



E06077



**NATURE-CURE HEALTH AND  
BEAUTY BOOK**



# NATURE-CURE HEALTH AND BEAUTY BOOK

BY

ELIZABETH LOUISE DONNACHIE

LONDON:

WATTS & CO.,

5 & 6 JOHNSON'S COURT, FLEET STREET, E.C.4

*First published 1936*

Printed and Published in Great Britain by C. A. Watts & Co. Ltd.,  
5 & 6 Johnson's Court, Fleet Street, London, E.C.4

## FOREWORD

THE search for beauty and youth brings to mind the many and varied quests of the ancients; for the most part legendary and romantic, they yet expressed the striving of the human entity towards the ideal.

In the days of early Christianity a wave of asceticism spread among the civilized peoples of the earth, bringing with it a spiritual antipathy to worldly pleasures. The solaria, baths, and sports grounds became deserted and were destroyed, with the loss of valuable therapeutic knowledge. It was Rousseau, with his "Back to Nature" propaganda, who again directed attention to the healing value of sun and light, since when natural living and healing have been coming into their own.

The most eminent medical practitioners of to-day are more and more advocating natural methods of healing and preventive medicine, tracing the origin of disease and disharmony in the body to generations of wrong living,

wrong thinking, and unbalance between inherent tendencies and external influences.

What we are is to some extent determined by the manner of living of our forbears. The spark of life passed on by our progenitors is imbued with influences and potentialities that had their rise far back through the generations.

It is only by bitter experience that we arrive at the truth and the conviction that "prevention is better than cure."

Prevention is the corner-stone of natural healing, which takes as its basic law the irrefutable truth that all disease or disharmony in the body is the result of violation of the fundamental laws of nature.

It would appear to be the common belief that disease and ill health were divinely created to be a burden or a scourge for humanity to battle with and, more often than not, to break itself against. The underlying idea seems to be expressed in the old heathen maxim that "many scourgings are good for the soul." Nothing could be more contrary to reason.

"Personal Purity" really means "Perfect

Health," and it is the individual basis from which a perfect humanity must spring. Within us and around us we have all the material necessary for this building towards perfection, and we must closely guard against self-generated poisons and irritants set up through yielding to fear, anger, self-pity, envy, and jealousy. In these days of progress in every branch of true science it should no longer be true to say, " My people perish for lack of knowledge."



## CONTENTS

CHAP.	PAGE
FOREWORD . . . . .	v
I. THE CAUSE AND CURE OF POOR SKIN ACTION . . . . .	1
II. MORE ABOUT WATER . . . . .	12
III. NATURAL METHODS OF HAIR CULTURE	16
IV. NATURAL TREATMENT OF THE EYES .	28
V. THE MOUTH AND THE TEETH . . . . .	33
VI. HYGIENE OF THE NOSE AND EARS . . . . .	37
VII. CARING FOR THE HANDS . . . . .	40
VIII. THE FEET . . . . .	42
IX. RELAXATION AND REPOSE . . . . .	47
X. HEALTHY NATURAL SLEEP . . . . .	49
XI. THE BREATH AND BREATHING . . . . .	53
XII. THE HEALING EFFECTS OF SUNLIGHT .	57
XIII. THE IMPORTANCE OF BEING WELL FED	60
XIV. DIETETICS AT A GLANCE . . . . .	66
XV. THE INTEGRAL ELEMENTS OF RATIONAL DIET . . . . .	84
XVI. GAINING WEIGHT . . . . .	90
XVII. REDUCING . . . . .	96
XVIII. WE CAN CONQUER CONSTIPATION .	102
XIX. PHYSICAL EXERCISE IN ITS RELATION- SHIP TO HEALTH . . . . .	106
XX. EXERCISES FOR HEALTH AND BEAUTY .	109
POST-NATAL EXERCISES . . . . .	116
CONCLUSION . . . . .	117

## LIST OF PLATES

TO STRENGTHEN THE SPINE . . .	<i>Frontispiece</i>
	FACING PAGE
TO STRETCH SPINAL COLUMN AND INCREASE CIRCULATION . . . . .	94
REDUCING THE ABDOMEN AND HIPS . . . . .	100
EXERCISE FOR CONSTIPATION . . . . .	102
TO GIVE POISE AND BALANCE AND TO CURE CONSTIPATION . . . . .	109
LIMBERING EXERCISE . . . . .	110
REDUCING AND STRENGTHENING THE ABDOMEN . . . . .	113
FOR CONSTIPATION AND REDUCING THE ABDOMEN (POST-NATAL) . . . . .	116

## CHAPTER I

### THE CAUSE AND CURE OF POOR SKIN ACTION

Health is indeed so necessary to all the duties, as well as pleasures of life, that the crime of squandering it is equal to the folly; and he that for a short gratification brings weakness and diseases upon himself, and for the pleasure of a few years passed in the tumults of diversion and clamours of merriment condemns the maturer and more experienced part of his life to the chamber and the couch, may be justly reproached not only as a spendthrift of his own happiness, but as a robber of the public; as a wretch that has voluntarily disqualified himself for the business of his station and refused that part which Providence assigns him in the general task of human nature.—JOHNSON.

PROBABLY no other organ of the human body receives so much attention, and is at the same time so ignorantly neglected, as the skin. Until we realize that the skin is an active and most important excretory organ, all progress, not only towards good health but also towards good looks and beauty, is at a standstill.

What most people have lost sight of is that

the body breathes through the pores of the skin as well as with the lungs. For this reason it should be exposed frequently to the healing influences of the atmosphere.

At least 75 per cent. of all humans have poor skin action, and it is because of this fact that beauty preparations and beauty treatments are at a premium. The markets are flooded with every kind of artificial aid to beauty, all of which prove sooner or later to be of no avail, for beauty is the offspring of health and strength.

The modern tendency to indulge in warm baths has so enervated the skin of the average individual that it is no longer capable of fulfilling its natural function.

The faulty functioning of the skin is responsible for a very high proportion of suffering and distress, not only because of the retention of poisons in the system, but also because eruptions and diseases of the skin foster in the individual an inferiority complex on account of their unsightly appearance. The natural reaction is an urgent desire to cover the condition and hide it from the light of day. Nature is thus defeated at the very

source, for not only is the elimination of the irritant secretions arrested, but the escaping poisons are returned into the system. The energy expended in the effort to eliminate them has been wasted; and the process is repeated again and again, until the natural functions are forced to give up and the disease is left to work havoc with the body.

Another point which might be mentioned in this connection (briefly, as this book is not intended to be technical) is that the other eliminative organs, the lungs, bowels, and kidneys, are called upon, in the case of an inactive or a clogged skin, to help to eliminate the four to five pints of fluid and gases usually excreted daily through the skin. This is no light extra load, and it ultimately leads to the kidneys and lungs being over-worked. Their tissues and functions soon become abnormal and break down.

So much romantic nonsense has been written about care of the skin that the man in the street has a completely wrong idea of the function and needs of this most important organ. A really healthy skin needs only water for cleansing purposes. When it functions

normally, the skin is thoroughly lubricated by the secretion from the sebaceous (or fat) glands. The pores of the skin are for eliminative purposes, and no amount of "dabbing" cream into them will have any effect so far as feeding the skin is concerned. Feeding the skin is the function of the sebaceous secretions, which are carried to the skin surface along the hair follicles to lubricate and also to help to nourish the skin.

Manufacturers of blood-purifying medicines, lotions, and skin remedies have flooded the markets with patent concoctions and are spending millions of money on advertising them, yet of all treatments surely those dealing with the blood and skin are the most disappointing. The enormous number of so-called cures, and the blatant manner in which they are advertised everywhere, are themselves their own greatest condemnation.

Covering the surface of the body with anything that prevents elimination and retains the body waste, or taking strong poisons or irritants to purify the blood, can never bring permanent results. The body itself must be helped to function normally and naturally, so

that the irritating waste products are quickly and naturally eliminated. This can only be achieved by natural living and, when necessary, natural treatment.

The first principle of natural living is sane eating; consequently the scientific choice and preparation of food are of the utmost importance. Most people will find the little book *Practical Nature Cure Diet*<sup>1</sup> all that is necessary as a guide. The menus given there are varied and well balanced.

A diet well balanced and suited to individual needs, combined with plenty of fresh air, the right kind of exercise, proper clothing, restful sleep, and water, light and air baths, will keep the normal individual in perfect condition and ensure a well-balanced mental and moral being.

In cases where the individual needs help to return to a normal condition, and also where the strain of modern life takes toll of the physical strength, I would recommend a regular course of manipulative spinal treatment.

<sup>1</sup> Published by E. L. Donnachie, 72, Berkeley Street, Charing Cross, Glasgow, C. 3; price 1/- net.

If the human frame were periodically overhauled and adjusted, the need for serums and surgical operations would be avoided.

Actual disease demands a full course of natural treatment. Function must be restored and the body must be given its first impetus towards normality and health. Where the trouble is mostly overstrain, from the abnormal and too strenuous and worrying conditions under which we live, an occasional spinal manipulation and general natural treatment will keep the individual in perfect condition, able to carry on the battle for existence.

One of the first steps in the regeneration of the skin is the daily "air bath." Exposure of the body to the air, besides being very stimulating, is essential to health and beauty, and everybody should indulge in one air bath daily for twenty minutes, or longer if possible. Combined with the dry friction rub and followed by a rub down with a towel wrung out of cold water, it is the best method of invigorating the skin and stimulating its action.

This form of bathing can be indulged in by all, whether vigorous or delicate. In

order to get the best results, the body should be exposed to air and light in the open air whenever possible, or in a sunny, well-ventilated, and well-lighted room.

As in the case of a cold-water spray, the first effect of exposure to air is depressive; it sends the blood to the interior of the body and leaves the surface bloodless. The vasomotor centres situated in the brain immediately react to this by accelerating the flow of blood to the surface; the body becomes warm and the skin rosy with the glow of life. This second reaction has the same lasting effect as the cold-water reaction. In cases where the body is toxic and the patient is weak, exposure of the body to light, with a brisk friction rub, will bring gentle natural stimulation, restoring a more normal condition in preparation for the more stimulating water treatment.

Because of their soothing effect on the nerve endings in the skin and their stimulating effect on the heart and circulation, air and light baths are specific in the treatment of all nervous and emotional disorders.

Cold water is the greatest beautifier in the

world, and the most valuable aid in the cure of all diseases, especially those of the skin.

Its daily use increases circulation and stimulates the skin and kidneys into action. This is the first step in the treatment and cure of all disease, as it promotes increased elimination. Water being a natural astringent, its constant use will keep the skin in perfect condition.

Each morning on rising the face should be splashed with cold water to wake up the circulation. This gives tone and colour and is a natural substitute for rouge. It also keeps the skin so tight and elastic that there is never any danger of enlarged pores, oily skin, or blackheads. Thanks to its tonic effect, dry, atrophied skin need never be feared. Water is, without doubt, the world's best beautifier and most potent healer. I write advisedly, and I could quote many of the most eminent authorities in support.

The abundant use of cold water will in the shortest possible time promote firmness of tissue and beauty of texture such as no beauty treatment or artificial aid could ever attain. With the use of a little good cream and a natural cleansing pack, if necessary, the

normally healthy woman can face the world radiantly lovely and independent of expensive and skin-destroying so-called beauty treatments.

The natural cleansing pack usually recommended is prepared as follows :—

Use buttermilk which has become a little thickened.

Mix two tablespoonfuls of sifted oatmeal with a teaspoonful of lemon juice and enough buttermilk to make a fairly thick paste of creamy consistency.

Cover the face and neck with the paste and leave it on for about fifteen minutes.

Dab off with a pad of cotton wool and lukewarm water.

Rub the skin over with a good cream and wipe off with soft tissue.

This pack suits all skins, and will leave them fresh, clean, and firm.

A good natural cleansing cream can be made as follows: To one dessertspoonful of lemon juice add two dessertspoonfuls of cream, and allow to stand until a thick curd is formed. The curd is then separated, and

applied in the usual way. This cream will be found very soothing and cleansing.

A little oil of almonds also makes a good cleansing cream.

The best internal skin beautifiers are fresh orange juice, raw carrots, and tomato juice. The daily use of these in the dietary will bring improvement in the shortest possible time, making the skin clear and soft, and producing the lovely glow which is the reward of pure blood and wholesome living.

