epidemics either origi-

nate or rage most fiercely. Sun and moon are in direct vertical constellation above the equator and thus exert their combined attraction upon our planet. We know also that the plague of former centuries raged at no time more frequently, perniciously, and fatally than after the appearance of comets, or shortly after the eruption of volcanoes, earthquakes, uncommonly large tidal waves, etc., If we bear in mind to what extent the plague sometimes depopulated whole cities, how people perished like flies, how their corpses putrefied at once, how also the other beings, the birds in the air, the fish in the water, and even the plants suddenly perished, we have no other explanation for these singular calamities than an abnormal state of the atmosphere by which everything living was likewise attacked; scrofulous disposition of the people alone cannot account for such enormous and appalling death rates, for the corruption of blood and lymph has hardly ever been so deep-going and widespread.

It is deplorable that our modern naturalists deny many facts which simply rest with experience and observation, merely because they do not fit into the dead doctrines of an antiquated system. One of those facts, for instance, is that the mental and bodily welfare of man depends to some extent on the imponderable influences of the atmosphere. Neither heat nor cold, neither humidity, nor dryness, nor their sudden changes, but an unexplainable peculiarity of the electric condition of the air is the principal cause of sudden epidemics among men, animals, and plants. The circumstance that we do not yet know the real nature of the relation of the different electrical atmospheric conditions to the living beings cannot speak against this theory. That the influences exist is proven by many facts: the pains which many feel from time to time in formerly broken limbs; the well-known critical days (the seventh, fourteenth, and twenty-first day) in fevers correspond with the days of the changing moon; many so-called nervous diseases and other more or less pathological conditions show a periodical return, etc.; dogs become morose and lazy if it is going to snow; the cattle becomes restless, the fish do not bite, etc.

These examples, taken from a large number of facts, prove this atmospheric influence which may often be overlooked on account of its still obscure sphere of activity; they could also show some would-be investigators the direction in which they ought to work to attain real results and a far-reaching view; then these gentlemen would recognize that the chase after microbes is a mere bauble, riding a hobby-horse, and a loss of time; for in the air we breathe, in the water we drink, in the food we eat—be it prepared ever so carefully—we swallow millions of bacilli every day, and we cannot exclude them from our system by any conceivable means. The attitude of the allopathic school in regard to the germ-question is most cleverly ridiculed by the following humorous verses which will not fail to cheer up some frightened readers who are still haunted by the fear of bacilli:

" He always boiled the water,
As the health department begs;
He pasteurized his coffee
And his matutinal eggs.
He filtered this and filtered that
And sterilized the rest,—
Did everything the Board of Health
Thinks in its wisdom best:—
But he couldn't boil the atmosphere
Four-fifths of which is germs,
So death negotiated him
Upon some easy terms."

There is still a short explanation necessary to clear up a seeming contradiction in the above dissertation. Only when the conditions of the atmosphere are abnormal in the highest degree such a general destruction of life as epidemics produce can be possible, reminding us of the mythological Chronos who devoured his own children. But we have to take also into consideration in some measure man's predisposition to disease, as several adverse circumstances must necessarily come together to produce the devastating effects of the epidemic diseases.

THE NATURAL HEALING FACTORS.

The objection most frequently heard against the natural method of healing is its inconvenience. This, however, is a mistaken view. One will soon learn to use homeopathic remedies and appreciate them; the other healing-factors of the nature cure, which we mention in the following discourse, necessitate no outlay and every one will soon be on the royal road to health.

The true nature cure does not employ any paraphernalia whatever. We despise not only medicine poisons and operations, but also treatments by steam, hot air, electricity, hot water, massage, apparatuses, syringes, or predigested foods and all the rest of the constantly increasing fads which are but an imitation of the old allopathic practices. All healing must come from within, and every sick organism can only recover if it is put under the same conditions which are necessary for the perpetuation and propagation of organic life in general; these are in their natural order as follows: *sunshine, fresh air, water as drink, proper exercise and rest, fruits as food.* Only if these are properly used, water may be employed as healing-factor in the form of baths or ablutions, but always in its natural temperature, neither artificially warmed nor cooled.

Let us suppose a sick person in a solitary region, perhaps on an island, where he has all that is necessary for life: fruits as food and water as drink; in such a case ideal conditions are given for recovery. The sick person must follow his own intuitions, as there are no "doctors of medicine" to be consulted, and for this very reason he will be healed

sooner and better. He will constantly breathe pure air, nobody will interfere when he takes his air baths or cools the aching parts of his body with natural cold water. Sun, wind, rain, and the power of the earth exercise their full and uninterrupted influence upon him. He can receive neither allopathic maltreatments, nor hot-water applications, massage, herb teas, etc., and on account of these circumstances he will regain health and strength in the possible shortest time, in the full meaning of these words, if the shadow of death had not yet embraced him and if he had but a little of his natural vigor retained. By this example the principles of the pure, unadulterated, natural method of healing are given clearly and intelligibly to all. The true nature cure does not intend to bring but temporary relief to the patient so that he may resume his old perverted methods of living, but aims always at the lasting mental and physical regeneration of the individual.

The Fruitarian Diet.

In the following we give a short dissertation on diet, the importance of which we pointed out repeatedly. We take the standpoint of the fruitarian or vegetarian, non-irritating, flesh and bloodless diet. All those who ever considered this problem not only from the hygienic and economic but also from the moral and ethical standpoint will excuse us that on account of the limited space we can deal here only with a subordinate part, i. e. the stomach question, of this important subject. We know very well that "bloodless diet" means the general conduct of man towards his fellowmen and all animated beings, that it means everything conducive to his physical well-being and his mental and spiritual growth. It should be the highest ambition of every thinking man to enlarge his knowledge and views of this world by reading books on diet reform, which must naturally be the basis of all reforms.

Since we know that rational and correct nutrition is one of the principal parts of every method of cure and that the best diagnosis and precepts can only be of value if first of all the dietetic errors are corrected, we act only in the well considered interest of patient and physician if we emphasize the importance of a fleshless diet in all cases of sickness.

We said that we take the standpoint of the fruitarian, i. e. rawfood diet, and since we have lived ourselves on this plan for a number of years we will explain the most important advantages of this method of living.

The Value of Raw Food.

What do we mean by natural or raw food? Everything that we can enjoy in the same state as it is produced by nature, i. e. raw or uncooked. The perverted taste and dilated stomach of the average "civilized" man may at first resist such a "barbarous" diet, because cooked foods, stimulants, and narcotics have so weakened his digestive organs

that they depend for the performance of their functions on the stimulating ingredients contained in cooked food and prepared drinks, just as we often see how a tired and overworked horse is constantly treated with a whip till the poor animal breaks down altogether.

It is often asserted that man, being a higher organized being, must cook his food in order to assimilate it. Modern chemistry and physiology, however, have unmistakably proven that the chemical composition of the foodstuffs is completely altered during the process of cooking, that cooked food contains far less assimilable substances than raw food whose imponderable electrical vitality disappears also if exposed to excessive heat. In fact, nearly all the patients we have examined showed the signs of catarrh of the stomach and intestines in the iris, an unmistakable proof that we cannot improve on nature by preparing our food artificially.

The best remedy for body and mind, as we have pointed out, is sunshine and warmth. The sun is the ultimate source of all life, from which plants directly and animals indirectly derive their growth and vigor. As the plant is nothing but accumulated sunshine in its first and purest stage, we should take our nourishment from the vegetable kingdom, principally in the form of fruits, nuts and grains which we can enjoy pure and unadulterated, i. e. uncooked, as they are perfectly prepared by the enlivening rays of the heavenly light, filled with life and vigor, unblemished by the hand of man. In raw foods the organic salts, so essential in the metabolic processes of the tissue cells, are found in an assimilable form; but cooking reduces most of these mineral ingredients into their inorganic state in which they are useless for nutrition; they frequently remain in the system until excreted as foreign matter, either by the natural processes of depuration or by disease.

The disregard of this important fact is especially fatal for children, as they need the organic salts for building up the teeth, tendons, and bones. For instance, to kill the hypothetical germs it is often thought advisable to boil the milk before it is given to the infant. In doing so the above-mentioned disassociation of the organic salts into inorganic elements takes place, making the milk quite insufficient as food. Babies fed on boiled or diluted milk are subject to rickets, scrofula, summer complaints and show the greatest mortality. They die because they are starved to death,—starved because their food has been robbed of its most essential ingredients, the organic salts.

The radical changes going on by the cooking of food are further illustrated by the fact that all seeds do not sprout any more after they have been boiled; they are no more capable of reproducing their own kind and therefore cannot furnish vitality to other living beings.

The cooking of food has another detrimental effect. The earthy ingredients of the water remain, while the latter is evaporating; and by constantly adding more water to prevent burning of the food, our body has to consume a large amount of inorganic matter which seriously en-

cumbers the organs. Cooked food weakens the stomach, while raw food is strengthening and invigorating, and by the wise use of the latter the digestive organs will soon adapt themselves to the new regime and regain their natural vigor and activity.

On pages 67, 68 and 71, 72 we have given a full description of the physiological functions and anatomical structure of the digestive organs and recommend a repeated and careful study of those pages. On page 67 we have pointed out the great importance of *proper mastication* and wish to refer the reader particularly to this subject which can never be taught too impressively.

Another experience may be mentioned here; the eatable products of each latitude of the globe are the most healthful if consumed in the zones where they grow: tropical fruits are best enjoyed in the equatorial countries, while the apple, the grape, the prune, and numerous other varieties are the ideal fruits for the inhabitants of the temperate zone.

We have clearly shown that the fruitarian diet is the best for the sick and well alike. We must beg the reader therefore not to misunderstand the following remarks. If a person afflicted with an acute disease or a woman in pregnancy has an ardent desire for an article, for instance meat or chalk, which is not in accordance with the principles of nature cure, that desire should be satisfied, notwithstanding that such an appetite seems unnatural to us. In such cases the instinct speaks a clear language which should be rightly interpreted, probably in this way that through this recent flesh poisoning a feverish condition appears by which old poisons will be expelled simultaneously with the new ones, or the body really needs the desired and seemingly indigestible article, for instance chalk, for some useful purpose.

Air and Sun Baths.

The air bath is best taken in the morning after rising at open windows; a few simple gymnastic exercises will greatly heighten the effect; duration five to ten minutes or longer if one enjoys it. The sun bath can be taken at home or in a convenient place in the open air by exposing the naked body freely to the enlivening rays of the sun, while the head may frequently be wetted with cold water; the latter precaution, however, is unnecessary as sunstrokes occur only if the body is enwrapped in too heavy clothing. If blisters appear they are best treated by pouring water on them. During the bathing-season sun baths are best taken with intermediate plunges into the water.

Cold Water Treatments.

Of the cold-water treatments the simplest are at the same time the most agreeable and effective and they require neither subtlety nor painful study. With the use of common sense, sound and calm judgment, and the knowledge of nature's laws, one will soon acquire the ability to do

always the right thing. The consciousness to benefit and not to injure the patient, and the immediate, although small success facilitate the unaccustomed work for the attendant and remove all uncertainty for him and the patient. The diagnosis from the eye will greatly help both parties by deepening their insight into the workings and wisdom of nature.

In the following we give a short description of some effective, yet still little known cold-water treatments; in connection with the other healing-factors they are sufficient in all cases of sickness.

As the principal treatment, next to the washing of the head and going barefoot, I regard the "*sitting on cold water.*" Fill a pail full of cold water and sit on it in such a manner that only the breech and the sexual organs are in contact with the water, and remain in this situation from three to ten minutes, or if a bath tub is at hand fill it with about six inches of water and sit in it, but in this case the feet must also be kept in the water, a circumstance which makes the latter treatment not so agreeable as sitting on the pail. With this simple, yet very effective treatment we can favorably influence acute and chronic diseases alike in cooling the excessive heat in the abdomen, without forcibly lowering the general temperature of the body, and thus effecting plentiful evacuations of the intestines and the bladder.

Even grave retentions of the urine and cramps are at once removed; those also suffering from hemorrhoids—they should never use paper after stools, especially no printed paper—will be greatly benefited by this water treatment which is always and in all cases to be highly recommended to both sexes, young and old. Even those who otherwise have a strong aversion to cold water will soon appreciate this form of water application which necessitates no outlay whatever.

