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WHAT TO EAT TO BE WELL

VOLUME II

By

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WHAT TO EAT TO BE WELL

A COURSE OF CLASS LESSONS

Continuation of the Class Lessons on

"THE CHEMISTRY OF FOODS AND PEOPLE"

- VOLUME II -

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The Symbolism of Colors
How to Make Colors Work for You
How Colors Reveal Your Character
Personality, The Psychology of Clothes

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PERMANENT ADDRESSES

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FOREWORD

This second volume on WHAT TO EAT TO BE WELL has been written to supplement the Course of Lessons on THE CHEMISTRY OF FOODS AND PEOPLE (Volume I) which has met a much needed demand.

Volume I concentrates entirely on the subject of Chemistry and its relation to the Types of Character and the Chemical Contents of Food.

Volume II regards the FOOD PROBLEM in relation to the elimination of ill health and diseased conditions of the body.

That the world has become "food minded" is only too evident to those who read the literature of the day. Especially have the scientists and progressive physicians acknowledged at last that food might have something to do with disease. The following quotations from noted people may be of interest:

"Haphazard and unnatural habits of diet are the factor, more than any other, which weighs the balance in favor of ill health. It becomes imperative, therefore, that a KNOWLEDGE of the fundamental nutritional needs of the body, or of food science, is essential for every man and woman if health and immunity to disease are to be achieved by civilized peoples. It would not be an exaggeration to assert that the majority of people are relatively starved of vitamins, mineral salts and roughage." - Sir Arbuthnot Lane, Consulting Surgeon to Guys Hospital, London, and Surgeon to King George of England.

"What has civilization done to us? In the field of nutrition it has been inclined more and more to deprive us of natural foods and of the vitamins and minerals abundantly found in all foods in their natural state." -- Bornarr MacFadden, Editor of Physical Culture Magazine.

"Many years of investigation and experience averaging for more than nine years, has brought out indubitable proof that many if not most of the disorders of civilized life are due wholly and entirely to faulty foods." - Robert McCarrison, M.D., D.Sc., Lieut.-Col., Indian Medical Service, British Army.

"If all the medicine in the world were thrown into the sea, it would be bad for the fish and good for humanity." - Dr. Oliver Wendell Holmes.

"Every educated physician knows that most diseases are not appreciably helped by medicine....Fifty percent of diagnoses are wrong." - Dr. Richard Cabot, Harvard Medical School.

"Correct diet is merely common sense applied to living. The day is at hand when the progressive dentist must take up with his patients the questions of diet." - George Bell, M.D., New York Eye and Ear Infirmary.

Henry Ford states, "Food and its elements make up one of the most important phases of life. A proper diet and simple, natural methods will 'cure' almost anything. I have found since fruit, protein and starch do not mix it is best to take them into the system separately. Eat enough fruit to satisfy your appetite in the morning; at noon confine your meal to protein. Then at night eat bread or similar starchy foods." When asked what was his favorite recreation, he answered as a Mental-Osseous type would, "I read a great deal and also do a great deal of walking."

LESSON I

FOODS

TIME TAKEN FOR DIGESTION

Five-Minute Class

Beef juice, yolk of raw egg, clear soup bouillon, butter, honey.

One-Half Hour Class

Orange juice, lemon juice, grapefruit juice, lime juice.

One-Hour Class

Apple juice	Grape juice	Almonds roasted &	Kumiss
Blackberry juice	Unsweetened	ground into fine meal	Beef tea
Blueberry juice	pineapple juice	Bean, pea & lentil soup	Whole rice
Blueberries	Raspberry juice	Barley gruel	boiled
Fig juice	Cherries	Rice gruel	Raw sugar
Maple sugar	Maple syrup		

All fruits are best eaten alone, as they cause acid in combination with other foods. A meal eaten alone of any of the foods mentioned in the following group makes a satisfying and quickly digested meal, and releases the blood for active brain work:

Two-Hour Class

*Apples, sweet and mellow	Raisins	Vegetable soups
*Apples, baked	Dulse	Almonds (2 hr.45 min.)
*Blackberries	Artichokes, steamed	Almond Butter, unroasted
*Cantaloupes	Asparagus "	(2 hr.30 min.)
*Cherries	Beans (young, tender)	Cocoanut-grated (2 hr.30 min)
*Fresh figs	String beans	Pecans (2 hrs.45 min.)
*Grapes	Capon	Peanut butter-unroasted
*Peaches	Carrots-grated raw	(2 hrs.30 min.)
*Pears	Cabbage- " "	Whole wheat flakes-toasted
*Fresh prunes	Cauliflower-steamed	Whole wheat Zwieback
*Raspberries	Eggplant	(2 hrs.15 min.)
*Strawberries	Lettuce	Bean puree (2 hrs.45 min.)
*Tomatoes	Mushrooms	Whole cow's milk (2 hr.15)
*Melons	Onions-steamed	Cow's milk - skimmed
Avocados	Baked potato	Buttermilk & whey
Olive oil (beaten with	Baked squash	Cream
lemon juice)	Young squash steamed	Egg whites - poached eggs
*-Do not eat with other foods, especially starch.		Better eaten alone as a meal.

Three-Hour Class

Bananas	Steamed celery	Cocoanuts-boiled
Sour hard apples	Cucumbers-grated	Chestnuts-boiled
Apricots	Onions-green	Pignolias
Dates	Fresh green peas	Walnuts
Figs-dried	Green peas-canned	Corn bread
Nectarines	(3 hr.30 min.)	Cottage cheese
Ripe olives	Kale-steamed (3 hr.30 m)	Eggs-whole
Pineapples	Mustard leaves-steamed	Chicken
Dried prunes	(3 hrs.30 min.)	Cream (3 hrs.45 min.)
Steamed beets	Parsnips-steamed	Sweet potatoes or yams
Raw celery	(3 hrs.30 min.)	Boiled barley (3 hrs.30m)

Pumpkin-baked (3 hr.30 m.)	Whole wheat bread (3 hr.30 m)
Spinach-steamed (3 hr.30 m)	" " " - unfermented
Swiss chard-steamed (3 hr.30 m)	" " gems
Sweet potatoes-baked	" " - boiled (3 hr.30 m)
Vegetable oyster-salsify	Baked beans (3 hr.45 m)
Brazil nuts (3 hr.15 m)	Beans - canned (3 hr.30 m)
Filberts (3 hr.30 m)	Beets - if old (3 hr.30 m)
Peanuts (3 hr.30 m)	Peas - " (3 hr.30 m)
Corn meal mush (3 hr.30 m)	Roast beef - (3 hr.30 m)
Popped corn (3 hr.30 m)	Fresh codfish
Cooked millet (3 hr.30 m)	Dried codfish (3 hr.30 m)
Macaroni (3 hr.15 m)	Mutton - lean (3 hr.15 m)
Oatmeal (3 hr.45 m)	Oysters
Rolled oats (3 hr.45 m)	Fresh pike
Rye bread (3 hr.45 m)	Fresh salmon
Boiled ham	Veal (3 hr.15 m)
Lobster	Flounder

Four-Hour Class

It requires a patient and strong stomach to digest foods in this class. Some of them are not the best for health. They do not build new body tissue very fast and are more or less a tax on the vitality to digest them. They do serve to give staying power to a person who has to work hard and long and who wishes to have food in his stomach as long as possible. They are apt to set up poisons in the blood and organs:

Cooked cabbage	Lard
Bacon	Fried oysters
Cooked sauer-kraut	Boiled beef
Old beans	Salted beef (4 hr.15 m)
Hot biscuits	Smoked beef (4 hr.30 m)
Crabs	Goose fat (4 hr.30 m)
Ducks	Salted herring (4 hr.30 m)
Doughnuts, crullers, fritters, fried	Fat pork (4 hr.30 m)
Clams	Venison
Hard-cooked meats	Shrimps

Five-Hour Class - Should Never Be Eaten

Salt pork, meats	Saratoga chips	Mince-meat
American cheese	Pastry, pie-crust and	Fruit puddings & fruit cake
Fried eggs	patties	Rich sauces, gravies and
Fried ham	Suet	Dressings

THE UNDIGESTED CLASS

All green fruit	Currants, dried, made from	Gelatine
Bran in graham flour, etc.	Corinth berry	Hulls of outer layer of
Cranberries	Crisp parts of meat, pastry,	cereals
Catsup	potatoes.	Peppers, black and red
Radishes	Tea, coffee,	Pickles, all foods put up
Tondons, muscles & carti-	Soda water	in vinegar
lage ground fine in		
sausage.		

HEALTH RECEIPTS

(Some suggested hints. Complete receipts are to be found in the Cooking Class notes, originated by Dr. Gayne V. Gregory).

HEALTH CANDIES

Health Candy No.1 - Grind up the following: 1 lb. each of dates, raisins, black un sulphured figs, 2 cups pecans, almonds or walnuts; mix together with honey to proper consistency, roll in ground cocoanut or pecan nuts, cut in squares.

Agar Candy (good for constipation) - 1 tablespoon of Agar, dissolve in 1 cup boiling water. 1 lb. black, un sulphured figs and 3 lbs. raisins - grind through chopper, add a few ground pecans and mix with agar. Cool and cut. Eat several pieces a day. If badly constipated grind a few senna leaves in the hand and add. (If desire it stiffer, use less water).

Pralines - 2 cups raw brown sugar, 1/2 cup water; 1 teasp. butter; 5 grains white salt; 1/2 cup pecans or walnut meats. Cook the sugar, butter and water together until a little, when tried in cold water, forms a soft ball. Add the nuts, beat until creamy and drop by 1/2 tablespoonfuls onto oil cloth. These pralines should be slightly granular in texture. (The reason for suggesting this tiny amount of white salt is because C-VEG-SALT would add a flavor not so harmonious, and there is not enough to do any harm.

Honey Caramels - 2 cups whole raw sugar; 1/2 cup cream or milk; 1/4 cup honey; 1/4 cup butter. Mix the ingredients, heat and stir until the sugar is dissolved; then cook without stirring until a firm ball can be formed from a little of the mixture dropped into cold water. Beat the mixture until it crystallizes, pour into buttered pans and cut into squares. The addition of pecans improves these caramels.

Sweet Fruit Candy - Arrange sweet fruits in an attractive box and leave where children and the man of the house can find them. Pit dates, stuff with nut meats, peanut or almond butter, or cocoanut. Hollow out the centers of figs and plump with a stuffing of raisins or nuts. Steam prunes and stuff in the same way.

Stuffed Dates - 3 lbs. of Fard dates, 1 lb. pecans. Stone dates, stuff with 2 pecans; roll in brown sugar or Sweetena; wrap in waxed paper. Dates may also be stuffed with cream cheese and pecans.

Health Candy No.2 - Take out your food chopper, or Sopro-siv, and use the coarsest blade or siv; chop three times in the following order: 1/4 cup each of cocoanut, dried pears or cherries or figs (black sun-dried Mission), cocoanut, blanched peanuts, prunes, cocoanut, walnut meats; After chopping or siving thoroughly, mix well; take 1 teasp. of mixture at a time and roll into balls in Sweetena.

BREADS

Unleavened breads are those made light without the use of yeast, baking powder or soda. As these are all objectionable in foods, the Swedish breads are among the best of the unleavened breads, as they retain the natural sweetness of the grain which is lost in the process of fermentation that takes place in leavened bread. In these receipts white salt may be dispensed with if you wish. Yeast bread should never be eaten hot, and is better when two or three days old; and better still when dextrinized or twice baked. Toasted bread is slightly constipating, so should be avoided by those suffering in this way. Baking powders are more or less objectionable, as they leave a mineral residue in the bread which eventually causes constipation. Alum powders should never be used. Raw sugar, honey or Sweetena (grape sugar) are substitutes for white sugar.

BREAD EATING is the cause of much constipation and many ailments due to too heavy calcium consumption. After 40 years of age one should limit cereal intake to a minimum. Bread and cereal should not be eaten at the same meal. One slice of Swedish bread at a meal is all that should be eaten. Avoid all breads made with yeast and white flour, unless you want gas distention.

Health Bread - (especially good for constipation) - 1 cup whole wheat flour, 2 cups health bran, 1 cup buttermilk, or sour milk (stir in 1/2 teasp. soda), 1/2 cup black molasses, 1/2 cup nuts or raisins or both, or dates or prunes, 1/2 teasp. C-VEG-SALT. Mix and bake in a slow oven one hour. Eat with unsalted butter or unroasted peanut butter.

Bran Gems - Beat 1 egg in mixing bowl, 2 cups buttermilk or sour milk, 1 level teasp. soda, 1 teasp. C-VEG-SALT, 1/2 cup molasses, 2 cups bran, 2 cups flour; raisins or currants to taste. Will make 2 dozen. Also makes a good loaf bread.

Uzar Wheatberry Bread - 2 cups of Wheatberry flour, soak overnight; cook in double boiler like oatmeal 3 or 4 hrs (the longer the better, until it is of fairly thick consistency). When cold add 1-1/2 cups brown sugar, 4 tablesp. olive oil and yeast cake dissolved in a little water; add enough white flour to knead well, and let rise to double the size, or overnight, and knead again for second rising. Place loaves in pan and bake 1-1/2 hrs. in a medium, slow oven. This bread averages 13% protein as against 8% or 9% for ordinary grades. (This receipt is given for those who want a yeast bread that has a smaller percentage of harm than is in most breads).

Whole Wheat Fruit Cookies - 3/4 lb. of Uzar Wheatberry whole wheat flour, 1/2 cup of sun-sum seed oil or olive oil, or butter; 1/2 cup honey, 2 oz. chopped nuts; 1/2 lb. chopped figs, pitted dates and seedless raisins mixed; 1 cup hot distilled water. Melt shortening and honey with hot water, stir in flour, nuts and fruit; add more hot water if necessary to form a soft dough. Bake in cookie form in a moderately hot oven for 45 min.

Honey and Nut Sandwiches - Mix chopped pecan meats, almonds and other nuts with just enough honey to act as a binder and use as a filling for sandwiches of whole wheat or soy bean bread. Can also use as a filler, honey, nuts and cream cheese.

Whole Oat Crispies - 2 cups of whole ground oats, 1/2 cup dried, grated cocoanut, 3 tablesp. honey or raw sugar, 1 cup hot nut milk (almond milk). Dissolve honey in the hot water and thoroughly mix all ingredients; turn out the dough on a well-floured rolling board and roll out to 1/4 in. in thickness. Cut in small cakes, bake in a moderate oven until slightly browned, or dry and hard. Let stand for a day or two in an uncovered dish. By adding a little more water a palatable pie crust can be made for raisin or pumpkin pie.

Soy bean muffins - 1 cup soy bean flour, 1 cup whole wheat flour, 1 cup yellow corn meal flour. To 2 cups flour, 1 teasp. of soda and 1-1/3 teasp. hydrochloric acid, 1 tablesp. butter, 1 tablesp. honey or Sweetena. Add 1 cup of soaked raisins, and bake 20 min.

Honey-Nut Muffins - 1/2 cup honey, 1 cup whole wheat flour, 1/4 to 1/2 teasp. soda, 1/4 teasp. salt, 2 cups bran, 1 tablesp. melted butter, 1-1/2 cups finely chopped English walnuts. Sift together flour, soda and salt, mix with bran; add other ingredients, bake 25 or 30 min. in hot oven. Makes 16 muffins.

SOUPS

Okra Soup - 2 pts. okra (or 50 pieces), 6 fresh tomatoes, 2 onions chopped fine, a tablesp. butter; 3 sprigs parsley, 2 sprigs thyme; 1 bay leaf; 3 qts. water; salt to taste; red pepper pod without seeds. Wash and stem okra, slice very fine; chop tomatoes fine, being careful to preserve juice; chop onions fine, fry in butter, add chopped thyme, bay leaf, parsley and tomatoes and pepper pod. After letting it stew 5 min. add okra. Stir constantly as it is apt to burn quickly. When well browned add juice of tomatoes, then add hot water and set on back of stove and let simmer for 1 hr. or 1-1/2 hr. Season to taste and serve hot with croutons. Always cook okra in granite to avoid discoloration.

Tomato Soup - Cut fine 1 small pepper; 1 large onion; 3 blades of celery; steam until soft; add 3 cups of fresh or canned tomatoes and juice, 2 tablesp. honey, and C-VEG-SALT to taste. Simmer a few minutes over the direct flame until tomatoes are soft; remove from heat, add a generous lump of butter and 1/2 cup grated mild yellow cheese. Serve with croutons.

Croutons - Butter strips of whole wheat bread on both sides, place on a pan in a hot oven, toast thoroughly through, serve hot with soup.

Vegetable Soup - 1/4 lb. each of potato skins, carrots, onions, tomatoes, turnips, with a smaller quantity of celery and asparagus (when in season). Can use beets in place of the latter. Cover with 1 qt. water, simmer for 2 or 3 hrs. Add 1 tablesp. olive oil and a few drops of Maggi Sauce. Season on table with C-VEG-SALT. This should make 1 qt. of liquid. If you can drink this and eat many of the vegetables it will be very good for you.

Beef Tea or Beef Juice - grind 2 lbs. Swiss round steak; cover with 1 cup cold water; place in granite double boiler; keep water in lower boiler at 115 degrees F. for 1 hr. DO NOT BOIL, as we want to oxidize the meat. Press through sieve, season with vegetable salt. Pour into cup dipped in boiling water, which makes it seem hot. Place balance on ice. This builds up blood in body faster than any other food.

Cocoanut Soup - Pour 1 qt. boiling water over 4 cups of scraped or sived cocoanut; let stand a few moments, then run through sivs from one to five, discard fibre, and use as fresh milk. Add 1 cup strained tomato juice and the juice of 1 onion; heat and serve.

Cream of Asparagus or Celery Soup - 1/2 lb. celery or asparagus, 1/4 cup rice, 1 qt. cold water, 2 tablesp. butter, 1 tablesp. chopped parsley, 1 tsp. onion juice, 2 tablesp. C-VEG-SALT, 1/4 teasp. paprika, 1 qt. goat's milk or raw milk. Cut celery or asparagus in 1/2 inch pieces. Cook rice and celery in water until tender, press through a sieve and add butter, seasoning and milk, then re-heat. This will make 5 or 6 average servings. Water from cooked rice should be saved to be used in soups or for thickening gravies.

Brown Rice - may be combined with vegetables, carrots, peas, celery, or turned over in browned butter and served as a vegetable.

One of the best health remedies for constipation is to eat daily potassium foods, such as sun-dried olives or Potassium Puree.

Health or Potassium Puree - Chop up, or put through Sepro-siv, the following:

1 bunch carrots	2 dandelions and roots (fresh or dried)
tops of 3 carrots	grated skins of 3 potatoes (grate to 1/4 in. under the skins)
6 ripe, sun-dried olives pitted and cut	1 teasp. Thyme

Add 1 tablesp. honey, a few drops of Maggi Sauce, a pinch of nutmeg and 1 qt. distilled water. Put these on the stove in a granite kettle and cook 12 or 15 min. until 3/4 tender. While this is cooking prepare by chopping or putting through the Siv:

2 lb. spinach	1 bunch of endive
tops of 2 beets (remove red ribs of leaves)	1 " chickory
1/2 lb. okra	1 " watercress
	1 head of green lettuce

Put all vegetables through Siv so they will cook faster. Cook 4 or 5 min. Put part 1 and part 2 together when cooked, then put through Siv No.3.

Next put 1 bunch of celery and 1 bunch of parsley through several of the Sepro-sivs to obtain juice. When puree is finished add these raw juices to it. Season with nutmeg, or Maggi Sauce or S.O.S. Sauce. Add CALI-KELP when served. Do not put in ice box until cold to avoid souring. Place in milk bottles.

Nervo-Building Broth - Add to Health Puree, 1 can clams, crab or shrimp (which are rich in phosphorus) just before serving.

Cartiligenous Broth - may be made of bones of meat, of chicken, turkey, duck, pigeon, game, mutton, veal, etc. Cook on a slow fire. May add goat whey cheese, parsley, peas, onions, okra, carrots, nasturtiums, celery, leaks, mint or sage. Season with C-VEG-SALT. Take warm or hot.

Bone Broth - Purchase chopped fresh bone, cover with cold water, simmer 3 or 4 hrs., season with Maggi Sauce, strain and use as a broth.

HEALTH DRINKS

Cocoanut Milk - Punch in eye at end of cocoanut, drain off water in a dish, set aside. Crack open cocoanut, place in a pan in oven, heat just enough to loosen cocoanut from shell, pare off brown part and put through Seprosiv from 1 to 5 sivs. Take final product, mix with cocoanut water, then beat on electric beater and set in ice box. Use as you would fresh milk. 1 glass cocoanut milk with yolk of an egg and honey beaten in makes a good lunch or breakfast. Cocoanut milk agrees with some children better than goat's milk.

Grape Juice Drink - Wash and stem 2 lbs. seedless grapes (or other kinds if preferred), extract juice through fruit juicer and add 2 tablesp. lemon juice, and a sprig of garden mint. Dilute with distilled water - 1 part water to 2 parts juice - sweeten with honey. This is four times as nourishing as cow's milk. Give to children and use as a drink between meals.

"Pep Cocktail" - Beat 1 yolk of egg (discard the white) into 1 glass of strained orange or grapefruit juice; sweeten with honey. Take first thing in the morning and last thing at night. May also add juice of 3 beets and 1 bunch parsley; or may use with grape juice or berry juices.

Camomile Flower Tea - soothing to nerves, and for one with a fever or one who suffers from pelvic or other pains. 2 teasp. camomile flowers, 1 cup hot water; steep 5 min., strain, add a little honey and nutmeg.

Celery Tea - is an excellent drink for nerves, and is indicated in all cases of acidity of the stomach. Steep 1 teasp. fresh celery seeds in 1 cup boiling water. Drink several times a day. Also indicated for stomach ulcers.

Celery Juice - Use green celery as it has more sodium than bleached variety. Squeeze it through Seprosivs from 1 to 5; dilute the juice half and half with distilled water and flavor with honey. Take 1 hour after meals, and every 2 hours thereafter, for arthritis and acidity.

Citric Skin Juice - Wash thoroughly the skins of oranges, grapefruit or other citric fruit, soak in hot water over night; drink the water in the morning. Good for potassium content. May also eat the soaked rinds.

Oats (beards) - The rough, outer covering of the oat is known as the "beard". Steep 1 teasp. of beard in 1 cup boiling water; take several times a day. Has a splendid influence upon nerves, and is a strengthener to the sexual system. May be used as a drink, with cream and honey added; or combine with roasted acorns ground like coffee, a small amount to taste of chickory, and oatbeards, and you have a drink favorable to all men and women past 35 years of age who want sexual power.

Nutmeg - is a brain and nerve stimulant. Grate and sprinkle in oat water, or in Health Drinks.

Oat Water - Soak 1/2 gal. washed oats (purchase at feed store) in 1 gal. of distilled water; boil 15 min., strain, keep on ice. Drink 1 wine glass before retiring. Splendid for raising blood pressure; gives sex vitality. Or you can purchase OIL OF OATS, Avena Sativa, (Lloyd preparation) and use 10 drops to a glass of hot water three times a day 1 hr. before meals.

O-PEP-O-MINT TEA - (See p.56, Vol.1 - "Chemistry of Foods and People"). Have water boiling, drop in a handful of the leaves (for 5 or 6 people), otherwise 1 tablesp. to each person and 1 tablesp. for the pot. As water boils stir the mint leaves in it, let it boil just a second then set aside, tightly covered, for 15 or 20 min. Strain into a teapot, flavor with honey to taste. Serve with health candy as an afternoon tea or at the conclusion of a meal.

Blackberry Juice - Rich in potassium, sodium and iron. Cook fresh blackberries 5 min. without sugar, strain into bottles, cork. Next day place bottles in kettle of water and boil for 1/2 hr. This method preserves the phosphorus. Take a drink between meals, with honey, or beat the yolk of egg into it. Strawberries, raspberries, mulberries, blueberries, elderberries or wild cherries may also be bottled for their juices in the same way. Excellent for children to take when they come home from school. 1 wineglass at a time. Sip all drinks and fruit juices slowly.