For the simple skin ailments so common among young people and so often accepted as a natural condition of adolescence, advice should be sought. These troubles generally take the form of acne, pimples, and black-heads; usually they are caused by errors of diet, but they may also be due to derangement of the pelvic organs. Nervous conditions may also upset the system so that the digestive organs do not function properly and food is not readily assimilated. Fermentation and systemic poisoning result, and as the waste is retained the skin is one of the first organs to be affected. Badly cooked food and ill-balanced diet will also cause skin disturbances.

When the trouble arises from derangement of the pelvic organs, the general health calls for attention. Sunlight is important in these cases as a curative agent, by reason of its power to raise the bacteria-resisting content of the blood. Body tone is raised and circulation is improved.

I have recently been much interested in reports of remarkable cures effected at a London Clinic by the use of coloured light. Concentrated red, green, yellow, or ultra-violet beams are directed upon the affected parts; and duodenal ulcer, low blood pressure, high blood pressure, deafness, and chronic gastritis have been treated successfully in this way.

Light, with its various healing potentialities, is daily becoming more and more an accepted agent of healing.

## CHAPTER II

### MORE ABOUT WATER

Go and wash seven times in the Jordan, and thy flesh shall come again to thee, and thou shalt be clean.—  
II KINGS iv. 10.

WHILE it is impossible, in a small non-technical book of this kind, to touch on all the phases of water applications and treatments, I feel I cannot let pass the opportunity to stress again their importance in sickness and in health.

In health the daily use of water is practically a religion, but in sickness its healing properties are equally important, though often completely ignored. In many diseases, especially those of an acute nature, water treatment will accomplish a complete and rapid cure without any of the complications usually left upon the system as a result of drug treatment. In the treatment of acute inflammatory disease it will quickly relieve the

inner congestion and the consequent pain of the affected part. The temperature of the skin is kept below the danger point, and elimination is increased, thereby facilitating the removal of waste and morbid material from the body.

In early days, the use and knowledge of the value of water were almost a fetish. Baths and bathing were two of the most important items in the culture of the ancient Romans and Greeks, and our Lord himself gave water the first place in the performance of some of his wonderful cures, called miracles.

Does it not seem passing strange that an all-wise Creator, in fashioning this universe, formed the earth with three parts water and one part solid? The human body also has three parts water to one part solid. To the Creator, then, water must have been vastly important. Yet man, in his ignorance, overlooks its utility for the health of his body. For the healing of his diseases it is practically taboo.

Properly applied, water will achieve all the beneficial results generally ascribed to drugs. It will bring immediate results by relieving

congestion, lowering temperature, and alleviating pain.

Unlike drugs, opiates, medical lotions, and applications, water has no nerve-tissue-destroying effects. It therefore leaves none of the secondary symptoms which, more often than not, are more serious than the primary condition.

Cold-water applications increase the electromagnetic properties of the body with a resultant increase of vital force. Simple cold-water applications can be easily carried out at home by the merest novice, but where the disease is very acute or has reached the chronic stage, it is well to have professional guidance, as it is possible to suppress a good healing crisis by excessive applications. Overstimulation of any kind will eventually bring suppression, which must at all costs be avoided if the good results are to be permanent.

The accompanying general directions should be observed in hydrotherapy :—

- (1) Every bath should be taken when the body is warm.
- (2) No bath should be taken when the

patient is fatigued (by exercise or otherwise).

- (3) Every bathing operation should be carried through rapidly, and the patient should rub himself so that the exercise will quicken the heart action and breathing, thus ensuring a strong and glowing reaction.
- (4) No bath should be taken after a full meal—allow two and a half to three hours to elapse.
- (5) The early morning bath is ideal.

## CHAPTER III

### NATURAL METHODS OF HAIR CULTURE AND CARE

THE features which most closely reflect the physical condition are the hair and the eyes. Glossy, healthy, "alive" hair and bright eyes indicate in a positive manner the well-being and health of the individual. Where disease has made inroads on the body, the hair and eyes are usually the first to suffer.

In cases of debility and lack of tone due to overwork, worry, or malnutrition, the hair soon loses tone, becoming limp and lifeless or dull and greasy. This condition is temporary, and will soon pass with improvement in the general health. Every natural method should be followed to tone up the system. Plenty of rest, fresh air, and exercise are important, and where necessary a course of manipulative treatment should be taken to promote elimination of waste and acid products from the body.

If actual disease is present, the primary cause must first be removed before any improvement is possible. Poor hair condition is associated with most organic troubles, and if treated as a primary affection will prove obstinate and almost impossible to cure. In these cases the cause must first be sought and, if possible, removed by natural methods. Poor and sluggish skin action and bad circulation are always accompanied by inferior hair and scalp tone. Kidney trouble and rheumatism, or a highly acid blood content, high blood pressure, constipation, etc., are all arch enemies of every form of physical health and beauty, and are themselves responsible for lack of tone and nutriment in the head and scalp.

To gain and maintain healthy hair and good scalp tone, first get the blood clean and the body rejuvenated by every known natural method; then determine to keep fit by eating only vital foods and by indulging in plenty of skin-toning baths and skin-rubbing exercises to promote good circulation.

The hairs are growths of the epidermis, composed of a pigmented, horny, fibrous

material, growing at the rate of about half an inch a month. They are found all over the body except on the palms of the hands, on the soles of the feet, and on the distal phalanges of the fingers and toes. They usually grow singly, except on the scalp, where they are set in groups. A small muscle composed of plain muscular tissue is attached to each hair follicle, and since good muscle tone is dependent on normal physical health, it will readily be seen how hair health is related to the general tone of the body. The general health must therefore be looked to first in cases of hair trouble.

The condition of the little hair muscles is of vital importance to the beauty, strength, and growth of the hair. If they are abnormally tensed or contracted, the circulation is affected and the hair does not receive its proper nourishment. Consequently the hair withers, fades, and falls out. If the condition is allowed to persist over a long period, the hair root also will die and the scalp will gradually but surely become bald. In other cases, where normal function has been interfered with or where underlying physical conditions

have changed the composition of the blood or interrupted the flow of blood, lymph, and nerve nutriment, the hair will become lank and lifeless and lose its natural colour.

One most important function of the hair—and one not usually recognized—is that, generally speaking, it acts not only as a protective covering for the body, but also as an aid to skin respiration.

In my opinion, the hair should not be trimmed too often or clipped too closely if a good head of strong, thick hair is desired. Hair has the definite property of conserving energy. Horse-breeders never clip the hair of a horse too closely if it is intended for very heavy work. It will also be noticed that people who do hard physical work have, as a rule, thick, coarse, heavy hair; while brain workers more often than not are bald, or have fine, scanty hair. Temperamental people, on the other hand, usually have thick, strong hair, which is allowed to grow longer than is customary.

To keep the hair in good condition it must be well brushed and combed each night, as this greatly improves the circulation to the

head, bringing tone and strength to the vessels which nourish the hair roots. A very important point in hair culture is that there is a right way and a wrong way to brush. Two brushes should be used, and brushing should always be in an upward direction. Holding a brush in each hand, start just behind the ears and brush towards the crown of the head; then from the forehead brush back and up towards the crown. Combing is also good for the hair, stimulating and soothing the nerves of the scalp.

A ten-minute hair drill should be performed daily, either morning or evening, proceeding in the following manner: Having dipped the tips of the fingers in cold water, begin at the front part of the head, loosening and lifting the scalp, pulling at the hair roots. In this manner work right to the back of the head. Next go over the surface of the head with a circular kneading movement, till the whole head glows and tingles. This treatment should be applied to the scalp for at least five minutes each night, frequently dipping the fingers into cold water.

If this practice is carried out conscientiously,

a remarkable improvement will result in a very short time. In cases of falling hair, new thick, healthy growth will soon make its appearance, and where bald patches have formed, a downy growth will be seen, followed by gradual and complete hair growth over the patches.

The hair should also, like other parts of the body, receive its daily exercise. This is best done by catching little bundles of the hair near the scalp and vigorously pulling. As well as improving circulation to the hair roots, this exercise serves to stimulate the bundle of nerve fibres which lie at the root of each hair.

Short hair should be washed once a week, and long hair once a fortnight. On the night before shampooing or, if that is not possible, an hour or two before shampooing, the scalp should be thoroughly soaked with almond or olive oil. Next wash it in warm soft water with the minimum of liquid soap or shampoo; rinse well in two or three waters, and finish with a rinse of cold water to which has been added the juice of a lemon. After the shampoo the head should be rubbed dry with warm towels. Then proceed with the scalp

treatment and hair drill as previously instructed, finishing with brushing, combing, and setting. The final polish should be given with a silk handkerchief.

A good shampoo is of the utmost importance, and should consist of vegetable and plant ash.

Whenever possible, expose the hair and scalp to the air, wind, and sunlight, taking care to protect the head from the scorching heat rays of the sun. Avoid the use of hair lotions and oily and greasy dressings. Under no circumstances should hair tonics, dandruff, or eczema cures or hair dyes be used. These preparations usually contain poisons in the form of germicides and strong antiseptics, which are invariably absorbed through the scalp and deposited in the brain tissues, causing noises in the ears, headaches, giddiness, abnormalities of the sight, and mental depression.

Putting much oil or greasy dressing on the scalp is definitely bad for the hair, and will in time cause it to rot and fall out.

Tight and badly ventilated hats are another source of scalp, hair, and even brain troubles. By impeding circulation to the head they give

rise to many ear and eye affections, and are often the unsuspected cause of headaches and poor hair condition.

Children's hair should never be allowed to grow over the forehead and get in the way of the eyes, as the sight may thus be injured and a tendency to squinting is induced.

Where there is a definitely diseased condition of the scalp, it is usually advisable to seek advice before starting with the home treatment.

Baldness (alopecia) may be partial or complete. A tendency to baldness may be inherited, or it may result from any of the following causes :—

- (a) Lowered vitality from general malnutrition.
- (b) Tuberculosis, acute fevers, anæmia, or nervous exhaustion.
- (c) Syphilis.
- (d) Seborrhœa Capitas (an abnormal secretion of the sebaceous glands of the scalp, causing greasy hair). This is the commonest cause of baldness in men.
- (e) Pityriasis Capitas, a scaly skin disease associated with itching and hyperæmia ; most commonly found in women.

In all these conditions the general health will be found to be below par. All instructions previously given should be rigidly followed. The patient would be well advised to have a course of general treatment, combined with diet to rebuild and balance up the blood content, and the nervous system should also have a thorough overhaul. As much outdoor exercise and fresh air as possible should be enjoyed. A course of ultra-violet light baths, locally and generally, will also be found to bring beneficial results.

Seborrhœa Capitas, which is usually found in men of the professional class, is generally due to one or more of a variety of causes: lack of physical exercise, overwork, worry, excessive application of greasy dressing to the scalp, the wearing of hats which are too tight or are badly ventilated, and the habit of bending over desks and tables, leading to tenseness of muscles and bones at the back of the neck. In addition to general and local treatment, patients should pay regular visits to an osteopath for neck and head manipulations, in order that all obstructive lesions may be removed. Not only will circulation and

hair growth be improved, but there will also be an increase in brain efficiency—a vital necessity in these days of competition and strain.

This disease runs a very protracted course and, if untreated, may last for years, on account of its neurotic origin. Attention to the general health is a primary condition of a successful treatment, and it should be accompanied by a full course of local treatment as already described, including in particular plenty of kneading and pinching of the scalp to loosen it and promote circulation. Ultra-violet sun baths are also indicated.

Dandruff, which is a scurf on the head and comes off in small scales, is a form of elimination, and should never be suppressed. When the scalp is in good condition this scurf will automatically disappear.

Most dandruff cures contain poisonous stimulants, such as lead acetate and quinine, which by their irritating and antiseptic action on the cutaneous surfaces paralyze and kill the minute cells, with the result that the eliminative functions are destroyed. Nature's efforts at self-cleansing are thus stopped and the

waste products are reabsorbed. Many cases of brain, ear, and eye trouble can be directly traced to hair tonics. In the treatment of dandruff, cold water will be found to be an absolutely safe and effective means of assisting Nature in her effort to throw off the waste products from the head and scalp. If the hair is short, the scalp can be thoroughly washed with cold water each time the face is washed; at the same time it should be kneaded and pinched with the finger-tips. If the hair is long, the fingers should be dipped in cold water and the scalp vigorously rubbed until it is loose and pliable and warm and tingling. Liquid soap or shampoo should be used only for cleansing, once a week or once a fortnight, according to the thickness and length of the hair.