The wet packs, or wrapping of the body in wet sheets or linen, is also an agreeable treatment which requires no special knowledge. As in the application of all cold-water treatments, good care must be taken that the body is warm, or at least not shivering, before the wet bandage is applied. Old linen which has been made more pliable by frequent washing is best adapted; it is dipped into naturally cold water and well wrung out. The sheet should be put as close to the body as possible, without folds, yet not so tight as to interfere with the circulation of the blood. The wet linen is to be covered with a woolen blanket, overlapping the former a few inches above and below. The use of an air-tight cover, for instance oilcloth or rubber, should always be avoided. The patient should remain in the bandage as long as he feels comfortable,—the feeling is here an unmistakable guide. In fevers a change or removal of the bandage will be necessary after three-quarters of an hour, in feverless conditions after two or three hours, often only in the morning if the bandage was applied the evening before. But the patient should not be disturbed in his sleep on account of the change or some other cause. After the removal of the bandage a cold abluion of the whole body is advisable,

especially in feverous conditions. The wet bandages are best applied in the afternoon or in the evening before retiring.

In these applications we have an excellent medium to reduce the fever-heat, in which case we wring them out less and renew them oftener, thus reducing the abnormal temperature of the body; if the linen is wrung out dry or the bandage left on for a longer time, it raises the temperature, opens the pores of the skin and has the effect of a light vesicatory. As a matter of fact, the wet bandage stimulates the excretion of morbid matter, without weakening the body or depriving it of too much fluid, which is the case in the hot-air and steam baths.

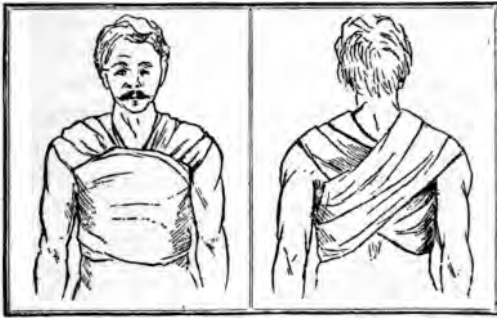


FIGURE 70. CHEST-SHOULDER BANDAGE.

Very effective and agreeable is also the *chest-shoulder bandage*. To cover chest and shoulder equally with one long piece of linen, two towels are sewed together at their small sides, dipped into cold water and wrung out. Then this bandage is put on in the following manner. The connecting seam is placed on the sternum, while the outer ends

of the towels are drawn backwards below the armpits, then crossed on the back, drawn forward again over the shoulders and finally connected with the front part. It is self-evident that the wet linen has to be covered in its entire length by a somewhat wider strip of dry woolen cloth.

This bandage is of splendid effect in all affections of the lungs, in all stages of consumption, as well as in all cases of inflammations of the lungs, heart, pleura, etc. Duration of the application from thirty minutes to two hours.

The *short bandage* is the best liked and most used of all water applications; its effect on the whole system is wonderful, and its application is even successful where no further water treatments are being used; it regulates the temperature of the body and mitigates the heat in fevers; in such cases the wet linen has to be renewed at shorter intervals, say about every hour.

The circumstance that every one can easily put on the short bandage himself has made it very popular. A coarse piece of linen wide enough to reach from the armpits to the knees is wetted and wrung out and wrapped closely around the body. The linen should be long enough to go around from four to six times. A woolen blanket closes the pack almost her-



FIGURE 71.
SHORT BANDAGE.

metically, overlapping the upper and lower end of the linen about two or three inches.

If healthy people would apply a short bandage every week, or at least every fortnight, they would prevent a great number of diseases. It also acts favorably on the liver, kidneys, and bowels, relieving the latter from troublesome winds and superfluous water and facilitating regular evacuations. Dropsy, complaints of the heart and the stomach, which often originate from the pressure of foul air accumulating in the intestines and which disappear with the expulsion of the troublesome gases, are unknown to those who frequently apply the short bandage. People who rest enveloped in it all night enjoy an excellent sleep until morning.

The short bandage is further most advantageously used against phlegm of the stomach, affections of the heart and lungs and against various complaints of the head and throat; it is also a successful remedy in sexual diseases, ailments of the back and feet, nervous fevers, diseases of the skin, and finally for all those indispositions the nature of which cannot be readily ascertained. During the excessive heat of summer the short bandage is welcomed by many as a splendid dormitive.

Miscellaneous Applications.

Sudorific after a cold.—Heat some table salt in a pan so as to make it perfectly dry; then fill two small bags with the salt, put one on the abdomen and the other one lengthwise under the back of the patient and cover him well with heavy blankets or quilts; he will soon be sweating and feel greatly relieved. Instead of salt also cherry stones can be used for this purpose; or perhaps three bags can be applied, one between the calves and one on each hip. After the sweating the patient should take a cold ablution of the whole body, and to produce another sweating he should go to bed naked, or if possible take some exercise in the open air.

The *clay plaster* is prepared by drying and pulverizing common fresh clay, carefully casting out all small stones. The fine powder is mixed in a dish with water and two or three drops of good vinegar and is stirred with a small piece of wood until a fine salve is formed. The latter is smeared in thin layers upon a piece of linen and thus put on the wounded or sore place and must be renewed as soon as the clay has become dry. The plaster mitigates the heat wonderfully in all cases of inflammation, and is equally effective in dissolving cold tumors and swellings, for instance varicose veins, etc. The size of the plaster should overlap the affected spot about two or three inches all around.

In case of inflammation of the lungs, abdomen, tendons or joints it softens the pain immediately, and it does likewise in all ulcerations, for instance furuncles, sore fingers, and skin diseases, like pimples, nettlerash, or stings of insects; in case of blood poisoning the clay plaster reduces the swelling, as well as in all cases of dislocation.

Equally beneficial as the above are the effects of a *layer of curd or pot cheese*. The curd, which should be as fresh as possible, is diluted with whey or milk to a salve to be used in the same way as the clay plaster.

Magnetic Healing.

We cannot conclude our dissertations without mentioning another ideal factor which may be applied in the cure of disease and which is always ready for use, without danger and coast,—the animal magnetism or magnetic healing. It may be applied alone as well as in connection with other natural therapeutics, as homeopathic remedies, water and diet cures, and there are a great many instances in which the magnetic treatment has proved its beneficial and sometimes instantaneous effect.

Although our space is limited, we shall nevertheless give the reader as much information concerning magnetism as is possible in this short paragraph, because we know that many will try this method, and almost every one will find to his surprise and delight that he possesses magnetic healing-power in some degree.

Magnetic healing is practiced since times immemorial, although at first unconsciously, a fact which is confirmed by the traditions of the oldest peoples, the Hindoos, Assyrians, Egyptians, etc. It is deplorable that it is comparatively so little known in our times and that many speak of this method in a contemptible way, but "men deride what they do not understand," as Goethe says in his immortal "Faust." The old Teutons who dealt the first mortal blow to the invincible Roman legions, had in many things a far better knowledge than their degenerated descendants, and their seers were well versed in the art of magnetic and sympathetic healing; but we find that little of this knowledge has been transmitted down to the present time.

The theory of magnetic healing cannot be discussed here, we must confine ourselves to the explanation of its practice. It is very probable that every human being can exercise or feel magnetic influence, although not all are equally capable in this respect. The rules of the treatment are very simple, and if they are carefully observed they can never have even the slightest injurious effect. For this reason alone a trial should always be made, as there can be no harm in it even if it should fail to bring the desired results.

The opposite halves of the body have the most magnetic effect upon each other, for instance the right hand upon the left one, the right foot upon the left one, and *vice versa*; strokes are always to be made in a downward direction.

Magnetic influence is best exercised by strokes, laying on of the hands, breathing upon, or application of magnetized matter. After the treatment the magnetizer should always wash his hands in cold water.

Magnetic sitting.—The patient should sit on a wooden chair in front of the magnetizer, both barefooted, the patient's feet resting upon those

of the former. The hands of the magnetizer are placed on the head or abdomen of the patient who in turn puts his hands on the knees of the former; in this position both should rest quietly for about five minutes.

Magnetic strokes.—The magnetizer holds his hands over the head, region of the heart or abdomen of the patient for about three minutes and finally makes the so-called "long magnetic strokes," which consist in moving the hands in a straight downward direction from the head to the feet on both sides of the patient. The hands must be kept at a distance of about four inches from the body, with opened and bent fingers, the palms turned to the body. As soon as the hands of the magnetizer reach the floor he should shake them, just as if he attempted to throw the attracted disease off. Then both hands return to the head in a large circle, but not in a straight line, as this would be a backward stroke. The whole treatment is repeated about from fifteen to twenty times.

The local treatment consists in short strokes, laying on of the hands, or breathing upon the diseased parts. If a patient has very severe pains in any part of the body, the magnetizer can greatly alleviate them by breathing upon it, by gently laying on of the hands, or by putting the finger tips together and holding them over the injured spot, or by circular movements with both hands crossed at the wrist. In case of pains in the abdomen the magnetizer describes a circle with crossed hands over that part of the body, repeating the movement about seven times; arriving at last over the sexual organs, the hands are taken apart and pass slowly downward, the same as in the long stroke. At the end of all applications the magnetizer should gently grasp the right ankle of the patient with his left hand, the left ankle with his right hand till he feels the pulsation of the blood vessels; this is one of the most recommendable methods of magnetizing generally, especially for the beginner, and brings in many cases perfect success.

The duration of the magnetic treatment may be from three to five minutes, or till the hands of the magnetizer begin to sweat, which is the best sign of a good effect. The patient often perceives the magnetizing as a gentle breath of wind, a pulling in the nerves, or increased well feeling.

A few special remarks may be added here. As magnetizing according to the above directions can do no harm, one should always be self-composed and make the strokes with leisure and ease, which will ensure the best results. During the treatment no disturbance should be made in the room, and only such persons may be present who are agreeable to the patient. He should not be molested with questions as to his sensations, and the conversation should be perfectly unrestrained and agreeable. A person who fell asleep under magnetic treatment should only be awakened in case of emergency; it can be done by breathing upon the eyes, fanning the face in an upward direction, or calling the patient by name. At first the treatment should be given daily, later on it may be administered every other day.

General Remarks.

All nature and all life preaches the natural method of healing, and each day, we might say every newspaper, brings us proofs which vindicate our teachings and show that it betrays plain ignorance to scoff at our methods. Nobody is entitled to speak contemptuously of homeopathy, because chemistry and physiology have not yet been able to fully expound the innermost workings of nature.

The wonderful results often attained by homeopathic remedies may be explained by the incomprehensible fineness and divisibility of matter. Even the smallest particle which can be detected by the most powerful microscope is still composed of millions of molecules which will perhaps forever be hidden from our direct observation. A few examples of the almost infinite minuteness of some substances, yet still to be traced, may illustrate our views. If we subject a cube of gold to a strong fire, the flame turns greenish, as a result of the evaporation of the infinitesimal gold particles; the spectral analysis shows us the presence of gold in the flame, but even the most careful examination by measure and weight cannot detect the slightest diminution of the gold cube. The inconceivable divisibility of perfumes is well known, but perhaps not the fact that the utmost intensification can turn the most agreeable scent, for instance the sweet smell of hyacinths, into the abominable stench of bedbugs.

We refer to four more items from daily papers which, being neither written against allopathy nor for homeopathy, urge all the more to meditation and furnish strong proofs for our theories.

1. *The effect of copper upon the development of plants.*—The French naturalists and investigators Dehergin and Demoussy made the observation that wheat, lupines, and the seeds of other plants do not shoot roots in distilled water which had been boiled and condensed in copper vessels, while all seeds in water distilled in glass vessels sprouted soon vigorously. Silver, lead, and tin also did not show any detrimental effect, while copper immediately stopped the growth of the seeds. The chemical analysis proved that already an addition of a ten-millionth part (0.000,000,1) of copper to the water sufficed to impede the development of the roots. Moreover a similar discovery has been made, though much earlier, by the German botanist Naegeli and which he has proven in a treatise published shortly after his death. When he put copper coins in a glass cylinder filled with water destined for the examination of plants, the injurious influence was even noticed after the coins had been removed and fresh distilled water was used. The poisonous effect of copper can still be perceived if the metal is only a thousand-millionth part (0.000,000,001) of the water.