Slippery Elm Drink - 1 oz. of the bark, break into small pieces as thick as a match and about 1/2 in. long. Place in a vessel, add a pinch of cayenne, a slice of lemon and 1 or 2 teasp. honey. Pour on 1 pt. boiling water; cover and let stand until cold. Place this near patient's bed so it can be taken during the day. It loosens the phlegm and soothes the throat.

Slippery Elm Food Drink - Dissolve 1 teasp. powdered elm with a little water; mix with yolk of an egg in 1 cup hot milk; beat on electric mixer and sweeten to taste. Drink between meals or when throat or chest is affected.

Slippery Elm Gruel - In debilitated condition of the stomach when all food is rejected, it is frequently found that a gruel made of slippery elm will be gratefully received. Where the stomach will receive nothing else, it will take this gruel. Mix thoroughly 1-1/2 teasp. of honey to a paste with 1 tablesp. slippery elm (powdered) and cold water, beating out all lumps; add to 1/2 pt. milk and bring to boiling point, stir from 5 to 10 seconds, pour off and drink warm. May add a dash of powdered cinnamon or a little nutmeg. Take 1/2 to 1 pt. of this gruel three times daily. It is especially healing to ulcers of the stomach. In weaning a baby, where the stomach rejects foods, boil a small portion of the whole slippery elm bark in water, sweeten and give to child. May sometimes add a little milk.

DESSERTS

Honey Ice Cream - No.1 - 1 qt. thin cream, 3/4 cup delicately flavored honey; mix thoroughly adding peppermint, vanilla or nutmeg flavoring; freeze.

Honey Ice Cream - No.2 - (Permissible only occasionally, due to eggs, but can substitute agar for thickening). 1 pt. milk, yolks of 6 eggs, 1 cup honey, 1 pt. cream. Heat the milk in a double boiler; beat honey and eggs together and add hot milk, return mixture to double boiler and cook until it thickens; add cream and vanilla flavoring, and when mixture is cool, freeze it.

Strawberry Sauce - may be poured on Irish moss or agar puddings; on oranges and coconut mixed as a dessert, or on ice cream. Beat together 2 tablesp. butter and 1/2 cup honey, adding 2/3 cup of strawberries slowly (keep mixture cool by setting dish in cold water).

Starchless Dessert - Chop 1/2 head of lettuce fine, add 1 tablesp. honey and 1 tablesp. of whole pignolia nuts. Combine and serve in individual mounds. Top with strawberry sauce or whipped cream and honey.

Buttermilk Ice Cream - Mix 3 cups of rich buttermilk, 1 cup pure cream and 1-1/2 cups honey; for flavoring melt 3 peppermint stick candies with a little hot water, or may use pistachio nuts, raisins or various fruits for flavoring; freeze.

Agar Gelatine - (high in iodine). Cook 2 tablesp. Agar in 2 cups water until it is gelatinous (about 3 min.); put through the Siv, add 3/4 cup of honey, with fruit or juices; serve with whipped cream flavored with vanilla and honey. This may be used as a foundation for any gelatine dessert, substituting agar for the gelatine.

Irish Moss - Wash thoroughly under faucet to remove salt; let soak 2 handfuls in 1 qt. water, then put on stove in water in which it has been soaked. Boil until gelatinous, put through fine Siv; set aside to cool and keep in ice box as a stock. Can be used for thickening soups, gravies, cream sauces (instead of white flour), and also in receipts calling for eggs (to bind ingredients).

Irish Moss Pudding - Take 1 cup of stock, add to 1-1/2 qts. of goat's milk, cocoanut milk or soy bean milk; let come to a boil, add 3 tablesp. honey (to taste) and fruit, or shredded cocoanut, raisins or pineapple (with a little lemon juice and vanilla). Use same as gelatine, top with whipped cream.

Date Butter - Soak 3 lbs. of dates in hot water, press through a sieve, eat with cream. Keep in ice box to have on hand as needed.

DRIED FRUITS

Dried Mission figs, raisins, apricots, prunes and peaches (unsulphured) can be soaked over night in a little hot water and honey and eaten in their own juice. AVOID all foods cooked with sugar. They make a whiskey still of the stomach. Sugar and fruit cooked together make an acid poisoning. Marmalades, jellies, preserves, candied fruit, pies, frostings on cakes, ice cream and candy should be avoided. They are breeders of colds. Dried raisins, figs, dates or other fruit prepared as above should be substituted for dessert.

Sweet Fruit Compote - Grind up dates, figs, raisins, beaten with a dead ripe banana (black skin) and serve with cream. Also makes a good breakfast.

Raisin Rice - Re-heat cooked brown rice, add a little butter and soaked raisins. Use at a non-starchy meal.

FOR MANGANESE

Eat 6 or 8 blanced almonds each day for at least two weeks, and then as you feel the need. When nuts are eaten one does not need so much meat, milk or eggs.

Blanched Almonds - Drop shelled nuts in boiling water; in a few minutes the brown hull may be slipped off; sprinkle with C-VEG-SALT and brown in a medium hot oven. Never eat the brown skin on the almond.

VEGETABLES

Creamed Beets - Slice hot, cooked beets into a dish, salt to taste and keep warm. Heat to boiling a sufficient amount of tomato juice; remove from fire and stir in a generous lump of butter and cake of Philadelphia cream cheese (mashed with hot tomato sauce), stirring until smooth. Pour this over beets until almost covered and serve.

Creamed Egg Plant - Slice egg plant and cut into small pieces (leave skin on as virtue is in it); steam until soft; drain well, salt to taste with C-VEG-SALT; put into a hot dish to keep warm. Follow the same procedure as for creamed beets, using the liquid from the egg plant to liquify cheese. Cream may be substituted for butter if desired.

Endive with Cream Dressing - Steam a thoroughly washed head of endive until soft; follow the above procedure with cream cheese. Kale and spinach may be prepared the same way. Variation: - Instead of cream cheese, use 1 tablesp. blanched peanut butter or almond butter, or mild yellow or goat's cheese.

Potato Cream - Scrape 4 large potatoes near skin (discard centers); take oil from 2 cups of cocoanut milk that has been "setting" for a day, and pour over mixture; bake 1/2 hr.

Steamed Rice - 2 qts. water, 1 cup unpolished rice. Keep water boiling continually for 20 min.; take out a grain to see if it is soft; if so, remove from fire and pour into strainer; dash over with a little cold water. This leaves the grains separate. Eat with unsalted butter. Do not eat with meat or fruits. Eat with celery or carrots as a vegetable.

Peppers Stuffed with Spinach - Wilt spinach and cut fine. Have large pepper cases ready - one for each serving. Have wild rice partially cooked and mix in minced onion and grated yellow cheese, having more spinach than anything else. Salt to taste with C-VEG-SALT, pack into pepper cases, adding small lumps of butter. Put into a baking dish, pour hot tomato sauce over and around, and bake until peppers are soft. Baste occasionally.

Baked Stuffed Celery - Wash 6 large blades of celery, allowing 3 for each serving. Take 1-2/3 cups of brown rice that has been cooked until almost done. Mix with 1/2 cup chopped onion, 1/2 small sweet pepper finely cut, 1/3 cup of grated mild yellow cheese and C-VEG-SALT to taste. Pack into celery blades, lay in a shallow pan and pour boiling water around them; bake covered, adding additional hot water if necessary. When almost done pour warm cream over and around. When done there should be just enough thickened liquid to spoon over the vegetable.

Vegetable Chop Suey - 1/2 lb. fresh green peas; 2 medium sized onions; 2 green peppers; 1 large and 2 small tomatoes; 1 sweet red pepper; 1/4 lb. mushrooms; 1/2 stalk of celery; C-VEG-SALT. Chop the vegetables fine and stew until tender. Their juice will serve for a fluid. Serve on whole wheat toast and flavor with Soy sauce.

Spanish Stew - 3 medium sized onions, 1 stalk celery, 3 green peppers, 6 medium sized tomatoes, 2 tablesp. butter, 1 lb. peas, 1/4 lb. string beans. Stew in own juices. May be served as principal dish, or as filling for an occasional omelet.

SALADS

Tomato Jelly Salad - Make an agar jelly as noted under agar receipt. Mix 2 cups fresh or canned tomatoes, 1 stalk celery cut fine, 1/2 bay leaf (if desired), few grains cayenne, boil 10 min., add agar jelly and stir, until dissolved, then add 1 tablesp. lemon juice and 1 tablespoon onion juice and a few grains of salt. Strain and turn into wet molds, chill. Remove from molds to bed of crisp lettuce leaves, and garnish with mayonnaise. Or jelly may be cut in any desired shape and used as a garnish for salads or cold meats. The juice of fresh tomatoes makes a better jelly. This recipe can be varied as follows:

Pepper Salad - Remove core and seeds from large green peppers. When tomato jelly begins to stiffen, fill prepared peppers; when firm, slice and serve three slices to a person, garnish with lettuce, salad dressing and a dab of creamed cheese or grated goat's cheese.

or

Star Salad - Pour tomato jelly into a wet shallow pan to the depth of 1/2 in. When firm, cut in stars, using a paper pattern and sharp knife. Remove carefully to salad plates, and put a small ball of creamed cheese with stuffed olive in the center of each star, and garnish with parsley. Serve with any preferred dressing.

Wilted Salad - Fill a salad bowl with shredded lettuce, or watercress, and sliced tomatoes. Pour over this mixture hot coconut milk to which a few drops of lemon juice have been added.

Cucumber Salad - Squeeze a little onion juice over sliced cucumbers. To a large cup of scraped coconut add 1 tablesp. of cold water, put in cheese cloth and squeeze juice over cucumbers.

Fresh Fruit Salad - Lettuce "dressed" with chopped or ground strawberries, cherries or raspberries, makes a delicious salad with a little lemon juice or salad dressing added. Sliced tomato salad "dressed" with a variety of green grapes finely cut; or grated carrots with grapes or pear dressing. Spinach or watercress salad "dressed" with finely chopped or ground strawberries, peaches, pears or raspberries.

In salad dressings always substitute lemon juice for vinegar (for list of salad dressings see Dr. Gregory's Cooking Receipts).

MISCELLANEOUS

Occasionally, once in two weeks, have for breakfast a bowl of gruel made of whole steel cut oats. Cook in a double boiler as you would oatmeal, but keep water on it so it does not thicken. Cook several hours, season with vegetable salt. This is excellent for teeth, hair and nails, and furnishes the body with the necessary silicon. It is not so high in calcium as wheat.

Coconut Oil Oleomargarine - is more easily assimilated than butter. Use it some, if not all of the time. It contains nourel, a lubricant for the brain, nerves, lung lining and bone marrow.

Peanuts - are a legume and can be used in place of meat. Never eat the roasted kind. They should be shelled, steamed and shucked, then put in an oven to dry. Eat without salt, unless it is C-VEG-SALT.

Iodine - Sea Lettuce nourishes the nerves and glands; 1 leaf once or twice a day; eat alone or powder and place in salads, or sprinkle in soup.

For the Bladder and Kidneys - eat a handful of parsley a day in salad or alone. For inflammation of the bladder, cover parsley with hot water, steep and drink the tea. A fresh ripe cucumber helps the kidneys. Wash, slice into four fingers, eat with vegetable salt or dip in olive oil, salt and lemon juice. Do not peel, as the value is in the skin. Do not eat with other foods if cucumber distresses you. Many foods agree if eaten alone, but not in combinations. This will overcome pain in the kidneys. Beets, sauer-kraut and asparagus should be avoided.

For a Tonic - no food equals the blossoms and small leaves of alfalfa or red clover. If the taste is objectionable, chop and mix with cottage cheese.

To Quiet The Nerves - Fennel tea (see page 74, Vol.1 "The Chemistry of Foods and People"). 1 teasp. dried fennel seeds, 1 cup boiling water, steep 1 hour, drink tea and eat seeds. Drink before retiring, or take during the day when exhausted. The seeds are good in salads, also the plumage (chop up and put in salad). Squeeze juice out of stalks, mix with olive oil and lemon juice for a salad dressing. Fennel is found growing wild by many country roadsides, and is recognized by its feathery plumage.

To Balance a Meal - not more than 2 or 3 raw vegetables should be eaten and not more than 2 or 3 cooked vegetables. A fireless cooker is the best way to cook vegetables, or steam them in granite cookers.

Aluminum Cooking Dishes - according to noted authorities, produce "aluminum hydroxide", which is a poison that is often strong enough to cause serious ailments, stomach ulcers, and many believe it is responsible for cancer.

"Continued use of aluminum ware produces a pellagic, often a hemorrhagic, condition of the whole intestinal tract, with ulceration of the stomach or duodenum, or both". Chittenden and Underhill.

Harry Gideon Wells, Professor of Pathology, University of Chicago, says: "Aluminum compounds produced by cooking foods in aluminum ware, may pass into the blood stream from any part of the intestinal tract from mouth to anus. When such compounds have passed the wall of the intestines beyond the surface and entered the blood vessels of the intestinal wall, it will come in contact with the red blood corpuscles and cause them to clump up or aggregate. This tendency of the red blood corpuscles to clump up is a serious matter and leads to anemia and the reduction of the number of red blood corpuscles.

Dr. Charles T. Betts of Toledo, Ohio, author of the book, "An Opinion on Aluminum", says, "The average person, fed on foods prepared in aluminum ware and on breads prepared with alum baking powder, ingests into his system from twelve to fifteen grains of aluminum poison each day". Cook in granite, glass or iron, and use wooden spoons.

The digestibility of foods - does not always mean they are wholesome. Whites of eggs, sugar, beef tea, polished rice, digest in five minutes, but they lack chemical elements to build up the body and are, therefore, poisons to be eliminated.

SANDWICHES

Whole wheat bread, soy bean bread, whole rye bread or Swedish bread may be used as the background for the sandwiches. Do not use tomatoes with sandwiches, or acid fruit. It is a question whether there is enough lemon juice in the mayonnaise to interfere with starch digestion, but if digestion is delicate, better substitute nut butters for mayonnaise, as it is a DIETETIC INDISCRETION to use bread and lemon juice together. The following fillings are suggested for sandwiches:

- 1 - cottage cheese, chopped parsley, walnuts, lettuce, butter (sweet).
- 2 - cucumbers (sliced whole), chopped green peppers, mayonnaise.
- 3 - sliced ripe olives and avocado, shredded lettuce.
- 4 - sliced cucumbers, grated cheese, shredded lettuce.
- 5 - lettuce and almond butter.
- 6 - grated cocoanut, grated carrots, chopped walnuts, lettuce & mayonnaise.
- 7 - figs, dates, raisins ground together with pecans and honey.
- 8 - ground raisins, figs, walnuts and mayonnaise.
- 9 - date butter and lettuce.
- 10 - unblanched peanut butter.
- 11 - 1/2 cup chopped dates, 1/2 cup chopped nut meats; add cream if dry.
- 12 - 2 thin slices of apple, a thin slice of cheese between forms a delightful sandwich to be eaten as a "tid-bit" with "O-PEP-O-MINT TEA.
- 13 - Swedish bread, butter, thin slices of raw turnip, C-VEG-SALT.
- 14 - Avocado, shredded cocoanut and shredded carrots.
- 15 - Almond butter, or unroasted peanut butter or meat substitutes, found at health stores, make good fillings when mixed with chopped nuts or fruits.

PIMENTO CREAM DRESSING

To be used in bread sandwiches in place of mayonnaise, to avoid use of lemon juice in combination with starch bread. May also be used on salads where bread is to be eaten; 1/2 tablesp. each of minced pimento, green peppers, grated cucumber (with rind), grated horseradish (without vinegar); 1/2 cup of very sour cream. Blend together and use as a substitute for mayonnaise. Nut butters may also be used in place of the cream. To be scientifically correct, meat, fish, chicken, turkey or none of the meats should be combined with bread, so none has been given. Eggs we never cook, so "egg sandwiches" are taboo. Cheese is likewise protein and should only be combined with bread that has a low starch content (Swedish or dextrinized bread), if used at all. Occasionally a husky stomach would suffer no ill effects. A good way to use cheese is to cut it thick and place a slice of raw apple or turnip, or celery, between two slices of cheese.

FOOD RECEIPT FOR TRAVELERS

This food contains the needed elements and will make up for deficiencies in menus of restaurants when taking meals out; it is fully digestible and contains every ingredient for a well balanced meal. A combination of dried apricots, sun-dried black Mission figs, almonds and pecans (or pignolias) with honey, ground up, put in pan and cut in squares. Wrap in wax paper, in tin box.

17-ELEMENT RECEIPT - 1/2 lb. each of dried apricots, figs, pure northern honey; 1/4 lb. each of pignolias (or pecans) and blanched almonds. Put fruit, nuts thru Sepro-siv until fine, add honey little at a time. Turn paste onto a kneading board and knead well with hands. Let stand for 24 hrs. then knead again. Roll in Sweetena or shredded cocoanut. 2 slices of this with a glass of milk (sipped slowly) or with an orange or apple, will provide a balanced and nourishing meal. May also be eaten with a salad or with raw or cooked vegetables.

LESSON II

COMMON SOURCES OF BODY POISONING.

The poisons you have to fight are formed from many different sources, chief among which are:

- 1 - So called "foods", deficient in organic chemistry, which cannot build cells and have no business in the body.
- 2 - Waste matter from food digestion.
- 3 - Dying cells.
- 4 - Impure air, polluted with tobacco smoke, factory smoke, carbon monoxide gas and carbon dioxide from people's lungs, etc.
- 5 - Various drinking waters.
- 6 - *Destructive thoughts, anger, fear, worry, etc.
- 7 - Retention of poisons due to faulty elimination.
- 8 - Lack of sunshine.
- 9 - Poisonous food combinations.
- 10 - Acid-forming foods.
- 11 - Over eating.
- 12 - Food adulterations.
- 13 - Preservatives in food.
- 14 - Serum and vaccine injections.
- 15 - Introduction of pure poisons, such as drugs, alcohol, tobacco, etc.
- 16 - Carbon poisoning from indigestion, fermentation of carbon foods.
- 17 - Foods that do not digest in the same amount of time.
- 18 - Metallic poison from fillings in teeth and from cooking utensils.
- 19 - Pus poisoning from abscessed teeth, tonsils, etc.
- 20 - Fatigue poisons.
- 21 - Cooked food fermentation.

FOODS THAT ARE ACID-FORMING

Foods that are deficient in organic chemistry cannot build cells; they clutter up the internal mechanism and must be eliminated at a great expense of energy, for they invite disease.

POTATOES - The only virtue in a potato is in the skin - the part generally discarded, which contains the highly important chemical Potassium. The inside of the potato is pure starch. It throws a great burden on the liver which must convert it into sugar. If not properly salivated, it reaches the intestines undigested, where it creates a **paste poisoning**. **Fried potatoes are especially poisonous, as the fat surrounding the starch cell makes it impossible for the saliva to act upon it.** Potatoes are a highly fermentable food, as most people do not mix them thoroughly with saliva.

WHITE RICE - is also deficient in mineral salts since it has had the outer coating of the grain removed in which the nutriment exists. Japanese sailors who lived on a diet of white rice came down with Beri-beri, and recovered when fed upon the whole rice. This is equally true of all grains that have had the outer coating removed; wheat, corn, oats, rye, etc. are especially poisonous food when so demineralized. Since most cereals and breakfast foods are demineralized, they are not fit for food.

*--Consult "MENTAL RADIO" by the author.

ALL WHITE FLOUR PRODUCTS -(or starch) such as bread, pan-cakes, macaroni, cake, pie, doughnuts, spaghetti, tapioca, crackers, biscuits, vermicelli and noodles are all devoid of mineral salts and are "paste-makers" in the intestines, sticking up the walls to catch and retain food, which ferments. Wall-paper paste is made out of white flour and water. White flour is produced from the inside of the wheat after the outer hull has been removed (in which are the mineral salts, especially the valuable mineral Phosphorus.) The whole grain of the wheat contains all of the 17 chemical elements and is a perfect food. The miller takes off the outer husk of the wheat because white flour can be shipped anywhere and will keep indefinitely, as it is less likely to be attacked by worms or vermin because it is TOO POOR IN NOURISHMENT for them. But they get into whole grain products because they contain life; yet people consider white bread "the staff of life" !

White flour is so low in nourishment that there is no food value in it. One might better eat a piece of tissue paper. White flour contains only 1/2 of 1% of the mineral elements, when it should contain 25% to 30%, such as is found in FISH FLOUR. (Govt. Bulletin, Dept. of Agr.) Besides being chemically bleached, it is often given weight by the addition of finely powdered white earth in which alum (a dangerous poison) is liberally distributed to make it bake readily. Thus has the "staff of life" become the "menace of life". It is safe to say that the large amount of starchy products (demineralized) that are consumed is the direct cause of most of the diseases to which man is heir. Unless you can grind the wheat yourself (every family should have its own hand mill), or know the source of your whole wheat product, better not use it, as much of the "whole wheat flour" sold is mixed with white flour to make it go further. Grinding the whole wheat makes less money for the miller, for he can get several commercial products by making white flour as he uses the hull for bran, etc. Graham flour is often the ground-up hull of the wheat, which is very irritating by itself to the digestive tract. Its sharpness and indigestibility killed the man who invented it and after whom it was named. Many breakfast foods are made from mill sweepings, ground-up peanut shells and other coarse fibrous stuff ground fine, but still as sharp as needle points against the stomach and intestines. Fine grinding makes them sharper and more dangerous. Avoid most package cereals.

BRAN - Many people believe that to eat coarse foods or substances like bran will produce bulk for the intestines, and thereby constipation will be relieved. This has been discovered to be an error, as coarse substances are apt to pack in the colon and absorb the moisture in the rectum, causing an impaction of the bowels. For bulk an ideal food is LUBRITONE, composed of those properties that insure a gentle stimulus to the intestines, providing the necessary bulk which is not found in a white flour and starch diet. It is a lubrication to the intestinal walls and provides, through lacto-dextrine, a substance to change the intestinal flora so that harmful bacteria cannot thrive. With OZOLAX, it provides a safe laxative which in time will restore the body to normal functioning when combined with a correct diet. Sprinkle or mix a teaspoonful of LUBRITONE with vegetables or in soup at each meal. It is tasteless. Many breakfast foods are devitalized, then eaten soaked in milk and sugar, which sets up a "whisky still" in your body. They are more expensive to buy, as you pay many times the value of the food in the cost of the package, advertising and probably dividends on "watered stock". Buy whole, ground cereals at a health store.

CRANBERRIES - are very acid, are wholly indigestible and set up rheumatic conditions in the blood, like any sour fruit.

CATSUP - relishes, sauces, pickles, chow-chow and other unnatural foods used to stimulate a false appetite are useless from every standpoint, for they inflame the intestines, frequently are "put up" with harmful preservatives, and irritate the mucous membrane of the body. These are sometimes the cause of appendicitis.

SAUSAGES - "hot dogs" and hamburger are generally made from everything that cannot be served or sold in any other way. They are finely ground and the high seasoning covers up the "oldness" of the meat. They taste wonderfully good, but cause putrefaction and protein poisoning in the body.

STORAGE EGGS - have been changed in their chemistry from fresh eggs, and produce congestion in the digestive organs. The white of the egg is high in albumin, has no nourishing value and slips through the body without being assimilated. It is just something to get rid of, causes acid and is another "sticky" substance - a glue substitute - that helps to paste up the intestines. When cooked it becomes more digestible, or when beaten with an egg beater, but at the best it is dangerous as a food as it causes rheumatism and disorders of the liver and kidneys. (See p.84, Vol.I, "The Chemistry of Foods and People".)

STARCHY FOODS - such as hominy, sago, pearl barley, arrow-root, cornstarch puddings, tapioca are all acid-forming foods that overwork the liver and cause paste in the intestines.

VEAL - is un-matured meat and quickly becomes a poison in the body.

GELATINE - is a gluey-like substance that does not mix with the gastric juice and often remains a day or two undigested in the stomach, rotting and producing an acid poison.

BANANAS - are injurious because, like any unripe fruit, they are composed of green starch which the body is unable to convert into sugar. To ship them they are picked weeks before time for them to mature. Then upon arrival at market they are sprayed with a substance to make them turn yellow, which injures them for food. Even if the skin be black, they still are a starchy food. When eaten in the countries where they grow, ripened in the shade, they have some virtue as a food due to the high amount of sugar. No single article of food produces so much catarrh as bananas, and they make children particularly susceptible to adenoids and enlarged tonsils. They should never be eaten unless dead ripe when the starch has been converted to sugar.