Premature whiteness of the hair occurs in some families as an hereditary condition, probably due to an obscure nervous condition of the scalp causing an abnormal deterioration of the pigment cells in the layers of the skin. Shaded hair (light and dark patches) is usually found in highly-strung sensitive people, and is nearly always of nervous origin. Much can

be done in both cases by raising the body tone with general treatment, diet, sunlight, etc., and by adopting the local methods already described.

Where the hair has lost its colour through the use of chemicals or hair dressings, one must first allow it to grow out, at the same time applying the general and local treatment to counteract the adverse effect of the chemical applications on the system. I have known of cases of deafness, head noises and headaches, which resulted solely from the use of peroxide and other so-called harmless bleaches.

Hair lotions and ointments containing mercury and other harmful drugs are often the unsuspected cause of chronic headaches, eye and ear trouble, brain tumours, and brain diseases. They should be avoided like the plague. Another source of many head troubles is the use of hair tonics containing quinine. These bring a feeling of fullness and pressure on the top of the head.

Hair dyes containing lead, besides causing headaches, are also the cause of skin troubles, ulcers of the mouth, and even paralysis.

## CHAPTER IV

### NATURAL TREATMENT AND CARE OF THE EYES

EYE beauty, as well as good eyesight, depends to a great extent on muscle tone and balance. Hundreds of people who are to-day wearing glasses have no need to do so; natural treatment of the eyes and a course of eye exercises would soon restore normal sight.

Natural treatment should begin, as I have already said, with the "natural living" régime. It should be accompanied by special treatment of the eyes themselves, consisting of eye gymnastics and massage, with various hydropathic applications. In cases where there may be cervical lesions or abnormalities in the spine, interfering with nutrition by impinging on the nerves and blood-vessels supplying the eyes, it becomes necessary to have these adjusted before proceeding with the general treatment.

Gentle kneading and stroking of the eyes will increase circulation, promoting good drainage and giving firmness of tissue.

Using the tips of the fingers, press firmly on the eyeballs, kneading and stroking alternately with a firm circular movement.

For general toning of the eye, the water treatment is unsurpassed. An eye-bath containing water that is as cold as the sensitive eyeball can stand should be applied to each eye, the lids being opened and closed under water from eight to ten times. This process should be repeated each night and morning. It is a good plan to use eye-baths of different colours, one for each eye.

The patient must not become alarmed if the eyes become bloodshot at first; this is caused by the stimulating effect on the circulation and will subside in due course.

Where eye trouble has been caused by excessive strain, such as exposure to a too-brilliant light, or by constitutional conditions, the cold compress will be found very beneficial. For this purpose a small compress, made of several layers of thin linen, is dipped in cold water and applied over the eyes, being held in

position by a dry bandage. The treatment can be applied at night on retiring or at any time while resting. The compress should be destroyed after each application.

In the treatment of more serious eye conditions, such as glaucoma, etc., raw potato juice, prepared by grating a potato and squeezing it through a muslin cloth, will prove very soothing and beneficial. The juice is used to bathe the eyes night and morning and is applied in compresses, which should be renewed frequently and never allowed to become dry or too hot.

To exercise the eyes and bring sight back to normal, so that in many cases glasses may be discarded, the following movements should be performed very slowly and repeated at least ten times night and morning :—

1st. Hold a pencil horizontally 12 inches in front of the eyes and on a level with them; force the eyeballs to look from left to right and from right to left along the pencil, without moving the head.

2nd. Hold the pencil vertically and move the eyeballs to look in a similar manner

from the highest point to the lowest and back again.

3rd. Roll the eyeballs in a circular fashion clockwise and counter-clockwise.

These movements exercise the four sets of muscles which pull the eyeball upward, downward, to the right, and to the left. In this manner the better adjustment of muscular control, by equalizing the strength of the four muscles which control the movements of the eyeball, results in equal focalization of the eyes, and normal vision is restored.

The following exercise is also useful for strengthening the eye muscles :—

Hold a pencil at arm's length; focus the eyes upon it and gradually bring the pencil towards the nose until it looks double.

Another exercise, known as "cupping the eyes," has a wonderfully soothing and strengthening effect on the whole mechanism of the eye and imparts a gleam and lustre not to be obtained in any other way. The patient sits in a low easy-chair with the body completely relaxed, leans forward with the elbows

## 32 TREATMENT AND CARE OF THE EYES

resting on the knees, places the hands over the eyes, one eye against each palm, and remains, with the eyes gently closed and all light shut out, quite still and relaxed for fifteen or twenty minutes.

The pernicious habit so prevalent to-day of using eye-drops, not only as an eye remedy but also as a beauty treatment, cannot be too strenuously condemned. The reaction of these poisonous drugs has in many cases been responsible for partial or complete blindness, and it never fails to leave the eye condition worse than it was.

To cleanse and clear the eye, giving it a brilliance greater than is possible with eye-drops, honey water has never been equalled. It is prepared by boiling half a teaspoonful of honey in half a pint of water for five minutes. When cooled it may be used in the eye-bath three or four times daily.

Poets have written that the eye is the mirror of the soul. I think it could more truly be said to be the mirror of the body, since no organ more readily reflects the physical condition of the individual.

## CHAPTER V

### THE MOUTH AND THE TEETH

THE hygiene of the mouth is of the utmost importance from infancy to old age and should receive attention daily. Too often, especially in early life, the teeth are neglected altogether. Dirty teeth are likely, sooner or later, to become careous; and careous teeth, besides being a cause of bad breath and neuralgia, are a constant menace to the general health, since they harbour infectious germs of all varieties.

Generally speaking, disease of the teeth results from one, or both, of two causes. The first is malnutrition due to faulty feeding and the lack of the constituents necessary for the building and maintaining of good tissue and bone. If nutrition is faulty, the teeth soon begin to deteriorate, and proper mastication becomes difficult, if not impossible. Moreover, germs and acids from the diseased teeth contaminate the food before it has left the mouth.

Secondly, the abnormally acid secretions of

an unhealthy body will attack and corrode the enamel and hard covering of the teeth, causing their rapid decay.

It is a well-known fact that animals and human beings living in primitive surroundings on natural food have splendid teeth and retain them to the end of life without the aid of tooth brush, tooth powder, or pàste, and without the attention of a dentist. Their immunity from dental decay is due to their diet, which consists mainly of the natural products of a soil which has not been devitalized or demineralized by modern synthetic manures and artificial dressings. The extensive and almost universal decay of teeth is caused, apart from hereditary and congenital influences, chiefly by wrong food combinations, such as a diet excessively rich in starches, sugars, fats, and proteins, but deficient in mineral salts, or by the soft, mushy type of food indulged in by great numbers of people. Soft foods do not call for the energetic mastication which is necessary to keep the teeth clean and healthy.

Another common cause of tooth decay is the prevalent custom of taking food too hot

or too cold, causing either violent expansion or contraction, which in time cracks the enamel.

The principal cause of pyorrhœa is the pernicious habit of eating soft, mushy, badly cooked food. Like other chronic ailments, pyorrhœa can be cured only by restoring the entire body to a normal condition. People suffering from this disease should never have good teeth extracted, as the trouble will entirely disappear after the patient has been cured by natural methods which eliminate the underlying cause.

A diet of raw food will cleanse the teeth of acid deposits and reduce the exudates. In the early stages the exudates may increase owing to the neutralization of the acids in the body, but this is merely a passing phase. Under the influence of a natural régime the inflammation soon subsides, the deposits are rapidly absorbed and expelled, and the gums begin to firm up and heal. For the general treatment of the mouth there is nothing so good as diluted lemon juice. The teeth should be briskly rubbed with this natural dentifrice, followed by a thorough rinsing of the mouth with cold water. By this simple means the

mouth is kept in a perfectly sweet and healthy condition. Tooth drill should always be done from root to crown, in order to avoid pushing the gum away from the root and so exposing the sensitive neck of the tooth to acid deposits which would in time induce decay and loosen the tooth.

The theory held by many medical schools, even in these days of scientific enlightenment, that rheumatism and other diseases are caused by suppurating tonsils and adenoids, pyorrhœa, ulceration of the mouth, or abscesses in the teeth would be amusing if its consequences were not so serious. Many a good set of teeth has been sacrificed to this fallacy. Local mouth conditions are not primary, but secondary symptoms, arising from the clogged and diseased condition of the body itself. When the body is treated, and the blood-stream and tissues are cleansed, these local symptoms disappear as if by magic, never to return so long as the body is kept in good condition.

If a good tooth powder is desired, it can be made as follows: equal parts of powdered borax, bicarbonate of soda, and common salt; mix well and keep in an air-tight tin.

## CHAPTER VI

### HYGIENE OF THE NOSE AND EARS

NASAL catarrh is one of the deadliest enemies of good looks and physical comfort, yet it is accepted as an evil consequent on our very changeable climate and as beyond cure. Here again, however, the root of the trouble lies in the general health, and in every case it becomes necessary to undergo a complete body cleansing in order to rid the bloodstream, lymphatics, and tissues of accumulated waste. In no other way can chronic catarrh and colds be permanently cured.

It is worse than useless to treat the catarrh as the primary disease, instead of as the local symptom. Not only is there serious danger in suppressing nature's effort of self-cleansing through the mucous membrane of the nose, but the body is exposed to a severe strain in combating and eliminating the poisonous drugs used in the attempt at cure.

The proper treatment of catarrh, and of all other manifestations of disease alike, must begin with the original cause of the trouble. When this is removed, the local symptoms vanish automatically and, so long as the body is kept vital and vigorously functioning, they never return.

It is well to remember that the nose is an organ of respiration as well as the organ of smell and an organ of elimination. Its scrupulous cleanliness is therefore of vital importance. If people could live more in the open air, the mucous tissue of the nose would cause little or no trouble, the brain would be more alert, the eyes would be clearer, and the lungs would not be so often called upon to overwork.

Cold water, with or without the addition of a little lemon juice, should be sniffed up as part of the daily toilet, in order to clean and clear the nostrils and air passages.

### THE EARS

Any catarrhal condition of the body is almost sure to react on the ears, causing deafness or other abnormalities of hearing.

General cleansing of the system is, of course, called for, as in the case of nasal catarrh. It may be supplemented by a daily toilet of the ears, consisting of washing the external ear with soap and water, care being taken that no water enters the passages. The ears should then be thoroughly dried with a soft towel. Under no circumstances should any hard instrument, such as a hairpin or toothpick, be used inside the ears.

For any pain or other symptom of trouble in the ears, professional advice should always be sought.

## CHAPTER VII

### CARING FOR THE HANDS

LIKE every other member of the body, the hands depend for their beauty and usefulness on intelligent daily care. They should receive a daily massage, which can be quite easily performed personally by gently rubbing and kneading the backs and palms with a rotary movement of the fingers. Finger exercises should also be practised on either a real or an imaginary piano. The usual soap-and-water wash should be followed once a day by a rubbing with oatmeal which has been moistened with lemon juice. The oatmeal should be well rubbed between the palms, and over the back of each hand, which should then be rinsed and dried with a soft towel. If desired, a little honey and almond cream may be rubbed in afterwards. Rough, red, or chronically cold hands should be treated with compresses each night. For this treatment a

pair of white cotton gloves and a pair of thick woollen gloves (or a pair of old woollen socks) will be required. The cotton gloves are soaked in cold water, wrung out, put on the hands, and covered with the woollen gloves. The compress is kept on all night.

When nails become coarse and brittle, it is a sure sign that the general health is below par. The blood composition has become unbalanced or depleted, and the nail texture suffers in consequence. It is therefore necessary in the first place to look to the general health. As a local and temporary measure, a little almond oil may be rubbed on the nails, or the finger-tips may be soaked in the almond oil for a few minutes.

## CHAPTER VIII

### THE FEET

THE feet are among the most important parts of the human frame. On their healthy condition depend not only our comfort, but also our ability to perform efficiently many of our daily duties. They are constructed to support the weight of the body in the erect position. The structure of the foot is built to secure at the same time elasticity, lightness, and strength.

In turn, the health and welfare of the feet depend to no small extent on the general good health of the body. Gastric troubles, rheumatism, kidney disease, acute and chronic nervous conditions, and various blood and glandular diseases almost always, owing to their devitalizing and enervating effect on the general health, cause secondary foot conditions. The general practitioner in almost every case makes the mistake of treating these

conditions as primary and separate diseases, with the result that lasting cures are seldom effected. When the body loses tone from any cause, the foot muscles become relaxed and fail to support the arches in alignment. Circulation becomes impeded, waste matter is not carried off effectively, and bunions, corns, and callouses result.