2. *A new test to be employed in case of apparent death (catalepsy).*—The distinction between real death and apparent death is still difficult in some cases, in spite of the numerous applications which are recommended for this purpose. Everything possible has been tried already, at

last also the Roentgen rays which are claimed to be an excellent medium for diagnosis. However, they can seldom be applied, because they require a complicated, expensive apparatus. Now the Academy of Sciences of Paris has recently awarded a prize to a method invented by Dr. Icard of Marseilles who employs the well-known dye stuff *fluorescin*. He uses a solution of fluorescin, the color of which is so intense that a single gram is sufficient to dye 45,000 liters of water, and his experiment is based on the physiological fact that no substance can be absorbed and diffused by the tissues of the body unless the circulation of the vital fluids is active. A subcutaneous injection of Dr. Icard's solution, which is not poisonous in the least, produces after only two minutes in a person still living a yellowish color of the skin and the mucous membranes, and his appearance is like that of a person suffering from acute jaundice. The tissues of the eyes receive a somewhat light-green color, the pupil disappears, and the eye looks as if a beautiful smaragd had been set in. The tears, the saliva, the urine, all are colored, and one drop of blood put into a glass of water produces a light grass-green color. After an hour or two all these symptoms have disappeared, as then the fluorescin has been excreted by the kidneys.

3. *The emanations of certain metals are very small, but their effects upon the human system are soon perceivable and very injurious.*—All people working in copper works have a greenish skin, and their mucous excretions are of a similar color. Arsenic has an almost murderous influence upon all who come into contact with the metal; sooner or later they will become the victims of their dangerous occupation. The perniciousness of mercury-vapors is illustrated by the following fact. The English ship "Triumph" on one of her voyages was laden almost exclusively with mercury. On the way the entire crew was taken ill; ulcers, paralysis, salivation (ptyalism), and other diseases appeared.

On this occasion we wish to caution also against the use of poisonous insect powders, such as they are often advertised in the newspapers. The use of corrosive sublimate against bed bugs, for instance, has often caused the symptoms of poisoning in many persons who came into contact with furniture thus treated. It is also a well-known fact that the manufacture of wall paper containing arsenical colors had to be given up on account of the poisonous effect of their emanations upon the human system.

4. *Arsenic can be detected in minute quantities in the hair of man and animals.*—Messrs. Edmund Knecht and F. Dearde, two prominent scientists of London, England, have shown in an article published recently that arsenic is contained in a perceptible quantity in the hair of persons who have taken the metal either by medical prescription, or—as it lately often happened in England—in drinking beer containing arsenic. This discovery is of the greatest importance in regard to a quick and unfailing proof of arsenic poisoning. Years ago already the French chemist Gautier of Paris has called attention to the fact that animals excrete arsenic by the

hair. Any chemist can thus easily prove arsenic poisoning; if the person has taken only minute quantities of the poison, no traces can be perceived by means of a small microscope, but a larger instrument will show small particles of copper-arsenic if the hair was treated before with copper ammoniac. The hair of a healthy person also contains arsenic but in such a small quantity that it cannot be ascertained. But if somebody has been treated medicinally with arsenic, the metal can be found in his hair in a ratio of 0.3 to 10,000. In the hair of a patient who took sick on account of drinking beer containing arsenic, the poison was detected even in the ratio of 1 to 10,000. The new method of ascertaining thus exactly the quantity of arsenic in the hair will become an important factor in forensic (legal) medicine, as the suspicion of an arsenic poisoning can now be cleared up very easily and definitely. The reason why the poison takes its way into the hair could not be explained so far by the scientists.

To item 2 we wish to add for a better understanding that one gram is the one-thousandth part of a liter of water; fluorescin in water is still noticed therefore if present in a ratio of 1: 45,000,000!

Item 3 proves our assertion that secondary and tertiary syphilis are nothing but the murderous consequences of mercury poisoning.

Item 4 suggests the question: If the minute quantities of arsenic that a beer drinker takes into his system are sufficient to cause arsenic poisoning, what must then naturally be the consequences of allopathic doses?

We know very well that allopathists do not like to hear the words "medicine poisoning," "medicine pinning." To their objection that these poisons are now not used so often any more, we simply reply with the assertion that either the same poisons are used but under different names, or other poisons just as pernicious. Allopathy is and remains a pseudo-science which spreads nothing but disease and disaster.

CORROBORATION.

We wish to corroborate our disquisitions with a few objective remarks. Some of our readers may think that we have written the present book with a prejudice and bias; that we have gone too far in drawing our conclusions and in our condemnation of medicine poisons, specialist treatment, and surgery. By means of a significant example, however, we shall show that we cautiously examine in every respect and direction, before we venture to pronounce a definite judgment; that we always endeavor to be impartial and to learn by unprejudiced examination before we reject something and try to replace it by something else.

We make *surgery* on purpose the subject of our concluding discourse, because this branch of medical science is regarded not only by the public, but also by the nihilistic physicians, i. e. the disbelievers in medicines, as the crown of medical science. Our explanations are based on the most careful observations in this respect.

Surgery—we lay special stress on the point that we thereby mean the operative treatment of diseases, not the assistance of the surgeon after accidents—created the words “functional defects and derangements” as terms to denote the manifold consequences after operations.

There is not one person on whom an operation was performed, for instance the removal of the appendix vermiformis, who has not to complain of lighter or graver consequences, such as depression of the mind, anger, vexation, irritability, nervousness, digestive troubles, etc., although the appendix is an unnecessary part of the body according to the views of allopathy.

We further call attention to the fact that women whose uterus has been sowed to the vagina, or to the abdominal walls, etc., on account of dislocation, have inevitably miscarriages; women who had important parts of their sexual organs removed change also externally for the worse. A most frequent and serious consequence of operations on the abdomen is a fracture of the abdominal muscles. Persons who had the thyroid gland removed on account of the enlargement of that organ were afflicted with dementia. Tumors or cancerous formations which had been cauterized or removed operatively reappear in an always more serious form, etc.

All these cases and many more are certainly appearances which were wholly unknown before the era of the surgical treatment of diseases; they are consequently quite an undesired enlargement of medical science by surgery. We shall give here a short resume of the respective reports of medical and surgical authors:

1. Serious mental derangements often appear in consequence of operations in persons in whose family no hereditary encumbrance of the brain can be traced.

2. The functional derangements are noticed more frequently after the removal of parts of the sexual organs than of other parts of the body.

3. Operations are the causes of insanity which is especially apt to develop in highly irritable individuals.

4. Irritability is a condition which should never be overlooked by surgeons, and only absolute necessity can excuse an operation in such cases.

5. Insanity after operations is more frequent than is generally believed.

In addition to the before-mentioned abnormal conditions of the mind, the changes in the external appearance of the body, the return of the morbid matter to the place where the operation had been performed or to some other parts of the body, we must mention the increased disposition of the operated person to manifold diseases, for instance tuberculosis, obesity, etc.

In view of all these facts we cannot but condemn most severely all surgical or operative treatment of diseases, all well as all the rest of the dubious practices of the allopathists and specialists. Our numerous and

careful investigations recorded in this book furnish sufficient proof that our judgment is not based upon blind, prejudiced, and passionate zeal, but upon mature reflection and the firm conviction that we are able to replace the faulty doctrines of the old medical science by a new and better knowledge which is destined to become the common property of mankind.

We do not doubt that our assertions will bring us many adversaries; but it is also certain that time and experience will force many to abandon their opposition and become converted to our teachings.

With these convictions we send our work out into the world. May it bring new hope and inspiration to all those poor sufferers upon whom the truth is dawning that medicine poisons and surgical knives can never bring them relief and health, but only increased pains and chronic disease! May the book tend to free humanity from the nefarious practices of allopathy whose main doctrines were evolved by ignorance, greed, and superstition, partly handed down from barbarous ages! For thousands of years man was systematically kept in darkness concerning the most fundamental laws of nature, in order that he may be more easily exploited by those who claim to have a lease on science and the art of healing. May the book be successful in propagating the truth that knowledge is mightier than dogma and greed! May the book help conscientious, intelligent parents to protect their families against sickness and medicine poisons! May our work assist in raising and educating a healthier and better generation which will strive for the highest ideals of mankind.

And last but not least:—may the book spread the teachings of nature cure also among the physicians, so that they may recognize as the most noble task of their vocation *to make themselves dispensable*, that is to say, the *professional healer* must finally disappear to make room for the *teacher of hygiene!*

INDEX.

- Abdomen, 52, 60, 61, 67, 75, 85, 108, 136, 144; fracture of the muscles of the, 144.
- Abscess, 16.
- Acarus folliculorum, 20.
- Acarus scabiei, 20.
- Accidents, signs after, 75; first help in, 118.
- Acupunktur, 50.
- Afterbirth, 50, 107.
- Air, 114.
- Air baths, 108, 113, 114, 121, 124, 133, 135.
- Agarophobia, 38, 58, 59.
- Albuminuria, 66, 69.
- Alcohol, 78, 79, 80, 86, 93, 96, 99.
- Allopathy, 9, 30, 44, 101, 143.
- Amniotic fluid, 54.
- Anchylostomum duodenale, 72.
- Anemia, 83, 86, 107.
- Anger, 60.
- Angina pectoris, 61.
- Ankle, 69, 75, 82.
- Annulus senilis, 80.
- Anthelmintic, 83, 89.
- Antifebrin, 24.
- Antipyrin, 24, 62, 87, 123.
- Antipyretics, 127.
- Antitoxin, 26, 27, 28.
- Anus, 51; 71, 72, 92, 93, 115.
- Apathy, 123.
- Apoplexy, 38, 55, 79, 91.
- Appendicitis, 64, 92.
- Appendix vermiformis, 64, 71, 83, 92, 94, 144.
- Apparent death, 141, 142.
- Arm, 51, 59, 62, 63, 78, 88, 92, 98.
- Arsenic, 9, 24, 62, 69, 84, 142, 143.
- Asthma, 37, 49, 56, 86, 99, 115.
- Athletes, 99, 100.
- Athyrea, 82, 83.
- Atmosphere, abnormal state of, 131.
- Auditory canal, 92.
- Autotoxins, 49, 120, 123.
- Azure, the normal color of the eye, 12, 15.
- Bacilli, 43, 64, 87, 124, 131.
- Back, 56, 59, 60, 69, 75, 82, 83, 91, 94, 95, 128, 138; encumbrance of the, 51, 138; inflammation of the, 52, 62; pain in the, 24; tuberculous ulcerations in the, 99.
- Bacteria, 130.
- Bald head, 126.
- Bandages, wet, see Packs.
- Basedow's Disease, 11, 83.
- Baths, 33.
- Baunscheidtismus, 50.
- Bedbugs, 141, 142.
- Bedsore, 94.
- Beer, arsenic in the, 142; lead in the, 24, 80.
- Belching, 24, 67, 71.
- Belladonna, 9.
- Bile, 75.
- Biliary duct, 71.
- Births, premature, 92.
- Bladder, 52, 58, 59, 60, 61, 69, 70, 75, 83, 84, 92, 94, 136; bleeding of the, 82; catarrh of the, 25, 88.

- Blindness, 105.
- Blood, corruption of the, 73, 80, 111, 112, 113, 116, 121, 131; formation of the, 67; impurity of the, 33, 100, 115; vomiting of, 24.
- Blood-poisoning, 33, 116, 117.
- Blood vessels, bursting of, 36, 75; stagnation in the, 68.
- Boils, 24.
- Bones, 108.
- Bones, pains in the, 13.
- Brain, affections of the, 33, 59, 77, 78, 97; encumbrance of the, 55, 58; inflammation of the, 88, 92, 93, 130; mucous membranes of the, 21, 110; softening of the, 73.
- Breathing, 110.
- Breast, 59.
- Bright's Disease, 79.
- Brom, 9, 25, 65, 89.
- Brom-acne, 25.
- Bronchial catarrh, 51, 60.
- Bronchial tubes, 62, 123.
- Bronchitis, 79.
- Burns, 49, 118, 119.
- Buttocks, 65, 88, 91, 94.
- Cancer, 37, 63, 64, 89, 98, 111, 112, 144; death rate of, 63; operation of, 63, 144.
- Cannibalism, 30.
- Capitalism, 27, 31.
- Carbolic acid, 59, 75, 116.
- Carbuncles, 22.
- Caries, 64, 98, 122.
- Catalepsy, 141, 142.
- Catarrh, signs of, 34.
- Catarrhal defects, 47.
- Cathartics, 125.
- Caustics, 113.
- Cauterization, 90, 115, 144.
- Cecum, 60, 71.
- Cheek, 52, 62, 76, 88, 89, 91, 92, 95.
- Chest, 62, 63, 78, 83, 92, 93, 98; tension in the, 24.
- Chest-shoulder bandage, 137.
- Child, care of the, 107; nursing of the, 107.
- Cholera asiatica, 93, 110, 111.
- Cholera infantum, 110.
- Cholérine, 24, 110, 111.
- Christian Science, 56.
- Chyle, 72.
- Chylification, 67.
- Chymification, 67.
- Circulation of the blood, 85.
- Circumcision, 95, 96.
- Clay plaster, 110, 138.
- Closet paper, 72, 136.
- Cocain, 25, 89.
- Coccyx, 91, 95.
- Coecum, see Cecum.
- Cold-water applications, 98, 109, 110, 111, 113, 114, 124, 135-138.
- Cold water, sitting on, 116, 121, 136.
- Colds, 49, 112, 123.
- Colic, gastric, 37; intestinal, 37, 68, 111, 136; menstrual, 37, 92, 115.
- Collar-bone, 65.
- Colon, ascending, 60, 61, 72; descending, 60, 72, 93; S-shaped, transversum, 72.
- Colon, flushing of the, 125.
- Color of the iris, acquired, 19; natural, 19; reproduction of the, 46.
- Comets, 131.
- Complexion, 114, 126.
- Conjunctiva, 6.
- Constipation, 59, 67, 69, 70, 80, 83, 113, 115, 125.
- Consumption, 72, 79, 85.
- Copper, 141, 142, 143.
- Cornea, 6.
- Corns, 61, 113.