COCOA and CHOCOLATE - are mucous formers and are nearly always adulterated and mixed with sugar, which makes them ferment in the body.

OVER-CONSUMPTION OF MEAT AND PROTEIN FOODS - may lead to cancer and gall stones. Tuberculosis is caused by over-consumption of meat and starches and a deficiency of mineral elements in the food.

NAVY BEANS, DRIED PEAS, LENTILS, KIDNEY and DRIED LIMA BEANS - have a high protein content mixed with starch, and are very high in nitrogen. They are gas-producers, and one might as well take gun-powder. T.N.T. is made of nitro-glycerine, a nitrogen product. To be sure, they will sustain life for a long time if no other food is obtainable, but they should never be used at a meal with meat or starch, and vigorous physical exercise should be taken after eating them. Pork added to them only adds to their indigestibility (meat and starch combination).

ROASTED PEANUTS and CHESTNUTS - are acid formers. Peanuts are best eaten blanched, as obtainable at health stores. They are a legume, not a nut, and should be used at a meal in place of starch.

RANCID BUTTER or STORAGE BUTTER - is a mucous former and interferes with digestion. Butter is more easily assimilated when unsalted. Good dairy butter, unsalted, is the best butter to use.

CHEESE - when old (and most varieties aside from cottage cheese are) is a highly concentrated food with a food value, but is constipating when eaten in excess and poisonous to the body. Goat's cheese is the best.

TOASTED BREADS - are very constipating; in fact are used to correct cases of diarrhea.

COW'S MILK - unless procured in its natural condition direct from an untampered cow, is not a good food for anyone - least of all children. "Pasteurized milk is a step backward," says Dr. George Starr White, "so that old and badly cared for milk can be sold to the unsuspecting public. In fact, it is difficult to find any food that is more unnatural than milk as it is delivered to the consumer's door in an up-to-date city. Let the infant nurse its own mother, but if it cannot, then let it feed upon some vegetable food or fruit food, rather than animal food."

Milk is responsible for many of the diseases of childhood, as well as causing irritability, colic and crying spells. Feed an infant milk from an irritated cow and the infant will express the same irritability. All milk contains mucous and pus, except in special cases where a cow is fresh and not a "milking machine". This is not true of goat's milk. (See p.66, Vol.I, "The Chemistry of Foods and People") A few drops of lemon juice squeezed into milk, or half an orange eaten with it, makes it more digestible. Goat's milk is to be preferred to cow's milk as it is a healthier animal. It takes goat's milk less time to digest than cow's milk owing to the small size of its fat globules. It will digest in 20 minutes, as compared with from 1 to 3 hours for cow's milk.

"WHITE SUGAR" - says Dr. George Starr White, "is as much of a drug as nicotine, coffee, etc. It should be shunned by everyone. It oxygenizes with great rapidity and acts upon the human economy similar to paper or shavings in a stove built for coal. It demoralizes the system in a way that slow combustion cannot. One of the end products of sugar digestion is a form of alcohol. This kind of alcohol is not covered by prohibition, though the effects are similar in influence to those of whisky. The candy habit is growing daily. It seems we must have vicious habits to accompany our national nervousness. About the

time of the Civil War the per-capita consumption of sugar in the United States was under 10 lbs. a year. Now it is more than 100 lbs. for every man, woman and child in the country. All foods prepared with sugar, pastries, cake, pie, desserts, dressings, jellies, jams, marmalades, sweetened drinks, ice creams, etc. are acid-forming and turn into alcohol. Sugar encourages catarrhal diseases, digestive disturbances, colds, rheumatism, headache, pyorrhea, tumors, hardening of the arteries, and especially arthritis. Sugar, being almost pure carbon, has an affinity for calcium in the body and therefore attacks the bones and especially the teeth. It drains the calcium right out of the teeth. Its concentrated strength weakens the alimentary tract, and, except in the cases of very active persons when it finally is digested by an overworked stomach, it has a decided tendency to create obesity."

"The individual at present," says Dr. Axel Gilson, is held up against the choice of either cutting out candy and pies and keeping his tonsils, teeth and appendix, or cutting out the latter and keeping his pie. In sugar we have the great tempter which, by its undue stimulation of the gastric secretions, deceives the stomach into a desire for food not needed, giving rise to accumulation of food waste that goes into fermentation and subsequent absorption by the blood and tissue cells, causing a systemic poisoning. In its alcoholic reaction sugar paralyzes the system by which the vital demand and supply of body energy is regulated; and it destroys the agency of sanitation, the white blood corpuscles. Then the various poisons arising in the system from ptomaine and microbic invasions, being thus left to remain and fester in the system, will start fermentation in the muscles and circulating fluids, and give rise to the bloated and ruddy appearance of the reckless feeder. Furthermore, the repeated stimulation of alcohol, as arising from sugar fermentation, may lead to alcoholism and cerebral paresis. A New York brain specialist recently referred to sugar and its unceasing stimulations of the nervous system as a most potent factor in the present staggering increase of dementia praecox and other mental disorders".

WHITE SUGAR DRUNKARDS - "The appetite for white sugar among Americans, the enormous quantities consumed, the urgent necessity which they feel for their daily dose of sugar, are all more or less parallel to the appetite for and consumption of alcohol. Sugar drunkenness is even more universal, if not so acute a form of getting 'soused'. Sugar and alcohol are chemical first cousins. Sugar, when taken into the system in its present denatured state, turns into alcohol through fermentation. It is devoid of proteins, salts and vitamins, and is as unbalancing to the diet as eating lard would be. It is a fuel only, and contains nothing whatever to build up the body tissues. It clogs the liver, pancreas and kidneys, and lowers resistance.

"THE REAL CRIME OF EXCESS SUGAR - is that against children. When adults eat an excess of sugar they get fat or diabetic. When children get an excess of fuel they fail to grow. When taken into the system it is changed into a dangerous acid poison which is taken into the blood stream, where it absorbs the chemical from the blood for which it has an affinity - lime. The bones and teeth having been robbed of their nourishment, rickets and soft, crumbly teeth are the result.

"Never allow children to have candy, cake, pie, preserves, ice cream or anything containing white sugar. Do not eat it yourself. You would do better to take a dose of poison - for that is what it really is. To supply your system with sweets, eat dates, cocoanut, raisins, figs and honey. Substitute honey where you can, or sweeten very sparingly with brown sugar.

"THE RELATION OF THESE VARIOUS PHYSIOLOGICAL FUELS - is not unparallel to the various stove fuels. Here is a stove designed to burn WOOD; it will also burn KEROSENE and GASOLINE if you introduce these fuels into the fire, but it is dangerous business. Alcohol is physiological gasoline, and sugar is kerosene. Both are good fuels - and both may set the house afire. Here is the exact chemical kinship. Alcohol is C_2H_6O and sugar is $C_{12}H_{22}O_{11}$. In other words, alcohol is sugar with water added and carbon dioxide removed. One molecule of sugar and one molecule of water make two molecules of alcohol and two of carbon dioxide. A man to whom sugar drunkenness was mentioned replied, 'I believe you are right. I plead guilty. About every so often I get a craving for candy and I buy a pound box and eat it all in one evening. I don't get drunk on it that night, but the next day I have all the after-effects of a souse'. Chewing sugar cane, eating sorghum molasses, a moderate amount of honey or maple sugar or syrup has an altogether different effect upon a person than eating refined sugar."

"It is one of the most appalling facts in human history", says Dr. Axel Gibson, "that mankind should be persuaded to surrender judgment and reason to the tyranny of appetite and invite into the household the vampire SUGAR that sucks oxygen out of the stomach, sodium out of the muscles, calcium out of the teeth and phosphorus out of the brain, reducing man, who should be the monarch of life and the guide and ruler of existence, to the weakest of its creatures - a victim to the forces that make for destruction and death. Shake-speare's charge against alcohol is in every respect applicable to the sugar of our food industry: 'An enemy which man puts in his mouth to steal away his brain!'"

II - The second factor in body poisoning is the WASTE MATTER FROM FOOD DIGESTION. Perhaps the greatest poison factory in the body is the intestinal tract, the human sewer of the body. Unless it functions properly a great train of ills follows: auto-intoxication, prolapsus of the abdominal organs, constipation, fistulas, appendicitis and many other kindred ailments. Diet then is the most important factor in the health of the body, for the foods that are taken into the body either nourish or poison the blood. As all foods are composed of certain chemical elements, those must be eaten that the system requires, and those lessened that you have in excess.

"In the race of life the man with the educated bowels will eclipse the man with the educated brain; and laxatives that work while you sleep will in a short time prevent you from working when you are awake." (Elbert Hubbard) See that all the eliminating channels of your body are working properly so that the waste matter can be discharged with dispatch. (Use LUBRITONE and OZOLAX).

III - The third factor in body poisoning is the RESULT FROM DYING CELLS. The whole process of living is accompanied by death. A constant change is going on in the body, old cells breaking down, dissolving and dying, and at the same

time new cells springing forth from the swift current of the blood and taking the place of those that are dying. They now await a means of getting away. A vapor filled with poison arises from the dead cells like a miasma from a swamp. If they are not carried out of the body, nature sends germs called bacteria to eat them up. But once the germs have devoured the dead cells and having gotten a foothold in the body, they become bold and attack the live tissue as well; then chronic disease and destruction of the body take place. For every kind of dead tissue in the body there is a special kind of disease germ. For instance, tubercular germs more frequently attack dead cells in the lungs.

NATURAL FOODS CAUSE LESS BREAKING DOWN OF CELL STRUCTURE and less poisonous waste from them. Also a smaller AMOUNT of food is desirable, and proper attention to body elimination is possible.

IV - The fourth factor in poisons and their elimination is the NECESSITY FOR BREATHING FRESH AIR, which is becoming more and more difficult to get in large cities where chimneys belch their poisons into the air, and fumes of carbon monoxide from automobiles are everywhere. Added to that are the poisonous fumes of tobacco smoke, which makes it difficult to get away from polluted air. This is going to be more and more of a problem, for upon oxygen depends our very life. Perhaps we shall have to resort to some such invention as Dr. George Starr White describes in "Natural Way": "I show a vision that I think will be materialized in the near future in some of our big offices and sanitariums. A captive balloon will be suspended a mile or two up in the air, and in it will be a modern aluminum pump operated by electricity, carried through wires from the earth, and the air passed through a tube from the balloon right into the room." This will be necessary in order to obtain oxygen, which is so important to life. (See p.32, Vol.1 "Chemistry of Foods and People").

Do not stay in a smoke-laden room; do not smoke; keep your windows open at night, learn to breathe deeply. Live where the air is pure if possible. Once a year, if you live in a low altitude, go up in a high altitude to thicken your blood and change the metabolism. Stay six weeks or more if you can - the change will help you. Or vice-versa, if you live in a high altitude, go where it is low.

V - The fifth factor in the body poisons is that of VARIOUS DRINKING WATERS, which contain a large amount of calcium and other minerals that make a deposit in the body to be eliminated as poisons. These often remain in the body, due to faulty elimination, and cause hardening of the arteries and hardening of the joints, as in arthritis. This can be overcome by drinking distilled water, which dissolves and washes out these deposits. Hot distilled water carries off body gases, and mineral salts not belonging in the body as well as those that do. A glassful, hot, once a day is very beneficial with 1/4 teaspoonful of C-VEG-SALT added. (See p.55, Vol.1 "Chemistry of Foods and People").

Water drinking is necessary to promote perspiration and flushing of the kidneys. Too much or too little affects the normal condition of the body. Drink when thirsty, or more if the diet is dry; less when many fruit juices, melons and vegetables are eaten. Drinking of mineral waters is not a good practice, regardless of what they contain, as many times they contain inorganic minerals which cannot be assimilated.

VI - The sixth factor in body poisoning is that science has proved that our EMOTIONS CAN POISON US, as well as our THINKING. One can generate enough poison in one hour of worry or criticism to make one ill. Think happy thoughts,

eliminate fear, worry, hatred, revenge and criticism if you would be well. (For further light on this subject consult "Mental Radio" by the author).

VII - The seventh factor in overcoming body poisoning is the use of SUNSHINE. People who swathe themselves in heavy dark clothes and carry a parasol when they go out in the sun are doing the best thing to keep themselves ill. The skin of the body, in order to throw off the poisons in the pores, must have light and sunshine. It is the greatest medium to kill germs. No bacteria can live in sunlight. Scientists have proved that more people die between the months of December and April (when the sun's rays are feeble in northern countries and the air is filled with smoke from burning soft coal) than at any other time of year. The body is deprived of the health-giving rays of the sun at this time resulting in low resistive power, and with an over-consumption of starch one easily falls prey to disease at this time and readily dies. Vitamine D cannot be absorbed without sunshine.

Everyone should expose the body nude to the sun and air. The next best plan is to wear a garment made of Rayon silk, as it lets the sun's rays penetrate. This is especially advisable for blondes who cannot stand much sun. A sun lamp is the next best substitute.

To fix a sun bath, erect four poles in shape of an oblong; stretch an awning around them and place an army cot or mattress inside upon which to lie. The first day expose the front of the body to the sun's rays for two minutes; increase each day a minute longer, and finally you can stay out half an hour or longer. If you are in the mountains or at the sea shore, finally you can stay out in the sun all day. Before taking the bath rub the body briskly with a coarse bath towel. This starts vigorous circulation and helps the skin to get ready to eliminate the poisons. If subject to headaches, wear a protection over the head and dark glasses. Bathing the body with FOREVER YOUNG HAND LOTION will prevent sunburn. After the bath, take a warm shower, as the sun brings out poisons which should be washed off. The ultra-violet rays in sunlight artificially produce ozone which is readily taken up by the blood and produces hemoglobin. (See p. 82 Vol. I "Chemistry of Foods and People").

One should be careful when first exposing the body to the sun's rays not to get sunburned. If you take it gradually, you will not. It is very serious to get a large portion of the body burned at a time, and it may result in death. If you do get a burn, relief can be had by covering the area with olive or cocoanut oil, or applications of cold water wrung out of linen cloths, or gauze dipped in milk of magnesia, (This must be kept wet and not allowed to dry), or Orcella Roxford's FOREVER YOUNG HAND LOTION patted into the burnt area.

IX - The ninth factor in body poisoning is the POISONOUS COMBINATIONS OF FOODS. Many a food if eaten alone would cause no difficulty, but when mixed with other foods creates acid poisons.

Cereals should never be eaten at the same meal with acid fruits. The custom of eating a grape fruit, melon or berries to begin breakfast, followed by cereals, rolls or toast and hot cakes is a pernicious one. Digestion of the starches is prevented by the combination with the fruits, and fermentation takes place. Cereals should preferably be eaten dry, and should never be eaten with milk and sugar as this produces fermentation and an illicit still in the body. It takes the mouth half an hour to become alkaline (necessary for starch digestion) after eating fruit.

Hot cakes are an abomination. They are generally made out of a paste mixture (flour and water) with eggs added, then fried in grease which makes the starch cells in them indigestible (digestion is thus delayed until they reach the intestines); then the butter put on them adds more grease, and the syrup in combination with the grain causes fermentation. The average breakfast is a mass of poisonous concoctions washed down with coffee, which, if the rest of the food were pure, would render the mass useless as food after being bathed in a flood of poison. People who go to work on such a breakfast feel satisfied because it "stays with them" by taking HOURS TO DIGEST, and the fermentation gives an ALCOHOLIC STIMULATION, exceedingly irritating to the mucous membrane of the body.

A fruit breakfast is the only one for people whose work is sedentary and who must use the blood to furnish brain power directly upon reaching the office or shop. It is quickly digested, neutralizes body acids and keeps the disposition sweet - and does not use up the vitality acquired during sleep. (See Breakfast Menus, p.88, Vol.1, "Chemistry of Foods and People").

A breakfast of toast and coffee is worse than useless, as there is no food value in either - both being a poison. It is merely the stimulation of "whipping up a tired horse".

Cereals are not essential to our well being after we are grown, as most of those in use clog the body, overtax the liver and cause acidosis. Only people who follow day laboring as an occupation can really take care of them. Most of the foods on our tables today are "dietetic indiscretions". The average meal served by the "good cook" who learned cooking from her mother is a "suicide" dinner. I have counted as many as 22 different poisons served at one meal. Then we wonder why people die after attending a big dinner. A famous physician told me that always after holidays and Sundays he had more people to treat for illness, owing to the dietetic errors committed. It would be hard to estimate the number of people who have lost their lives after a hearty meal. Warren G. Harding died from the effects of a wrongly chosen meal; also William Jennings Bryan and Congressman Walsh. So long as people "eat with their eyes" and eat because a thing looks good, or is pleasant to taste, the merry trek to the graveyard will continue. Let us examine the poisons served at the average dinner, where the diner flirts with death:

A SUICIDE DINNER

He sits down to the table, swallows half a glass of ice water, chills the stomach and lowers the temperature of the stomach, besides diluting the gastric juice. It will take time to get the temperature up to the point where digestion again can take place. We will say nothing here about the pernicious practice of beginning the dinner with a cocktail, an alcoholic poisoning that ruins the stomach. First course is fruit cocktail - several fruits mixed together; sometimes a banana (starch) is mixed with the acids to make it more damaging, and the whole is mixed with sugar, producing an alcoholic ferment (poison 1). While waiting for the main course a tomato salad is served for the second course, on lettuce covered with a dressing of cottonseed oil (poison 2) and vinegar (poison 3), pepper and salt (poison 4) and (poison 5); with this are served white crackers or wafers (poison 6) - starch to be mixed with the acid tomatoes, another poisonous combination. This is washed down with more ice water and some green olives (poison 7), and some radishes (poison 8). The third course is now brought on the

table consisting of tomato bouillon; with this acid course is eaten more starch in the form of fresh white rolls and butter (poison 9). Salt and pepper are added to make it more easily swallowed and to lull the taste buds to sleep (poisons 10 and 11); more ice water swallowed.

Now comes the main poison course, in spite of the fact that the stomach already contains well over the three pints of food (ITS RIGHT ALLOTMENT), and any further food taken in excess of that must rot in the stomach, producing a host of poisons. This mess is not only now a poisonous combination from the food combination standpoint, but from the TIME REQUIRED FOR DIGESTION. The baked goose of the main course requires FIVE HOURS TO DIGEST, and as it is eaten with foods that require ONE, TWO and THREE HOURS, it will not be digested until the rest of the foods are out of the way, so it is as good as decayed before it is swallowed, as it will begin putrefying as soon as it reaches the stomach. The oil and end-products of the goose furnish another poison (poison 12). With the goose are served mashed potatoes and gravy (poisons 13 and 14) with apple sauce (sugar and fruit equal poison 15); the apple sauce combined with starch in potatoes makes poison 16, and meat combined with potatoes makes poison 17.

More white rolls and butter are eaten with the apple sauce (poison 18); cauliflower and cooked onions are served as vegetables; the cooked cauliflower is another starch(poison 19), and the cooked sulphur in the onions sets up a gas distention (poison 20). More ice water is taken to wash down the starches so they will not need to be chewed. Strawberry preserves (sugar and fruit) and a little crab-apple pickles are now passed (fruit, spices and vinegar - poisons 21 and 22). The poor stomach groans now and the diner feels "stuffed", but he needs must stand for more. Apple pie a la mode is now served with strawberry ice cream on top. The pie is a whole bundle of poisons - the pie crust made of wheat flour and lard is an indigestible mass, then the fruit is cooked with sugar and spices, another poisonous mass, then put in the starchy pie crust makes another poisonous combination, and the time elements in it are so different that it makes four poisons in apple pie alone, so now we have 26 poisons.

Ice cream is a "gastronomic graveyard" according to Dr. Axel Gibson.

"Turned into whipped cream or ice cream, the fat globules become ruptured and deranged, causing the mass to assume a thick, viscous consistency which, by virtue of its viscousness not only interferes with its own digestion, but also with the digestion of every other foodstuff within range of its influence in the digestive tract.

"The freezing process, however, gives to the cream its last and finishing touch of physiological corruption. Quickly fermenting foods like milk, cream, fruit, etc. break down structurally at the first touch of frost, and as the arrest of bacterial activities caused by the frost is only temporary, while the molecular derangement of the frozen substance remains a permanent menace, it follows that a renewal and increase of the destructive work of the invading microbes immediately takes place when the ice cream reaches its melting point in the stomach. Hence, instead of being able to offer physiological resistance to the microbial attack, the system is rendered helplessly negative, and, like the melting glaciers of the past, the ice cream melting in the body of the individual sets free the carcasses of the cream and milk cells, laying them open to the resistless attacks of swarming and fostering bacteria; although the evidence of the ghastly carnival of putrefaction escapes the taste by being masked into unrecognizability by the great deceiver - SUGAR.

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For in this physiological interment of the ice cream, the ice holds the function of the embalmer, and the sugar that of the embalming fluid.

"From a standpoint of food, ice cream has no excuse in the dietary. Its nutritional value is entirely negatived, partly by its devitalizing frigidity and partly by its character as a microbe life preserver. Its presence in the stomach with other foods delays digestion of the latter and induces fermentation and decomposition. Its very presence in a weak system is an imposition on every digestive and assimilative function, and sooner or later is to be paid for in terms of congestion, catarrh and structural degeneracy in the form of boils, pimples and diseases of the skin."

The fruit juice in ice cream is generally made from a coal tar product and poisonous in itself. Made with honey, it would be of more value; but if eaten at all it should be alone and not at the close of a meal, for the lowering of the temperature of the stomach will cause the food to sour. So the grand climax of the dinner - the ice cream - renders the whole mass indigestible by slowing up the digestive process. But this is not the final result. On top of this is poured the poisonous demi-tasse (coffee, poison 27) which, mixed with what has already gone before, adds poisonous dosage to every bit of poison which has preceded it. Coffee is absolutely without food value and has no place in the body. It taxes the system mightily to try to get rid of it.

Then cheese and crackers (poison 28) are consumed (more starch and a 4-hour food). After-dinner mints are now served - more pure sugar (poison 29), and all rise to go into the drawing room to put the final touch to the poison party to smoke cigarettes (poison 30) and to fill the lungs with a deadly poison, making it further impossible for the blood to free itself of its burden of poison by oxidizing itself and liberating the poisons. So it is a real poison party, assisting the eater to commit suicide on the installment plan.

X - The tenth factor in body poisoning is the ADULTERATION OF FOOD - Chocolate is usually prepared by adding starch, sugar and various flavored substances to cocoa. It contains an alkaloid (poisoning) called theobromin. It is the worst adulterated article on the market today. 60% of it is refined sugar and part of it is a clay. Chocolate creams have more or less filling material called "edible clay". It is indigestible and causes colds and mucous conditions, as well as indigestion.

Candies are adulterated from the simple white sugar to the more elaborate kinds; and often are not made of sugar at all, but with glucose or starch sweetened with saccharine, which is most injurious to the body, as it is foreign to human life and does not enter into the making of tissue. This sweetener is added to the white clay out of which much candy is made. It is also used to make syrups. Coloring matter is also present in candies and fruit syrups in many poisonous forms. The syrups poured over ice creams at soda fountains are dangerous acids made from coal tar - many of them never saw the fruit whose name they bear. Avoid these things.

Beers contain by analysis as many as 123 adulterants, culminating in arsenic and other violent poisons that kill slowly. Kidney diseases are sure to follow. Out of 2,000 deaths from Bright's disease, all but 3 were due to beer and liquor drinking, and these people also used canned goods to a large extent. Wines and liquors today are so hopelessly adulterated that it is exceedingly dangerous to use them, some being made of wood alcohol which causes

instant blindness and insanity. They also cause ulcers of the stomach and many dangerous diseases.

XI - The eleventh factor in body poisoning is the PRESERVATIVES IN FOOD. Commercialism, in an effort to prevent food from decomposition so it could be shipped long distances, has employed preservatives which are poisons and very destructive to the body, preventing digestion and elimination to a greater or lesser degree. Benzoate of soda, as used to prevent decay of fruit juices served at soda fountains and cider, is a dangerous preservative. Never use food so labeled. Alum is also very injurious and found in cheap baking powders and white flour. It causes many gastric disturbances and is thought to aid in the development of cancer. Most all dried fruits are sulphured. The body cannot assimilate inorganic sulphur, so be sure to purchase "unsulphured fruit". Mustard, pepper and salt peter have the property of intensifying the red color of beef. Composed of inorganic substances, they impede the functions of the body.