Since the primary cause of the trouble does not lie in the feet themselves, it will be more easily understood why foot troubles are so common and also why the treatment of them is so unsuccessful, being applied at regular intervals with little, if any, hope of permanent cure.

Prolonged trouble with the feet will in time react on the spine, pulling it out of alignment and doing perhaps irreparable damage. For this reason foot disability, no matter how slight in appearance, should receive immediate attention. Under natural treatment the practitioner never fails to get good results, achieving for the patient a complete recovery with a restoration of general good health.

The feet should be washed at least once daily in cold water and well dried with a soft

towel. They should then be exercised as follows :—

- (1) Standing with the feet slightly apart, rise on tiptoe and return slowly, from ten to twenty times.
- (2) Walk round the room on the outside of the feet. This is good for tired feet and for strengthening the arches.
- (3) Sit on a chair, put a towel on the floor, and try to pick it up with the toes. The same exercise may be repeated with a pencil or a marble.
- (4) Cross the legs at the ankles, letting the weight rest on the outsides of the feet. This relaxes the feet.
- (5) While still keeping the sitting position, cross the legs at the knees and rotate the foot at the ankle, first in a clockwise and then in an anti-clockwise direction. Change position and repeat with other foot.

Bunions and corns may be reduced by walking, whenever possible, barefoot in hot sand. In the treatment of corns and callosities, lemons are a specific. The foot should

be rubbed all over with the juice and the rind applied to the growth and kept on overnight.

For perspiring feet, cut up two onions and extract the juice, applying it to the feet immediately before retiring at night, and covering the feet with wet compresses and dry woollen socks. Cold-water compresses applied to the feet and covered with warm woollen socks will very soon reduce inflammation and relieve congestive headaches. They also serve to promote sound, healthy sleep.

A few words on the care of the toe-nails may be added.

Extreme care should be taken when cutting the toe-nails, as they protect the nerves which terminate at the ends of the toes. They should be cut straight across—not rounded at the corners—and should never be cut shorter than the flesh at the ends of the toes. In-growing toe-nails are the result of improper cutting.

Stockings and shoes which are too short will cause the nails to grow in an abnormal manner. Stockings should be kept scrupu-

lously clean, and shoes should be frequently changed and put aside to rest and air. A good-fitting shoe, neither too short nor too long, should be worn, and it is very important that the inside line should be straight and the heel of medium height. A sound general rule is that cheap shoes should never be purchased. The material from which they are manufactured, the chemicals used for the so-called dressing, and the inferior lasts on which they are made are very injurious to the foot. The chemicals affect and retard skin elimination, with very disastrous results to foot health.

It is very important that shoes be kept clean and in good repair, especially as regards the heels. Heels which are allowed to become badly worn throw the whole body out of alignment.

## CHAPTER IX

### RELAXATION AND REPOSE

RELAXATION and the cultivation of repose of mind and body are arts which should be practised by all who wish to conserve vital energy and nerve force. The tense and strained atmosphere of modern life, as well as the noise and bustle, tend more and more to exhaust the nervous system, causing harmful physical and mental reactions.

Relaxation is a quality which must be cultivated because it keeps a healthy quieting influence ever flowing through the body, making one happy within oneself and agreeable to others. It is necessary to be perfectly relaxed, not only during sleep, but also during the hours of physical and mental activity.

The ability to relax plays a most important part in achieving success in any walk of life; it also aids in bringing out the best in others.

The ability to work in a condition of perfect relaxation is almost a lost art, yet it is of prime importance to the general health.

In the first place, it is very difficult to relax if the bloodstream is in an encumbered condition.

Constant nerve irritation from physical causes must first be removed.

Dietetic faults, which in turn cause acidity and kindred irritations, must be rectified.

The body should be bathed and exercised regularly, and deep breathing should be practised.

The mind must also be rested and relaxed at regular intervals if the best results are to be obtained.

Careful attention to the following points is also essential :—

Cultivate a pleasant hobby and set aside sufficient time to enjoy it. Before rising in the morning relax completely, concentrate on thinking, " I breathe in vitality and health." Then exhale, mentally saying, " My body is expelling all disease and disharmony."

Relax each evening after the day's work is finished, also before the last meal, by sitting limp and placid in a comfortable chair, eyes closed, thinking of nothing but complete relaxation and repose, and letting all the vital impulses flow in and through you.

## CHAPTER X

### HEALTHY NATURAL SLEEP

**SOUND** healthy sleep is the reward of maintaining good health. Six to ten hours' sleep is necessary for the preservation of the normal harmonious functioning of the body.

If sleeplessness is tending to become habitual, the digestion or the nervous system should be the source first suspected, and immediate measures should be taken to put them to rights in order that the general health may be preserved.

To ensure sound sleep it is first necessary to learn a few relaxation exercises.

The art of inducing healthy sleep is to-day practically unknown, because it has become an effort for most people to relax, and relaxation is an essential condition of rest. Without a quiet mind, a clear head, and obedient muscles, sound sleep becomes impossible, yet these are not possessed by many.

In order to relax the mind, the body must first be relaxed by performing a series of deep-breathing exercises before an open window. Then the whole body should be given a good friction rub.

If the sleeplessness is very stubborn, the feet should be immersed in cold water for two or three minutes and dried with a soft towel. Cold compresses to the feet are also a specific for sleeplessness. They have been described already.

In his book *A Hind in Richmond Park*, the late W. H. Hudson devoted a chapter to the strange fact that many people cannot sleep unless they lie with head to the north and feet to the south. The adoption of this position has brought relief to many sufferers from sleeplessness.

Nothing can take the place of sleep in the restoration of energy. During sleep there should be no expenditure of vital force, in order that the body, acting as a storage battery, may accumulate an adequate reserve of energy for liberation next day. Every cell of the living organism operates automatically and is self-regulating and self-cleansing. This process is due to the operation of what is

commonly called the "Life Force," and no food or drink, tonic or stimulant, can take its place.

In human beings, sleep is required during every twenty-four hours, and since the two hours before and the two hours after midnight are the most valuable for the conservation of energy, it is well to establish the habit of going to bed early. In any case mental and physical vigour are then at their lowest ebb, and for this reason sleep during these hours is always soundest and most natural.

Manipulative (osteopathic) treatment has an effect on the tissues which is somewhat similar to sound sleep, producing a physiological reaction which gives refreshment and renewed strength to the tired body. By this treatment circulation is accelerated and pressure on the nerve and muscle cells is relieved, so that waste and toxic matter are carried out of the body through the bloodstream and the body is soothed, rested, and rejuvenated.

Cold compresses applied to the body are also useful in relieving sleeplessness; they stimulate the circulation, increase the eliminative activities, and promote a soothing warmth. The most convenient form is a

strip of old linen wide enough to extend from under the armpits to the edges of the hip bones. It should be wrung out in cold water, wrapped round the body, and covered with a double layer of dry flannel or woollen material.

The following general rules should be noted :—

- (1) At least eight hours sleep are required by most people.  
(High-strung and nervous people require more.)
- (2) Always sleep in a well-ventilated room.
- (3) The bed-covering should be warm but not heavy.
- (4) Do not eat just before retiring.  
(A little fresh fruit is sufficient for the average person, but for wakeful, nervous people a glass of warm milk may be permitted.)
- (5) Wear light, porous garments.
- (6) Never sleep in any garment worn during the day.
- (7) Sleep with the head low.
- (8) Never sleep on the back.
- (9) Light is not conducive to sleep; therefore it is best to keep the room dark.

## CHAPTER XI

### THE BREATH AND BREATHING

FRESH pure air is of first importance to human life. Deep rhythmic breathing promotes poise and balance. By its soothing effect on the nervous system it aids digestion and stimulates elimination. Avoid anything that hinders the free play of the muscles or impedes circulation such as heavy non-porous clothing, corsets, and firm body-belts.

Live in the open air as much as possible and sleep in a well-ventilated room.

Practise deep-breathing exercises regularly and methodically in the morning in the open air or before an open window. Deep breathing can be practised at all times—while walking or sitting or even while lying in bed.

Shallow mouth-breathing is the primary cause of hollow chest, sallow complexion, dull and dark-rimmed eyes, lack of vital energy, and mental inertia.

Mouth-breathing in early life is the primary cause of the prevalence of adenoids and enlarged tonsils. If the bloodstream is kept pure and the nasal passages clean, the tendency to mouth-breathing will be lessened. Young people should be taught the art of breathing as early as possible, in order that their growth and development may be steady and normal.

A good exercise to promote rhythmic nerve, muscle, and breath control can be performed while walking as follows: Holding the body erect and well poised on the balls of the feet, chest up and chin in, inhale the breath through the nostrils during the time of three strides, hold it for the next three steps, and exhale during three steps. Combine this exercise with opening and closing the fingers of alternate hands to each three steps.

Bad breath may be the outcome of a variety of causes, chief among which are bad tooth and gum conditions, nasal catarrh, septic tonsils, bad lung, chest, and stomach conditions. In these cases the general health must receive attention before the unpleasant symptoms can be removed. For the mouth

and throat conditions local natural hygienic measures may be immediately adopted as follows:—Each morning wash out the mouth and gargle the throat with dilute lemon juice. Then proceed to massage the gums with the forefinger. The upper gums are massaged with a circular downward movement and the lower gums in a circular upward manner. This promotes good circulation and prevents shrinking of the gums.

To clear away mucus and prevent nasal catarrh: cup the hands and fill with tepid or cold water, sniff up through the nostrils until it clears a passage to the back of the throat. If this procedure should prove too painful at first, a little common salt added to the water will render it less painful. Attention to these hygienic measures for nose, throat and mouth will aid greatly in the function of normal breathing.

Systematic breathing should be performed daily in the open air or at an open window, each series of movements being repeated three to six times:

- (1) Stand in erect position, with the hands touching the shoulders, and inhale,

raising the elbows sideways. Then exhale, bringing the elbows down and striking the sides vigorously.

- (2) Stand erect with the feet well apart, raise both arms, bend backward, inhaling, and then forward, exhaling. Afterwards touch the floor with both hands between the feet.
- (3) Standing erect with the arms at the sides of the body, inhale while raising the arms forward and upward till the palms touch above the head, at the same time rising on the toes. Exhale, lowering the heels and bringing the hands downward in a wide circle.

A useful internal massage exercise can be carried out while lying on the back with the knees drawn up. After relaxing, the breath is exhaled and held for a second or two. Then, by means of diaphragm control, the abdomen is pushed out, drawn in, and held up for a short time. This is followed by exhaling, relaxing, and deep breathing for a minute or two. The movements are then repeated.

## CHAPTER XII

### THE HEALING EFFECTS OF SUN- LIGHT

SUNLIGHT may rightly be termed Nature's most purifying agent. It is the foundation and the essence of life. The use of its rays in curative treatment is one of the comparatively new sciences which must and will have a very far-reaching effect in the future.

In certain diseases the effects of sunlight are so wonderful that it amazes one to think of the benefits which will come to mankind from this great healing source as knowledge of its use is increased.

Its remarkable effects on deficiency diseases of childhood augur well for the future of the race.

Whenever opportunity offers, natural sunbaths should be regularly indulged in, preferably in the early morning, as the atmo-

## 58 THE HEALING EFFECTS OF SUNLIGHT

sphere is then at its clearest and the Sun's rays are most beneficial.

Those of us who live in large industrial towns, with smoke-laden atmosphere, must be content to take our sunbaths at longer intervals or artificially.

The first effects of exposure to sunlight are developed in the skin vessels and nerve terminals, whence they are transmitted by the blood and lymphatic circulation to other organs. The pigmentation which generally follows Sun treatment brings great improvement in skin tone and marked increase of the calcium, phosphorus, and iron content of the blood. Irradiation is therefore of great value as a tonic in all conditions of weakness and during convalescence.

In maternity cases ultra-violet ray treatment during pregnancy ensures proper development of the child and counteracts the unusual organic demands made on the mother's calcium supplies. After birth, regular exposure to sunlight is of great value to both mother and child, fortifying them against disease and infection.

The following are the effects of sunlight on the body :—

- (1) Fall of blood pressure due to dilation of the peripheral blood vessels.
- (2) Quickening of metabolic processes.
- (3) Rise of oxygen consumption and increase of nitrogen excretion.
- (4) Mental stimulus and increased capacity for work.
- (5) Soothing of the nervous system, thus allaying pain and inducing sleep.