- Corset, injurious effects of the, 53, 62, 107.
 Corset iron, 93.
 Coryza, 123.
 Cough, 13, 24.
 Cough medicines, 85.
 Cramps, 28, 38, 58.
 Cramp rings, 37, 40, 51, 96.
 Creosote, 24, 52, 57, 62, 65, 84.
 Crisis, 37, 43, 97, 106, 123, 124, 125, 127; characteristics of a, 124, 125.
 Cross-eyed, 83.
 Crying-spells, 86.
 Cyst, sebaceous, 82, 89.
 Cures, duration of, 126.
 Cupping, dry, 127.
 Critical days, 130.
- Dandruff, 24, 74, 108.
 Deafness, 91, 106.
 Death, premature, 55.
 Debility, 77.
 Decubitus, see Bedsore.
 Defects, acquired, 36; catarrhal, 36, 37; hereditary, 36, 40.
 Delirium tremens, 38.
 Dementia, parietic, 122, 144.
 Diabetes mellitus, 66, 70, 97, 122.
 Diagnosis, facial, 10; the old ways of, 9, 10, 102.
 Diaphragm, 37, 52, 61, 66, 69, 88, 94.
 Diarrhea, 49, 69, 78, 80, 93, 106, 110.
 Diet, importance of, 50, 87, 88, 98, 99, 100.
 Diet reform, 133.
 Digestion, 72, 135.
 Digestive troubles, 60, 67, 144.
 Digitalis, 9.
 Diphtheria, 27, 76, 109.
 Dipsomania, 78.
 Diseases, acute, 33, 122; causes of, 33, 86; chronic, 33, 126.
- Diseases, contagious, 111, 130; curability of, 106; definition of, 15, 21; suppression of, 16, 44, 127-130; of children, 108; irrational treatment of, 36, 106.
 Diuretic, 83.
 Dizziness, 38.
 Dormitive, 110, 138.
 Drinkers, mortality of, 79.
 Dropsy, 78, 79, 82, 138.
 Drunkards, 78.
 Drunkenness, 58.
 Duodenum, 71.
 Dusting-powder, 57.
 Dyscrasia, 111.
 Dyspepsia, 115.
 Dysuria, 69.
- Ears, 58, 65, 70, 75, 86, 92, 96, 97, 108; ringing in the, 14, 59; ulceration in the, 52.
 Earlap, 82.
 Earthquakes, 131.
 Eczema, 25, 48, 49.
 Edema, 78.
 Elbow, 62, 65.
 Electricity, 76, 125, 122.
 Electric needle, 114.
 Elephantiasis, 65.
 Emaciation, 126.
 Encephalomalacia, 73.
 Encumbrance with morbid matter, 10, 21, 33.
 Epidemics, 25, 33, 101, 130-132.
 Epilepsy, 38, 47, 51, 55, 58, 59, 65, 71, 78, 89, 93; caused by worms, 72, 89.
 Epistaxis, see Bleeding of the nose.
 Epithelioma, 95.
 Equilibrium, loss of, 38, 58.
 Equisitum arvense, 117.
 Erosion, 55, 113.
 Erysipelas, 24, 64, 76, 79, 94.
 Esophagus, 56, 57, 60, 63, 85, 98.
 Esophagostenosis, 56.

- Eustachian tubes, 130.
 Evolution, 5.
 Excision, 113.
 Exostosis, 82.
 Exploratory incision, 98.
 Eye, 52, 59, 62, 76, 82, 92, 97, 106, 108.
 Eyes, blue, 12, 15-18; brown, 15, 16, 18, 19; cataract of the, 96; catarrh of the, 65; color of the, inflammation of the, 62, 84; mixed colored, 16, 18, 19; acquired colors of the, 19.
 Eyeball, 6, 83; protrusion of, 83.
 Eyebrows, 6.
 Eyelashes, 6, 11, 76, 80.
 Eyelids, 6, 11, 80, 83.

 Faintings, 38, 52, 55, 59, 75, 91.
 Faith cure, 56.
 Fasting, 105, 110, 123.
 Feet, ailments of the, 97, 138; cold, 68, 115, 125; open, 19, 50, 55; sweating of the, 19, 48, 49, 50, 57, 96, 110.
 Female diseases, operations in, 51, 144.
 Fermentation, 67, 86.
 Fetus, 54.
 Fever, 106, 110, 112, 115, 131, 137; intermittent, 110.
 Finger, injury of the, 61.
 Fistula, 22, 83.
 Flatulence, 67, 69, 138.
 Flexura sigmoidea, see Colon S-shaped.
 Fluorescin, 142, 143.
 Fontanel, 49, 50, 115.
 Foot, gangrene of the, 59.
 Food, cooking of, 133, 134; pre-digested, 132.
 Forehead, 58, 60, 78, 82, 88, 97.
 Forgetfulness, 80.
 Fruit juices, 66, 85, 86.
 Fruit sugar, 86.

 Fruitarian diet, 26, 88, 93, 105, 106, 108, 113, 114, 120, 125, 129, 133.
 Functional defects, 144.
 Furuncles, 65, 127, 128, 138.

 Gall stones, 70.
 Galvanocautery, 89.
 Ganglion, 93.
 Gangrene, 59, 112, 122.
 General treatment of the body, 10.
 Genital organs, see Sexual organs.
 Germs, 87, 132, 134.
 Giddiness, 96.
 Glands, lachrymal, 74; irritation of the, 24; peritoneal, tuberculosis of the, 77; sebaceous, 82, 92.
 Glandular extracts, 29-31, 73.
 Glans, 92, 95.
 Globus hystericus, 85.
 Glycerine, 69, 80, 114.
 Goitre, 83, 94.
 Gonorrhoea, 32, 51, 88, 119-122.
 Gout, 70, 80, 128.
 Grave's Disease, 83.
 Gravel, 70.
 Groin, 78, 80, 88, 94; rupture of the, 88.

 Hair, 108, 114; abnormal growth of, 114; arsenic in the, 142, 143; artificial coloring of the, 114; change of color, 91, 114.
 Hands, sweating of the, 49, 51, 55.
 Hashish, 25.
 Head, encumbrance of the, 51, 58; inflammation of the, 52, 94, 138; suppuration in the, 97.
 Headache, 14, 91, 129, 130.
 Healing, signs of, 38.
 Heart, 61, 75, 98, 108, 137, 138; affection of the, 33, 108, 137; failure, 79, 79; fatty degeneration of the, 79; palpitation of the, 78, 83.

Hearing, hard of, 96.
Hematoma, 82.
Hemorrhoids, 39, 49, 52, 56, 59, 80, 115, 136.
Herb teas, 133.
Hiccough, 88.
Hip, 52, 58, 61, 62, 63, 66, 69, 75, 80, 83, 94, 98.
Hip-joint, infantile dislocation of the, 37, 62, 94, 107.
Homeopathy, 9, 13, 30, 141.
Homeopathic remedies, 109, 110, 111, 113, 115-117, 121.
Homosexuality, 90.
Hot air, 132, 137.
Hot water, 132, 133.
Hydrocele, 88.
Hydrophobia, 26, 28, 29.
Hypochondriasis, 66.
Hysteria, 38, 51, 85.

Ice-bag, 69, 74, 83, 88, 116.
Ichor, 122.
Ichthyol, 9, 56, 91.
Ilium, 71.
Imbecility, 79.
Impotency, 58, 90.
Indigestion, 78.
Indisposition, 110, 138.
Induration, 122.
Inebriety, 38.
Infants, care of the, 33; measurements of the newborn, 53; mortality of the, 134.
Inflammation, 34, 35, 47, 110, 138.
Influenza, 13, 25, 26, 52, 62, 123.
Inhalation, 89.
Insanity, 78, 144.
Insect powders, 142.
Intellectual powers, defects of, 38, 51, 55, 57, 58, 73, 74, 79, 88, 91, 96, 97, 144.
Intemperance, 107.
Intestines, 61, 68-73, 83, 111, 136, 138.

Intestines, catarrh of the, 24, 33, 52, 66, 108, 134; divisions of the, 71; encumbrance of the, 58; inflammation of the, 31, 66, 111.
Intoxication, 77.
Iodine, 9, 13, 14, 24, 61, 62, 65, 80, 82, 89, 91, 94.
Iris, 6; color of the, 34, 108, 126; the normal color of the, 12, 15; density of the, 33, 34.
Iron, 14, 71.
Irritability, 144.
Itch, 15, 24, 25, 60, 61, 63, 64, 66, 70, 94, 99, 111-113; suppressed, 19, 37, 47, 57, 75, 86, 112.

Jaundice, 57.
Jaw, 60, 76, 91; swelling of the, 57.
Jejunum, 71.
Jettatura, 5.
Joints, dislocation of the, 138; inflammation of the, 138; stiffness of the, 84.

Key to the diagnosis from the eye, 39-42.
Kidneys, 57, 60, 61, 69, 70, 75, 78, 79, 80, 83, 92, 96, 138; defects of the, 48; inflammation of the, 49, 52, 88, 96; suppuration of the, 122.
Knee, 61, 75; swelling of the, 82; tuberculosis of the, 98.
Kneecap, fracture of the, 93.

Lacteals, 72.
Lactiferous glands, 54.
Language, uniform, by the signs of the eye, 47.
Laryngitis, 79.
Larynx, 27, 52, 59, 60, 62, 69, 76, 79, 83, 86, 88, 89, 95.
Lead, 24, 80; colic, 24.

- Leeches, 127.
- Leg, defects of the, 58, 62, 65, 78; emaciated, 106, 129; protrusion of the veins of the, 83; shot-wound in the, 63; swelling of the, 57.
- Lens of the eye, opacity of the, 96.
- Lepra, 65.
- Leucorrhœa, 115.
- Lice, crab, 20, 33, 57; head, 20, 84, 91.
- Lichen, 25, 49, 110.
- Linen, 114.
- Liquors, intoxicating, 79, 86.
- Liver, 56, 61, 67, 69, 70, 75, 79, 80, 82, 83, 127.
- Locomotor ataxia, 95.
- Looking-glass, magnifying, 47.
- Lungs, 51, 57, 59, 69, 75, 85, 86, 99, 137, 138; catarrh of the, 52, 56, 69, 80, 99; defects of the, 40, 48, 73, 97; diseases of the, 10, 11, 19, 85; inflammation of the, 37, 49, 58, 61, 66, 73, 93, 96, 137; roots of the, 80; signs after bleeding, 52, 56, 80; tuberculosis of the, 28, 48, 78, 79, 85, 91, 95.
- Lupus, 64, 88.
- Lymph, 9, 43, 85; corruption of the, 73, 100, 111, 112, 116, 121, 131; formation of the, 67; glands, 13.
- Madness, 79.
- Magnetism, 139, 140.
- Malaria, 13, 14.
- Massage, 125, 132, 133.
- Mastication, 67, 72, 134.
- Masturbation, 87, 88.
- Matter, divisibility of, 141.
- Measles, 19, 84, 96, 109, 110.
- Medicine, forensic, 143.
- Medicine poisoning, 47.
- Medicines, 44; signs of, 37.
- Medium, spiritualistic, 55.
- Melancholy, 74, 92.
- Meningitis, 79, 110.
- Menses, 115.
- Mental defects, 92; depression, 77.
- Mercury, 9, 15, 20-22, 55, 69, 84, 92, 93, 121, 127-129, 142, 143.
- Mesenterium, 72.
- Metabolism, 134.
- Microbes, 67, 87, 130, 131.
- Migraine, 91.
- Milk, of the cow, 33, 77, 107; mothers', 77, 107; boiling of the, diluting of the, 33, 134.
- Milk scurf, suppression of the, 19, 33, 37, 44, 49, 68, 71, 85, 100, 106.
- Mineral waters, 125.
- Miscarriages, 144.
- Mite (*acarus scabiei*), discovery of the, 112.
- Morphin, 59.
- Morphinism, 59.
- Morphiomaniac, 59.
- Mosquito bite, treatment of the, 117.
- Mouth, 52, 58, 76, 89, 92; bad smell out of the, 67, 71; bitter taste in the, 78.
- Mucous membrane, inflammation of the, 24, 39, 49, 85.
- Mucus, vomiting of, 24.
- Mucus hemorrhoids, 52, 59.
- Mumps, 91.
- Muscles, atrophy of the, 78; pain in the, 24.
- Myom, 83.
- Narcotics, 77, 96, 98, 99.
- Nature cure, 9, 10, 97, 99, 105, 132, 133; healing-factors of the, 132-140; prejudice against the, 76.
- Nature cures, reports of, 127.
- Navel, rupture of the, 99.