If rotting tomatoes are to be canned or put into catsup, they are usually sweetened with BENZOATE OF SODA. It is not a dangerous poison, but its continued use breaks down tissue in the body. In some factories where tomatoes, corn, beans and other things are canned there is a sickening stench from partly decayed foods; and these would be rejected were it not for the fact that benzoate of soda is used to cover up the decay. Never use foods labeled with it. Look on the label - it is generally in small print. This is required by the government, which would indicate that they recognize that it is harmful. Preserved articles - whether preserved in salt, various acid salts, alkali salts, vinegar, sugar or chemicals of any kind - are not fit for food.

"A preservative is a chemical poison having a slow and steady power to check growth of decay in foods, and likewise to check growth of tissue in the body; for tissue grows on the same principle that decay thrives - both having the same original cell as the basis of development. We want to DIGEST foods in the body, not PRESERVE them." Most meats are EMBALMED, and all canned goods are subjected to similar treatment.

Salt is used with foods because the natural salts in the vegetables are destroyed by cooking. A perverted taste is responsible for the excessive consumption of salt. It is one of the most insidious of the condiments and preservatives, made up of chlorine gas and metallic sodium which are not assimilated in the body. The continued use of salt blunts the taste buds so that the finer flavor of foods cannot be tasted. It is commonly used to hide flavors objectionable to the normal sense of taste. Salt keeps oxygen away from the tissues, and that is why it is used in pickling meat. It will likewise pickle your intestines and keep the oxygen out of your tissues. A cat's fur fell out and it developed a cancer when fed salt. Salt hardens the arteries, is irritating to the body, causes dryness of the throat, acceleration of the pulse and high blood pressure. Salt interferes with secretion and excretion, and appears to be responsible for many so called goiters and lumps in the breast, as well as inflamed conditions about the armpits, thighs and anus. It causes an irresistible thirst which, no doubt, has caused the consumption of alcoholic liquors. Use in its place vegetable salt made from the organic chemistry of vegetables, such as C-VEG-SALT (See p.55, Vol.I, "The Chemistry of Foods and People").

Vinogar is the result of fermentation caused by bacteria, the chief ingredient of which is acetic acid. It interferes with digestion and has much the same effect upon the system as alcohol. It leads to anemia, intestinal catarrh and cancer. Avoid foods preserved in vinegar. It destroys millions of red corpuscles. Also avoid mustard and pepper, as they are very irritating to the stomach and cause catarrh of the stomach and intestinal troubles. Do not cultivate a taste for condiments in children. They do not need them.

Coal tar dyes are used to color candies, soft drinks, etc. Food so colored is very irritating to the digestive tract. As it has to be labeled, you can protect yourself against taking it. Any substance which prevents chemical action outside of the body must naturally interfere with the processes of digestion and assimilation. Many chronic digestive troubles are due to the continuous use of preservatives. Carefully examine the labels of all foods and drinks you buy, and select natural foods guaranteed to be free from artificial colors and chemical preservatives.

XII - The twelfth factor in Body Poisoning is SERUMS AND VACCINES. "So called infectious diseases", says Otto Carque, "like small pox, diphtheria, etc., need not give cause for any alarm; they are easily remedied if proper attention is paid to diet and eliminative processes. To poison the body of a healthy child with pus taken from the sores of a sick animal in order that the child shall not catch the disease is very foolish." Vaccination is an assassination of the blood. It is entirely unnatural to puncture the skin and introduce a foreign substance directly into the blood. Nature's way of healing is through taking the healing agency by means of foods. Many trace infantile paralysis to the lowering of resistance of the body from vaccination. Commercialism is back of this madness of inoculations for this and that disease. The best authorities advise against taking any injections for any disease under your skin. You cannot take a disease if you do not have the POISON THAT BREEDS IT within you. Better take your chances with the disease and cure it by natural means, than run the risk of acquiring some other disease as a result of inoculation. People who have been vaccinated always have a lowered bodily resistance and never have quite as good health as before.

"Remember this: Six swollen lymphatic glands in certain areas will make one ill; a dozen will put you on your back; and fifty vital glands blocked may cause death." Some authorities claim there is a transmission of syphilis in many cases, and that the effects produced in the body are similar.

WHAT YOU DO WHEN YOU VACCINATE

By F.P. Millard -----Health Culture Magazine.

"The lymphatic circulation has a series of channels, tubes or ducts, with a terminal drainage point in the veins on either side of the neck. Associated with the lymphatic circulation are hundreds of glands, technically called "nodes". Now these nodes or glands are 'traps', and in case of emergency they retain, until sometimes overburdened, poisons that if allowed to escape through the system at once would produce almost instant death.

"When these glands become blocked and overflow, as they do in extreme cases of vaccine poisoning, the blood circulation takes up the blockage products, and death from blood poisoning is the result. The lymph flow is as essential as the blood flow; and the poisoning of the lymphatic system simply means the poisoning of the body tissues and organs. Hundreds of persons

have died from this lymphatic poisoning following vaccination. It is a question whether or not a severe vaccine poisoning is not more difficult to clear than a venereal poisoning. The sores following suppuration after vaccination are almost impossible to heal in some instances.

"As soon as wholesale vaccination is ordered, we see cases of sore throat, diphtheria, measles and mumps. Nurses are rushed to the scene to look after patients whose temperature has been forced away above normal through this systemic pollution. From a physical standpoint, this nation will crumble and fall if there is not a lessening in the amount of vaccines and serums used. This wholesale pollution has brought about nervous instability, lack of tone, vascular irregularities; and what else could happen, pray tell me, but growths, cancers, or heart failures?

"Particularly note that vaccination for small pox results in a lymphatic blockage due to an engrafting upon the human of the cells and pus from the bovines. The bovine cell multiplies far more rapidly than the human cell. Such a graft therefore must enormously overtax the human circulation in having to harbor and harmonize, in a degree, this foreign cell life. The very thought of grafting beast into human is so revolting that instinct as well as reason cries out against it."

XIII - The thirteenth factor in Body Poisoning is the INTRODUCTION OF PURE POISONS INTO THE SYSTEM BY DRUGS, ALCOHOL AND TOBACCO. Tobacco and cigarettes have increased in use until the latest statistics give the consumption as 1,000 a year for every man, woman and child in the United States. Tobacco is a disease builder, whether used in moderation or excess. It is a deadly poison, supplies nothing to the body that it can use, and saturates the live cells with poison, causing their death; it prevents the impure blood from becoming oxygenated in the lungs. The heart must receive pure blood laden with oxygen from the lungs, for it pumps this all over the body to those portions waiting for food in order to be rebuilt. Smoking causes poisons to be pumped throughout the body, causing death to cell tissues. It is stated that cigarettes are especially injurious, as the wrappers in which they are made and which can be bought separately are treated to a habit-forming drug that makes a slave of the user.

A test was made on live skin under a microscope. It was kept at body temperature and fed on blood in which were all the chemical elements. As the skin grew by adding cells, it had to be washed frequently to get rid of the old dead cells lest it die too. So long as it received new blood it grew and thrived. Tobacco smoke was introduced into the room. When it reached the skin tissue, it curled up and began to be woven into erratic fibres such as are found in cancer. Thoughtful investigators believed that the increase in the consumption of tobacco and sugar and metallic poisoning is partly responsible for the great increase of cancer. Smokers are more liable to sickness, and succumb to epidemics more rapidly than non-smokers. Tobacco chewers have diseased livers and bad stomachs. Many excuse themselves by saying they don't smoke much, but if thirty cigarettes a day are harmful, two cigarettes a day are also harmful. But very few people who smoke are able to control the habit. Nine out of ten smokers go to excess and smoke one right after another. Doctors claim that it increases nervousness so that some people cannot think unless they are smoking. Tobacco affects different people differently. In some it affects the hearing; in others there are functional derangements mostly affecting the circulation, with rise in blood pressure and acceleration of the heart.

As one writer says, "Is it conceivable that the reaction from frequent functional disturbances of the heart and circulation does not eventually result in organic change? Can anyone abuse such an important part of the body a dozen times a day, year after year, and get away with it unharmed? It is known that tobacco causes the heart to become irregular, to skip beats and eventually to bring about extra systolic contractions. Of course, there is nothing wrong with a heart like this. Tobacco cannot injure it. It just acts up for fun. It enjoys tobacco and is convulsed with joy; it leans back in the chest and laughs so unrestrainedly that it drops a stitch in its knitting now and then. The use of tobacco cuts off from five to thirty years of life."

Benjamin Franklin gave some sage advice to the smoker when he said, "It is easier to avoid temptation than to resist it when it is present". Commercialism is back of this terrific propaganda to make us a nation of dope fiends, pacifying the nerves with tobacco and losing the power to reason and oppose. Tobacco is especially harmful to women, as they are more nervously constructed than men. Being the future mothers of the race, it will either cause them to become sterile, or if they do have children, to bring in defective mental and physical children, as many doctors have found. The babes born from smoking mothers will have weak hearts and may not live to grow up. There is nothing that can be said for smoking. It is wasteful, dirty and a destroyer of health and efficiency. WHY DO IT?

Says a noted writer, "Smoking by women is unlovely and unwomanly. It discolors the teeth and hands and gives an unpleasant odor to a body that should be dainty. Surely she who smokes has just begun her troubles. Smokers, whether men or women, reach a time after a few years of smoking when their health fails and nerves go to pieces. Their bodies are racked with pain, neuritis, neuralgia; later on feebleness and wrinkles come on to fill them with anguish, followed by atrophy. Then come debility, sickness, sudden heart failure and death. Death is the finish of their enslavement to a poisonous drug. Tobacco is the demon of women who dare to use it. Women who smoke are lost souls on the rim of desolation."

DID YOU SMOKE 1000 CIGARETTES LAST YEAR?

Washington, August 27, 1928 - By Associated Press - "Americans consumed about 102,000,000,000 cigarettes in the year ending June 30th, according to figures issued by the Internal Revenue Bureau - an increase of 118% in 10 years. The production was 113,978,000,000 cigarettes, exceeding the preceding year by more than 13,000,000,000. A portion was exported. The cigar production was 6,548,676,000, an increase of 1%. The country consumed 339,748,000 pounds of smoking tobacco and 39,593,000 pounds of snuff."

Senator Smoot of Utah stated before the United States that the campaign of the tobacco interests to place a cigarette in the mouth of every woman and youth in the country has now extended to each town and village in the United States.

David Starr Jordan says, "Cigarette-smoking boys are like wormy apples; they drop long before their time."

"WHAT AM I?"

By John Elson, Cornell University.

"I am a far too common sight in the neighborhood of every high school. I am small and innocent in appearance, but contain immense possibilities for working mischief. I ruin many a football team. No coach will permit players to use me during the season, for I am sure death to wind, speed and "pep". I am responsible for innumerable failures in school, and for still more in after life. I can destroy a boy's ambition and will power. At my best, I am a worthless thing upon which to spend good money. At my worst, I injure body, mind and morals. The evil I do is incalculable. Still I flourish. I am the student's worst enemy - I am the CIGARETTE."

OPINIONS OF FAMOUS PEOPLE

"We do everything in our power to discourage the use of cigarettes among our baseball boys, knowing the great harm that tobacco has done to those in the habit of using it. Boys that continue smoking cigarettes do not as a rule amount to anything. They are unfitted in every way for any kind of work where brains are needed." - Connie Mack, dean of baseball players.

"It is customary, as we all know, to pass around cigars after dinner; but I shall not do it. I do not smoke and I do not approve of smoking. If you will notice you will see that the practice is going out among the ablest surgeons - the men at the top. No surgeon can afford to smoke." - Dr. William Mayo, eminent surgeon of Rochester, Minn.

"Nearly every delinquent boy is a cigarette smoker....Cigarettes are a source of crime. To neglect crime at its source is a shortsighted policy unworthy of a nation of our intelligence." - Herbert Hoover.

"I came to the conclusion that it was up to me to TRAIN MYSELF to do the right thing at all times. I began to check myself from day to day. I was glad to notice an improvement as I grew older." - Col. Chas. Lindbergh. He is the best known young man in the world and has never smoked nor used stimulants of any kind.

"You will find that almost any criminal is a cigarette smoker. Boys through cigarettes train with bad associates. They go with other smokers to pool rooms, etc. The cigarette drags them down." - Henry Ford.

"The national bill for tobacco is appalling - it is a terrible indictment against a nation like ours where so much good can be done with modest sums of money that so much is utterly wasted in smoke." - Howard Kelly, M.D., chief surgeon of Johns Hopkins Hospital, Baltimore, Maryland.

At the close of a concert at Smith's College Madame Schumann-Heink, in responding to an encore for another song, said, "Listen, girls, I have something very important to say to you and it will do you far more good than another song....It's about cigarette smoking. I want you to know that I have never smoked, and I never will. I think - and I say it with all my heart - that it is a CRIME that you girls are poisoning your young bodies by smoking cigarettes!" She knows that smoking injures the voice, and that cigarettes tend to make girls and women coarse, and smoking certainly mars their feminine beauty.

Thomas A Edison in analyzing the cigarette paper said, "It is a patented paper, and upon being burned releases acrolein, one of the most terrible drugs in its effect on the human body." Acrolein has a violent action on the nerve centers, producing degeneration of the cells of the brain, which is quite rapid among youth. Unlike most narcotics, this degeneration is permanent and uncontrollable. It acts on nerve tissue as lye acts on skin tissue. It is now estimated that enough acrolein reaches the brain from one cigarette to destroy one thousand brain cells. This in time causes loss of desire for study (in youth), for work, for what others may think, for truth, for honesty and for high ideals, and a loss from 10% to 30% of their efficiency.

TO BREAK THE TOBACCO HABIT - The first step is to decide to give it up, and train the imagination to see yourself enjoying giving it up. (See Mental Radio by the author). Keep away from smokers and smoke-laden atmospheres. Go on a cleansing diet. It has been recommended to rinse the mouth out after each meal with a 3/4 of 1% solution of silver nitrate. This creates a distaste for tobacco smoke, and will relieve throat irritation. Another writer suggests the purchase of a small quantity of gentian root to be chewed during the day when there is a desire to smoke; (or camomile blossoms or fennel seed). "A good way to break one's self from using it is to carry some orange or lemon peel in the pocket or purse, and when the urge comes to smoke chew a little of it and spit out the peeling." Tobacco chewers can chew cinnamon sticks or St. John's bread (carob pods).

Coffee has no power to grow new cells, does not contain any of the 17 elements, and that alone should bar it as a beverage to be taken into the body. But it does contain a most injurious drug, caffeine, which authorities claim causes wakefulness. Sleep is less sound and nerves fail to be restored to normal functioning. It has a direct tendency to produce Bright's disease (of which there are five or six other different forms, all dangerous), and other kidney disorders; also apoplexy and hardening of the arteries; it irritates the lining of the stomach and this passes for a stimulant. To one poisoned with non-food articles, coffee seems a necessity, and a sad one at that. It ruins the lining of the stomach, inflames the lining of the intestinal canal and frequently causes ulcers to form which finally turn into cancer. It is often taken to "pep" one up when fatigued. To deaden fatigue is unwise, since this is nature's danger signal, and the man who strikes it down is the same as the man who removes the red lights at the railroad crossing.

Caffeine is frequently used as the base for headache remedies, and its effect upon the system is very injurious. It directly stimulates the nerves, the brain and the spinal cord, and if continued it produces nervousness with deranged and impaired health.

Teas (which include Paraguay or mate teas) according to their chemical analysis, contain a form of caffeine called theine and also tannic acid, both highly alkaloidal principles which are poisons. Tea quiets the nerves artificially; so will opium. Nerves that are thus being quieted are being placed in the first stages of paralysis. 90% of tea drinkers suffer from paralysis, and insanity is extensive among those who partake of this beverage. Iced tea drinking is like committing slow suicide. Much of the pettishness, irritability, nervousness and quarrelsomeness may be ascribed to the detrimental effect of tea upon the nervous system. (See p.56, Vol. I "Chemistry of Foods and People").

THE COFFEE HEADACHE

The cup of hot coffee, or tea, is a popular remedy for headaches. Tea and coffee are, in fact, among the common CAUSES of headache. The coffee headache is not a pain, but a misery, distress which may be as hard to bear as a painful sensation, although differing from the pain of neuralgia or neuritis. Headache, like other miseries, may be relieved by a narcotic. There are headache remedies which stop the pain of headache, but none of these removes the CAUSE of headache - not one is CURATIVE. The relief which they afford is temporary; the headache returns with increased violence. While coffee headache is relieved by a cup of strong coffee, yet the relief does not differ from that afforded by any other headache remedy. The effect of the coffee is merely a mask. It hides for the time being the condition which gives you the headache. When the effect of the coffee has passed away, the headache returns.

Did you have your usual cup of coffee this morning? If not, did you have the usual morning headache? Many people go along for years hypnotized by the belief that coffee is the best headache preventive in the world. In the following illuminating article, Dr. J.H. Kellogg declares that coffee drinking is one of the chief causes of headache:

"Coffee drinkers suffer from headache whenever they are deprived of their coffee. A person who is accustomed to use strong coffee is likely to suffer from headache if he takes for breakfast a cup of coffee which is weaker than usual. He has become accustomed to a certain dose of caffeine, of which an ordinary "good" cup of coffee contains four grains, while a "poor" cup may contain only half as much. If the dose is reduced the distress experienced may be almost unbearable. The coffee drinker must have his full dose every morning or he suffers. Coffee headache usually makes its appearance in the morning upon arising, or soon after breakfast. Often it is so severe that there is no appetite or relish for breakfast, and generally the sufferer refuses to eat.

"The coffee headache is an exhaustion headache. It is the same sort of headache a person experiences after having been long without sleep or having been subjected to some severe nerve or mental strain. The distress suffered is an expression of exhausted nerve centers, especially the higher centers. A nerve cell is like a storage battery. Coffee possesses the peculiar property of abolishing this sense of fatigue, but it does not recharge the nerve batteries. The natural effect of the coffee habit is to cause the coffee drinker to over-discharge his nerve batteries. It is a common practice with many people to take a cup of tea or coffee whenever they feel a little 'below par'; that is, when they feel lacking in pep or efficiency. The popularity of these drug beverages is due to their power to dissipate the sense of fatigue. People differ in their susceptibility to the influence of coffee. Some persons are able to drink several cups of strong tea or coffee at a sitting without noticeably bad effects, while in others a single cupful, or even less, will not only dissipate all sense of fatigue but will produce a state of nervous excitability so great as to make sleep impossible. A cup of coffee may keep a person awake all night notwithstanding that he is in need of sleep.

"The cup of coffee deceives the tired man, making him think he is not tired, and thus leading him on to the expenditure of more energy than ought to be drawn from the body. The coffee drinker needs his morning cup to hide the effects of the coffee drinking of the previous day. The results of this coffee drinking experience are cumulative. Sooner or later the time comes when the coffee habitue is in a state of chronic exhaustion. He is tired all the time, except when under the influence of coffee or some other ~~caffoine~~-containing beverage, and headache is one of the manifestations of this condition of chronic caffeine poisoning.

The coffee habit, by interfering with the normal processes by which nature protects the body against overfatigue by replenishing the store of energy, gradually breaks down the vital resistance, uses up the safety margin and thus prepares the way for disease and premature breakdown. Coffee destroys efficiency and endurance, and is a cause of premature senility. What is true of coffee is true of every other caffeine-containing drug. Cocoa and meat produce effects similar to those of tea and coffee. A strong rival of coffee is a variety of so called 'Cola' beverages dispensed at soda fountains and other 'soft drink' places. Cola was originally prepared from the kola nut, a caffeine-containing product, but these drinks are now so extensively used that they are compounded artificially. The cola syrup contains more than a grain of caffeine to the ounce. A company is putting this stuff on the market at the rate of forty million dollars worth annually. The wide distribution of this drug is making it a nationwide cause of headache. Thousands of persons, even children, become caffeine habitues through the use of Coco-Cola."

ANOTHER HEALTH EXPERT WRITES: - "By means of newspaper, magazine and medical journal advertisements, together with sign boards along the highways, the Cola company are educating the public into the belief that caffeine is a harmless substance and may be freely used without injury. Caffeine has a depressant effect, is a habit-forming drug and in no way whatever related to foods. It is a poison, not a food. Cola is not harmless, wholesome and beneficial, but is harmful, unwholesome and poisonous just in proportion to the amount of caffeine which it contains."

DR. C.K. TAYLOR found that, "71% of the children drink one or two cups of coffee a day. A marked difference is noted between coffee drinkers and the abstainers. For example, the average weight of 134 abstainers was found to be 4 pounds greater than that of 334 coffee-drinking boys and girls; the abstainers were from 1 in. to 1-1/2 in. taller than the coffee drinkers, and were stronger both physically and mentally than the coffee drinkers. Children, as well as adults, may be victims of coffee headache.

"The efforts which are being made by coffee dealers to fool the American people into drinking more coffee make necessary the publication of the facts about coffee as revealed by scientific research. That caffeine is a poison and not a food, as suggested by the advertisements of the coffee dealers and the Coca-Cola manufacturers, is the testimony of scientific authorities.

"For relief, the coffee habit must be relinquished. To reduce the amount of coffee is not sufficient; it must be given up. A common observation has been that persons accustomed to the use of coffee miss the morning cup very much the first day, often complaining of headache, but if coffee is not taken during the day, the headache the next morning will be less, and in three or four days the headache will disappear. When it is severe, it is useful to empty the bowels by means of a warm enema. Hot and cold applications to the spine is another useful measure. It is well to drink hot water copiously. If the head is hot it should be kept cool with cheesecloth compresses dipped in cold water. Meats of all sorts should be discarded, and use should be made of fresh vegetables, particularly leafy vegetables and fresh fruits."

ANALYSIS OF COCA-COLA

By G.Stahl, M.D., F.S.C.

"The composition of the coca-cola syrup is as follows:

Caffeine (grains per fluid ounce)	0.90 to 1.28
Phosphoric Acid H3PO4)(percent).....	0.24 " 0.28
Sugar - total (percent)	46.84 " 56.00
Alcohol (percent by volume)	9.88 " 1.23
Caramel, glycerine, lime juice, essential.....	
oils and plain extractive	traces
Water (percent)	32.00 to 40.00"

Alcohol congests and poisons the whole body, destroys will power and especially affects the brain and spinal cord, literally COOKING the brain fibres. Its destruction to the body is too well known to expiate on it here. It is the most destructive of all poisons. It inflames the stomach, liver and entire digestive tract, giving birth to myriads of terrible diseases. It is LIQUID FIRE burning and consuming cells and tissue.

Headache powders and pain killers are among the most common and pernicious of the self-drugging practices. Under the Drug Act every patent medicine is compelled to tell on the label the quantity or proportion of any alcohol, morphine, opium, cocaine, heroin, alpha or beta cocaine, chloroform, cannabis indica, chloral hydrate or acetanilide, or any derivative or preparations of such substances contained therein. But, although these drugs are mentioned on the label, many are ignorant of the danger of using them.

Calomel is very poisonous, being made of mercury. Many people have been ensalivated upon taking a dose of calomel. Bichloride of mercury tablets and mercury ointments used for antiseptic purposes are also poisonous to the system. All inorganic minerals found in drugs and medicines are injurious to the body, many of them being retained in the body for years and causing obscure ills.

Poisoning a person with drugs because he is impure, is like casting out devils through Beelzebub, the Prince of Devils, himself.

Painting the body with iodine is also to be avoided, (see p.75, Vol.I "Chemistry of Foods and People"). HEAL-ALL is very effective when applied to sores and skin abrasions as one of its ingredients is a powerful healing agent.

BOOZE ON THE BRAIN

"Drs. Wilder D. Brancroft and G.H. Richter, of Cornell University, have, after long experiment with brain substances, discovered why alcohol exerts its vicious effects on the central station of the human nervous system. The brain contains a great deal of protein material, which is diffused through its cells; and when this protein is disturbed in any way, the result is mental aberration - usually insanity.