## CHAPTER XIII

### THE IMPORTANCE OF BEING WELL FED

THIS is a very ambiguous title. The belief is still far too prevalent that in order to build good sound tissue and make rich red blood one must eat large amounts of every conceivable kind of food. The truth that man does not live by bread alone seldom recurs to people's minds, and until this truth becomes a commonly accepted law people will continue to suffer from every ill that flesh is heir to.

The living body is sustained by the various circulations, and the chief purpose for the ingestion of food is to ensure that the material thus supplied is converted into force to drive the "machine." If the food ingested is rich in vital positive mineral elements, the body extracts the maximum amount of living force from it and the waste to be discarded

is of the easily eliminated variety. The body then continues in the condition known as healthy.

If, however, the individual subsists on large quantities of clogging non-vital types of food such as meat, eggs, white flour, sugars, fats, and proteins, the body extracts only the minimum of force, leaving the maximum of waste, and waste of a kind difficult and often impossible of elimination. Retained waste is the prime cause of every form of disease or disharmony in the body. The excretory organs, being cruelly overworked, lose tone and, becoming relaxed, are unable to perform their function. Constipation is one of the first fruits of this condition; kidney, lung, and other excretory abnormalities follow, and so the first seeds of ill health are sown.

In order to feed the blood with all the necessary elements in the right proportions for maintaining a healthy and normal condition, one half of the diet should consist of fruits and vegetables, and the other half should be made up of the sugars, starches, fats, and proteins. Eggs should be used

sparingly, and meat—if used at all—only once or twice a week. Tea, coffee, and all other nerve stimulants should be omitted, because of their injurious effect on the whole system.

The essentials for sane living and healthy diet are conservative scientific cooking and a balanced combination of foodstuffs.

On the other hand, whatever the diet, there are certain rules which must be followed to ensure sound health. The first rule is proper mastication, as the thorough chewing of food is the preliminary stage in digestion. Meals during working hours should be light, leaving the chief meal until there is time to digest and leisure to enjoy it; and food should never be taken while one is over-tired or emotionally excited.

Food and drink should never be too hot or too cold. This rule is frequently broken, with disastrous results upon the teeth and the tissues of the stomach.

The following specimen diet is recommended for the average person :—

A little fresh fruit or fruit juice every morning half an hour before breakfast.

FIRST DAY

*Breakfast.*—Grape fruit or orange juice, followed by a soft-boiled or lightly poached egg with wholemeal bread and butter, brown toast, and marmalade.

*Lunch.*—Vegetables in casserole, cheese sauce, and baked apple.

*Dinner.*—Lean meat or chicken, green vegetables, and baked potato, followed by fresh fruit and cheese.

SECOND DAY

*Breakfast.*—Kellogg's Bran, soaked prunes (no sugar). Glass of milk if desired.

*Lunch.*—Macaroni and cheese savoury. Two green vegetables, baked potato. Pine-apple chunks with a little cream.

*Dinner.*—Large green salad with tomato, toasted brown bread, fresh butter, wheaten biscuit.

THIRD DAY

*Breakfast.*—Post Toasties, soaked figs (no sugar). Glass of milk if desired.

*Lunch.*—Cauliflower au gratin, french beans, apple snow.

*Dinner.*—Large mixed salad with watercress, crisp wheat bread, Ryvita or MacVita biscuits, butter, small piece of fruit cake.

#### FOURTH DAY

*Breakfast.*—Fresh fruit only.

*Lunch.*—Vegetable soup, two green vegetables with baked potato and butter, steamed fruit pudding.

*Dinner.*—Salad of celery, grated carrot and beetroot with a liberal sprinkling of grated cheese. Brown bread and butter.

#### FIFTH DAY

*Breakfast.*—Post Toasties, soaked raisins. Milk if desired.

*Lunch.*—Compote of vegetables, egg custard with fresh peaches, or pineapple.

*Dinner.*—Tomato and watercress salad, brown bread and butter, honey, pine kernel nuts.

#### SIXTH DAY

*Breakfast.*—Brown bread and butter, dates, and a few nuts.

*Lunch.*—Tomato soup, carrot pudding, green peas, baked potato, fruit jelly, and cream.

*Dinner.*—Lightly poached egg with spinach, crisp brown toast, butter, wheaten biscuit, or oatcake.

### SEVENTH DAY

*Breakfast.*—Grape Nuts, prunes, or figs. Milk if desired.

*Lunch.*—Vegetable pie, apples stuffed with soaked raisins and honey, and baked.

*Dinner.*—Stuffed tomatoes with large green salad, crisp wheaten bread and butter.

For sedentary workers the following will also be found beneficial :—

*Breakfast.*—Stewed fruit (prunes, figs, apricots, etc.) with brown bread and butter or brown toast.

*Lunch.*—Cauliflower au gratin, fresh green peas, baked or boiled potato. Egg custard with pineapple.

*Dinner.*—Large green salad of lettuce, watercress, etc., with tomato and cream cheese, brown toast and butter. Steamed fruit pudding or fresh fruit.

Sedentary workers should keep their diet low in protein and starch, omitting all flesh foods and using eggs sparingly.

CHAPTER XIV  
DIETETICS AT A GLANCE  
WITH HINTS FOR COMBINING AND  
BALANCING FOODS

DIET is a very complex subject, and it seems very strange that investigation of this most important part of scientific health promotion should have been so neglected.

The word "doctor" originally denoted a teacher. The medical profession was inaugurated to teach the people how to live healthy happy lives, and also that any departure from the "Laws of Nature" would affect not only their own physical well-being, but also in a most decided manner the good health and physique of their offspring.

The ignorance of the classes and the masses about the art of eating and drinking induces a feeling of almost hopeless despair in facing the problem of arresting the physical degeneration of the human race.

There is an urgent need for discrimination between vital and inferior foodstuffs and for appreciation of the importance of so preparing and cooking food that the vital salts and vitamins may be preserved. Indeed, so complex is this food science that one must not only have a knowledge of living, vital foods, but also the ability to combine the various elements, in such proportions that the diet, in addition to being wholesome and nutritious, may be readily assimilated.

If different foodstuffs are indiscriminately mixed, the flow of gastric secretion is interfered with and weakened, owing to the different stimuli called forth. Thus a strain is thrown on the digestive organs.

The chemical elements of which the human body is composed are similar to those which should be contained in good foodstuffs. When, however, foodstuffs have been devitalized or concentrated until they have lost all resemblance to the body elements, they have at the same time lost their food value. Since they are no longer akin to the body secretions, they cannot be readily assimilated into the tissues.

The use of such foodstuffs is the first step in tissue starvation. Moreover, so great is the unwanted residue from such food that the bodily functions are overworked in an endeavour to get rid of it. When this process continues over months or years, the tissues and organs gradually lose tone and the waste, not being removed normally, is thrown out of the circulation and localized in the tissues. The weaker tissues and organs are the first to suffer, as they naturally have less resisting power; becoming clogged they also become sluggish, function is interfered with, and the seeds of chronic disease, tumours, tubercular conditions, and cancer are sown.

How long it may take for these serious conditions to manifest themselves depends to a great extent on the resisting powers of the individual body—in some cases, a few months or years; in others, half or perhaps the whole of a lifetime. Therefore it is no criterion to say, "Look at so-and-so; he eats everything and anything, and yet never seems to ail." The only answer necessary to this attitude is that sickness and disease are so universal that every day new beds must be endowed,

new wings added, and large and well-equipped new hospitals and infirmaries built, all to combat disease because physical ailments are so much on the increase. Humanity continues to perish because of its lack of knowledge of the simple rules for living. It is impossible to harmonize the claim for acknowledgment of a state of general physical well-being among our immediate friends and neighbours with this very evident need for increasing medical aid.

We must build up a new standard of living, not on a foundation of sickly humanity or experiments on dead bodies, but on a foundation of sound reasoning backed by a sane outlook on health.

The prescribing of drugs, vaccines, surgical operations, etc., as a necessary part of maintaining the continuity of life has long since passed the meridian of its favour. Humanity is at long last taking to the fresh air, the sunshine, and the open road in an effort to return to normal physical conditions.

The psychological day has dawned for guidance in the selection of foodstuffs and for scientific culinary instruction. We grow

and import every kind of fruit, vegetable, and grain in superabundance. Oranges, apples, grape fruit, pineapples, and so on come from sun-soaked groves; delicious salads, vegetables, strawberries, cherries, and other products from our home gardens. Where it is not possible to obtain these edibles at first hand, the well-informed and intelligent housewife is introducing, as a very necessary adjunct to her kitchen, a refrigerator in order that the freshness and nutrient value of household food may be retained.

The wildernesses and the waste places of the earth are now giving forth their fruits and leaves for the feeding and the healing of the nations, and modern transport is laying them in our larders, but in spite of it all the average human being must still be classed C3.

The reason for this state of affairs is that we are still under the spell of the old accepted order, which looked upon disease as a natural concomitant of life and not as the result of ignoring or neglecting the Laws of Nature.

After looking on the origin of life from any and every scientific and biological aspect, it cannot be denied that adjacent to and sur-

rounding every species are the necessary elements for its growth, its development, and the maintenance of its life. Human beings do not differ in this particular from any other living species.

Normal human environment lies in the midst of a very varied and beautiful vegetation, in addition to unlimited supplies of water, light, air, and Sun. All that is necessary for the maintenance of healthy life has been provided. Yet, with a perversity that is found only in the so-called reasoning species, we not only concoct and manufacture every kind of imitation food, but we allow to be pumped into our bloodstream the most noxious of poisons and disgusting disease pollutions, on the vain assumption that our standard of intelligence is on a slightly higher plane than that of our Creator.

Some aspects of surgery would lead us to believe that in the process of creation, and in some way yet to be explained, we have had embodied in our anatomy certain organs which are not only unnecessary but dangerous to the continuance of life. This belief, in addition to condemning the original perfec-

tion of the Creator's work, involves the breakdown of the theory of evolution. An inventor or engineer would stand aghast if some of the cogs or wheels of his product were removed by a novice.

In spite of the undoubtedly skilful handling of the knife by the surgeon, and in spite of the blind adherence to drug practice of the general practitioner, humanity continues to decay and die out of due time, or at best to live out a miserable existence, still afflicted with the same old diseases and heir to the many new diseases being daily listed. These new diseases, it is well worth noting, are the direct result of suppressive drug or surgical treatment of the primary condition.

Not only is the present-day scientist, so called, not content with attempting to cheat Nature with synthetic foodstuffs; he now intends to make synthetic drugs. What sublime effrontery, since the original practice with natural drugs is almost universally acknowledged to be a failure!

The institution which constituted itself the guardian of the public health has so closely occupied itself with the study of disease, with

research to discover and isolate this or the other germ, that the cultivation of public and private health has been pushed aside in favour of the culture of germs, the concentration and devitalization of foodstuffs, and the production of synthetic drugs.

Drug treatment and tampering with the nation's food supply have failed in their purpose; failed since the early days when salted fish and preserved foods brought scurvy to our hardy seafaring men and explorers; failed since babies reared on pasteurized milk have grown into C3 men and women; and ignominiously failed since the scientists and specialists of our own day have been forced to admit defeat in the curing of disease.

The death rate among women during child-birth is a blot on the fair name of progress. We go on from year to year squandering the nation's wealth on so-called investigation and research. Meanwhile our child-bearing women are dying to the tune of 2,618 a year, and all because their bodies and tissues are starved of the vital elements necessary to promote a pure, clean bloodstream, a strong, supple, elastic muscular condition, and a good nerve

tone. From one and the same cause arises the high maternity mortality among rich and poor alike, for devitalized foods and unnatural living are common to all.

All that is really necessary to wipe out maternity mortality is sane, sensible living combined with pure, vital, natural foods. Even in cases where there is malformation of the pelvis, much can be done to ensure safe delivery by a special dietary which will keep the mother fit and supple and the child small but vital.

We condemn evil customs in others, such as the opium trade in Asia and the neglect of economic and hygiene conditions in Central Europe. We must not, however, cloak our own evils in self-complacency.

One of our greatest national weaknesses is indulgence in tea- and coffee-drinking. The dictionary definition of a "drunkard" is one given to excessive drinking. It should be noted that alcohol is not the only beverage taken to excess. In my opinion, the excessive drinking of tea and coffee is, not only equally evil, but perhaps a shade more so, because this habit is more frequently indulged in and more widespread. In both cases the urge is

for nerve and body stimulation. While alcohol is undoubtedly injurious, tea and coffee are the more insidious. Tea has no nutrient ingredients, its principal constituents being caffeine and tannic acid. Its aroma is due to a volatile oil. The stimulating effects of tea are due to the caffeine, a substance very detrimental to digestion, causing gastric disorders, cardiac distress, and various nervous disturbances, such as sleeplessness, excitability, and lack of muscular control.