Navel string, cutting of the, 107.
Neck, 65, 80, 82, 94, 95; glands, 82, 86, 91; inflammation of the, 94, muscles of the, 52, 56, 65, 95; swelling of the, 51, 78, 82, 95.
Nephritis, suppurative, 48.
Nerve, optical, 62, 76, 83.
Nerve clouds, 62.
Nerve rings, 37, 40, 47, 62, 86, 92, 96.
Nervous system, 58, 59, 67, 68, 78.
Nervousness, 97, 138, 144; signs of, 37, 77.
Nettle-rash, 24, 138.
Neural analysis, 14.
Neuralgia, 95.
Neurasthenia, 58; signs of, 37.
Neurotics, 131.
Nihilistic physicians, 143.
Nipple, 65, 82, 92, 93.
Nitrogenous foods, over-supply of, 54.
Nose, 52, 57-60, 62, 69, 76, 80, 89, 92, 95, 106, 123; bleeding of the, 91, 97; catarrh of the, 65, 123.
Obstetrician; 62.
Obesity, 126, 144.
Occiput, 60, 65, 69, 70, 75, 80, 82, 86, 89, 92, 97.
Operations, 13, 31, 32, 62, 64, 115.
Opium, 25, 111.
Organs, decay of, 36; defective, signs of, 34.
Osteopathy, 10.
Ossicles, auditory, 65.
Ovary, 37, 59, 82, 92, 96; tumor in the, 82.
Over-eating, 54.
Ozema, see Nose, catarrh of the.
Packs, wet, 136, 137.
Pains, magnetic treatment of, 140.
Palpitations of the heart, 98.

Pancreas, 70.
Pancreatic duct, 71.
Paper embossed, 47.
Paralysis, 22, 24, 79, 123, 142; infantile spinal, 106.
Parotidis, 91.
Parturition, 52, 107.
Pasteurism, 26, 28, 29.
Patterns, for sketching, 47.
Pediculosis capitis, 20; pubis, 20.
Pelvis, 53, 61, 69, 94.
Penis, 51, 95; bending of the, 82.
Percussing, 10.
Perfumes, 141.
Perineum, 58.
Peritoneum, 72.
Perspiration, cold, 24.
Phenacetin, 87, 91.
Phimosis, 95.
Phosphorus, 24, 52, 61, 117.
Photography of the iris, 46, 96, 110.
Phrenology, 102.
Phthisis, 122.
Physical culture, 99, 100.
Piles, 70, 115; bleeding of the, 116.
Pimples, 20, 62, 138.
Placenta praevia, 54.
Plague, 131.
Planets, constellation of, 130, 131.
Pleura, 58, 65, 73; inflammation of the, 52, 61, 137.
Pleuritis, see above.
Pneumonia, 48, 79.
Pneumopyothorax, 32.
Poliomyelitis anterior, see Paralysis, infantile spinal.
Pollution, 90.
Polyps, 13, 69, 89.
Potassium bichromate, 57.
Pot-cheese, 110, 139.
Practice of the diagnosis from the eye, 45-103.
Prayer cure, 56.
Predisposition, 112.

- Pregnancy, abnormal desires during, 135; care during, 54, 68, 107.
 Prenatal influences, 62.
 Prepuce, 95, 96.
 Protein, daily need of, 54.
 Psora, 44, 61, 112.
 Ptyalism, 142.
 Pugilists, 99, 100.
 Pupil of the eye, 11, 39.
 Pus, 122.
 Pustules, 92, 93.
 Putrefaction, 67, 85, 122.
 Pyloric system, 69.
 Pylorus, 63, 70, 71.

 Quinine, 13, 14, 22, 23, 52, 57, 71, 116, 120.

 Rachitis, 109.
 Radii solares, 11, 38, 47, 51, 52.
 Radium, 114.
 Raw food, 123, 133-135; vitality of, 134.
 Rectum, 59, 66, 69, 70, 72, 73, 75, 80, 83, 93.
 Respiratory system, 21.
 Restlessness, 97.
 Rheumatism, 22, 51, 70, 98.
 Ribs, 75, 80, 83.
 Rickets, 134.
 Roentgen rays, 10, 102, 142.
 Rubber stockings, 57.
 Ruptures, 126.

 Saliva, 72.
 Salivation, 142.
 Salts, inorganic, 134; organic, 85, 134.
 Salves, 48, 112.
 Salycilic acid, 24, 69, 80, 84.
 Saponification, 67.
 Scabies, see Itch.
 Scalds, 49, 118, 119.
 Scalp, pain in the, 24; wetting of the, 124.

 Scarlet fever, 19, 82, 91, 106, 109, 110.
 Sclerotica, 6.
 Scratching of skin eruptions, 108.
 Scrofula, 11, 80, 86, 91, 108, 109, 131, 134.
 Scurf-rim, 15, 47, 49, 51, 52, 55, 58, 80, 83, 84, 108, 120.
 Seborrhœa capitis, 108.
 Self-diagnosis, 47.
 Self-pollution, see Masturbation.
 Self-reform, 80.
 Serpents, bites of, 117.
 Sexual life, abnormalities of the, 38, 59, 65, 87, 89, 90.
 Sexual maturity, 84.
 Sexual organs, 87, 144; diseases of the, 11, 22, 35, 52, 94, 115, 119-122, 138.

 Shanker, 58, 119-121.
 Shinbone, outgrowth of the, 82; supuration on the, 93.
 Short pack, 137.
 Shortsightedness, 76.
 Shoulder, 51, 52, 56, 61, 62, 63, 65, 78, 80.
 Shoulderblade, 92, 93.
 Signs in the iris, reproduction of the, 35.
 Silver nitrate, 89.
 Silver wire, 93.
 Sitting on cold water, 83.
 Sketching of the iris, 46, 47.
 Skin, abnormal color of the, 67, 108, 122, 123; defects of the, 40; diseases of the, 15, 19, 24, 25, 33, 88, 98, 109-113, 138; function of the, 49, 85, 108-110, 137; impurities of the, 113, 114; mal-treatment of the, 84, 98, 108, 113-115; vesicles of the, 43.
 Skull, roof of the, 75, 97.
 Sleeping naked, 123, 138.
 Sleeplessness, 97, 125.

- Soap**, 108, 112, 114.
Social problems, 80.
Soffran, 110.
Sores, 84, 138; open, 16, 24, 36, 48.
Specialists, 44, 56, 62, 65, 76, 89, 101, 106, 143, 144.
Spine, 66, 93; curvature of the, 57, 93.
Spiritism, 55.
Spleen, 61, 66, 69, 75, 80, 83, 94.
Steam baths, 132, 137.
Sterility, 126.
Sternum, 75, 92.
Stimulants, 77, 96, 98, 99.
Stings of insects, 138.
Stomach, 52, 58, 60, 63, 68-70, 72, 79, 85, 110, 124; cancer of the, 66, 71; catarrh of the, 33, 52, 66, 79, 84, 108, 134, 138; cramps of the, 68; dilatation of the, 71, 77, 80; inertia of the, 71; inflammation, 31; mouth of the, 71, 98; pain in the, 24, 93; ulceration of the, 71; the six classes of the defects of the, 70-71.
Strychnine, 24, 57, 69, 73, 89.
Subsoil water, 130.
Substance, loss of, 36, 47, 48, 81, 82.
Sudorific after colds, 138.
Sulphur, 20.
Summer complaints, 110, 134.
Sun baths, 135.
Sunlight, 88, 132.
Suppurations, 85.
Sweat, cold, 78.
Swellings, 128.
Sycosis, 44.
Syphilis, 26, 44, 94, 120-122, 128, 129, 143; vaccination against, 119.
Syringe, morphiaum, 59.
Syringing, injurious effects of, 125, 132.
Tabes mesenterica, 77.
Tapeworm, 72, 74.
Tar salves, 49.
Teachings of the diagnosis from the eye, 15.
Teeth, 97, 134; tartar upon the, 69, 76.
Temperaments, 43, 80.
Temple, 60, 97.
Tendo-vaginal inflammation, 93.
Testicles, 82, 88.
Thigh, 63, 69, 75, 78, 91, 92.
Thoracic duct, 72.
Thorax, 75, 82, 92.
Thread-worms, 70, 72.
Throat, 109, 138.
Thyroid gland, 51, 73, 82, 85, 89, 95.
Tidal waves, 130, 131.
Tobacco, 99.
Tongue, 85, 91; coated, 124.
Toothache, treatment of, 110.
Torticollis, 65, 94.
Trachea, 51, 52, 59, 60, 62, 76, 80, 90, 95.
Traumatism, 75, 93.
Tremor, 83.
Trichinosis, 11, 72.
Tropics, life in the, 22, 23.
Tuberculin, 28.
Tuberculosis, 25, 64, 78, 79, 88, 89, 98, 144.
Tumors, 50, 92, 112, 115, 122, 138, 144; cold, 37, 138; containing blood, 82; muscular, 83.
Turpentine, 25, 83.
Typhoid fever, 11, 32, 66, 67, 79, 91, 94, 110; symptoms of, 66; treatment of, 66.
Ulcers, 24, 49, 50, 81, 82, 112, 122, 138, 142.
Urethra, 51, 69, 70, 88.
Urethra, catarrh of the, see Gonorrhoea.

- Uric acid, 70.
- Urine, albumen in the, see Albuminuria; blood in the, 75; retention of the, 83, 136; sand in the, 69, 70; sugar in the, see Diabetes.
- Uterus, 37, 52, 54, 56, 90, 93, 107, 144; prolapsus of the, 62, 92.
- Vaccination, 9, 13, 25, 26, 28, 33, 58, 65, 68, 73, 100, 101.
- Vagina, 92, 115, 144; rinsing of the, 115, 125.
- Varicose veins, 57, 82, 88, 138.
- Vegetarian diet, see Fruitarian diet.
- Venter, preponderation of the, 54.
- Vertex, 58, 60, 75, 80, 96.
- Villi, 72.
- Vitalism, 134.
- Vivisection, 29.
- Voice, defects of the, 59.
- Volcanoes, 131.
- Vomiting, 111, 124.
- Warts, drooping, 83; treatment of, 113.
- Water, boiled, 111; distilled, 111.
- Weeping, tearless, 74.
- Weeping-cramps, 38.
- Whip-worms, 72.
- Whooping-cough, 109.
- Will, impaired, 38, 51, 55, 59, 73.
- Windows, open, 123.
- Wine, injurious effects of, 78.
- Wool, 114.
- Worm remedies, 83, 89.
- Worms, 72, 89; in the thorax, 32.

NOTICE

“THE DIAGNOSIS FROM THE EYE” will be sent prepaid to any address on receipt of:

2.00 in the United States and Canada—

KOSMOS PUBLISHING CO.,

765 N. Clark Street, Chicago, Ill.

8 sh. in Great Britain—

L. N. FOWLER & CO.,

7 Imperial Arcade, Ludgate Circus,

London, England.

8 mark in Germany—

K. LENTZE, 13 Grassi Strasse, Leipsic, Germany.

The book is published in the German language also, and can be had through the same addresses and at the same prices.