"The investigators, who are authorities on what is known as colloid chemistry (colloids are suspensions of matter in liquids, and the brain is composed largely of colloids) show how coagulation, or thickening of the brain protein, takes place just as thickening of the white of an egg occurs during boiling. In similar fashion the protein may be diluted - a phenomenon known as 'peptization'. Some forms of insanity are due to one cause, some to the other; and drugs, like alcohol, affect the protein in one of these two ways. Booze causes coagulation, or thickening of the brain protein; and when a drinker is "boiled", he is described by precisely the right word. The alcohol has boiled his brain as hot water boils an egg. When taken continuously, the poison may bring on permanent coagulation and permanent insanity.

"It affects the 'seeing' and 'hearing' centers of the brain, and the victim sees snakes and hears unearthly voices. These are all signs of insanity - avoidable signs. Booze is one of the best things in the world for one specific purpose - to keep you from making good use of your brain." - From MODERN LIVING - June, 1931.

"Acetanilide is a dangerous drug," says W.R. Latson, M.D., "perhaps one of the strongest of all the drugs used in headache remedies - so dangerous in fact that reputable physicians are growing more and more careful of its use, while many are discarding its use altogether. Acetanilide is a derivative of aniline, which is obtained from coal-tar. It is a sedative - that is, it has a quieting effect on the sensory nerves and produces a depressing influence on the spinal cord. It depresses the circulation; it lowers the temperature of the body, and in this way it undoubtedly will effect a relief of headache without, however, a cure. But the headache is relieved temporarily at a fearful cost, since acetanilide is one of the active heart depressants, and its effect upon a weak heart is such as to warrant its exclusion, while in some cases unconsciousness may be produced, and in other cases a general debilitating effect."

"Phenacetin (or acetphenetidine) is being very much used in headache remedies, because of the fact that the patent controlling the article expired and because the dangers of acetanilide and caffeine have been so much written about that the public has been warned of them, so the manufacturers do not wish to put 'acetanilide' on their labels. Therefore, they use phenacetin instead. It is important that the public should know that this drug is only less harmful in its effect upon the human system than either acetanilide or caffeine. Like these drugs, it has a most soothing effect, particularly on the brain and spinal cord, and thus relieves a pain in the head. But it remains a heart depressant, and this is the serious point to be considered by all users of these headache remedies - that while a headache may by reason of these strong powerful drugs be relieved, yet this relief is gained at the risk of the heart and of a depressing effect upon the whole system.

"Andtipyrine (or analgesine) is another of these powerful drugs used in headache remedies. It is, like the other drugs, a derivative of coal-tar, and as a drug it is highly valued as a reliever of pain. It is often used in fevers because it lowers the temperature of the body.

INNOCENT VICTIMS OF POWERFUL POISONS

"Some of these remedies contain as much as 50% of acetanilide, others as high as 75%. Now suppose the patient has a weak heart and her system is at a low ebb; a physician would see at once, if he prescribed acetanilide, that the most he could safely give his patient would be perhaps one-third of the quantity of the proprietary remedy. Fancy, then, the effect of from 30% to 40% more of this powerful drug on a weak system. The patient herself does not know - she cannot know - how much acetanilide, caffeine, phenacetin or antipyrine (or various mixtures of these) she can safely use; only her physician can tell her that. For this reason, we have such lamentable results from headache remedies on women who have no idea of the powerful drugs they contain and do not know how much of such drugs it is possible for them to stand without serious effect."

"Furthermore, women have no idea of the tremendous danger these remedies have in forming the habit of using them. And this is one of the gravest dangers of all - the fearful danger which they offer of forming a habit. A woman has a headache and she uses one of these remedies. It relieves the pain. When she has another attack she uses it again with the same result. After a while she finds the usual amount does not cure the pain, but only relieves the suffering. She uses two portions, and so the habit is formed, until absolute danger is confronted. One thing must not be forgotten - these remedies are powerful (if they were not they would have no effect), and in certain doses are deadly; they depress the nervous system, disturb the digestion, interfere with natural sleep and have to be used in increasingly larger quantities as the system becomes accustomed to their use. They are, almost without exception, excreted by the kidneys, thus adding an additional burden to organs already badly overworked; they produce a habit of gaining relief, which becomes an obsession and incapable of being resisted.

"This indictment does not lie against any one particular remedy, but against the whole system, and especially should decry the practice of using fanciful names to cover up the sale of any of the drugs which enter into the composition of these powders. In a word, it may be said that headache powders are never safe, ever a curse, always dangerous, frequently deadly when taken by or administered to a person with a weak or defective heart, disordered kidneys or a depleted nervous system.

"If you see on the label of the 'headache remedy' the words ACETANILIDE, ANTIFEBRINE, PHENYLACETANIDE (the same thing), CAFFEINE, THEINE, COCAINE, METHYLTHEOBROMINE, TRIMETHY-BANTHIN, PHENACETIN, ACEPHENITIDINE, PHENOLIDE, PHENEDINE, PHENETIDINE, ANTIPYRINE, ANALGESINE, PHENOZONE, PARODYNE, ANADYNINE, PHENYLONE, or PHENYLDIMETHYL-PYRAZOLONE, don't take it, for it contains a drug which will surely do you injury, and may cause your death. And if you do not see any of these names on the label, then be equally SURE NOT TO TAKE IT, for either the label is falsified, or the nostrum contains some other drug almost or quite as harmful. In other words, do not take headache remedies at all. This includes Aspirin as well as the others.

THE REAL HEADACHE REMEDY

"But what shall I do for my headache?" you ask. In the first place, live right, follow the teachings of scientific personal hygiene as expounded in these lessons and you will not have headaches. If you do have one, wash out your stomach and take an enema; rest, use cold compresses on the head.

"Many drugs," says Otto Carque, "such as bicarbonate of soda, quinine, etc. have become regular household remedies and are consumed in enormous quantities. One drug house sold over a million and a half pounds of bicarbonate of soda in 1924 to cure the aching stomachs of the American people. Quinine is mostly used as an anti-pyretic. It has a paralyzing effect upon the digestive tract and reduces fever by suppressing the vital functions. Some of the characteristic symptoms of quinine poisoning are nervous irritability, extreme mental depression (melancholia), ringing in the ears and serious visual disturbances. It is retained in the system for years, causing other diseased conditions to develop. Nearly all so called chronic diseases are the result of the continuous use of injurious drugs or adulterated foods which slowly but surely deplete health and vitality."

METALLIC POISONING

When two unlike metals are used in the same mouth for filling teeth, a galvanic action is set up which produces nervousness. Silver fillings are made of mercury, are only a temporary filling, and when they are in the mouth at the same time with gold fillings a poisonous exudation is swallowed which causes a form of mercurial poisoning very detrimental to the health and irritating to the digestive tract. Innumerable cases of obscure and difficult cases of stomach trouble have been cleared up by removing the silver fillings and replacing with gold or porcelain.

Aluminum-based artificial teeth have caused many a cancer of the mouth and intestinal ulcers, according to the reports of physicians.

Cook only in glass, iron or new graniteware. Innumerable tests have been made in clinics throughout the country to support the statement that food cooked in aluminum dishes is full of aluminum hydroxide, a most subtle poison which causes cancer. Many noted authorities are agreed that the increase in cancer has kept pace with the increase in the use of aluminum dishes.

PUS POISONING FROM INFECTED TEETH

All teeth that have had the nerves removed are "devitalized teeth". Like any other dead matter in the body bacteria attack it and a poison develops which nature encloses in a little sac at the end of the root to keep it from being too freely distributed throughout the body. But the blood cells feed into these pus sacs and the virulent poison is distributed throughout the body. Abscessed teeth were the cause of ex-President Roosevelt's death. A culture of bacteria was taken from the roots of the abscessed teeth and a smear of the same pus was taken from his heart. These pus germs collected there caused heart failure. All dead teeth should be extracted, regardless of what the X-ray shows, as this does not always reveal the true condition.

Tonsils that are full of crypts and flowing pus should also be taken out if they do not clear up on a regime of corrective living and a fast, but the removal of tonsils is generally not necessary.

LESSON III

FOODS

Digestion of Foods

"Proteins are pre-digested in the stomach, sugars in the mouth and stomach, and starches in the mouth and intestines. While in the stomach about the only thing the starches do is to prevent the digestion of meats and other proteins, causing acid fermentation." - Defensive Diet Bulletin No.3.

Most foods when properly combined are acted upon quickly by the stomach. Foods that digest together in the stomach will digest together in the small intestine. 30% of all digestion is carried on in the stomach and duodenum, and 70% in the small intestine. If with easily digested foods are eaten those that require hours to be digested in the stomach, the stomach makes the longer timed foods wait while it occupies itself with the easily digested foods first. The result is that the other foods are "stalled" and begin to sour, rot and make gas. This refusal of two kinds of food to digest simultaneously works its greatest damage in the small intestine, where they decay and ferment, producing foul poisons which enter the capillaries that feed into the intestinal tract and are taken into the circulation. Thus deadly poisons are distributed throughout the body, reaching the heart, lungs, brains, aiding constipation, befouling the breath, overloading the skin with filthy matter, and harming the action of the kidneys; lessening the power of eyesight, causing premature old age, hardening of the arteries and a tendency to apoplexy. (see Lesson I.).

It is not only important to study the time element in food, but certain combinations of food start explosions similar to wrong chemical combinations in a chemical laboratory. To avoid this, remember that, as most meals contain starch of some kind (either bread or potatoes), one should never eat fresh fruit of any kind with these meals, nor tomatoes. Acid food should be eaten ALONE, or with garden herbs such as lettuce, etc. Canned spinach is a poor food matter, as you have to eat 95% of it to get 5% of live food energy. Then what of the 95% of dead matter which is left in the body? Would it not be better to eat of food that is fresh and green containing 100% energy?

WHAT TO EAT

Eat often and not much at a time. Eat more alkaline foods such as salads, nuts, raisins, figs, dates, whole wheat bread, raw Spanish peanuts, brown rice water, uncooked prunes, Swedish bread, whole wheat or graham crackers, scientific meat substitutes, bread made with sour milk and soda, baked potatoes (with skin), etc.

EARLY SYMPTOMS OF ACIDOSIS

"Drowsiness, shortness of breath, rashes, itchy toes, easily tired, susceptible to colds, hair brittle and falling, dizziness, 10 o'clock litmus test red, mild eye troubles, gums bleed easily with more or less congestion and inflammation; recurrent decay speedily following correctly performed restorative dentistry, puffed-up feeling following meals, laziness, indisposition to "git up and git". " - Defensive Diet League Bulletin No.3).

Mucous-forming foods, which cause catarrh, colds, etc. are: - cocoa, chocolate, sugars, syrups or preserves with a starchy meal, candy, salt.

POISONOUS FOOD COMBINATIONS

Combinations of food produce dangerous poisons in the body. The following food combinations are acid-forming. Avoid eating any of these foods together as they produce slow poisons; and many of the foods are not to be used at all - in or out of combination:

Milk with meat	cranberries with mashed potatoes
milk with rhubarb	cranberries with tapioca
milk with dried beans	cranberries with dressing made out of white bread
milk with cranberries	prunes with white crackers
milk with nuts	grape juice with white crackers
	acid fruits or tomatoes with white crackers
tomatoes with potatoes	
tomatoes with bread	meat (beef) with dried beans
tomatoes with navy beans	meat with nuts
tomatoes with canned corn	meat with potatoes or bread
tomatoes with dried butter beans	meat with starchy food of any kind
tomatoes with fried eggs	meat with gelatine
tomatoes with salmon (sometimes)	potato salad with mayonnaise
tomatoes escalloped with bread	
	beans with eggs
apple (baked or in sauce) with bread, cake or potatoes	beans with tomato catsup
apple butter with potato salad	
apples with cocoanut	whisky with oysters
all fruits with white sugar (cooked or uncooked)	whisky with bananas
acid fruits and bread	tea with fish
acid fruits and cereals	tea with ice cream
stewed peaches with fats, oils	tea or coffee with onions
canned peaches with sweet potatoes	
stewed peaches with white flour biscuits	catsup with white rice
grapefruit or oranges with oatmeal	cooked turnips with cereals
Waldorf salad with canned corn	
pineapple with noodles	ACID FOODS (such as fresh fruit and tomatoes) with PURE STARCH FOODS, such as creamed potatoes, mashed potatoes, maca- roni, spaghetti, white bread, biscuits, white rice, cornstarch pudding, noodles, tapioca, white crackers, chicken dumpling, demineralized cereals, canned corn.
pineapple with starches	
strawberries with cake	
strawberries with chicken dumpling	
cherries with pie dough	
oranges with cocoa	
oranges with cereals	

For further information regarding food combinations consult The Chemical Food Chart, by the author.

MEAT EATING VERSUS STARCH EATING

"What difference does it make whether or not we are ill and die of a disease brought about by eating too much meat, or of one caused by eating too much cereal starch." - Tilden. "Starch poisoning (acidosis) is America's most prevalent disease, more prevalent than those caused by alcohol, undernourishment and sugar, because nearly everyone overeats of those and is consequently starch poisoned." - Froude.

"The digestive tract of the starch drunkard is like a fermenting vat, with its accompanying carbonic acid gas and alcohol. Starches must be thoroughly masticated; they should be chewed until they become fluids, for only in this manner can the alkaline saliva convert the starch into grape sugar - a substance that the intestines can handle. Starches can only digest in the mouth when it is alkaline. After eating fruit it is one-half hour before the acid condition that the fruit leaves the mouth in becomes alkaline again, so that starches can be digested. Therefore, one should never eat fruit and starches together. A period of half an hour should elapse between the time of eating fruit or tomatoes and eating bread, potatoes or other starches.

"Starches never digest in the stomach. They are digested in the mouth, and should not be eaten with foods that are digested in the stomach, as the digestion of one will delay that of the other and prevent their passage into that part of the tract where they belong. Never combine proteins with starches, such as meat, fish, fowl, game, eggs, sea foods, nuts, fresh fruits, cheese (except cottage cheese), peas, beans, etc. with potatoes, rice, bread or other starch foods. Peas, beans, etc. may be eaten as a starch, but not with other starches, for only one starch should be eaten at a time.

"Navy beans and dried peas - Some of the best authorities now advise against these, as they contain both protein and starch and are a "dietetic indiscretion" and quarrel with each other. Ancient writers on diet strongly advised against their use saying they were scavengers of the soil, sewage carriers and only fit for hogs! This does not apply to fresh green beans or peas: when dried beans or peas are eaten, then raw vegetables only are to be taken in combination - no meat or starches."

GAS-FORMING FOODS

All breadstuffs raised with yeast; butter, dried peas and beans, perfectly ripe plums, strong onions (stewed), cabbage cooked with meat, too many egg yolks and too frequent use of raw white of eggs, new buttermilk (it should be 10 hrs. old or more), string beans, spinach and cabbage with salt, grease or meat; sugar and cereals ferment; never use sugar and starches. Mix all starch foods thoroughly with saliva since their digestion takes place largely in the mouth; macaroni and cheese.

An unfired food diet is better than a cooked one. When one becomes accustomed to this he will never be satisfied with cooked food, which ferments in the stomach and intestines. While breaking away from your former methods of eating, take citric fruit, oranges or grape fruit, for breakfast, and nothing else. You may have cooked vegetables for your noon meal, and raw garden herbs and non-acid fruits (like figs, dates, raisins, nuts) for your evening meal.

LIVE FOODS

Organic minerals are found in all uncooked foods, and they supply the body with the proper mineral element to sustain life. When food is cooked, the natural salts in it are destroyed and the soluble salts are made insoluble by cooking. The system cannot assimilate inorganic mineral matter. When food is cooked, it is rendered lifeless and all the vital building principles are destroyed, leaving only dead matter. Disease and death come from improper eating. White flour, white sugar, cereals and all denatured foods change the blood into an abnormal condition, causing food to ferment in the stomach or bowels, producing a gas which brings a whole train of ills in its wake. So as much as possible, adhere to a RAW DIET.

Oxygen, nitrogen, hydrogen, in combination with the mineral salts of calcium, chlorine, fluorin, iodine, iron, magnesium, manganese, phosphorus, potassium, silicon, sodium and sulphur, are needed in the building up of grass, grain and fruit, without which animal life cannot exist on earth. The vitamins in plants and trees are found in the region of greatest growth in the leaves, buds and fruit. (See Vol.I, "The Chemistry of Foods and People").

FOODS THAT AGE YOU

People who eat the following foods will not only be a prey to all kinds of chronic diseases, such as rheumatism, high blood pressure, diabetes, catarrh, etc., but will age rapidly:

Canned meats and fish	Navy beans (1 yr.old)	all condiments
pork	lima "	rancid butter
old cheese	gooseberries	pasteurized milk
white flour products	potatoes without skins	canned milk
storage eggs	(white or sweet)	storage salted meats
white sugar	cooked rutabagas	smoked fish
salt	cooked eggs	cake and pie
rhubarb	cooked cabbage & corned beef	lard
bananas	tea and coffee	jams,jellies,preserves
cocoa or chocolate	tobacco and alcohol	baking powder (alum)
denatured breakfast foods	pepper	toast
cranberries	vinegar	beef tea

ALKALINE REACTION FOODS.

(Should constitute 80% of meal)

Foods that are ALKALINE are - whole wheat, bran, yolks of eggs, buttermilk, grapefruit, oranges, lemons, grape juice, dates, raisins, uncooked prunes, figs, liquor from greens, liquor from Irish potato peelings, all cooked succulent vegetables, all raw vegetables, all nuts (except chestnuts and roasted peanuts), brown rice, brown sugar, baked Irish potatoes, cheese, all ripe fruits.

ACIDITY

Illness is caused by eating too many acid-forming foods. Look over the above list and see if this is not true in your own case. Acid-forming foods decompose in the digestive tract, instead of digesting. They form acids, and as many as 30 different kinds of foul gases, which often linger in the body for weeks and even months causing many kinds of inflammation and also constipation - which is the mother of all diseases. The acid-forming foods cause almost all of your aches and pains, the blood ceases to be equalized, and mucous takes its place in the capillaries (the hair-like blood vessels), with the result that people look pale and are anemic. The American people are mucous fighters in the winter time, which is shown by the fact that they have one cold after another, catarrh and infected tonsils. If you eat foods that do not produce mucous you will have no throat trouble or colds, and there will be no pus from the tonsils to poison your system.

ACID FORMING FOODS

(Should constitute not more than 20% of meal)

The acid-forming foods are: white sugar, white rice, peeled Irish potatoes, white bread, dried peas, whites of eggs, oatmeal, hominy, lard and fat, crackers, veal, beef tea, salt meat, steak, pies and cakes, pearl barley, demineralized cornmeal, sweet potatoes, roasted peanuts, gravy, all starches

and meats, cooked prunes, plums, cranberries, fish, canned corn, lentils, chicken, oysters, navy beans, bananas, preserves, candy. All starch foods except potatoes in the skin are acid-forming. Let us not forget, in our enthusiasm for whole wheat flour and other whole products, that they require balancing with alkalines, non-starchy vegetables and the like, quite as much as do the proteins like meat, fish, eggs, etc. (For complete list of foods consult The Chemical Food Chart).

WHY WE ARE NEEDED

"A recent check-up of the health knowledge possessed by freshmen college girls - presumably the future intellectual cream of the nation's womanhood - is an excellent reason for the necessity of the health knowledge we are spreading far and wide. According to the report of the directors of hygiene in various women's colleges all over the country, knowledge of health and its requirements is about as advanced now as it was fifty years ago. It is nothing short of amazing to see grown up girls ignorant of the essentials of hygiene - especially of the important feminine hygiene - and equally ignorant of the simpler elements of health and diet known to all readers of this magazine.

"Down in the Carolinas, for example, according to Dr. Anna M. Gove, of the North Carolina State College for Women, it is an honor to a girl to have a nervous breakdown! Don't laugh - it's true. And the report adds that to have two or three breakdowns is a positive triumph! These breaks are the result, not of overstudy, but of ignorance of the effects of lack of exercise, the wrong kinds and quantities of foods, emotional strain, and lack of sleep. Many of the incorrect beliefs are the result of advertising - especially advertising relating to women and their peculiar weaknesses.

"Boiled down from the reports of 150 colleges, the results show that the greatest ignorance is in the field you know most about - the field of FOOD. In addition, 15% of the girls didn't know the purpose of ventilation; 27% didn't know the proper room temperature; 22% did not know the causes of mental and nervous disorders or breakdowns; and 72% - think of that - 72% believed that such breakdowns could be cured by hygiene alone. No mention of the right food, exercise, sleep, or sunshine! 30% of the girls - and this is really serious - knew practically nothing about the venereal diseases. The most popular misconceptions were that potatoes are the most fattening of foods; that walking with the toes out is best for the health; and that Turkish baths are better than systematic exercise for the health and the figure." - From MODERN LIVING, March, 1931.

DIET IMPROVES A NATION

"During the past half century or less the Japanese nation has added more than two inches to the average height of its people. Unusual? Yes. But not so unusual when you realize that most of it was done by diet. The Japanese government, very well aware of the fact that the diminutive size of its subjects constituted a national handicap, set about in a very sane manner to perform wonders - to make the "little brown men" comparable in size to the burly Europeans. And it is succeeding wonderfully well. It was found that it was not an inborn dwarfishness that makes the Jap small, but an environmental influence. This influence has been dissipated by diet and exercise. Apparently there are very few things that a judicious combination of these two factors cannot accomplish.

"In order to strengthen the physique and to increase the height as well as the resistance of its people, the government insisted on vegetables, meat and wheat in meals - foods used sparingly, if ever, by the majority of Japanese. One of the three daily meals, it was decreed, must be composed of the foods used in the western world. The change was immediately noticeable. The protein in eggs and fish brought about an unusual increase in the height of children - and in a relatively short time. Then came the exercise, in reality merely a supplement to the diet. The Japanese stopped sitting cross-legged on the floor and began using chairs - which gave their legs (that is the legs of growing boys and girls) a chance to develop normally. They took up western sports - tennis, baseball, rowing, dancing, boxing. But always diet was of primary importance.

"And look at the results! Consider the terrific congestion and the poor living conditions, with 60,000,000 people crammed into less than 150,000 square miles of land. Half the number of people in the United States - and only one-twentieth of its area! Forty years ago the average Japanese man was 5 ft. 1-1/2 in. in height. Thirty years ago - after the adoption of diet and exercise - the average height was 5 ft. 2 in. At present the average height is 5 ft. 4 in. - and the development is only beginning. A gain of 2-1/3 inches in forty years - a lot faster than evolution.

"Diet has done this for a whole nation. Diet - and normal physical activity. Now think of what diet can do for you - not so much as regards height - but in relation to health, to long life, and to happiness. Isn't it worth trying?" - MODERN LIVING, February, 1931.

FATIGUE POISONS

Over-working or over-exerting the body, driving it to the point where the wear exceeds repair, will cause poisons to be deposited in the body which are as depleting as any other poisons taken into the system. Fatigue, accompanied by sluggish elimination, often causes some of the worst cases of influenza and pneumonia. Fatigue often results from the body wearing itself out trying to operate against strong toxemia or anemia. Relaxation of the abdominal region causes fatigue in some cases. Do not drive yourself too much. Rest is as necessary as food to maintain the rhythm of the body. Lying down occasionally takes the strain off the heart and other organs, and lessens the generation of food poisons. Osteopathic or chiropractic treatments also aid in relaxing the body.

SLEEP - FOR MENTAL HEALTH

"Chronic loss of sleep - by which is meant insufficient sleep for an extended period of time - will seriously affect the mind. Dr. G. LaVerne Freeman of Yale, working in the laboratory of the Institute of Human Relations, proves that loss of sleep not only affects the body in a way familiar to everyone, but also brings about those emotional changes which interfere most with mental efficiency and social ease. The immediate physical result of loss of sleep is great muscular tension, invariably accompanied by very bad temper. It is possible to do a normal day's work after serious loss of sleep, and even to function under this high degree of muscular tension, but after that, the subject will go to pieces. The strain of doing daily routine work causes great fatigue which kills all social graces. Polite individuals will act like savages, and in a day will slough off the veneer of thousands of years of civilization". -MODERN LIVING, July 1931.

LESSON IV

VITAMINS

One cannot pick up a magazine or late book on health today without seeing something about the vitamins in it. There is much to be discovered about them, and such men as Hopkins, Eykman, Holst, McCollum, Evans, von Euler and others have been working on the experiments. Some authorities are a little skeptical about them and go so far as to say that none of these scientists has ever SEEN a vitamin, therefore it is questionable if they exist. Others take the stand that they are not a MATERIAL thing, therefore, could not be weighed and analyzed chemically, as they are the SOUL OF FOOD, the SPARK OF LIFE.