Coffee also acts as a stimulant owing to the presence of caffeine, which stimulates the heart, producing nervous excitability and insomnia as well as disturbing the digestion. Caffeine has an affinity for the cerebral centres, acting directly on them. For this reason it is often used to induce temporary alertness and wakefulness.

Another common form of drug is tobacco. Tobacco contains nicotine, an organic base of vegetable origin causing toxic effects.

The excessive use of tobacco causes irregular pulse, palpitation of the heart, headache, and various forms of nerve disturbances and tremors, as well as causing constitutional

disturbances of the eyesight ! Tobacco smoking also has a very far-reaching economic influence. Millions of money are spent in the indulgence of this vice, and the fact that tobacco is cultivated chiefly by slave labour makes its use the more reprehensible. The amount of money spent on tobacco in one year (£100,000,000) would clear our National War Debt (£75,892,355 at par). Think of this wanton waste of money upon a dangerous luxury. People who would stand aghast at the very suggestion of using dope or drugs are taking their daily dose, in its innocent-looking snow-white garment of paper. They try to justify its use by every conceivable argument, forgetting that their indulgence is not only affecting their own physical health, but polluting the atmosphere which is common to all creatures.

In order that life may proceed and the body be maintained in health, it is vitally necessary that the intake of nutriment should not only supply heat and energy and all the body-building elements, but that it should also contain the constituents necessary for the elimination of waste.

Body waste is composed of the tissues and cells broken down in the process of living, in addition to nutritional waste from the end-products of food. The proper elimination of nutritional waste is rarely taken into consideration by even the most modern of dietitians, but its failure is more often than not the primary cause of toxic body and blood conditions. The noxious gases and poisons accumulating from this waste when not properly eliminated cause auto-intoxication, which is the real underlying cause of most nutritional diseases. Moreover, this condition can be directly traced to the lack of eliminative elements in the ordinary diet.

Most works on nutrition and dietetics deal only with that aspect of nutrition which concerns heat, energy and body building. In the domain of food chemistry, dietetics, and balance of nutrition the "calorie theory" reigns supreme.

Hundreds of experiments are daily being carried on throughout the world by food specialists in order that the secrets of food and nutrition may be discovered, ignoring the vital fact that elimination is the key to the whole problem.

A balanced diet must contain one half heating and body-building elements and one half eliminative elements. An ordinary diet consists principally of protein, carbohydrates, and fats; and, besides being the staple diet of the majority, it is also the type generally classed as "good nourishing food." The starches, proteins, and fats, while fulfilling a very important part in the economy of the body, also produce in the process of digestion various toxins and gases as their end-product. To these are added the essential waste of the cells and tissues of the body. These broken-down cell substances are constantly generating toxic matter, which is in itself a danger and a menace to life and health, if not quickly neutralized and eliminated. In order that neutralization and elimination of these poisons may be quickly and effectively carried out, the daily dietary must be composed of eliminative material in equal proportion to the heating and building elements.

The staple diet in this country generally consists of a variation of the following foods :

*Breakfast.*—Porridge. Bacon and egg, or fish. White bread, tea, etc.

*Lunch.*—Soup made from meat or bones. Meat, fish, or fowl, with badly cooked potatoes and vegetables. Starchy pudding. Coffee.

*Dinner or Tea.*—If late dinner is taken, it is a variation of lunch. Tea is usually a variation of breakfast.

It can readily be seen that a repetition of this type of food, containing little or no eliminating elements, must in time clog and incapacitate function. In addition to causing sluggishness and inertness of digestion, the residual waste is more and more retained and accumulated. Constipation results as one of the first symptoms and warnings of this condition. Since a diet of this kind contains none of the eliminative minerals and salts to neutralize and dissolve these waste products, and since, because of its clogging nature, function becomes increasingly sluggish, the body is unable to cope with the waste. The bloodstream already overburdened with the toxic matter, throws the excess out into the tissues, bones, and joints, causing abscesses, tumours, arthritis, rheumatism, and cancer.

People who live on a diet rich in carbo-

hydrates (starch) are generally subject to catarrhal affections.

In every kind of good natural diet that I have investigated I have unfailingly found that, whether by knowledge or by instinct, the eliminative balance has been observed.

Recently a patient from a region in South Africa, in speaking of the native of that region and his habit of life, told me that in their natural environment, uninfluenced by the White Race, the pure-bred natives are magnificent in physique, strong, and healthy. They are vital and long-lived, retaining a set of strong perfect teeth until old age and death. They are born without fuss or interference, their mothers generally returning to work almost immediately. The staple diet of these races consists of not more than two meals daily—sometimes only one—and it is composed of mealies, fresh fruit in abundance, and sour milk. They also indulge in chicken baked in a jacket of clay; and here is a point of vital importance—whenever chicken is eaten, it is eaten alone. Similarly with the mealies and the fruit. The diet is a mixed one, since each meal consists of a

different type of food, but each separate meal is kept conservative to a degree. This is a great dietetic rule seldom observed and little known even among food specialists and demonstrators, yet it is the first law of ideal dietetics.

When making expeditions up-country with the white man, the native will take a bag of mealies for the two or three weeks journey, the remainder of his diet consisting of fresh fruits. The white man goes armed with tins of every conceivable content, alcohol, fancy biscuits, etc. At the end of the expedition, I am told, there can be no comparison between the condition of the two men. The native is as fit as ever, while the white man, in great part if not wholly owing to his mode of living, has generally passed through an attack of malaria and is in no wise fit.

Lindlahr gives a striking example of unbalanced diet, drawn from the experience of the German raider, *Crown Prince Wilhelm*.

This raider, before sinking captured vessels, relieved them of their food cargo, which included fresh meat, white flour, potatoes, white sugar, salted and smoked meats and

fish, dried milk, etc. When the raider surrendered to the United States authorities in 1917, many of the crew had died, one hundred and six were ill in their bunks, and the rest were on the verge of breakdown. Their general symptoms were emaciation, neurotic pains, loss of strength, dropsical swellings, and nervous disturbances. This deplorable state of affairs was said to exist *in spite of*—but I would say it was *because of*—the fact that they had been living for two hundred and fifty-five days on the richest of high calorie foods, all grain, corn, and barley having been sunk with the rest of the cargoes. Had these vital foods been retained and used along with those of the devitalized variety, or, better still, without the refined foods, the crew would have suffered no ill effects.

Following the advice of Alfred McCann, the survivors were fed on the fluid extract of bran and potato peelings, on fruit and fresh leafy vegetables. Recovery was rapid and complete.

This is another instance of the failure of the Calorie Theory. Calories are simply the units for the measurement of the heat-giving properties of food. Normal body heat is

standard, whether the human lives in the South Sea Islands or at the Poles; it is unvarying irrespective of race or colour. In a healthy individual, body heat can be maintained at the normal level with several variations of diet.

Life Force is self-generated within the body, and since the body can continue for a definite period without food of any description, it follows that the usefulness of food begins and ends with the building up and repairing of tissue in order that the mechanism of the body acted on by the life force may be kept in operation. The Calorie Theory and all quantitative problems of food may be ignored, since different bodies, operated upon by varying modes of living and with different degrees of life force, require different proportions of sustenance.

In short, they little know of foodstuffs who only eating know.

## CHAPTER XV

### THE INTEGRAL ELEMENTS OF RATIONAL DIET

DIET, to be complete in every essential, must contain the following constituents in balanced proportions : proteins, carbohydrates, hydrocarbons, mineral elements (or the vitamins), and mineral salts.

Protein is a negative food substance, the simplest form of which is made up of carbon, hydrogen, and nitrogen, the more complex forms having in addition phosphorus and sulphur. Like the starches and sugars, protein produces heat and energy. Protein is the first element in any compound and is the chief constituent of protoplasm. Human tissue cells, being of protoplasmic origin, are therefore dependent on a sufficient supply of protein food material. As well as being heating and repairing, it is body-building.

Protein food elements are highly complex in nature and vary greatly in food value. There are proteins which maintain growth and proteins which promote growth. The best varieties are those whose units can be readily broken down by the digestive secretions into the amino-acids

necessary before absorption and elimination can take place. The quality of the protein intake is therefore more important than the quantity.

Recent experiments have revealed that the best diet to sustain the human body in a healthy condition must include the proteins containing the amino-acids tyrosin and tryptophane. For the normal development of tissue in growing animals and young humans, the addition of the amino-acid lysine is necessary.

Meat protein has not been proved conducive to growth, and the flesh of dead animals as a source of nutriment is always excluded from a natural dietary.

It was recently recorded in one of our leading papers that 30 per cent. of the cattle entering Dundee slaughter-house were partially infected with disease. The Medical Officer of Health said that, provided the part was cut out, there was no danger; also that the cooking of the meat was a further safeguard. But, since the blood is the life, and since all disease as well as all nutriment is carried in its circulation, how can the first statement be admitted? And, if cooking the meat kills the germs, does it not also destroy the nutriment? In which case vital energy would be wasted in digesting and excret-

ing the noxious mass. Moreover, the poisons and toxins generated during the process of digestion from the already depurating mass are the principal cause of uric acid formation. The discovery arising out of the vitamin theory, that meat contains little or no real value, has done much to discredit the old superstition of its importance in nourishment.

The primary Life Force demands for its well-being and sustenance a regular supply of magnetic mineral life elements, which are found abundantly in the vegetable kingdom. The vitamins are in reality the Life Force of the matter which contains them, so that, as in the case of the mysterious Life Force of the sentient creature, we are as yet unable to offer any further explanation regarding them. They are, however, a component part of every living force, and for this reason it becomes necessary for living cells to be replenished and balanced by a steady supply.

The protein of legumes, especially dried peas, beans, and lentils, and also of lean meat, is highly concentrated, and is not of the type conducive to growth. Consequently, if taken in excess it becomes highly dangerous to health. These foods should always be sparingly used

and properly combined with adequate amounts of green vegetables and fresh juicy fruits.

The carbohydrates are relatively simple compounds of carbon, hydrogen, and oxygen; they comprise the sugar and starch group of food substances. A proportion of these is necessary for sustenance and the proper balance of body nutrition. In their natural state they are found in combination with large quantities of organic mineral salts. These mineral salts neutralize and eliminate the putrefactive ferments and gases which result from starch and sugar digestion. For this reason it is essential that our carbohydrate intake be drawn from natural sources. Commercial sugar is a very negative product, containing no mineral salts, and its ferments are lacking in the elements necessary for oxidation.

The natural carbohydrate foods are :—

*Starches*—wheat, corn, oats, barley, rice, cereals.

*Sugars*—dates, raisins, grapes, figs, beet, milk, honey.

Hydrocarbons (fats) include oils, butter, cream, cheese, nuts, and yolk of egg. Chiefly composed of carbon, hydrogen, and oxygen, they serve as heat and energy producers, and are stored as reserves of food and fuel as well

as acting as lubricants. They yield their store of energy by a process of oxidation.

A rational diet, properly combined, must contain a proportion of dairy products in order to supply the necessary fat ration. Dairy products are rich in fat soluble vitamin A, this substance being found in greatest abundance in raw milk, cream, butter, and yolk of egg.

A point worthy of note is that natural feeding of the farm animal is necessary if the potentiality and quality of fat soluble A (vitamin A) in these farm animal products are to be of value in the human dietary. Pasteurization and heating destroy the vitamin element.

Mineral Salts (eliminating elements) are the balancing and eliminative elements in our dietary, and are found most abundantly in fresh fruit, vegetables, uncooked cereals, and raw sugars.

Since the neutralization and elimination of tissue and food waste must be achieved as quickly and completely as possible, it is necessary that one half of the daily dietary be composed of these foods.

#### *Another Specimen Diet*

*Breakfast.*—Shredded Wheat. Prunes. Milk.

*Lunch.*—Vegetable Broth. Steamed Onions. Baked Potato. Butter. Fresh Fruit Salad. Cream.

*Evening Meal.*—Large Green Salad. Tomato. Crisp Bread. Butter and Cheese.

*Supper.*—Fresh Fruit.