In the desire to spread the teachings of “THE DIAGNOSIS FROM THE EYE” into constantly larger circles, we have made arrangements that at the addresses given below short inquiries in the English or German language will be promptly answered, also that the necessary implements for “THE DIAGNOSIS FROM THE EYE,” separate keys, stippled and embossed paper, patterns, magnifying looking-glasses, etc., for self-diagnosis can be furnished.

KOSMOS PUBLISHING CO. AND
HYGIENIC INSTITUTE

765 N. Clark Street, Chicago, Ill.

Telephone Dearborn 5362.

Branch Office:

CHICAGO INSTITUTE FOR NATURE CURE,

232 Michigan Ave., South of Auditorium, Chicago, Ill.

Telephone Harrison 4357

Chicago Institute for Nature Cure

DR. LINDLAHR, Director

TELEPHONE HARRISON 4357

232 MICHIGAN AVENUE :: CHICAGO, ILLINOIS

All diseases treated successfully by Light and Air cures, Diet cures, Water cures, Osteopathy, Physical Culture, Mental Therapeutics, and other methods of Nature Cure combined and adapted to the individual case. By means of the

“Diagnosis from the Eye”

we are enabled to give a better diagnosis of your case than it is possible by any other method.

PATIENTS CARED FOR IN OUR SANITARIUM AT REASON-
ABLE PRICES :: :: :: :: CORRESPONDENCE INVITED

SUGGESTION

is a practical home magazine devoted to suggestive therapeutics, psychic research, and the application of the principles of the New Psychology for health, happiness and success.

Ten Cents a Copy. \$1.00 per year. Foreign, 6 shillings.
Sample Copy sent upon receipt of postal.

Suggestion tells how to be healthy without medicine

If you don't like to think, don't read this magazine.
4020 Drexel Boulevard, CHICAGO, ILL.

TO ALL READERS OF THE "DIAGNOSIS FROM THE EYE"
WE RECOMMEND:

The Foundation of All Reform

A GUIDE TO
HEALTH, WEALTH AND FREEDOM

By Otto Carquè.

A most helpful and instructive treatise on the diet question. The book is written in a plain and popular language, and elucidates many points, hitherto neglected in dealing with this important problem; it contains the following chapters:

1. Man's Position in Nature.
2. Chemistry and Physiology of Nutrition.
3. The Raw Food Question,
4. The Superiority of the Fruitarian Diet.
5. Diet-reform, the Ultimate Solution of the Economical and Social Problems.
6. The Ethics of Diet-reform.

100 pages, neatly bound in cloth, United States **50 Cents** Great Britain **2 Shillings**.
Sent prepaid upon receipt of price.

UNITED STATES:

Kosmos Publishing Co., 765 N. Clark Street, Chicago, Ill.

ENGLAND: L. N. FOWLER CO., 7 IMPERIAL ARCADE, LUDGATE CIRCUS, LONDON

In Preparation:

"The Drink Problem in the Light of Modern Science"

By Otto Carquè.

The principal chapters of this highly interesting and instructive treatise are:

The Origin of Alcohol.
Has Alcohol any Food Value?
The Waste of the World.
The Evils of Moderate Drinking.
Effect of Alcohol upon the Various Parts
and Organs of the Body.
Alcohol in Medicines.

The Crime of Adulteration.
The Nations' Drinkbill.
Alcohol, a constant source of Mental
and Physical Degeneration.
How shall we solve the Problem of the
Drink Evil?

Containing in all about 150 pages.

Price \$1.00; bound in cloth.

If you wish to secure a copy, we advise you to send your name and address NOW, as there will be a great demand for this book.

KOSMOS PUBLISHING CO., 765 N. Clark St., CHICAGO, ILL.

PHYSICAL CULTURE RESTAURANT CO. Inc.

Capital Stock, \$200,000

20,000 Shares at \$10.00 each

MAIN OFFICE: Suite 1119, 1123 Broadway, New York City
BERNARR MACFADDEN, Gen'l Manager

NEW YORK RESTAURANTS

No. 1. 487 Pearl Street No. 2. 120 Pearl Street No. 4. 220 Fulton Street
No. 6. 106 East Twenty-Third St. No. 10. 18 Spruce Street
No. 11. 58 Lispenard Street No. 12. 654 Broadway

BROOKLYN RESTAURANT

No. 3. 91 Willoughby Street Bakery, 91 Willoughby Street

BOSTON RESTAURANTS

No. 5. 27-29 Kingston Street No. 9. 35-37 Arch Street

PHILADELPHIA RESTAURANTS

No. 7. 25-27 South Eighth St. No. 8. 32 South Sixteenth St.

THE annual meeting of the Stockholders was held on January 11th, 1904, and was well attended. The following is a brief outline of the action of the Stockholders: The By-Laws providing for the number of Directors were amended so that the number of Directors was increased from three to nine. The annual report of the Treasurer showed among other features an increase of six restaurants in six months; that about \$24,000.00 had been received in subscriptions to stock; that the outlook for the future was most encouraging, and it is expected that the Company will be conducting, within the next year or two, at least fifty restaurants.

A conservative average of the net profit from each of these restaurants would be from one to two thousand dollars annually. One is now paying over \$1,000 profit, and another over \$3,000. If each of these 50 restaurants should average \$1,000 a year, a dividend of 25 per cent. can be paid.

Money invested in real estate mortgages pays from 4 to 4½ per cent. Railroad bonds will not average over 5 to 6 per cent.; government and municipal bonds 3 to 3½ per cent. Our stock is as safe as government bonds.

We especially desire to dispose of the balance of the stock we have to those interested in advancing the Physical Culture work and hygienic living. We would prefer that those in sympathy with the work secure all the profit that may accrue from its advancement, and we believe that such stockholders would be more fully in accord with the policies we must follow in advancing a business of this character.

Stock can be subscribed for to any amount. Those desiring to purchase a single share are welcome.

For Further Particulars and Prospectus write to

PHYSICAL CULTURE RESTAURANT CO.

Suite No. 1119, 1123 Broadway, New York City

BECOME A VEGETARIAN

And become stronger, healthier, happier, clearer-headed—and save money. Learn about Vegetarianism through *The Vegetarian Magazine*.

The Vegetarian Magazine stands for a cleaner body, a healthier mentality and a higher morality. Advocates disuse of flesh, fish and fowl as food; hygienic living and natural methods of obtaining health. Preaches humanitarianism, purity and temperance in all things. Upholds all that's sensible, right and decent. Able contributors. Has a Household Department which tells how to prepare Healthful and Nutritious Dishes without the use of meats or animal fats. Gives valuable Tested Recipes and useful hints on *Hygiene, Selection of Foods, Kitchen Economy*, etc. Full of timely hints on *Prevention and Cure of Disease*. Gives portraits of prominent vegetarians, and personal testimonials from those who have been cured of long-standing diseases by the adoption of a natural method of living. *Tells how to cut down living expenses without going without any of life's necessities. Explains the only way of permanently curing the liquor habit. Ways to increase muscle and brain power.* Published monthly. Sent postpaid, one year, for \$1.00; six months, 50 cents; three months, 25 cents; one month, 10 cents. Send money to

THE VEGETARIAN CO., 712, 167 Dearborn St., CHICAGO.

THE NUT CULTURIST.

By *Andrew S. Fuller*. A treatise on the propagation, planting and cultivation of nut-bearing trees and shrubs adapted to the climate of the United States. When it is considered that the latter sends abroad annually several millions of dollars to pay for various kinds of nuts imported from foreign countries the greater part of which could profitably be grown at home, it seems strange that so little attention has been paid by Americans to the planting and raising of edible nuts. In most of the European countries as much care and attention is given to the growing of nuts as to any kind of fruit trees, and the profits derived from them are, in some sections of continental Europe, greater than from any other class of trees. While it is not rare to see extensive nut orchards on plains and mountain sides, the principal and favored locations for them are along the public highways, and miles and miles of English walnuts and chestnuts line the roadsides. Most of our nut-bearing trees as well as the English walnut, are remarkably handsome in appearance, which is another reason why they should replace many worthless kinds that are so frequently seen along our highways.—This work its author has always considered as the most valuable one he has ever written, believing that it will develop a new and important industry for the benefit of the American farmers and the prosperity of our country. Over 100 original illustrations embellish the volume. 298 pages. Cloth, \$1.50. Sent prepaid on receipt of price.

KOSMOS PUBLISHING CO., 765 N. Clark St., CHICAGO.

Standard Works on Horticulture.

The Soil.

By *Franklin H. King*, Professor of Agricultural Physics, University of Wisconsin. Its nature, relations, and fundamental principles of management. A most desirable book, not only for popular use, but also for students and specialists who will find many new and useful suggestions therein. Illustrated, 303 pages, Cloth, 75c.

Irrigation Farming. (New edition.)

By *Lucius M. Wilcox*, A handbook for the practical application of water in the production of crops. One strong position taken by the author all through the work is the importance of consistent and scientific cultivation in connection with all irrigation operations, as the one is just as essential as the other, and the two are indispensable in attaining the most perfect results. The volume is profusely, handsomely, and practically illustrated; over 500 pages. Cloth \$2.00.

The New Horticulture.

By *N. A. Stringfellow*. A minute account of the author's personal experiences of thirty years in fruit and vegetable growing, its principal and most striking feature being the New Dispensation, or method of close root pruning. Illustrated, 216 pages, paper, 50c.

How Crops Grow. (New Edition.)

By *Samuel W. Johnson*. A Treatise on the Chemical Composition, Structure, and Life of the Plant. In pleasing and convincing language the author shows how the plant grows, the conditions under which it flourishes or suffers detriment, the materials of which it is made, the mode of its construction and organization, how it feeds upon the soil and air, how it serves as food for animals and man. Illustrated, 416 pages. Cloth, \$1.50.

The Peanut Plant.

By *B. W. Jones*. The directions in this work are intended for the beginner, and are such as will enable any intelligent person who has followed farming to raise good crops of peanuts, although he may never before have seen the growing plants. Illustrated, paper, 50c.

The Grape Culturist.

By *Andrew S. Fuller*. This is one of the very best works on the culture of the hardy grapes, with full directions for all departments of propagation, culture, etc., with 150 excellent engravings, illustrating planting, training, grafting, etc. 282 pages. Cloth, \$1.50.

The Small Fruit Culturist.

By *Andrew S. Fuller*. The book covers the whole ground of propagating small fruits, their culture, varieties, etc. It is very finely and thoroughly illustrated and makes an admirable companion to "The Grape Culturist." 287 pages. Cloth, \$1.00.

THE STRAWBERRY CULTURIST.

By *Andrew S. Fuller*. Containing the history, sexuality, field and garden culture of strawberries; how to grow them from seed, hybridizing, and all information necessary to enable everybody to raise their own strawberries. 60 pages, cloth, 25 cents.

PRINCIPLES OF FRUIT GROWING.

By *L. H. Bailey*, Professor of Horticulture in Cornell University. A complete treatise on fruit growing in general, comprising the inventory of fruits, the location, tillage, and fertilizing of fruit lands. Planting and care of fruit plantations. Diseases of fruit trees. Harvesting and marketing fruits. Illustrated. 508 pages. Cloth, \$1.25.

The Horticulturist's Rule Book.

By *L. H. Bailey*. A compendium of useful information in handy form, indispensable for fruit growers, truck gardeners, florists, and others. Illustrated. 302 pages. Cloth, 75 cents.

The Evolution of Our Native Fruits.

By *L. H. Bailey*. This book expounds the development and progress of agriculture and horticulture in the United States, with particular reference to the evolution and improvement of our native species of fruits. Illustrated. 472 pages. \$2.00.

Field Notes on Apple Culture.

By *L. H. Bailey*. A comprehensive treatise dealing with the culture of the apple in its various stages from the preparing of the soil, setting the trees, to the picking, packing, and marketing of the fruit. Illustrated. 90 pages. Cloth, 75 cents.

THE PRUNING-BOOK.

By *L. H. Bailey*. The author takes particular pains to explain the principles of each operation in every detail. Considerable space is devoted to the pruning and training of grape vines, both American and foreign. Every part of the subject is made so clear and plain that it can be readily understood by even the merest beginner. Illustrated. 530 pages. Cloth, \$1.50.

Cyclopedia of American Horticulture.