It is like trying to locate the soul in man. It is thought that the vitamin is the CARRIER of the mineral salts from the food to the blood stream and that cooking destroys some of them. That is why so many are advised to eat their food raw. But if we do not know WHAT vitamins are, we do know something of their action, and new discoveries are purported to be made in this direction daily. We know that without them the best of foods are useless - are just so much dead weight - and the body must get rid of it in some way if life is to go on. Life is impossible without their presence in our foods. They are like the match that lights the fire. In other words, cooking kills the life force and the food becomes a "dead" substance unable to provide nourishment to the body.

To designate the vitamins the scientists call them A, B₁ or F, B₂ or G, C, D and E. There are six we know a good deal about, with doubtless more to be discovered. Experiments with the one known as Vitamin B produced such contrary results that scientists finally came to the conclusion that they were dealing with two nutrients instead of one known as Vitamin B, so these are now known as B₁ or F, and B₂ or G. There is still evidence to believe that Vitamin B may have still more parts, and that all has not been discovered about it. English investigators are now describing B₃ and B₄.

In a pamphlet issued recently by the U.S. Department of Agriculture, they seem to take care of the question of how to ascertain whether there are enough vitamins in the diet. It says, "For health and growth the diet must contain first of all the protective foods - milk, egg yolk, vegetables and fruits. These provide safe-guards to health and growth not found to sufficient extent in other foods." In planning your menus try to include some of the protective foods. Each child should have three cups of milk daily, either in soup, desserts or as a drink. Cod liver oil may sometimes be necessary to add a very little to the diet in the winter, if the milk is low in vitamin content or the child is undernourished. But care should be exercised in this.

An easy way to remember the sources of the various vitamins is based on their solubility. Vitamins A, D and E are soluble in fat, and are therefore most frequently found in protective foods such as milk, cod liver oil, vegetables and fruits rich in fat. Vitamins B₁ or F, B₂ or G, and C are soluble in water; accordingly they are found in the foods that are rich in water, such as citrus fruits, apples and pears, tomatoes, potatoes, etc. A well balanced diet with fresh leafy vegetables and fruits exceeding the starch and proteins, such as are included in the menus (see Vol. I "The Chemistry of Foods and People") will give you all the vitamins except D, which can be provided through sunshine.

Foods that are dead do not contain vitamins. Among these are refined white sugar, manufactured forms of starches, highly refined cereal grains, polished rice, farina, pearl barley, white breads, etc. Meats contain little, if any, of the vitamins, and what little is there is destroyed by the high cooking heats at 350 to 450 degrees Fahrenheit.

COOKERY OF VITAMINS - Steaming food is more likely to prevent destruction of vitamins than other methods of cooking. Shorter time cooking preserves them (Dr. Gregory's Thinsy-Strip Cookery, Cooking Class Receipts). In Germany a new method of cooking through an electric oven and the sending off of rays from a high frequency machine raises the temperature of the food to only about 170 degrees. A vitamin is not destroyed until the heat reaches 194 degrees. The rays cause a slight rise in the heat of the oven, and a steak can be cooked brown in 5 minutes. You are safe in cooking foods that contain Vitamins A, B₂, D and E, but include some raw food in every meal to be assured of the more perishable Vitamins Y and C.

Dr. Thomas R. Boggs, chief Physician of the Baltimore City Hospital, reports that pellagra (a loathsome disease of the skin and spinal cord, sore tongue and mouth, reddening and scaling of the skin, diarrhea and even mental disorders) comes from an indulgence in alcoholic liquors, and it is claimed that Vitamins B and G are destroyed in the body by the destructive chemicals found in bootleg liquor.

Until recently it was supposed that Vitamins A and B were the GROWTH PRODUCING elements, but the most recent reports state that A, B, C and D are now necessary for growth. A, D and C prevent decay in teeth and keep one out of the dentist's chair.

VITAMIN A

VITAMIN A promotes healthful growth in all the higher forms of life. Carotin is rich in Vitamin A and is present in nearly all green vegetables, but nowhere is it found in such abundance as in carrots. According to Prof. von Euler of Stockholm, who has made extensive experiments on the vitamins, Vitamin A plays a most important part in the process of oxidation by which the body provides itself with energy. He found that green grass is very rich in Vitamin A, but that during the process of drying it to make hay much of this valuable vitamin content is lost through oxidation. However, by drying it in a special light, air-tight container the full vitamin A content is unharmed. The milk and butter from cows fed on this hay are unusually high in Vitamin A. It is especially good for undernourished and undergrown children. Many of the vitamins are destroyed through cooking, and this is especially true of carrots. He considers raw carrots one of the most healthful of vegetables, and of great value to make children grow.

Vitamin A increases the anti-infectional function of the blood cells and renders one less liable to infections, blood poisoning, pyorrhea, colds, pernicious anemia, convulsions, nervous disorders of pellagra and child bed fever. A lack of this vitamin does not show in the body for a long time, as enough Vitamin A is stored in the body to last from 4 to 10 weeks. By seeing that enough of the foods that contain this vitamin are in the diet, one can be protected against colds by eating daily plenty of raw carotin food. Dr. Robert McCarrison, Honorary Physician to the King of England, reports the result of his experience with thousands of cases of gallstones. In India, because of their poor nutrition, more people have them than anywhere else in the world. A deficiency of Vitamin A affects the epithelium,

the layer of cells covering all internal and external surfaces. When Vitamin A is lacking, the covering of the entire kidney tract suffers, causing a scanty flow of urine. The breaking down bit by bit of this lining in the kidneys, or gall bladder, forms a nucleii for the stones that sooner or later form in the bladder from an excess of calcium or sodium chloride in the diet. Vitamin A possesses great resistance to usual methods of cooking. If kept away from the air, it is not easily destroyed by boiling or drying. It is destroyed at 240 degrees.

FOODS containing Vitamin A are butter, milk, liver, lettuce, egg yolks, spinach and other greens, carrots, rutabagas, maize, Cod liver oil, olive oil and squash (all yellow colored food). Prunes contain it, but should not be given to children suffering from an acid condition, as the acids in them are not easily assimilable. Prunes are rich in calcium, phosphorus and iron, the small variety being less acid, and are helpful to normal children. Rice bran, or whole wild rice, keeps the ratio of calcium and phosphorus in the body especially good in rickets. Nearly all fats contain Vitamin A, but it disappears in rancid oils. It quickly succumbs to excessive heat. Heat sterilizes the foods, but kills the vitamins in the process.

We have often marveled at the strength of the Indian - how he could walk or fight all day, see as well as a bird of prey and often fast for long periods. Investigators think it may be due to the part maize, or yellow corn, played in his diet. Vitamin A seems to be strong in yellow or orange-colored food. Hague and Frost of Purdue University Agricultural Experiment Station are the authorities who claim that Vitamin A is present only in the corn with the yellow kernels.

Vitamin A also prevents an eye trouble known as Xerophthalmia. Its absence in pregnancy produces children with rickets. By eating carotin, the yellow coloring matter of some foods, especially of plants, we can manufacture Vitamin A. It is not found in white carrots, corn or turnips. Tomatoes have much carotin underneath the red skin; oysters are known to contain Vitamin A, also D and a little of B and C, and are considered more effective in preventing and curing anemia than liver. The green cells of vegetables (chlorophyll) carry iron into the body through Vitamin A. The greener the color, the more vitamin it contains; the amount of Vitamin A is in direct proportion to the amount of coloring (green) in the vegetable.

TOMATOES VERSUS TOMATO JUICE. The clear, yellow juice or "serum" of the tomato contains only 1/32 of the amount of Vitamin A originally produced in the food by nature. The real value lies in the solid parts, pulp and peeling. Unless tomato juice has large chunks of tomato floating around in it, its Vitamin A value is worthless. Tomatoes contain Vitamins A, B and C, but are very susceptible to change by exposure to air, and canning hastens their destruction. Infants can take twice as much tomato juice as orange juice without causing digestive disturbances.

VITAMIN B₁ or F

This vitamin prevent neuritis and beri-beri, a disease due to eating polished rice. It is necessary for sound nerv'ds, sound sleep and perfect digestion; is especially recommended for that "tired feeling", loss of sleep, appetite and bodily vigor. A shortage of this vitamin in a nursing mother's milk may result in a dulled intelligence in the infant. It is now known that

Vitamin B is a preventive of the condition that leads to diabetes.

FOODS - Vitamin B₁ or F is found in milk, grained flour; (white salt and soda are known to be antagonistic to the properties of Vitamin B₁, and for that reason should not be added to the water in which any of these foods are being cooked). Vitamin B₁ is not so affected by temperatures as some of the other vitamins and is often found in thoroughly cooked, preserved, dried or frozen food. While it resists drying, it is more easily destroyed by heat than Vitamin A, therefore the cooking time should be as short as possible. It is destroyed at 220 degrees. Nail-biting, thumb-sucking and similar bad habits are, according to latest scientific reports, really due to a diet lacking in Vitamins B and D. These bad habits were overcome in test cases in 10 days by adding these vitamins to the diet. Dr. A. Zaborowski of Paris found that female animals would devour their young, or their mates, when deficient in these vitamins.

VITAMIN B₂ or G

This is known as the anti-pellagra vitamin and is necessary for growth. Drs. Day and Langston of Little Rock, Ark., claim that there is a relationship between Vitamin G and cataracts. They kept rats on a diet free from this vitamin for from 60 to 87 days, and one result was that every rat had a cataract growing over its eye. But when Vitamin G was restored to the diet the growth of the cataracts was checked. It may be lacking from a diet for a long time before there is any evidence of deficiency, but by using a liberal supply of the foods containing it, one will be protected. This vitamin is very hardy; it resists alkalis and high temperatures. Cooking does not destroy it. In the poorer sections of the South where the diet is of corn bread, grits, molasses and salt pork (lacking protective Vitamin B₂), pellagra is the result.

FOODS containing B₂ or Vitamin G are: milk, yolks of eggs, fresh beef, the germ of wheat, fresh vegetables (especially vine-ripened tomatoes). As these foods contain it in such minute quantities, it is therefore advisable to eat plentifully of them.

VITAMIN C

Vitamin C - antiscorbutic - good for scurvy, skin disorders and tooth decay; is found in cabbage (raw), turnips, tomatoes, raw apples and oranges, Cooking or dessicating greatly impairs this property, particularly heat long continued, even of a low degree, (as when foods are kept hot a long time between cooking and serving). Cold storage does not affect the qualities of fruits and vegetables as does heat. This vitamin is driven off at 120 degrees of heat, therefore eat these foods raw. Drying or freezing also affects it. Drs. Mackie and Chitre of India discovered that Vitamin C. is absolutely necessary for digestion - upon which depends the well being of the entire system. It also helps the selection and absorption of food substances in the small intestine. When Vitamin C is diminished the first thing that takes place is a drop in blood pressure. It will fall sometimes from the normal 120 degrees to as low as 50 degrees - then appears scurvy. When there is not a sufficient supply of Vitamin C, the outer layer of cells covering the inner surface of the intestines dies. These lacteals or villi (mouth-like structures which suck up and absorb the food material as it passes down the intestinal tract) shrink up and are unable to take up the nourishment. To remain healthy then, one needs plenty of Vitamin C.

Dr. Otto Hanke, Department of Pathology, University of Chicago, who has carried on such wonderful experiments regarding tooth decay, recommends the following diet to correct any Vitamin C deficiency: The juice of one lemon in 1 pt. orange juice daily (or the PepeCocktail, see page 7). He also suggests 1 pt. to 1 qt. milk daily, 2 egg yolks, 1/4 to 1/2 head of lettuce or raw cabbage, and any desired fruits and vegetables. For children from 6 to 10 years, half these amounts is sufficient, except for milk.

VITAMIN D

"Prof. Adolf Windans of Berlin has isolated Vitamin D and produced pure crystals of this substance. It takes about three-billionths of a percent of one gram of this to cure rickets. One-fifty thousands part of a gram can be poisonous. Nature has not allowed Vitamin D in foods in its pure form. The only way in which Vitamin D can get into the body is by sunshine striking the skin. When Vitamin D accumulates in the body in this way, nature produces a sunburn, and when still more Vitamin D is produced nature provides a sun tan". Both of these are nature's protection against too much Vitamin D. Very few foods that are subject to the rays of the sun away from their source retain Vitamin D., but all food that can be picked and eaten with the sun's rays in it contain this element and is vital food.

Avocados are high in Vitamins D and E, and more so when tree-matured. It is also found in olive oil. When there is a sufficiency of Vitamin D in the underlying tissues of the skin it increases the utilization of calcium and phosphorus, which are needed for healthy teeth and bones, and causes stimulation of the ductless glands. In overcoming rickets, sunshine from the sun or a sun lamp is necessary, as calcium and phosphorus cannot make teeth without Vitamin D. Sunlight strained through glass or even a screen is of little value. You get the heat in this way, but not the benefit you should. Keep your windows open and don't STRAIN THE SUNLIGHT. Vitamin D is very resistant to heat in cooking, because of the fatty foods which contain it.

One must be very careful, however, not to overdo a good thing. Vitamins in excess can be harmful to children if they get too much of them. Children suffering from rickets are given Cod liver oil to counteract this disease because of Vitamin D which it contains. Babies with rickets benefit from this food and from sunlight, but too many mothers give their infants Cod liver oil as a matter of routine, not knowing whether the infant has an abundance of Vitamin D or not. Dr. Halmberg in 1928 found that the muscles of the heart were affected (at an autopsy) where infants had been given large doses of Cod liver oil. Other doctors have found intestinal trouble and hypercalcemia (too much calcium in the tissues) from some manufactured preparations containing Vitamin D. These discoveries purport that if a child does not have rickets and yet is given large doses of Cod liver oil or other Vitamin D preparations, the child will lose weight, appetite, vomit and develop kidney trouble. A baby that did not need Vitamin D in such large quantities was killed by administering daily 3 teaspoonfuls of Cod liver oil. The baby died of kidney trouble, although before taking this she was in perfect health. So parents are advised not to give it in the diet except in cases of rickets and necessity. To know how much Vitamin D the body can stand, let nature take the responsibility. Get your Vitamin D through sunlight. Sunshine striking the skin makes just enough of this valuable vitamin, and when you get too much you will become tanned so as to shut it out.

Science has now found a new use for Vitamin D. It hastens the formation of the clot in blood so that bleeding after a cut or operation is lessened. So when about to have teeth extracted or an operation performed, be sure to get plenty of Vitamin D from the diet by eating egg yolk, cod liver oil, kippered herring, carrots or greens - and best of all - by taking sun baths.

Improved digestion is also laid to Vitamin D. Recent experiments with irradiated (sun-treated) ergosterol (which provides the same effect as sunshine), caused quicker metabolism (changing of food into body material). The swifter the digestion, the faster the metabolism, and the healthier will be the subject. This was especially the case when calcium and phosphorus were present in the diet. Calcium seems to be produced by the action of direct sunlight, which is now known to be good for intestinal sluggishness. A doctor who worked with shell-shocked soldiers suffering from epilepsy reports that a combination of ultra-violet light, or sun-ray, and calcium is the most effective aid to combat the disease. A combination of sun shine, or the sun-ray, and calcium in the diet produces Vitamin D.

Certain chemists working at the Massachusetts Institute of Technology discovered that vitamins gave off some kind of radiation, and that Vitamin D gave off a gas high in oxygen that kills bacteria. This oxygen probably burns up the bacteria. The more powerful the vitamin, the more vapor it gives off. Vitamin D will therefore kill tuberculosis germs, diphtheria germs and the bacteria that come from food putrefaction in the intestines. It also helps the action of the thyroid and parathyroid glands, as well as the whole glandular system. Those taking gland extracts had little results without Vitamin D; but when it was supplied the glands came back to normal almost immediately and started functioning.

ERGOSTEROL - is the substance found in the inner layers of the skin, and also in other plant and animal sources. Ergosterol as found in yeast is being used to create vitamin D, into which it is changed when acted upon by ultra-violet rays. This is what happens when we take sun baths.

VITAMIN E

Vitamin E protects against sterility, or childlessness. When a diet given to animals is deficient in this vitamin they do not reproduce. It keeps the body young and vital. The best sources of it are in the germ of wheat, lettuce, watercress and other leafy vegetables, crude maize oil. Dr. Vogt-Moller of Odense, Denmark, treated two women, both of whom had aborted four times, with 5 cubic centimeters (about 1 spoonful) of wheat germ oil every day for two weeks. From then on he continued the same dose once a week throughout pregnancy, and both bore healthy babies. Vitamin E is long-lived and tough; neither air, alkalis, acids, light nor heat have much effect upon it. Therefore cooking will not destroy it.

VITAMIN Y

English scientists Chick and Copping say they have found another vitamin essential to growth called Vitamin Y. It is present in relatively large amounts in green, leafy vegetables and egg yolk.

EDDY'S VITAMIN TABLES

Bulletin No.2, Defensive Diet League of America

Eddy's Vitamin Tables show the distribution of these essential elements in our common foods. Letter x represents a very small proportion; xx a larger percentage; xxx still larger; and xxxx the maximum quantity; 0 none; ? possibly small percentage; -- (blank) not known as yet.

MEATS				DAIRY PRODUCTS			
	A	B	C		A	B	C
Beef hearts	x	x	?	Cream	xxx	x	0
Brains	xx	xxx	x?	Whey	x	xxx	x
Cod fish	x	x	?	Whole milk	xxx	xxx	xx
Herring	xx	xx	?	VEGETABLES			
Horse meat	x	x	?	Cabbage	xxx	xxx	xxxx
Kidney	xx	xx	?	Carrots	xxx	xxx	xx
Lean muscle	0	0	x?	Cauliflower	xx	xxx	xx
Liver	x	x	x?	Celery	?	xxx	?
Pancreas	0	xxx	?	Lettuce	xx	xx	xxxx
Pig hearts	x	x	x?	Rutabagas	--	xxx	--
Fish roe	x	xx	?	Onions	?	xxx	xxx
CEREALS				Parsnips	xx	xxx	--
Barley	x	xxx	?	Peas	x	xx	xxx
Bread, white	--	x?	--	Potatoes, sweet ...	0	xx	xx
Whole Wheat bread..	x	xxx	?	Potatoes, Irish ...	0	xx	?
Corn, yellow	x	xxx	?	Spinach	xxx	xxx	xxx
Oats	x	xxx	0	SEEDS			
Polished rice	0	0	0	Beans, kidney	--	xxx	--
Rye	x	xxx	0	Beans, Navy	--	xxx	--
Corn embryo	--	xxx	--	Beans, soy	x	xxx	0
Malt extract	0	0	0	Cotton seed	xx	xxx	--
Wheat bran	0	x	0	Flax seed	xx	xxx	--
Endosperm	0	0	0	Hemp seed	xx	xxx	--
Kernel	x	xxx	0	Millet seed	xx	xxx	--
FRUITS				Peanuts	x	xx	--
Apples	--	xx	xx	Peas, dry	x?	xx	0
Bananas	?	x	xx	Sun Flower seed...	x	--	--
Grape fruit	--	xxx	xxx	FATS AND OILS			
Grape juice	?	x	x	Beef fat	x	0	0
Lemons	--	xxx	xxxx	Butter	xxxx	0	00
Oranges.....	--	xxx	xxxx	Cocanut oil	0	0	0
Pears	--	xx	xx	Codliver oil	xxxx	0	0
Raisins	--	x	x	Corn oil	0	0	0
Tomatoes	xx	xxx	xxxx	Cotton seed oil ..	0?	0	0
Limes	--	xx	xx	Egg yolk fat	xxxx	0	0
DAIRY PRODUCTS				Fish oils	xx	0	0
Skim-milk powder ..	x	xxx	x?	Lard	0?	0	0
Cheese	xx	x	?	Oleo, animal	x	0	0
Whole-milk powder..	xxx	xxx	x?	Oleo, vegetable ...	0	0	0
Condensed milk	xx	x	0	Pork fat	0?	0	0
Butter	xxxx	0	0	Tallow	0	0	0
				Vegetable oils ...	0?	0	0

(continued on next page)

MISCELLANEOUS ITEMS - EDDY'S VITAMIN TABLES

	<u>A</u>	<u>B</u>	<u>C</u>		<u>A</u>	<u>B</u>	<u>C</u>
Alfalfa	xxx	xxx	?	Timothy.....	xx	xxx	--
Clover	xxx	xxxx	?	Yeast brewers .	0	xxxx	0
Honey	--	xx	0	Yeast cake	0	xx	0
Malt Extract	0	0	0	Yeast extracts.	0	xxx	0

CHART OF VITAMINS

<u>Vitamin</u>	<u>Purpose in Diet</u>	<u>Result if Deficient</u>	<u>Best Known Source</u>
A	Growth-promoting and Preventive for Xerophthalmia	Xerophthalmia, a dry and thickened condition of the mucous membrane of the eye.	Cod-liver oil, egg yolk, whole, fresh milk, beef fat, liver, butter, fats, oils, green leaves such as lettuce and spinach.
B	Anti-Neuritic	Beri-beri, a condition characterized by general weakness and paralysis of legs. Best known as an East Indian disease.	Yeast, whole fresh milk, liver, sweetbreads, heart, brain; green leaves, growing parts of plants, grains (especially the germ) nuts.
C	Anti-Scorbutic	Scurvy, hemorrhages into the skin, due to deficient and improper diet.	Citrous fruits, tomatoes, sprouting grains, green leafy plants as celery, lettuce, etc.
D	Anti-Rachitic	Rickets, increased cell growth of the bone, especially in the joints, but deficient in the very necessary phosphates and calcium.	Various liver oils, especially cod-liver oil; sunshine to the affected parts.
E	Reproductive	Sterility, condition of being barren, unable to reproduce.	Vegetable oils, and oil from the wheat germ,

Not ALL of the items listed in the above charts - even if high in vitamins - are accepted by us as food unless they measure up to other requirements such as are set forth in these diets; and their presence in these charts is by no means a recommendation for their use: for example - pig's heart, lard, cotton-seed oil, Navy beans, pork fat, tallow, yeast, liver, sweetbreads, etc.

LESSON V

HOW TO REDUCE AND BUILD UP THE TYPES

The Fat Types

Fat people are diseased, their bodies cannot burn up fat. The pounds they have to carry around bring on diabetes, high blood pressure, apoplexy, kidney disorders and fatty degeneration of the heart. There are various types of fat:

- 1 - Those who get fat according to their chemical type (see Volume I).
- 2 - Those who get fat because they over-eat; they are ruddy in complexion, fat solid and mainly on the abdomen; are not slow nor sluggish, but usually jolly, more or less the Santa Claus type.
- 3 - Those who were once athletes and developed huge muscles, then stopped exercising and the muscles not exercised turned to fat. This makes fatty degeneration and soft, flabby fat.
- 4 - Maturity fat of those between 40 and 50, produced by lack of exercise, treating the self too well - usually about 10 or 15 lbs. overweight.
- 5 - Fat accumulated on abdomen from over-consumption of carbon foods; or heavy in the hips from sitting too much - "desk-chair spread".
- 6 - Glandular fat from failure of the glands to work properly.
- 7 - Fat stored around the hips and bowels under the skin without other causes is often produced by failing sexual power.

THE CARBON TYPE becomes stout all over, with large ankles, hips and legs; large arms but smaller width of bones at the chest than the Oxygen type. There is a heaviness on the feet, a desire for rest and ease. Carbon affects the memory, the will and the intelligence. This type lacks the will to reduce their diet and will not stay away from bread, pie, cake, candy and pastry, which eats the firmness out of their teeth and bones as well as their brains. Carbon has an affinity for calcium, and drinks it out of the system, ruining the teeth and firm bones. The soda fountain, the bakery and the candy store are the dentist's hope. Thin, emaciated people like these foods, but they cannot assimilate them. Hence they remain thin, and the carbon lies in the intestinal tract producing acids and toxins. All fat people are starved for organic calcium, chlorin, iodine and sodium. These keep down weight by building bone, ligaments, and by balancing the glandular system.