The proper selection and cooking of food are of paramount importance. Here are some of the leading rules to be followed :

- (1) All vegetables should be conservatively cooked ; that is to say, they should be steamed in the minimum of water, sufficient only to keep the contents of the vessel from sticking.
- (2) Quick cooking is also an essential. Commence cooking the dinner not sooner than half an hour before it is due to be served.
- (3) No kind of food, either animal or vegetable, should ever be reheated.
- (4) Once they have started to cook, vegetables should be kept consistently steaming, and should be served immediately they are ready. Never set one vessel aside to bring another to the boil.
- (5) Seasoning, if any, should be put in just before serving.

## CHAPTER XVI

### GAINING WEIGHT

WELL-ROUNDED contours, clear skin, and shining eyes are sure signs of a well-regulated body. It should be borne in mind that there is a vast difference between being *slender* and *thin*. One is the mark of radiant health and steady nerves; the other indicates mal-assimilation and is generally accompanied by poor circulation, over-sensitiveness, and irritability.

To the too-thin I would say, "Sit down and take stock of yourselves" on the following lines :

- (1) Consider, first, if you have any symptoms which indicate disease; if so, consult your physician.
- (2) Change your personal habits if necessary.
- (3) Learn how to relax, and then remember to relax.
- (4) Get nine or ten hours sleep every night.

- (5) Keep in the fresh air as much as possible. Walk for at least an hour every day.
- (6) Take plenty of suitable exercise regularly.
- (7) Deep-breathing exercises are very beneficial.

The usual cry of badly-nourished, weak, and sickly people is for some nourishing food or tonic, to renew and give more strength.

Throughout the ages, scientists and chemists have searched in vain for some wonderful formula or food to cure all human ills and prolong human life. So far, the elixir of life has proved a will-o'-the-wisp. We must still eat, drink, and sleep to keep alive. What most people seem to forget is that only a certain quantity of food and drink is required to repair and build up the cells and tissues of the body, and that over-eating, far from increasing vital energy in the body, serves only to waste and dissipate it. The elimination of this excess material requires the expenditure of a considerable amount of vital energy and nerve force.

For the thin, nervous person, nine to ten hours sleep is most desirable. Nothing can ever take the place of sleep in rejuvenating the tissues of the body and replacing the vital nerve force used during the working and waking hours. It is during sleep that the body cells counteract the poisons generated by fatigue.

The next important point is diet. This should be light, easily digested, and nutritious, and twenty to thirty minutes rest should be taken after each meal whenever possible.

With regard to exercise for gaining weight, deep and rhythmical breathing is the best possible. In all breathing exercises it is of the greatest importance to hold the body erect and relaxed. A good posture and carriage of the body are aids in the development of muscles and tissues. A slovenly carriage is not only unpleasant to behold, but has also far-reaching effects both on health and on mentality.

Learn to stand with the weight of the body thrown upon the balls of the feet, shoulders well back, chin in, and chest up and out. At first it is necessary to cultivate

this position deliberately, but the muscles and frame will soon accommodate themselves to it. When the body is so carried, the abdominal organs will stay in their normal position, greatly aiding all the functions of nutrition, and enabling the digestive organs to obtain the greatest possible amount of nutriment with the minimum of expenditure of vital force.

Rhythmic breathing, as practised by the Ancients, is even in these days of scientific progress still admitted to be without parallel for balancing nutrition and normalizing weight.

- (1) Standing in the open air, or before an open window, take one or two long, deep breaths. Then exhale and, with the finger pressed upon the right nostril, inhale through the left nostril. Holding the breath for a little, expel it slowly through the right nostril. Now reverse the process, closing the left nostril and inhaling through the right, and so on. Repeat from ten to twenty times, taking twice as long to exhale as to inhale.

- (2) Stand erect with the hands by the sides ; raise the arms forward and upward above the head, at the same time rising on the toes as high as possible and inhaling deeply. Lower the heels, bringing the hands circling down at the same time, and exhaling.
- (3) Stand upright, with the feet well apart and both arms raised above the head. Bend the body backward from the hips, at the same time slowly inhaling. Now bend forward until the hands touch the floor between the feet, at the same time exhaling.

Diaphragmatic breathing to contract and stimulate the abdominal organs should be regularly practised. Relax the muscles as much as possible. Inhale deeply with the diaphragm only, raising the wall of the abdomen below the ribs; inhale and exhale slowly and deeply.

The following exercise, if practised regularly, will tone and stimulate the abdominal organs and viscera, preventing constipation and the formation of superfluous tissue across the abdomen :—

Lie on the back with the knees raised ; relax and breathe deeply once or twice.

Exhale and hold the breath ; push the abdomen out, then in and up as far as possible.

Repeat these movements with a rhythmic rolling motion.

The following diet is one suitable for those who desire to gain weight :

*Breakfast.*—Fresh fruit.

*Eleven o'clock.*—Orange juice with white of egg.

*Lunch.*—Fresh salad of lettuce, watercress, celery, and tomato. Wholemeal toast and butter. Cream cheese. Glass of milk.

*Dinner.*—Grape fruit. Plain french omelette. Braised tomatoes. Baked potato. Baked apple.

To vary the diet, see *Practical Nature-Cure Diet* (by same author).

## CHAPTER XVII

### REDUCING

Make less thy body hence, and more thy grace  
Leave gormandizing ; know the grave doth gape  
For thee thrice wider than for other men.—

SHAKESPEARE.

THERE are two kinds of obesity. The first is due to faulty metabolism, so that only a portion of the food taken in is assimilated, the residue remaining in the tissues in the form of fat.

The other type is due to abnormal glandular functioning and is a much more serious condition, the balance between the blood and the glandular secretions not being properly established. This lack of co-ordination gives rise to many serious conditions.

Sufferers from this type of obesity are often termed lazy and advised to take vigorous and strenuous exercise which, since the condition is pathological, can only do harm, injuring the nervous system and seriously damaging the heart and vital organs.

Where actual disease exists this must be

treated, and the cause of the obesity removed, before either rigid diet or systematic exercise can be attempted with safety and benefit.

Weak heart, anæmia, gout, goitre, and diabetes are among the diseases most frequently associated with obesity.

The question of reducing must be considered from other angles as well as that of personal appearance.

“Hasten slowly” is sound advice in these cases; otherwise vital forces, as well as adipose tissue, may be broken down.

Under proper guidance the reduction of weight and fat not only renders the patient more comfortable, but in many cases may be the direct means of saving his life and prolonging his period of usefulness.

The following points should be borne in mind when reducing :

- (1) Get your physician to give you a thorough overhaul, taking into account all constitutional tendencies.
- (2) Decide to adhere to the advice and régime recommended.
- (3) Include an increasing number of eliminating foods in the dietary, gradually

cutting down the starches, fats, and proteins.

- (4) Do not mistake appetite for hunger.
- (5) Do not eat unless you are hungry, or when you are feeling out of sorts.
- (6) Chew well and eat slowly.
- (7) Remember that all excesses of food and drink act as poison in the system.
- (8) So far as possible, eat only one type of food at each meal.
- (9) Never mix acids and starches.
- (10) Relaxation and rest for fifteen to thirty minutes after each meal will be found beneficial, especially to people with weak digestions.

Overweight means overwork for the heart and kidneys, and since reduction of weight involves a complicated change within the body, it should not be undertaken lightly. It is brought about not so much by a limiting or cutting down of the food intake, as by a balancing of food combinations.

Foods which contain large amounts of positive, organic, mineral salts (vitamins) should take the place of those rich in starches, fats, and proteins.

Acid and sub-acid fruits are rich in positive alkaline mineral elements, which have an acid-binding and acid-eliminating effect, and these, in conjunction with green leafy vegetables, are best suited to balance the acid-producing starches, sugars, fats, and proteins. The mineral salts contained in these acid-binding foods are real blood-, bone-, and nerve-builders.

By adopting and adhering to a well-balanced and cleansing diet, the superfluous tissue will be gradually changed and eliminated.

Here is a specimen menu for reducing :

*Breakfast.*—Kellogg's Bran. Stewed raisins. Milk.

*Mid-day Meal.*—Cream of onion soup. Spinach au gratin. Poached egg. Baked potato. Baked apple.

*Evening Meal.*—Toasted cheese. Brown toast. Salad.

(For further recipes see *Practical Nature-Cure Diet*, by same author. Price 1s.)

The following exercises will be found useful in assisting the reducing process :—

- (1) Stand upright, with the arms raised above the head, and rotate the trunk

upon the hips, extending the arms and bending as far as possible in each direction. Repeat three or four times, avoiding strain, and do not carry to excess.

- (2) Stand erect with hands on hips, sway the upper part of the body from side to side and rotate it, keeping the parts from the hips downwards motionless.
- (3) Stand erect, with the feet together and arms raised above the head; bend forward and downward to touch the toes and also try to place the palms of the hands flat on the floor. Return slowly to first position and repeat the movements.
- (4) Lie on the stomach, with the feet together and hands stretched out in front; lift the head and arms upwards, at the same time raising the legs, keeping the knees straight. This exercise will be found very difficult at first and straining should be avoided.
- (5) Keeping the same position, clasp the hands at back and roll from side to side.

- (6) Lie flat on the back with the hands loosely folded across the stomach; raise and lower the upper part of the body, without touching the floor.
- (7) Keeping the same position, raise the legs as high as possible (heels together), and swing them from side to side. Next rotate them without bending the knees.

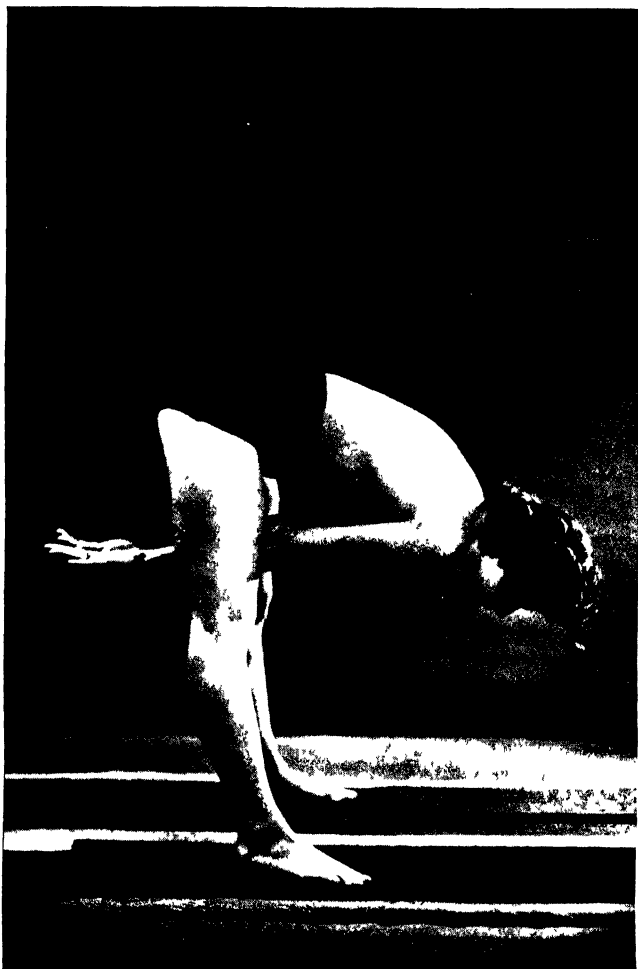
## CHAPTER XVIII

### WE CAN CONQUER CONSTIPATION

THE natural treatment of constipation is so simple that many who have suffered from this condition for a long period refuse to give it a trial. They think that strong medicines and drugs alone can give them relief, even if it is of a temporary nature. What they do not seem to understand is that the first requisite in the treatment of any disorder, and especially of constipation, is a sane, natural diet.

The real cause of constipation is wrong living, and since this condition is the origin of other constitutional diseases, it should receive immediate attention.

Chronic constipation means not only deficient elimination, but also reabsorption of toxins from the decomposing and putrefying matter in the intestinal canal. The type of food giving rise to the condition is doubly injurious, since it is the kind which most readily putrefies and ferments in the rectum



*Throwing Ball through Legs for Circulation and Constipation.*

Standing erect, relax and stretch the limbs before commencing exercise.  
To perform exercise: Stand erect, legs apart, arms upwards stretched holding ball, inhale, bend at waist throwing ball between the legs; upward stretch, exhale.



and the colon. The administration of laxatives and salines for the temporary relief of the bowels, far from removing the root of the trouble, tends only to enervate and paralyse the intestines more completely. All purgatives and drugs are poisonous, and their peculiar effect on the body is such that, instead of the drugs acting on the system, the body acts on the drugs in an effort to rid itself of them. This automatic reaction of the body eventually produces an evacuation of the bowel, but, with the repetition of this artificial stimulation, the bowel becomes more and more benumbed and inactive.