By *L. H. Bailey*, assisted by *Wilhelm Miller* and many expert cultivators and botanists. Containing original descriptions of all the species of fruits, vegetables, flowers, etc., known to be in the markets in the United States and Canada. The horticultural capabilities are given of every state, territory, and province, including Hawaii, Puerto Rico, and the Philippines, accompanied by maps. This monumental work constitutes in itself a horticultural library indispensable to every intelligent and progressive tiller of the soil and student of nature. Four volumes, 500 pages each, with over 2,000 original engravings, handsomely bound in cloth and gold. Price, net. \$20.00.

All the above-mentioned books will be sent prepaid on receipt of price.

KOSMOS PUBLISHING CO., 765 N. Clark St., CHICAGO.

The Sanitarium Pure Food Store

AND BAKERY OF

Benold's Unfermented Whole Wheat Bread

FULL LINE OF REFORM FOODS:

Entire Wheat, Cracked Wheat, Whole Wheat Flour freshly ground every day on our own Mill; all kinds of Nuts, also Almond, Filbert and Peanut Butter; Oils, Honey, Fruit Preserves. Depot for

RANDALL'S Unfermented GRAPE JUICE and POMONA

Books and Magazines on Natural Healing and Living, Kneipp's Herbs, Bath Cabinets and Hygienic Supplies.

F. H. BENOLD, Propr., 413 E. North Avenue, Near Wells Street
Telephone 2494 Black CHICAGO, ILL.

Important Notice! We make up COMBINATION ORDERS of 100 lbs. at wholesale prices, and ship by freight to all parts of the United States. WRITE FOR CATALOGUE.

Strength and Beauty

Every moment of every day you can thrill and tingle and radiate with the unspeakable ecstasy of perfecting Health. Conscious power over Pain and Disease and Death, conscious superiority to Worry and Hurry and Fret, conscious mastery of Self and Surroundings and the World—these are all potentially yours. Dietotherapy, Hydrotherapy, Physical Culture, Mental Culture, Spirit Unfoldment, all the manifold phases of Naturopathy—such are the means. The Naturopathic Magazine, the Naturopathic Institute, the Kneipp Health Store—such are the media. And through these **YOU**, yet unrealized and undiscovered, are the omnipotent arbiter of achievement. Is it all worth asking about?

10 cents brings a specimen Magazine; **25 cents**, a 3 months' subscription to "The Naturopath"; a stamp, a Prospectus; a postal, the "Guide to Health" and Naturopathic Catalogue; **\$2.00**, "Return to Nature," the famous book on natural methods of cure for all diseases and right living; **60 cents**, "The Kneipp Cure"; **50 cents**, "Kneipp's Baby Cure." Magazine and books published in English and German.

**BENEDICT LUST, NATUROPATHIC
PHYSICIAN**

Dept. III. 122-124 East 59th St., NEW YORK CITY

Just How to Cook Meals Without Meat

By Elizabeth Towne.

The multum in parvo of cook books up to date. If you want to know how to live without using animal food this book will help you. It is the result of the author's own actual experience in adopting a vegetarian diet. Space is devoted to the consideration of Soups, Salads and Desserts and several practical menus are given. This is a book for everyday people. It does not tell how to cook elaborate course dinners, but for everyday living it is just the thing. You need the book whether you are a vegetarian or not. A new edition with added matter now ready. **Price, 25 Cents.**



The Nautilus

The Nautilus spreads the contagion of Health, Happiness, Success and Eternal Youth. *The Nautilus is alive* and its readers wake up to win. Edited by ELIZABETH TOWNE, who Does Things and inspires others to Do Yet Greater Things. Tells "Just How". She puts the transcendental things of life into plain English.

WILLIAM E. TOWNE is the only other writer for *The Nautilus*. He has a knack for expressing things beautifully and hitting the right nail on the head. ELLA WHEELER WILCOX highly endorses *The Nautilus*, and thousands would not do without it at any price. **Price, 50 Cents a year.**

Send in your subscription now, mention this notice and you shall have a FREE copy of my little "Meals without Meat" described above. Sample copy of *The Nautilus* for a two-cent stamp. *Address all orders to:*

ELIZABETH TOWNE,

Dept. 2,

HOLYOKE, MASS.

THE
Humanitarian Review

A monthly 40 page Magazine, published in the interest of *Liberal Freethought, Ethical Culture, Study of Comparative Religion, Psychology, Human Treatment of all Sentient Creatures, Human and Animal*; and the advocacy of Modern Science
Methods in the Study of *Mind, Morals and Religion*.

Single copy 10c, one year \$1 00,
special clubbing rates.

Singleton W. Davis, 852 E. Lee St., Los Angeles, Cal.

The Animals' Defender

Organ of

The New England Anti-Vivisection Society



Established in 1896. Contains the latest
Anti-Vivisection and kindred news, original
articles and criticisms; 50 Cents per Year.
Special Rates to Societies, News Compa-
nies and Agents.



1 Beacon Street, Boston, Massachusetts

Health and Breath



Did it ever occur to you that all HUMAN ILLS are the result of IMPROPER EATING (over-eating or feeding) and IMPROPER (insufficient) BREATHING?

PROPER BREATHING and PROPER EATING are the two great factors which sustain the MIND and determine the PERPETUATION of the BODY.

These great factors are fully explained in our lessons, in simple and comprehensive language, showing you how to use them to retain and restore PERFECT HEALTH; and attain to HIGHER ACCOMPLISHMENTS.

Our course of HEALTH AND BREATH CULTURE consists of twelve complete lessons, showing you the WAY TO PERFECT HEALTH through the proper application of BREATH, DIET and periodical FASTING.

We could say more, to the TRUTH of which THOUSANDS of our PUPILS can TESTIFY. These lessons are the eyeopener of the century. They are a REVELATION to the MIND, revealing in the simple LAWS of NATURE as never seen in print before.

SEND FOR THE

Mazdaznan Encyclopaedia of Dietetics and Home Cook Book

WHAT TO EAT, and HOW TO EAT IT
Cooked and Uncooked Foods.

"Pick out what you want, Nature will do the rest."

Price, in paper cover 75c. THIS BOOK IS FOR ALL PEOPLE
bound \$1.00

You may think this another "advertising scheme" to coax you to buy one book which is only an advertisement for a second and so on and on. If so, all we ask is to spend a cent, send us your name and address and we will send you our descriptive literature free with a sample copy of our magazine THE MAZDAZKAN, a monthly magazine of Modern Thought for Mental and Physical development.

Mazdaznan Health University

Dept. I. 3016-3018 Lake Park Ave., Chicago, Ill.

"LEADS THEM ALL."

THE VANGUARD

*A High-Class Monthly.
An Independent Exponent of*

Constructive Socialism and Rational Religion

No matter what other periodicals you take you still need THE VANGUARD.

It is Vigorous, Fearless, Interesting, Unique, and is doing splendid service in the cause of humanity.

"Every article in it is a gem," says the Toledo Independent.

"The warmest magazine that comes our way," says the Socialist Voice.

50 Cents a Year. Try It.

SPECIAL OFFER.

To readers of this book we will send THE VANGUARD one year for only 25 Cents. Order at once.

ADDRESS:

THE VANGUARD PRESS BOX H,
GREEN BAY, WIS.

TEN GOOD REASONS

Why
Should
I
Read The
Health
Messenger?
A
Monthly
Medical
Magazine
for the Home.

BECAUSE IT TEACHES—

- 1 How to Get Well.
- 2 How to Keep Well.
- 3 How to Live Well.
- 4 How to Live Long.
- 5 How to Keep Strong.
- 6 How to be Vigorous in Age.
- 7 How to Raise Strong Children.
- 8 How to Train Youth.
- 9 How to Have Health for All.
- 10 How to Live The Best.

Only One Dollar per year. Subscribe now and secure the instructive articles on "Mother and Child" begun in the February number.

HEALTH MESSENGER CO., Lamotte, Iowa.

Medical Talk For The Home



A Medical Magazine
For The People

Chaste Words

Plain Facts

New Truths

MEDICAL TALK FOR THE HOME is a monthly medical journal in the interest of non-medical methods of treatment of disease and all means of prevention of disease. MEDICAL TALK FOR THE HOME does not aim to oppose all medicinal treatment, but seeks rather to emphasize non-medicinal treatment.

There are already too many journals filled with recipes and formulas, coaxing and wheedling and frightening the people into taking more and more medicine. This medical journal seeks, not to tear down the practice of medicine, but on the contrary, to build up hygiene, sanitation, and obedience to the laws of nature in general.

It is the first attempt ever made by a regular graduated physician to issue a magazine for the people to read concerning the secrets of medicine. Every month MEDICAL TALK FOR THE HOME will discuss these matters. The twelve numbers each year will contain more than 1,200 pages of interesting matter. It is the *only magazine* of its kind in the world. C. S. Carr, M. D., Editor. Monthly, 50 cents a year; 5 cents the copy. Sample copies sent to any one upon request.

MEDICAL TALK FOR THE HOME
Columbus, Ohio.

How to Live.

The Greatest Magazine of Health and Literature in America.

How to Live tells about Personal Hygiene and Sanitation.

How to Live tells about Physical Culture and the proper exercise men, women and children should take in order to be healthy and well developed.

How to Live tells about the proper foods to eat and how to cook them.

How to Live gives Practical Hints of immense value in everyday life, such is what to do in emergencies, simple, efficient remedies for simple ailments, how to dress artistically and hygienically, etc.

How to Live tells how to be happy and to get the best things out of life.

How to Live tells truths without fear or favor.

How to Live has good short stories and much entertaining literature

\$1.00 per Year.

10 Cents per Copy.

Send for Sample Copy (free) or for four months' trial (25 cents)

THE GEO. F. BUTLER PUBLISHING CO.

162 MAIN STREET, ALMA, MICH.

Success Depends

On your ability to read the character of people with whom you come into contact. Would you know whom to trust and whom to shun; who has ability and staying qualities; who has a high sense of honor and integrity? You may gain this power by reading Dr. von Hagen's new book entitled

"Reading Character from Handwriting"

A practical handbook of Graphology that helps anyone from the start. Helps business men in selecting efficient employees; helps ministers, helps doctors, helps lawyers, helps merchants, helps all who must judge the character of others. This book gives you a new and wonderful power of discernment and discrimination. 140 examples of handwriting carefully analyzed.

Handsomely bound—postpaid for \$1.00.

Graphology Publishing Co., 503 Fifth Avenue

NEW YORK CITY.

SEXOLOGY

SEXOLOGY holds first place in the thought of God. Its glory pervades and suffuses all Nature. It is sex that gives the bird its song, the peacock its gorgeous plumage, the lion his mane, the buffalo his strength, and the horse his proud arch of neck and flowing tail. Aye, it is sex that causes the flowers to draw from dull earth those delicate perfumes that delight the sense of smell; it is sex, and sex alone, that secures to them the dazzling galaxy of shapes and colors that reflect the infinite.

ELBERT HUBBARD.

Would you like to have circulars of

CLEAN, HELPFUL BOOKS

on this much misunderstood subject? A stamp will bring them. I never send them except to persons who ask for them. Postal Cards not noticed.

A. W. RIDEOUT, 7 SAINT PAUL STREET, DEPT. B,
BOSTON, MASS.

PACIFIC HEALTH JOURNAL

A Magazine for the Home intended to give practical instruction on Health and Hygiene. Interesting and instructive articles on Health and Healthful Living are contributed by prominent physicians and writers. One valuable feature of this magazine is the Women's Realm Department in which appear monthly helpful articles and short stories for Mothers and Children.

A 52-page Journal with cover, published monthly. Subscription price 50c per year. Sample copies upon request.

PACIFIC HEALTH JOURNAL . . . OAKLAND, CAL.

THREE GREAT WORKS

By ALICE B. STOCKHAM, M. D.

TOKOLOGY A BOOK FOR EVERY WOMAN

Tokology teaches possible painless pregnancy and parturition, giving full, plain directions for the care of a woman before and after confinement. The ailments of pregnancy can be prevented and the pains and dangers of childbirth avoided WITHOUT DRUGS OR MEDICINES.

Tokology is a popular GUIDE TO HEALTH.

MRS. J. M. DAVIS, SABULA, IOWA, says: "I have two dear TOKOLOGY babies, and during the whole nine months, both times, had neither ache nor pain."

MRS. A. L. T.: "An hour after the labor-pain began the baby was delivered. If I could not get another TOKOLOGY, I would not part with mine for a thousand dollars."

MRS. J. B. McD.: "I followed TOKOLOGY and now, after fifteen years of childless married life, a sweet baby boy has come as a gift from God."

The illustrations are accurate and carefully made. Nearly 400 pages. Printed in English, German and Swedish.