One may have carbon fat produced from starches without being a Carbon type. Any type that can assimilate starch or sugar and overeats of them may become fat from this cause. These people suffer from MIDDLE-AGED FAT. The period between 40 and 45 is a man's or woman's most critical age, for that marks the beginning of degenerative changes. It is the time of high blood pressure and organic deterioration of heart and kidneys, and the increase in weight. When growth in height stops (as it does at 25) there is a gradual thickening about the waist-line which, if nothing is done to check it, becomes a positive menace by the time one is 50.

Everyone should start considering his weight at 35 years, otherwise it is likely to get a start that is difficult to control. Gross overweight is a decided detriment, and life insurance companies usually refuse insurance to those overweight. Avoiding control can be achieved by a proper diet and exercise. Among the best of foods for the CARBON FAT person to use are the fruits and green vegetables. By cutting out starches and going on a Fruit Feast of orange juice or tomato juice for a week, a pound a day can be lost. Then when they go on a normal diet, they must select foods very low in carbon and starch and high in Vitamins A, C and D, so that the bones in the body can be made stronger. These people need calcium especially to make the bones stronger. Consult carbon foods (p.26, Vol. I, "Chemistry of Foods and People"), and cut them out of the diet. Also cut down on the AMOUNT that is eaten. People past middle life should eat only half as much as formerly. Breakfast of fruit; luncheon or dinner the large meal of the day, and the other meal a light repast. Honey, dates and figs may be used sparingly if they do not seem to increase the weight, as some carbon food is necessary to balance the diet. Keep the bowels open.

THE HYDROGEN TYPE - is made stout by water and liquids. They take on weight at the hips, around the waist ("spare tire") and lower legs, but seldom at the chest. The lower face and neck are large, with watery, puffy flesh. Eliminate water drinking to a minimum, substitute lemon or lime juice, stay out of the bath tub and water (shower baths being better) and use a diet rich in chlorin foods. Too much water drinking forms bags underneath the skin and washes important salts, such as sodium and chlorin, out of the body, causing obesity. The lower bowels become too large, and the tissues become water-logged. Too much water decomposes in the tissues. It is difficult for this type to reduce because they are so hot and thirsty most of the time. Hot water drinking is more reducing than cold water (which increases the weight in fleshy people, but not in thin people).

To reduce, put on a chlorin and potassium diet, with dry foods; must re-train the tissues to do without so much liquid. This type often tries to reduce on a water or orange juice fast, but has little success, due to taking too much water. I do not recommend the FEASTING treatment for this type

10-DAY REDUCTION FOR HYDROGEN AND OILY TYPES

1st Day
1/2 teasp. of C-VEG-SALT in hot water 1/2 hr. before balance of diet (daily)
Use C-VEG-SALT liberally on food.
8 A.M. - 1 glass of lime juice or lemon juice (1/2 juice to 1/2 distilled hot water) daily; sweeten with honey if desired.
9 A.M. - 1/2 head of cabbage eaten raw, shredded and sprinkled with lime or lemon juice and CALI-KELP.
10 A.M. - 1 glass of sauer-kraut juice, 3 or 4 ripe olives.
11 A.M. - coconut milk.
11:30 A.M. - sun bath.
12:00 - broiled ham, lemon juice on watercress, shredded carrot and cabbage salad, with CALI-KELP sprinkled on.
2:00 P.M. - 1 glass of limeade.
3:00 P.M. - cabbage juice (extract juice by putting through Sepro-siv)
4:00 P.M. - carrot and spinach juice.
6:00 P.M. - anchovies on Swedish bread, raw cabbage, CALI-KELP, ripe olives.
Before retiring take 1 glass sauer-kraut juice; take enema every night.

2nd Day

8:00 A.M. - Breakfast, "pep cocktail".
9:00 A.M. - lemonade.
10:00 A.M. - fresh cherries, strawberries or other seasonal fruit.
11:00 A.M. - 1/2 glass limeade.
11:30 A.M. - sunbath.
12:00 M. - boiled salted haddock, CALI-KELP, tomatoes sliced, shredded red cabbage, watercress, lime juice dressing. 1 piece Health Candy.
2:00 P.M. - lemonade.
3:00 P.M. - Cucumber salad, C-VEG-SALT, ripe olives (see page 11), hot O-PEP-O-MINT TEA.
4:00 P.M. - two apples.
6:00 P.M. - dinner: white goat's cheese cut thick with a slice of raw turnip between; cabbage, apple and walnut salad with reducing salad dressing and ripe olives; 1/2 glass sauer-kraut juice before retiring. Enema.

3rd Day

8:00 A.M. - Breakfast, baked apple with honey.
9:00 A.M. - limeade or lemonade.
10:00 A.M. - handful of dulse.
11:00 A.M. - cabbage juice.
11:30 A.M. - Sunbath.
12:00 M. - broiled lobster, hot sauer-kraut, C-VEG-SALT, fresh spinach, agar gelatine, lemonade. Lobster takes 3 hours to digest; so there should be no food nor drink taken within this time after eating.
4:00 P.M. - cabbage juice, C-VEG-SALT.
5:00 P.M. - limeade or lemonade.
6:00 P.M. - dinner: dried beef, shredded carrots, cabbage, ripe olives, pineapple, walnuts, with lime juice dressing.
1/2 glass sauer-kraut juice before retiring. Enema.

4th Day

8:00 A.M. - Breakfast, 1 grapefruit with honey.
9:00 A.M. - 1/2 head raw cabbage with lemon juice, C-VEG-SALT and CALI-KELP.
10:00 A.M. - lemonade with yolk of egg and honey.
11:00 A.M. - hot O-PEP-O-MINT TEA.
11:30 A.M. - sun bath.
12:00 M. - steamed shrimps with hot butter, or shrimp salad with raw cabbage, shredded beets, watercress, lemon juice, pineapple sliced with shredded cocoanut.
2:00 P.M. - dulse.
3:00 P.M. - limeade.
4:00 P.M. - cabbage juice.
6:00 P.M. - dinner: baked ham, kohlrabi, steamed cauliflower, raw shredded red cabbage and carrots, ripe olives, dulse. 1/2 glass sauer-kraut juice before retiring. Enema.

Continue this diet for 10 days, beginning again with the first day's routine. For the construction of further menus, consult "Chlorin Foods", page 55, Vol. I, "Chemistry of Foods and People".

When thirsty sip lemon juice diluted, or limeade; keep plenty of salty foods and C-VEG-SALT in the diet. Also be sure to get some of the vitamins in the diet daily to keep the chemical balance correct. The difficulty in many of the reducing diets is that they are chemically unbalanced, such as the

"18-day Hollywood diet" composed principally of broiled chops and pineapple, which left the body in a weakened condition because it was deficient in chemistry and vitamins. In the second week potassium and sodium foods can be added to the diet, but keep raw cabbage, lemonade and salty food as the center around which everything else is built. Take Epsom salts or Turkish baths twice a week, showers daily, and exercise enough to get up a good perspiration. Take one enema each night to wash away broken down fat cells. Two weeks is long enough to continue on this diet, as it is not wise to reduce too rapidly. One can go on a reducing diet once in every 6 weeks. In the meantime follow a normal diet and be careful about drinking water, beer or liquors and eating hydrogen foods to excess, or you will gain back what you have lost.

THE NITROGEN TYPE - takes on weight principally at the hips, the thighs and abdomen, although the flesh is very solid all over the body, and plentiful. The flesh is cold to the touch. Nitrogen is the element that builds solid flesh, is a cooling element, and without it oxygen would burn up our tissues. As all the actions of their bodies are slow, it is a slower process to reduce the Nitrogen type, especially since they like starches, sweets and meats. Eliminate protein or nitrogenous foods, such as peas, beans and meat, and substitute leafy green vegetables, fruits, etc. and have them take plenty of exercise. These people are great meat eaters and should eat plenty of calcium, potassium, sodium and magnesium foods. (See Vol. I, "The Chemistry of Foods and People", page 33). Any of the menus in Volume I, with the meats and proteins omitted, will reduce this type. They should take a 10-day cleansing diet, including a week of potassium puree. This will assist them to lose a pound a day. They can follow the entire regime listed under Cleansing Diets, and should take exercises for the hips and legs. They need more oxygen, so should take exercises that make them breathe deeply. Bathe daily in summer and bi-weekly in winter, in warm water and tub baths. Sea baths are not so good. Horseback riding is good for them, also stretching exercises. Need foods rich in sulphur, iodine, phosphorus, chlorine, CALCIUM, magnesium, manganese, sodium, potassium, silicon and iron, outer parts of grains, warm foods, vegetable proteins; avoid meats, milk, water, starch, fat, cold foods and stimulants. Require a high altitude, massage, perspiration baths. Should take LUBRITONE and OZOLAX daily to keep bowels open; take sunbaths; are much benefited by sleeping out of doors. Cut down on sleep.

THE OXYGEN TYPE - does not need vitamins so much as he is supplied with them, and takes in plenty of air. His face is round, as is his whole body, and because it is the air that makes him fat, this type seems almost hopeless to reduce. Eliminate oxygen foods, too much exercise, sugar, starch, and add foods low in iron. This type takes on weight principally at the shoulders and tapers toward feet and ankles. They are light on their feet, restless, and never found to be lazy or retiring. Place on a cleansing diet for 10 days. Golf is the best exercise for them, or horseback riding; they need warm tub baths daily, vigorous massage; should include in their diet foods rich in sulphur, phosphorus, chlorine, calcium, potassium, sodium and silicon; need broths, greens, vegetables, cooling citrus drinks, fish; omit dairy drinks, meat, fat, sugar, starch, spices, wines, beer, mild drinks, stimulants. It would not be advisable for this type to take a tomato juice cleansing diet. Need plenty of iodine, manganese and magnesium foods. As they do not have many iron or oxygen foods in diet, do not give exercises that will cause too deep breathing. Cut down also on carbon and hydrogen foods. This type is sometimes caused by an interference with the thyroid gland, and is called a "hypo-thyroid type".

THE OILY TYPE - Since this type is a compound of the Carbon, Hydrogen and Oxygen types, and becomes fat on oils and fats due to insufficient oxygen in the chemistry of fatty tissue, he becomes excessively corpulent. Reduce this type through a diet similar to the Hydrogen type, cutting down on ripe olives, butter and oils. Give him hot citrus fruit drinks, and make up menus from asparagus, cabbage (raw), carrots, cauliflower, goat's cheese, cucumbers, dried black olives, dried prunes, fish, head lettuce, horseradish, lean meat, limes, oat drinks, red cabbage, sour lemonade, strawberries and other foods high in silicon, potassium, calcium, iron and citric acid. Omit starches, sugars, fats, soups, a high calcium diet, a high protein diet; all salads should be sprinkled well with C-VEG-SALT, CALI-KELP and lime or lemon juice; only 5 to 6 hours sleep a day, 2 hours at a time; vigorous Swedish massage with alcohol and hot fomentations to dissolve and melt the fat. Does not need a rich vitamin diet.

THE ISOGENIC TYPE - is a combination of the Calcium, Phosphorus and Carbon. As they are short of sodium, magnesium and chlorine, they need to omit foods high in carbon, calcium, fats, animal proteins, strong drinks and sugar, and need to increase iron, potassium, silicon, citric acid fruits, berries and a dry diet. They need vitamins in abundance. Put them on a tomato juice or celery cleansing diet.

DESK-CHAIR WEIGHT

An exercise for the spreading of the hips, due to sitting all day, which is sometimes referred to as the "desk-chair spread", is to sit on the floor, feet crossed, hands behind the back, elbows straight, palms on the floor; using arms as legs, "hitch" yourself as though walking across the floor rolling from side to side in the progress. This is walking in a sitting position. Go back and forth across the room 8 or 10 times like this. You can feel the surplus weight being smashed off as you move along. In a month's time you should lose 2-1/2 to 3 inches in your lower hips. This is especially good for the Nitrogen people. It is a formula that was given to some of the movie stars by a famous teacher of reducing.

Another good exercise to reduce the waist is to stand erect and lift a stool or heavy book off the floor without bending the knees; bring it out in front with arms extended, and then straight up over the head. Later it can be done with a chair, but if back is weak it should be practiced with a lighter object first.

GLANDULAR FAT

Thyroid Fat - The thyroid glands in the body have a great deal to do with governing weight. This gland produces a secretion which is thrown into the circulation and produces chemical reactions. There is one drop of thyrocin found in 3 million drops of blood. The body, depending upon the diet, may manufacture too much or too little. When in excess it produces ingrowing goiter. This gland regulates the energy of the body, acting either as a brake or an accelerator. When a person is "speedy", acts quickly, brain clear and movements rapid, this indicates an energetic thyroid, one that is functioning well. When the thyroid is dull or slow, it produces a slow, sluggish body. They talk slowly, cannot remember, fond of sleep, wake at midnight and want to talk a lot and do things, have moments of sudden spurts of energy, ambitious to do things, then again "too tired" to do anything. Fat is a fuel in the body. It is burned up if we have proper body fire, which is oxygen; the spark is the thyroid. When this gland is slow the spark is slow in igniting the fire, then fat accumulates.

APPEARANCE - The person suffering from the hypo-thyroid type of fat has fat distributed all over the body, with a moon-shaped face, two or three chins, fleshy hands, wrists and lower legs; fat feet, fat abdomen and a "hump" of fat on the back of the neck. Some of these people become very large and weigh up to 600 lbs.; often seen among the colored people.

TREATMENT - This is really a case for a specialist to handle. Many of the drugless physicians know how to cope with these cases. Sometimes they have fed them with thyroid extracts, but unfavorable conditions have developed; after all, making the thyroid depend upon artificial thyroid extract when it should manufacture its own is not helping much, for as soon as one stops taking it the gland refuses to work. Put these people on a 10-day Cleansing Diet; then see that their daily diet contains plenty of iodine, potassium, sodium, chlorine, magnesium, calcium and silicon foods. They especially need Vitamins C and D, plenty of sunshine and sunbaths. Use CALI-KELP and dulse liberally, Irish moss desserts and sea foods.

DIET FOR HYPO-THYROID FAT - In reducing this type the thyroid must be kept active with not too much or too little to do. Eating too much protein food and too much iodine in the diet will overwork it. A lack of iodine will cause it not to function. Only one-fifth of the food consumed in a day should be protein, one-fifth starch and the other three-fifths should be those foods containing mineral salts. Fats and starches are used in the diets because they help burn up the food better. It has been found that a certain proportion of fat eaten with meat will help it to digest. Some fats and starches, by helping to burn up the other things eaten, seem in these cases to reduce them faster. A mono-diet (one food at a time) is the better way for this type to reduce. Cut down on carbon and nitrogenous foods. As constipation often is responsible for a sluggish thyroid, keep bowels open with LUBRITONE and CALI-KELP. Eat very little meat, dried beans or peas, fowl or lentils; fish, nuts and yolk of egg being better proteins to take.

REDUCING DIETS FOR GLANDULAR TYPE -

Breakfasts

Pep cocktail (do not leave out honey as it furnishes the necessary carbon). May vary with grape fruit, orange, grape juice for pep cocktail.

Luncheons

1 raw vegetable salad with French or non-fattening dressing, only 2 vegetables should be combined at a time. Examples:

1 glass of milk	(lettuce & shredded carrots	(shredded cabbage & carrots
may be taken with	(" " " beets	(celery, apples & raisins
any of these:	(" " " cabbage	(endive
	(" " cucumbers	(chickory
	(" " celery & ripe olives	(watercress
	(" " avocado	(raw spinach

1 glass of soy bean, goat's, cocoanut, almond or cow's milk may be taken with the following fresh fruit salads:

lettuce, apple and celery	lettuce and pears
lettuce, grapefruit and oranges	lettuce, strawberries and oranges
lettuce, with berries of any kind,	or peaches, apricots, plums, nectarines,
fresh figs, papaya, avocado, tangerines, watermelon, canteloupe or melons (no milk with melons).	

1 glass of milk may also be taken alone with any of the following: grape-fruit sections; scraped apples, sliced peaches, figs or apricots, pineapple or raisins. For other combinations consult "Salads", page 11.

Dinners

Eat on alternate days proteins and starches. Sprinkle food liberally with CALI-KELP. Use C-VEG-SALT.

Starches with vegetables - on Monday, Wednesday, Friday: Can use bread or dry cereals with vegetables; or oat water, wild rice, whole brown rice, whole oatmeal, whole corn meal mush, cooked whole wheat, or whole dry cereals (to be found in Health Stores). Examples:

- (1) - Spinach and whole wheat bread and butter (2 or 3 oz.)
- (2) - Broiled mushrooms on toast, artichokes (steamed).
- (3) - Asparagus on toast, almond milk.
- (4) - Kohl-rabi, soy bean bread and butter, etc.

Choose vegetables from page 86, Volume I.

Proteins with vegetables - on Tuesday, Thursday, Saturday, Sunday:

- (1) - lamb chop, apple sauce, 1 piece of Zwiebach and butter.
- (2) - 3 oz. minute steak, stewed apricots and honey.
- (3) - 3 oz. lima beans and sage, 2 oz. turnip greens, Irish moss pudding.
- (4) - 3 oz. broiled chicken, 2 oz. spinach, sliced oranges.
- (5) - 3 oz. ocean fish or sea food, Swedish bread, stewed figs.

Before retiring take 1 cup of sage tea or fennel tea and honey; use fruit juice drinks between meals when hungry. Be sure to have three bowel movements a day; if not, take an enema each night, and use LUBRITONE and OZOLAX.

FEVER BATH - Put rubber cap on to protect the hair and to prevent the body heat from escaping. Grease the face with cold cream and leave on to help keep heat in body. Have the temperature of the water brought up gradually while you are sitting in it to 105 degrees, (use bath thermometer). Keep the bath between 105 to 108 degrees for 30 or 50 minutes. This will raise the temperature of the body to 99 or 100 degrees, giving the body a mild "temperature" or fever. Dry carefully, get into bed and stay well covered up for one to two hours. This should be taken preferably at night. At the end of this period take a tepid shower and retire for the night. This helps to burn up the fat. Do not take more than two a week; or do not take at all if you have heart trouble.

AIR BATH - This is a slower method of burning up the fat, but better for oxidation. Stand nude in a breeze blowing 20 miles per hour at a temperature of 50 degrees. This will raise the metabolism 25% to 45%. Millions of pores will be opened, carbon dioxide comes out and oxygen goes in. The blood is chased out of the surface of the body, the skin is cooled and the body wakes up inside. The pulse beats faster and the metabolism is increased. Take first in a warm room with plenty of circulation, with a breeze blowing through the windows, or with an electric fan, for 15 minutes. Lengthen the time each day, taking colder and oftener. Physical culture exercise out of doors will also raise the metabolism and get the circulation speeded up.

PITUITARY FAT - Almost in the center of the human head - more thoroughly protected than any other organ of the body - lies a tiny lump of living matter no larger than a cherry. Like the control room of a battleship, the pituitary gland has perhaps the most important duties of any tissue of equal size in the whole organism. This gland controls weight, producing in some dwarfs and in others giants 7 feet tall, while in others enormously fat bodies - depending upon which lobe of the pituitary is sending out the most secretions. The back lobe of the pituitary is thought to be responsible for the metabolism of food in the body producing human freaks like the fat lady in the circus, etc. although other glands may also be involved.

This type gains weight in the breasts, hips, upper arms and thighs, and is often tall with slim fore arms, lower limbs and ankles. They have small hands and feet. This is kind of a "potato sack" fat rather solid, but with rarely a double chin. This may be an oxygen type whose pituitary is not working and fat collects on the chest as well (especially true of men). There seems to be some connection with the sex glands as it plays a part in pregnancy. By controlling the secretion of milk, it determines the size of the breasts. After pregnancy women are often troubled with developing huge breasts. Women are more often afflicted with pituitary fat than men. These people can seemingly take large amounts of sugar and starches without an increase of sugar in the blood; they "give out" easily, are weak, have low blood pressure and are sleepy all the time. It is claimed by some scientists that sleep is caused by a minute swelling of the pituitary gland. The more one sleeps the more sluggish becomes the body, because during sleep fat is built. This type is light on their feet, like the Oxygen type, and quick in their movements.

As they build their fat while asleep and burn it up while awake, they should "cat-nap" - sleep only two hours at a time - set the alarm, wake up, arise and exercise, read or walk about for 1/2 hour, then go to sleep again. Six hours is enough for them to sleep. This type is sometimes given pituitary extract to make the gland active, but it is only a crutch and should be used only under the advice of a specialist. There are certain rays that treat the body and also help to make the gland more normal.

GONAD or OVARIAN FAT - These glands secrete a fluid which gives the sex characteristics, throws out the ovum. The gonads cause a growth of hair to take place on the face when weak or diseased. Weak ovaries after childbirth continue to carry on the work of providing extra nourishment, so the fat centers around the breasts, hips and lower abdomen. When a woman is carrying a child she often over-eats for she has been instructed to "eat for two". She gets the habit and often continues this after the birth of the child, with the result that she becomes overweight. As she gets along toward the meno-pause, if she eats a breakfast of fruit, dish of cereal and cream, eggs and bacon, toast with a cup of coffee and cream, a complete luncheon and dinner (besides nibbling in between or taking afternoon tea), she is likely to accumulate excess flesh.

When a woman arrives at the meno-pause she can bear no more children, and so her digestive organs only need to supply enough nourishment for one; but they still possess the large capacity to carry out the functions of childbirth. If she continues to eat the same as when younger and the same large amounts, then the excessive food beyond her requirements that were formerly used up at childbirth (or eliminated through menstruation) will be deposited throughout the body as FAT. In fat of this kind the

solution lies in cutting down the amount of food eaten daily. Students living on the Rexford System of Foods find the waist measure automatically reduced.

Gonad fat seems to be hereditary in some families, producing weak ovaries, while others only acquire it after marriage or childbirth. The Italians and Jews seem to be especially afflicted with it. These types need to practice moderation in their diet, eat calcium, oxygen and iron foods and rid themselves of constipation. Men likewise become stout in the forties, but they are generally men who in their youth were athletes and after settling down to business eat big meals, take stimulants and finally develop a "bay window" or a "spare tire", and die suddenly of heart trouble around fifty years of age. Rowing is excellent for reducing this kind of a waist-line. The wise person of forty will look to the scales and his bowel elimination, and observe how he eats, sleeps, diets, exercises and conducts his daily routine of habits, if he wishes to live a long and happy life.

There are other glands to be fed besides those we have considered, and if secretory food is not supplied to them, the secretions are affected. Then there is trouble, the health fails, color fades away, beauty disappears and soon there is another funeral. The "suicide" meals which we consume are all deficient in gland-building foods, so we die by inches. These glands especially require such chemical elements as iodine, manganese, copper, silicon, fluorin, magnesium and sometimes chlorin.

FOODS FOR THE GLANDS

Vitality salads made of greens and meat, combination vegetables or fruit, with olive oil salad dressing are effective. Corn oil is the only substitute permitted for olive oil, as authorities agree that there are dangerous acids and dead vibrations in many oils used as a substitute for olive oil. As that is the best oil to use for its work of lubricating the body, be sure you use VIRGIN OLIVE OIL, which can generally be procured at an Italian or Greek grocery store. Other foods known to have effect upon the glands are: CALI-KELP, dulse, Irish moss pudding, agar pudding, LUBRITONE, grated nut products, fruit juices, lamb, fish, sea food, goat's cheese and milk, Roquefort cheese, pineapple.

VITALITY SALAD - Combine 4 to 8 greens, 2 or 3 vegetables, 1 or 2 fruits, berries, meat or fish, fruit juices, grated nuts and oils. This is a high-powered glandular food. The salad dressing may be made of berry or fruit juices with the oil. One of these salads a day with a nerve-building or clam broth, with Swedish bread and brown goat's cheese, and a slice or two of pineapple, has a perfect glandular reaction and makes an ideal evening meal that will bring beauty and personality to the one who eats it.

Foods From Which To Make Vitality Salad

<u>Meats</u>			
Gizzards	young duck	quail	squab
lamb	young chicken	young rabbit	venison
<u>Cooked Vegetables</u>			
artichoke hearts	young beets	string beans	young green peas
green peppers	fresh, green lima beans	shredded carrots	tomatoes
fresh asparagus tips		cardamoms	

Any berries and fruits, except bananas, currants, cranberries, plums or prunes. Also all green, leafy vegetables, raw. Avocados are especially good for glands.