Never at any time have there been so many so-called "remedies" for constipation. They appear in many disguises—laxatives, purgatives, oils, pills, syrups, etc.—yet constipation still flourishes. Every day millions of people are consuming oceans of medicines and tons of pills; every day thousands of operations to remove appendixes and relieve bowel conditions are performed. Nevertheless, constipation persists, and sickness increases.

Unless there is organic disease or tumour of the bowel—conditions which require skilled

natural treatment and manipulation—I can guarantee that the adoption of the following mode of living, in conjunction with exercise and rest, will bring satisfactory results in three or four weeks time.

During the first two days of the treatment, the diet should be limited to fresh fruit. After that, it should consist of plenty of fresh fruit, green vegetables, dates, figs, raisins, brown bread, bran and hard health biscuits.

The fruit will rest and relax the body and prepare it for the natural food diet, rich in fruit and vegetables, and low in proteins, starches, and fats. These ingredients will furnish sufficient nourishment, and will serve to stimulate the peristaltic action of the bowels, thus bringing the desired results.

The best exercises for the cure of constipation are those which bring the abdominal organs into play; they have been described already. In chronic cases it is also beneficial to take sitz baths, which are prepared as follows: Pour into a flat wide basin a few inches of water at natural temperature and sit until the first sensation of cold is followed by a feeling of warmth (about three

minutes); dry with a coarse towel and give the body a friction rub; then practise the internal massage exercise (page 56) for a few minutes.

If there are lesions in the lumbar or sacral regions of the spine, affecting the nerves which go to supply the intestines, no permanent results can be expected until they have been corrected.

Here are two specimen dietaries to be followed in the treatment of constipation:—

## I

*Breakfast.*—Fresh fruit only.

*Lunch.*—Large green salad with tomato. Baked potato; butter.

*Dinner.*—Tomato juice cocktail. Onions, cabbage, and french beans, cooked in casserole. Stewed fruit.

## II

*Breakfast.*—Fresh fruit only.

*Lunch.*—Cauliflower with a small portion of grated cheese. Fresh green peas. Baked potato.

*Dinner.*—Spinach juice cocktail. Asparagus with butter sauce. Spring greens, baked potato. Stewed figs.

## CHAPTER XIX

# PHYSICAL EXERCISE IN ITS RELATIONSHIP TO HEALTH

Such is the constitution of man that labour may be styled its own reward; nor will any external incitements be requisite if it be considered how much happiness is gained, and how much misery escaped, by frequent and violent agitation to the body. Exercise can not secure us from that dissolution to which we are decreed; but while the soul and body continue united it can make the association pleasing and give probable hopes that they shall be disjoined by an easy separation. It was a principle among the ancients that acute diseases are from heaven, and chronical from ourselves: the dart of death indeed falls from heaven, but we poison it by our own misconduct: to die is the fate of man, but to die with lingering anguish is generally his folly.

I take the true definition of exercise to be labour without weariness.—JOHNSON.

THE British nation, in spite of the fact that the study of Public Health has now become a national institution, lags far behind other European countries in organized "physical culture." Yet this branch of health culture is of such far-reaching importance that the sooner

it is accorded its proper place as a national concern the better for the Empire. We are not an Aryan nation, and it is a regrettable truth that it took a great war to bring this important national disgrace to our notice. Our Medical Boards go in wholeheartedly for progress through "bacterial culture," and the Government aids and abets their activities by donating grants of public money. Not one of them has as yet made a stand for "race culture," the most vitally important necessity of present-day health economics. Millions of money are daily leaving the national coffers for "health" benefit, etc. Hospitals and nursing homes are considered successful only if they are building new wings and putting down new beds.

Surely this state of affairs reveals a perverted process of reasoning. A successful medical world should be gradually but surely pulling down these institutions and monuments to pain and sickness stone by stone, and in their place building solaria, gymnasias, baths, and sports grounds for a people who, by reason of good guidance, sound training, and sane living, should have

reached the happy state that would entitle them to be classed A1. Physical culture is of paramount importance, and is one of the chief factors which contribute to the development of a healthy and physically perfect race. Sporadic efforts for the improvement of physique may be found among the masses, but there is nothing like the intelligent and regulated enthusiasm displayed in Denmark and Sweden. In Germany the youth movement becomes more powerful and popular every year. Apart from the race benefit derived from physical culture, the self-discipline imposed is of the utmost value to the morale and bearing of the people in difficult and trying years.

In proposing the creation of a National Board for the Improvement and Betterment of the Nation's Physique, I am in no way advocating military conscription against war-like aggression. What I am advocating is conscription against ill-health and disease and the prevailing low standard of health and physique.

CHAPTER XX  
EXERCISES FOR HEALTH AND  
BEAUTY

It is not possible to lay down hard and fast rules for exercise, as cases differ vastly and no two individuals are alike. One must be guided by the consideration of general health, existing muscular condition and development, occupation, and any special peculiarities of the individual. Some of the general principles are, however, common to practically all—as, for example, the recommendation of walking. Walking is the most natural and one of the best of all-round exercises; it is of the greatest assistance towards good looks and good health. It is one of the best remedies for sallow skin, excessive weight, insomnia, and all other enemies of beauty. Everyone may not be able to go walking during the day, but everyone has a chance of improving both looks and health by taking a brisk walk every evening.

Exercise should not be taken immediately after a meal, as it deflects the blood from the digestive organs to the muscles, thereby delaying digestion.

If one is over-tired or excited, exercise should be preceded by a short rest. The open air is best for all exercises, and when they are carried out indoors, windows should be opened to keep the room airy. Clothing hinders the circulation and the free play of the muscles; consequently the nude state is to be preferred.

Exercise immediately on rising is extremely valuable. The manner in which we begin the day has a great influence on our mental and physical condition during the subsequent hours. A healthy person should leave bed alert and refreshed, without any inclination to remain in bed—an indulgence which, along with the too common practice of breakfasting in bed, is one of the worst enemies of robust health and good looks.

After relaxing and stretching every limb, one should rise immediately and proceed to carry out, before the open window, the following preliminary exercises, discarding all clothing so that the body may get an air bath :—

- (1) Take a few short panting or sobbing breaths to quicken up the circulation and generate body heat.
- (2) Inhale slowly and deeply for three or four seconds, wait two or three seconds, and then exhale for three or four seconds, emptying the lungs as completely as possible.
- (3) Repeat these movements several times, allowing three seconds after exhaling.
- (4) With hands on hips and chest well out, lift up the diaphragm and pull in the solar plexus; then repeat the breathing exercises slowly and steadily, and relax to first position.

For increasing chest mobility, the following exercise is unequalled: Standing upright, place the open left hand on the left side of the chest and the right arm over the head, with the fingers resting upon the left ear. Inhaling deeply through the nostrils, bend over to the left, putting a good deal of pressure on the left ribs.

Another useful chest exercise is performed by sitting upright on a chair, bending slightly

forward with the hands on the thighs, and lifting each shoulder in turn up and down six times, using only the shoulder muscles and keeping the rest of the body quite still. Afterwards the shoulders should be rotated, at first separately and then together, still keeping the hands on the thighs.

Abdominal exercises may then be performed.

- (1) With hands on hips and feet slightly apart, rotate the body at the waist, first to the right, then to the left. Repeat from ten to twelve times.
- (2) Standing upright, with the feet slightly apart and hands raised above the head, swing from the waist in a circular manner, first to the right and then to the left.
- (3) Standing upright, with feet slightly apart and arms extended horizontally, bend and stretch, touching the left foot with the right hand. Return to the first position, then repeat the movement, this time touching the right foot with the left hand.

Leg raising exercises are particularly useful for keeping the figure slim and supple :

- (1) Lie on the left side with the left arm stretched forward and the right arm bent with hand on hip. Raise and lower the right leg three times, and then, with a sweeping scissor movement, swing it first backwards to touch the floor and then over the left leg to touch the floor in front. After repeating these movements several times, roll over to the right side and repeat them with the left leg.
- (2) Lying on the back, with arms supporting hips, draw the knees up over the abdomen until the weight rests on the shoulders; in this position move the legs as in riding a bicycle.
- (3) Lying flat on the floor with the head touching a wall or a chair, raise the legs to a vertical position and move them back until the feet touch the wall or chair.

Neck exercises are very beneficial because important nerves and blood-vessels lie in the cervical region. If from any cause their normal functioning is impeded, serious physical and mental disturbances will manifest them-

selves. The welfare of this region is therefore of paramount value. Lesions here have been known to cause not only defective sight and hearing, but in many cases even blindness, deafness, and imbecility. Worry, anger, and fear cause a tenseness of the muscles and tissues which, in turn, inhibits the flow of vital nerve and blood energy to the brain. In professional and business people this is the chief cause of headaches, eyestrain, and irritability; consequently these individuals should have the neck adjusted and manipulated from time to time in order to maintain the mental efficiency and "balance" so necessary in these days of hurry and strain.

The following neck exercises may be commended :

- (1) Sitting straight on a chair, with the body relaxed, first stretch the neck and bend the head from side to side. Then sink the chin forward and roll the head over the left shoulder and then over the right, returning to the starting point and repeating the movements several times.
- (2) With the hands clasped at the back of

the head, sink the chin forward on the chest, then raise the head, at the same time resisting with the hands. This is an excellent exercise for strengthening the neck and for promoting the circulation of blood to the brain.

In cases of congestive headaches, cold-water compresses applied to the neck will bring almost instant relief.

The above exercises are beneficial in reducing double chins and improving thin and scraggy necks. By stimulating circulation and the drainage of the tissues, they restore the parts to their normal condition.

Poise and balance are cultivated by means of the following exercises :

- (1) Stand on one foot, then rise on the toes of that foot. Repeat with the other foot.
- (2) Stand on left foot, extend right leg forward and then backward. Repeat standing on the right foot.
- (3) Stand on one foot and extend free limb sideways as far as possible, then swing it back and across stationary leg to the opposite side. Repeat on the other foot.

These exercises should be done with the eyes closed; they will do much to cultivate poise and improve the carriage.

### POST-NATAL EXERCISES

Special post-natal exercises will be found most useful in strengthening the pelvic organs and in assisting the restoration of the womb to its normal size and position. They will also aid in preventing prolapse of the womb and many of the distressing symptoms liable to occur after childbirth.

The best times for carrying out these exercises are before rising in the morning and during the early part of the afternoon.

In the first exercise the patient adopts the knee-chest position, lying on her face with the knees drawn up as far as possible under the chest and the buttocks raised at an angle of forty-five degrees. In this position the organs are thrown back into the pelvic cavity and drainage and circulation promoted.

For the second exercise she lies flat with her back to the floor and draws her knees up with her feet slightly apart. The arms are kept by the sides and the hands on the floor. Then the

hips are raised, the weight being carried on the shoulders and feet, and the body is swung from side to side, keeping the shoulders flat on the floor. After the body is lowered and rested, the movements are repeated.

The third exercise is performed with the patient lying on her back with her legs well apart. The hips are raised as far as possible and the legs closed and opened from hip to knee. The body is then lowered for a rest and the exercise repeated.

## CONCLUSION

The following facts should be kept in mind by all who are entering the new era of health.

All life urge, all health urge, and all vitality come from the Sun, firstly by direct contact with its rays, and indirectly from the stored-up vitality in the fruits and vegetation of the earth, which have been brought to fruition by the magnetic rays and heat of the Sun.

By living close to Nature, the source of all life, we can build in the human body a magnetism which will stimulate both brain and body.

In the healthy man and woman power and influence are at their highest.

The body is built of material that comes straight from Mother Earth; therefore it is wisest to supply it with these elements offered by the earth for growth and repair, and to avoid the foods that destroy.

Many things are offered for food which are not food; yet they are on every table to-day. They serve only to tax vitality, since they require a great and destructive expenditure of power to dispose of them and get them out of the body. Having furnished no vitality and very little nutrition, they are inimical to health and beauty.

True beauty changes, but if we avoid all forms of dissipation and live a well-regulated life it will survive the passage of the years. There is more real beauty among women who live through their time in a wholesome, natural way than among those who frequent beauty salons in the hope that time may be cheated and the ravages of unwise living erased.

The woman who lives in the lap of Nature, with her face turned to the sun, will find that she will need little to enhance her attraction; she will truly "walk in beauty."