Cloth, \$2.25.

Morocco, \$2.75.

THE LOVER'S WORLD

A WHEEL OF LIFE.

Supplies the hunger-cry of humanity upon Vital Subjects.

All of its teachings are based upon experience and philosophy.

For the first time definite instructions are put in print for the training, mastery and transmutation of creative energy, the use and appropriation of passion. Through this definite training one holds the key to health, power and longevity.

PROF. OSCAR L. TRIGGS, UNIVERSITY OF CHICAGO: "I have read THE LOVER'S WORLD with great interest. At length there is a chance that the world will take a right attitude toward sex now that so many voices, such as yours and Carpenter's, are raised in behalf of love and a true interpretation of sex."

SAMUEL M. JONES (Mayor of Toledo, Ohio): "It is the most helpful work on the unity and the sacredness of all life that I have seen."

500 pages. Bound in Silk Cloth, Maroon and Gold.

Prepaid, \$2.25; in Full Morocco, \$2.75.

KAREZZA ETHICS OF MARRIAGE

KAREZZA is written for married men and women who have lofty aims in life, who are pure in heart and who seek best conditions for offspring.

It elucidates a theory of marital relations, which leads to individual growth and a closer bond of union, the practice of which at all times gives

COMPLETE CONTROL of the CREATIVE POWER.

Its teachings will lead individuals to purer lives, to right understanding and appreciation of the sex functions, to intelligent control of propagation and finally through right adjustment in the most sacred relations to the ideal marriage.

DR. JAS. A. SMALLIE: "I have received more actual benefit from the practical application of KAREZZA than from all books or from all religious teachings. My gratitude knows no bounds. Every day I am stronger, happier and purer."

Extra Levant Cloth, Prepaid, \$1.00.

STOCKHAM PUBLISHING CO.

70 DEARBORN STREET, SUITE 78,

CHICAGO, ILL.

Human Culture.

A Monthly Journal.

Something New, More than up-to-date.
Away in ADVANCE of others.
Deals with Mental Science in a surprisingly
original way.

***Positively practical, Highly Illustrated
Hits the nail on the head every time.***

Don't take our word for it. Send 10c for a
Sample Copy and judge for yourself.
\$1.00 a year.

***Vaught's Practical Character Reader and
Human Culture for one year \$1.50***

130 DEARBORN ST. CHICAGO, ILL.

The Liberator.

Teaches Self-Reliance in the Care of the Body; thereby
Saves Money, Saves Suffering, Saves Life.

***A Monthly Journal of Health and Freedom, Opposes the
Vaccination Folly, Exposes the Medical Delusion
that Health can be had by Means of Drugs.***

LORA C. LITTLE, EDITOR.

50 Cents a Year.

The Liberator, 610 Northwestern Bdg, Minneapolis, Minn.

The **Journal of Public Health**

Is a magazine of 44 pages, published monthly to supply the demand for PUBLIC HEALTH LITERATURE. Reviews and reprints will furnish up-to-date, reliable information from authorized sources. The reader will reap the most beneficent results from a careful, patient investigation of the voluminous Public Health Literature, that is published in short extracts and one or two leading articles each month. Subscription price of Journal from January 1904 to 1905—ONE DOLLAR. Rational Treatment of Disease, a book of 333 pages—free—to all subscribers and membership in Public Health Association. Address all communications to

C. P. Wood, 108 Powell Ave., Evansville, Ind.

Brann's Iconoclast

Founded by W. C. Brann...1890

Fearless... Impartial ...Independent

Sound and progressive thought is the cardinal feature of this magazine. Some of the brightest writers in America contribute articles on topics of genuine human interest.

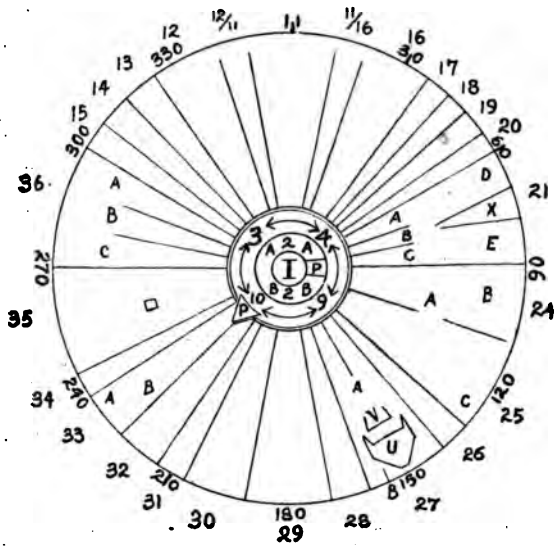
Potiphar's Wife. Or the Story of Joseph, Revised. The greatest literary gem of the age. Sales reached over half a million in the United States. Price, 10 cents.

The Brann Book Entitled "Brann, the Iconoclast," published in two volumes, bound in cloth only. These books contain all the best writings of Mr. Brann, neatly compiled, with a frontispiece of the author and a brief biographical sketch. Price, \$1.50 per volume; \$3.00 for both volumes.

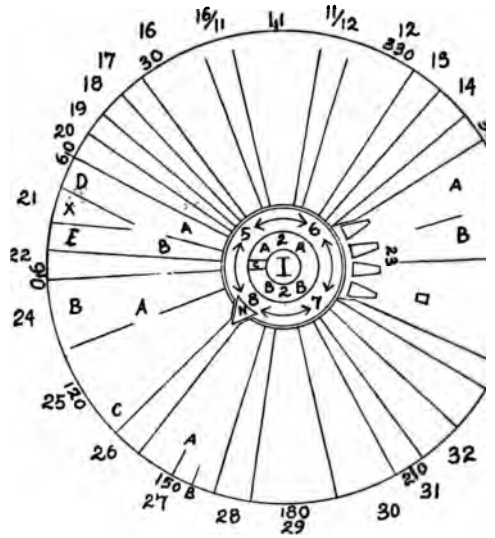
The Memphis Commercial-Appeal says: "Its renascence is welcomed far and wide." *The Texas World* says: "Mr. C. A. Windle shows himself able to keep The Iconoclast up to the high standard established by its founder."

Ask your newsdealer for it or send 10c for sample copy.

The Iconoclast Publishing Co., 157 Washington St., Chicago, Ill.



Right Eye.



Left Eye.

Key to the "Diagnosis from the Eye".

(KOSMOS PUBLISHING CO., 765 N. CLARK ST., CHICAGO, ILL.)

Abbreviations: Right Eye, r. e.; Left eye, l. e. Where it is not especially remarked, the respective numbers represent in both eyes the same parts of the body.

ert loose in X574
 L26
 1904

- | | |
|--|---|
| 1 Pupil; the terminus of the nerve-filaments of the iris. | 19 Nose. |
| 2 Stomach. A front part, B back part, C mouth of the stomach, P pylorus. | 20 Mouth, lower jaw. |
| 3 <—> 5 l. e. and 4 <—> 9 r. e. Small intestine. 8—51 e. duodenum; 4—9 r. e. jejunum, ilium. | 21 D Trachea (windpipe), A B C r. e. and A B l. e. bronchi and bronchial tubes, X thyroid gland, E larynx. |
| 9 <—> 10 r. e. Coecum and in the middle of this section the appendix vermiformis. | 22 (Only in the left eye): esophagus. |
| 10 <—> 3 r. e. Ascending colon. | 23 (Only in the left eye): heart. |
| 3 <—> 4 r. e. and 5 <—> 6 l. e. Colon transversum. | 24 Upper back, B shoulder blade. |
| 6 <—> 7 l. e. Descending colon. | 25 Lower back, A to C spinal column, C coccyx. |
| 7 <—> 8 l. e. S romanum (flexura sigmoidea). | 26 Bladder; l. e. N navel. |
| 11 Roof of the skull, cerebrum. | 27 R. e.: A urethra, B right testicle, U uterus, V vagina.—L e.: A—8 rectum, B left testicle, A anus. |
| 12 Right eye; sexual and mental life, hysteria. | 28 Kidneys. |
| 13 Left eye: nervous conditions, faintings, dizziness, epilepsy. | 29 Foot. |
| 14 Occiput, cerebellum. | 30 Groin; in case of rupture the sign is nearer to part 31, in case of tumor (bubo) the sign is nearer to part 29. |
| 15 Ear. | 31 Hip, ovaries. |
| 16 Neck. | 32 Diaphragm, abdomen. |
| 17 Axilla (armpit). | 33 R. e.: A liver, B bile, P pancreas.—L e.: spleen. |
| 18 Forehead, temple. | 34 Arms. |
| 19 Right eye: will. | 35 Chest, pleura, ribs, □ nipple. |
| 20 Left eye: intellectual power. | 36 Lungs; r. e.. A, B, C the three lobes of the right lung (superior, middle, and inferior lobe.—L. e., A, B the two lobes of the left lung (superior and inferior lobe). |
| 21 Cheek upper jaw | |

The Good Health Clinic

Costs only fifty cents a year. One subscriber writes: "One number saved me ten times more than the cost of THE CLINIC for the whole year." Without doubt it is the cheapest Good Health Journal in the world.

To bring in a few thousand new subscribers we have decided to give it away for a year. The way we do this is as follows:

SPECIAL OFFER: We have made such arrangements that we can offer you the magazine, 36 pages or more each month, one year, price 50c; the *Chicago Health Journal*, price \$1.00; and membership one year in the *International Health League*, price 50c; \$2.00 WORTH, ALL FOR A MONEY ORDER FOR 70c.

Send your order **NOW**, before you forget about it, and we will do the rest.

Yours for health, happiness and success.

Good Health Clinic, 313 South Saline Street
SYRACUSE, N. Y.

NEVER SICK

But always Well, Strong, Hearty, Vigorous, Goodlooking, full of Vim, Long-lived, Prosperous and Happy. Free from Drugs and Doctors' Bills. If you would be all this, use the

NEW INTERNAL BATH

A NEW, the BEST and ONLY SAFE method of INTERNAL cleansing, removing all the impurities and poisons from the system, curing Constipation and its results, Dyspepsia, Liver and Kidney troubles, La Grippe, etc. UNLIKE any FLUSHING SYSTEM used. No matter what you are doing for health, do this also. SEND AT ONCE for illustrated booklet, "THE ART OF BEING WELL," with full particulars.

Health Culture

is the best illustrated magazine published on bodily development and human culture for men, women and children, \$1.00 a year, 10 cents a number. It will cost you but one cent (a postal card) to get a sample copy and list of the best health books and appliances ever made. Send your address now to

THE HEALTH-CULTURE CO.

151 W. 25rd Street, NEW YORK

Over 500,000 copies of this Book have been sold, and the last Edition is better than ever.

THE NEW ILLUSTRATED

Self-Instructor

...IN...

PHRENOLOGY, PHYSIOLOGY AND
PHYSIOGNOMY

A Complete Handbook for the People. With over One Hundred New Illustrations including a Chart for the Use of Practical Phrenologists. Revised and printed from new plates. 12mo, 192 pp. By the RENOWNED PHRENOLOGISTS,

Prof. L. N. and O. S. FOWLER

This is the only work published giving full and complete instructions *How To Read Heads*, with rules for finding the organs, and explaining and illustrating each one separately; the Authors here lay down the rules employed by them in their professional work for nearly 60 years.

It will show you how to read people as you would a book, and to see if they are inclined to be good, upright, honest, true, kind, charitable, loving, joyous, happy, and trustworthy people, such as you would like to know.

A knowledge of Human Nature would save many disappointments in social and business life.

Cloth, \$1.00

Send for a copy at once, study the people you see, and also your own character.

Phrenological Journal 10c a number, \$1.00 per year.

New York:

FOWLER & WELLS CO.

24 E. 22nd Street

London:

L. N. FOWLER & CO.

7 Imperial Arcade, Ludgate Circus

Ask for Complete Catalogue and Prospectus.

LANE MEDICAL LIBRARY

To avoid fine, this book should be returned on
or before the date last stamped below.

FEB 16 1973

OCT 24 1973

MAY 3 1981

LANE MEDICAL LIBRARY
STANFORD UN'VERSITY
MEDICAL CENTER
STANFORD, CALIF. 94305

X574	Lane, H.E.	65677
L26	Diagnosis from the	
1904	eye.	DATE DUE
	<i>Fierne Vanek</i>	
	<i>Neuropathology</i>	<i>FE</i>
	<i>N to hold</i>	
	<i>W 5</i>	
	Pulled for	