TABLES OF HEIGHT AND WEIGHT

These are to be considered only generally, for one's Chemical Type and Occupation govern weight. Some are larger boned than others. Weight may vary within 5 lbs. without being excessive or below normal. Try to maintain your weight all your life (after 30 years) the same as it was at that age.

In the following tables the height and weight should be computed in shoes and out-door clothing. Take off one inch for men's shoes and women's low-heeled shoes, and two inches for French heels. 10% latitude is allowable either way in order to allow for different weight in different frames.

WOMEN

<u>Height</u>	<u>19</u>	<u>20</u>	<u>21-22</u>	<u>23-24</u>	<u>25-29</u>	<u>30-34</u>	<u>35-39</u>	<u>40-44</u>	<u>45-49</u>	<u>50-54</u>
4'10"	98	102	106	110	113	116	119	123	126	129
4'11"	103	107	109	112	115	118	121	125	128	131
5'	109	112	113	115	117	120	123	127	130	133
5'1"	113	115	116	118	119	122	125	129	132	135
5'2"	116	118	119	120	121	124	127	132	135	138
5'3"	120	121	122	123	124	127	130	135	138	141
5'4"	123	124	125	126	128	131	134	138	141	144
5'5"	126	127	128	129	131	134	138	142	145	149
5'6"	129	130	131	133	135	138	142	146	149	152
5'7"	131	133	135	137	139	142	146	150	153	156
5'8"	135	137	139	141	143	146	150	154	157	161
5'9"	138	140	142	145	147	150	154	158	161	165
5'10"	141	143	145	148	151	154	157	161	164	169
5'11"	145	147	149	151	154	157	160	164	168	173
6'	150	152	154	156	158	161	163	167	171	176

MEN

5'	107	110	114	118	122	126	128	131	133	134
5'1"	112	115	118	121	124	128	130	133	135	136
5'2"	117	120	122	124	126	130	132	135	137	138
5'3"	121	124	126	128	129	133	135	138	140	141
5'4"	124	127	129	131	133	136	138	141	143	144
5'5"	128	130	132	134	137	140	142	145	147	148
5'6"	132	133	136	138	141	144	146	149	151	152
5'7"	136	137	140	142	145	148	150	153	155	156
5'8"	140	141	143	146	149	152	155	158	160	161
5'9"	144	145	147	150	153	156	160	163	165	166
5'10"	148	149	151	154	157	161	165	168	170	171
5'11"	153	154	156	159	162	166	170	174	176	177
6'	158	160	162	165	167	172	176	180	183	184
6'1"	163	165	167	170	173	178	182	186	188	190
6'2"	168	170	173	176	179	184	189	193	195	197
6'3"	173	175	178	181	184	190	195	200	202	204
6'4"	178	180	183	186	189	196	201	206	209	211
6'5"	183	185	188	191	194	201	207	212	215	217

HOW TO PLUMP THE SLENDER

People that are thin often worry as much about being underweight as those do who are overweight, and it is quite a good deal more serious - it being easier to take it off than to put it on in some cases. Thinness may be due to TYPE. The Mental, Osseous and Ligamentous types are naturally slim and seldom take on weight. Find from the charts what your normal weight should be at 30, and try to maintain that if possible. Five pounds over or under should not occasion concern. Do not worry about being thin, for thin people usually are "wiry" and have more endurance than fat people. The assimilation in these people is faulty so that they do not absorb the nourishment from the food they eat. The body must be encouraged to pick up the necessary elements from the food in order to increase weight. Their digestion is often injured by being fed too much milk and eggs which they cannot assimilate, and by being "stuffed" with the idea of gaining weight. They should not eat much at a time, and it is better for them to "nibble" between meals than to try to eat so much at one time. However, if one is very much run down and emaciated, complete rest of the body in bed and from food is the quickest way to regain health.

TO BUILD UP WEIGHT

As the liver does not function in this type very well and they are often bilious and constipated, the body must be relieved of some of its poisons before any weight can be gained. One of the reasons why this type is thin is because the body is often so loaded with acid that no weight can be gained. Therefore a CLEANSING diet of five days should be taken (if very thin) and for ten days if not too thin. Weight will be lost to the extent of 5 to 8 lbs., but this is only poison that should not be in the system, so no alarm should be felt. This is a case of where one has to lose to gain, and the poisons must be unloaded.

OVERACTIVITY - is one of the causes of being thin, and if one wishes to gain he must take a chapter out of the book of fat people who sit down a good deal, take it easy and "let George do it". Do not rush around so much, cancel some of your engagements; REST, take it EASY, let someone else bear the responsibility of affairs for awhile. Thin people are often too overburdened with responsibility and feel that the world would stop if they did not keep going. Dangerous poisons are generated in the body from FATIGUE. Learn to relax, take a nap every afternoon. Animals lie down after they eat and let their food digest. Do not get up from the table and start working before your food has had time to start digesting. This is the cause of many a sour stomach and enfeebled digestion - to say nothing of a sick headache.

NEVER READ WHILE EATING - You cannot have a concentrated blood supply in two places at once. Do not compel your brain to drain the blood out of your stomach where it is needed for digestion. You will gain very much by lying on the floor with a pillow between your shoulders, with hands extended straight over the head (backs of hands resting flat on the floor). This position raises the chest and the ribs, and greatly assists in taking any pressure off the stomach. Lie in this position for 15 minutes after meals. Close your eyes, try to think of all the pleasant things stored in your memory. Look at yourself MENTALLY and see HOW PLUMP you are getting.

AT MEAL TIME do not discuss business problems, nag or scold the children or members of the family. Do not discuss diet, or try to reform the other members who do not believe in what you are doing. Talk about pleasant things, laugh and joke if you want what you are eating to benefit you. Remember

that fat people are always jolly, good-natured and serene; cultivate these qualities. Keep poised. Don't let your "nerves" get the best of you, or allow your acid body to force you to "acid remarks". (Study MENTAL RADIO for other helpful suggestions on HOW TO THINK).

STOP WORRYING - Your mental attitude is quite as important as what you eat. We now know that dangerous poisons come from worry and fear! People who indulge in these destructive emotions are generally thin and "miserable". A course in CONTENTMENT is necessary to gain weight, for it is as much mental as physical.

TALKING AND BEING WITH PEOPLE - use up a great deal of vitality. Avoid all irritating and argumentative people. Do not use your energy needlessly. If you are a brain worker, have your heaviest meal of the day when you can rest afterwards. If you are in business and cannot rest afterwards, take traveler's food, or something very light for lunch (see page 13). Do everything to build up your general health.

SUN BATHS are necessary every day to take up Vitamin D. Do not take long sun baths (5 minutes at first, then longer periods up to 15 minutes). There is no benefit in getting the body too tanned as that shuts out the beneficial effect of the sun's rays. Tanning is the body's defense against too much Vitamin D being absorbed.

DRINK from 1 to 2 quarts of liquid - either water or fruit juices - each day. Remember that one of our fat types gets fat on water.

RETIRE EARLY - at least by 9 o'clock. Sleep is more important than food, as it is during sleep that you recharge your mental batteries which get run-down during the day when you talk too much.

PRACTICE DEEP ABDOMINAL BREATHING - Remember we have a Vital type that gets fat on air. Thin people are generally shallow breathers and have flat chests. Look to your posture, and increase your chest expansion.

DRESS WARMLY - Keep out of breezes, and keep the feet warm.

RUB BODY WITH OIL - Take only two warm tub baths weekly, daily warm showers. Rub thin places with FOREVER-YOUNG TISSUE BUILDER.

AFTER THE CLEANSING DIET - include in your normal diet more carbon foods, oils, some proteins; sodium and magnesium (to reduce acidity) manganese, iodine, phosphorus, copper, potassium and silicon foods.

FOODS

Select your menus from the following foods, and eat only two or three kinds at a meal, eating more often: Brown goat's cheese, avocados, bacon, whole steel cut oats, oat water, Avona Sativa (see p.64, Vol.I), baked sweet or Irish potatoes with unsalted butter, Health Candy, agar candy, stuffed dates, health bread (see page 4), cream soups (thickened with agar), potassium puree, cocoanut soup, wild or brown rice; nerve-building, cartilagenous and bone broths; cocoanut, goat's, soy bean, almond milks; chicken, lamb, beef, squab, gizzard, fish (fresh), sea foods, oysters; herb teas, oat beard tea, flax-seed tea, slippery elm gruel, barley gruel, Swedish breads (better not to eat yeast breads because of yeast and subsequent

fermentation); fresh fruit juices, home-made ice cream, honey, Irish moss and agar puddings with whipped cream, date butter, sun-dried Mission figs, all sweet, dried fruits; all fresh fruit except plums, currants, cranberries, gooseberries and rhubarb (avoid sour, tart food as pickles, vinegar, etc.); nuts, (almonds, walnuts and pecans are the best); blanched peanuts and blanched peanut butter sandwiches (see page 13), and all vegetables (listed on page 86, Volume I). Do not drink with meals. Eat some raw and some cooked vegetables daily; select foods from one, two or three-hour class.

To Gain Weight

SUGGESTED MENUS

Daily

1/4 teasp. C-VEG-SALT in 1 glass hot water upon arising; mild exercises before open window; 1/2 glass lemon juice in 1/2 glass of cold water. Sprinkle foods liberally with CALI-KELP.

1st Day

Breakfast - 1 glass of goat's milk (or coconut, soy bean or almond milk), with 1 yolk of egg and honey. Drink this warm.
9:00 A.M. - 1 glass cold distilled water, pour back and forth from one glass to another to put oxygen in it.
10:00 A.M. - 1 cup hot sage tea with yolk of 1 egg and honey.
11:00 A.M. - 1 glass orange juice.
12:00 M. - baked potato with butter, creamed peas and carrots, agar jelly with whipped cream.
1:00 P.M. - 1 glass distilled water.
2:00 P.M. - 1 glass goat's milk, or goat's cheese dissolved in hot water.
3:00 P.M. - 1 glass oat water.
4:00 P.M. - 1 cup O-PEP-O-MINT TEA, honey, and Health Candy.
5:30 P.M. - 1 glass of hot water, with a little C-VEG-SALT (if troubled with gas).
6:00 P.M. - 1 bowl cream of celery soup, whole wheat muffin, ripe olives, shredded carrots, beets, with pimento cream dressing; sun-dried figs.
8:00 P.M. - 1 glass cold distilled water.
9:00 P.M. - 1 glass grapefruit juice; 1/2 teasp. OZOLAX upon retiring. Go to bed at 9 P.M., if you arise at 7 A.M.

2nd Day

8:00 A.M. - 1 dish whole steel cut oats and cream (or other whole cereal).
9:00 A.M. - distilled water.
10:00 A.M. - Pep cocktail.
11:30 A.M. - hot, C-VEG-SALT water if troubled with acidity, otherwise distilled water.
12:00 M - potassium puree, fresh vegetable salad, pimento dressing; sandwiches (see page 13).
1:00 P.M. - distilled water.
2:00 P.M. - oat water or Avena Sativa.
3:00 P.M. - 1/2 avocado and lemon juice.
4:00 P.M. - FENNEL TEA, honey, date butter and cream.
5:00 P.M. - distilled water, or C-VEG-SALT water.
6:00 P.M. - tomato soup, broiled lamb chop, spinach, fresh string beans, endive salad, Irish moss pudding with whipped cream.
7:00 P.M. - O-PEP-O-MINT TEA.
8:00 P.M. - distilled water.
9:00 P.M. - sage tea with yolk of egg and honey.

3rd Day

- 8 A.M. Breakfast - O-PEP-O-MINT TEA, whole wheat muffins, honey.
9:00 A.M. - distilled water.
10:00 A.M. - goat's milk with yolk of egg and honey.
11:00 A.M. - oat water, or Avena Sativa.
12:00 M. - okra soup, Swedish bread, almond butter; wild rice with butter; celery, ripe olives, raisins.
1:00 P.M. - distilled water.
2:00 P.M. - grapes or fresh fruit of any kind.
3:00 P.M. - goat's milk with yolk of egg and honey.
4:00 P.M. - home-made ice cream (honey) and Health Candy No.1.
5:00 P.M. - oat water or Avena Sativa.
6:00 P.M. - vegetable chop suey, star salad, celery, dried figs.
7:00 P.M. - distilled water.
8:00 P.M. - oat water, Avena Sativa.
9:00 P.M. - 1 glass grapefruit juice.

4th Day

- 8 A.M. Breakfast - goat's milk with yolk of egg and honey.
9:00 A.M. - distilled water.
10:00 A.M. - date butter and cream.
11:00 A.M. - oat water.
12:00 M. - vegetable soup, creamed egg plant, goat's cheese, Swedish bread, Irish moss pudding.
1:00 P.M. - distilled water.
2:00 P.M. - 1/2 avocado with lemon juice.
3:00 P.M. - distilled water.
4:00 P.M. - almond milk hot, whole grain muffins.
5:00 P.M. - oat water, or Avena Sativa.
6:00 P.M. - minute steak, cooked shredded beets, kale, tomato jelly salad, Health Candy No.2.
7:00 P.M. - O-PEP-O-MINT TEA with honey.
8:00 P.M. - orange juice.
9:00 P.M. - hot SAGE TEA with honey.

It may take months to gain an appreciable amount of weight. Chew food well (except meat which does not need to be chewed so thoroughly). Be patient and follow instructions. Remember to eat leisurely and take your time. Do not take a sun bath within 1/2 hour of eating. Some people who continue to stay thin and resist all building-up regimes have been found to have a tapeworm, which sometimes enters the body through pork or very rare meats. These people are frequently emaciated, with huge appetites that are never satisfied, as the worm gets all the nourishment. Chewing pumpkin seeds will generally get rid of that condition.

Make your salad dressings of olive oil and lemon juice. As soon as the correct weight is attained, the amount of building foods should be lessened and more fruits and green vegetables added to the diet. Building up weight can also be accomplished by simple exercises taken in the room, but strenuous exercises should not be taken. There should be exercises that will develop chest, arms and limbs.

If you have no disease and do not gain on this regime, then know that it must be your type to be thin. Some people are "greyhounds", built for speed and not for comfort, so cease worrying about being "slim".

LESSON VI

AILMENTS AND THEIR REMEDIES .

ACIDOSIS - The result of the breaking down of any tissue produces acid conditions in the body, which is the fundamental cause of all diseases that afflict humanity. Henderson test for acidosis: (1) Have patient sit quietly for 5 minutes; (2) instruct him to draw several rather deep breaths, and then a full one (not too full, just fill the lungs without straining); (3) hold that breath with mouth closed with thumb and finger. (4) Note the time in seconds on your watch that the breath can be held in this manner. Caution against releasing at the first feeling of discomfort. Normal period for which breath can be held is 45 seconds. Between 30 and 40 seconds indicates a high degree of acidosis that requires immediate attention and relief through other means than diet alone. Take a cleansing treatment for 10 days. Eat alkaline foods. Be careful of food combinations (consult Chemical Food Chart). Watch your emotions and thinking (see MENTAL RADIO), avoid acid-forming foods.

ACNE - caused by over-indulgence in starches and sugar, and acid food combinations. Take a cleansing treatment of orange juice. Steam the face at night with hot cloths dipped in Epsom salt water (1/2 cup Epsom bath salts to 1 qt. hot water), after 5 minutes dry and apply HEAL-ALL OINTMENT. Do not squeeze or irritate the pustules. If full of pus, they may be opened by pricking with a sterilized needle (hold in the flame of a match before using) and pressing contents out with sterile gauze wrapped over the index finger. Purify the blood stream. While on cleansing treatment, drink Red Clover Blossom tea - 1 teasp. of blossoms to 1 cup boiling water; steep, strain and flavor with honey; drink alternately with orange juice. On alternate days use Sassafras tea; steep several pieces of the bark in boiling water, flavor with honey, drink with cleansing diet on alternate days during Feasting Treatment. Increase magnesium, iron, oxygen, copper, manganese, sodium and silicon in the diet after cleansing treatment. Increase Vitamins A, B and D. Use FOREVER-YOUNG BEAUTY TREATMENT for skin. Do not use soap and water on face.

ANEMIA - Lack of red blood corpuscles. Take Cleansing Treatment of five to ten days. Use clover blossom tea. Rest from occupation; live out of doors; take sunbaths; contented mind; take easily digested liquid food such as goat's milk with yolk of egg, juices from dark berries (black and blue berries), beet and beef juices, Vigor cocktail, tomato juice, spinach juice, avocados, date butter, goat's cheese, oysters, sage tea, yolks of eggs. Increase Vitamins A, C and D. Eat foods rich in iron, copper, sulphur, silicon and OXYGEN. Get up in mountains where there is ozone.

ANGINA PECTORIS (heart trouble) - Cleansing Treatment, especially of potassium puree. Avoid acid and gas-forming foods, cooked sulphur foods and starches. Take potassium and phosphorus foods; need a dry diet; avoid fats, sweets, soups.

ARTHRITIS - There are several kinds - one due to infection in the body from the flow of pus from teeth, sinuses, tonsils, etc. Teeth infected should be removed and pus cleaned out of body with Cleansing Diet. The other kind is the result of a deposit of calcium forming in the joints, generally found in the Calcium or Sodium types, or those who are heavy consumers of bread, cereals, milk and hard or mineral waters. Eliminate all heavy calcium and

starchy foods, bad air, nicotine, alcohol, sugars, tea and coffee, pickled foods. Drink distilled water, plenty of fruit juices and potassium puree. Keep bowels open, eat plenty of raw cabbage, spinach, watercress; take hot Epsom salts baths, rub skin briskly afterwards, get plenty of sunshine. Take CELERY JUICE CLEANSING TREATMENT (over a period of a year or two) every six weeks. People who have a tendency to hardening processes in the body, such as arthritis, arterial sclerosis, spinal bones, ossification of the muscles, gall stones, gravel, contractions of the muscles, deafness, failing eyesight, etc. should live on foods that will dissolve the calcium deposits, mainly quantities of celery juice squeezed out by a juicer. Keeping these foods in the daily diet will prevent one from ever getting "crippled up" with various ailments. Be sure there is no pus-flow in the body. Eat of the following: orange, grapefruit, lemons, raspberry and blackberry juices; avocados, beets, Chinese cabbage, goat's buttermilk, oysters, beet tops, tangerines, goat's milk, spinach, okra, lettuce, asparagus tips (fresh), sauer-kraut juice (in some cases), Romaine lettuce, pineapple, loquats, white carrots, frogs' legs, limes, pomegranates, tomatoes.

APPENDICITIS - As soon as an attack occurs call a drugless physician. Give low warm water enema every 2 hours until bowels are empty. Cold compresses or ice pack over the appendix region; keep renewing until fever subsides, then apply hot flaxseed poultice (ground-up flaxseed mixed to a paste with hot water, then boiled like mush; place between 2 cloths, apply as hot as can be borne). Fennel tea or O-PEP-O-MINT TEA can be given several times a day. Keep on a liquid diet of slippery elm gruel, teas and orange juice, with daily enemas. When food is taken, give gruels of barley, whole oats, slippery elm; agar and Irish moss puddings; clam broth; grapefruit juice; beet juice, okra soup, celery soup and celery juice. Need to increase sodium chlorin and magnesium (see foods under constipation). Appendicitis is generally a catarrh of the appendix and will clear up by natural methods. "I have yet to meet the necessity for an appendicitis operation, after nearly 18 years." - Dr. William Howard Hay. Do not get panicky and part with an organ that will leave you constipated and with adhesions from which you will suffer for life.

APOPLEXY - Call an osteopath. Loosen the clothing, sponge the body with cold vinegar water, especially the region of the heart, head and neck, also hands and feet. Double portion of OZOLAX. Apply compresses of hot vinegar water to the paralyzed leg or arm. Place hot water bottles against compresses and renew every 3 or 4 hours. Sponge with cold vinegar water after each renewal. Massage. Place on orange juice Cleansing Treatment. Give drinks of hot oat water, oat gruel, sage and fennel teas; goat's milk after coming off the Cleansing Treatment. Give oat drinks while on Cleansing Treatment, especially oat beard drink in place of distilled water. Keep bowels open with LUBRITONE and OZOLAX, or enemas. No starches nor meats. Increase potassium, sodium, chlorin, silicon, phosphorus, manganese and magnesium. Give sun baths and massage treatments. Increase Vitamins A and D.

ASTHMA - These people are generally shallow breathers, need more oxygen and should daily suspend body by the arms to raise the ribs. When attacks set in, put a hot vinegar compress on the chest. If spasm does not stop in 15 min. repeat. As soon as it stops remove compress. Give 1/2 cup Fennel tea and honey. Put the feet in hot Epsom salts water. If you have a garden, dry your hollyhocks; powder the whole plant, steep 1 teasp. of this powder to 1 glass boiling water and honey - makes a good tea. Drink several times a day while coughing, or use slippery elm tea or gruel. A grape diet is

beneficial in these cases (see Cleansing Treatments). Increase sodium, iron, potassium, oxygen, copper, calcium, magnesium, hydrogen foods; decrease carbon, protein and cereal foods, also mucous-forming and acid-forming foods. Use alkaline foods, raw vegetables and fruits, olive oil and intestinal lubricant. It is thought that a partially paralyzed ileocecal valve is the cause.

BEE-STING - Grate an onion very fine and apply; or bind moist, crushed fresh celery on sting. Mosquito bites: - bathe with ammonia and baking soda.

BILIOUSNESS - Tomato juice Cleansing Diet. 1 tablesp. olive oil and lemon juice three times a day. Chew and swallow 10 juniper berries a day, one every hour. Avoid carbon foods; increase potassium, sodium, chlorine, magnesium foods.

BLADDER - CYSTITIS - (catarrh of) - Run fresh parsley through Sepro-siv, mix juice with hot distilled water, equal parts. Drink 1 cup every hour; no food until relieved. Can alternate with chamomile tea on third day. Put hot packs of chamomile tea over bladder, keep feet warm. After recovery eat raw parsley every day in salads or chew it, or drink parsley tea. Increase manganese, magnesium, iron, oxygen, copper, sodium, vitamins A and D. Take sun baths, overcome constipation. Drink distilled water. Avoid asparagus, radishes, watercress.

BLOOD POISONING - Mash up several garlic cloves, cover with boiling water, give one cup every 1/2 hour. Give high enema. Make suppositories of garlic and cocoa butter (receipt under "piles") pack rectum (or vagina if uterus is attacked). Soothing poultice of 4 tablesp. powdered sassafras bark, 2 table-spoons powdered elm bark; add sufficient hot water to make a thin paste. Cook until consistency of putty. Place in small bag, apply over local zone. Change every 2 hours. Make enough for several poultices and keep this up for from 12 to 24 hours, or until poison has been brought to a head. Walnut Drink for blood poisoning - from 2 lbs. English walnuts remove fibre from between the pieces of nut meats, add 1 pt. boiling water, steep 30 min., strain and cool. 1 wineglassful 3 times a day between fruit juice drinks. Give no meals for two days, then potassium puree - 1 cup every 2 hrs. until well. Increase Vitamins A and C.

BLOOD PRESSURE - HIGH - Orange juice Cleansing Diet for 10 days; increase in the diet (after the 10 days) potassium, sodium, magnesium, manganese and chlorine foods. Use OZOLAX and LUBRITONE to keep down constipation until normal functioning is established. Eat alkaline foods, buttermilk, figs, apples, cauliflower, cabbage, sauer-kraut.

BLOOD PRESSURE - LOW - Cleansing Diet of tomato juice. Increase iron, potassium, copper, oxygen, sodium, magnesium, Vitamins A, C and D. Live in a high altitude; take sun baths.

BLOOD - TO PURIFY IN SPRING - 1 tablespoon powdered sassafras bark to 1 cup boiling water, strain, add honey. 1 cup morning and night for 9 days. Omit for 3 days then continue for 2 more weeks.

BRONCHITIS - (see COLD or INFLUENZA) - too much nitrogen and starch. Increase potassium, phosphorus, iron, sodium, fluorine and silicon; use sage tea Cleansing Diet for 3 days, then chew slippery elm bark and take slippery elm tea. Follow diet for Influenza.

BURNS - Apply HEAL-ALL OINTMENT on gauze bandage.

BRIGHT'S DISEASE - Eliminate nitrogen and protein foods; avoid white of egg, fish, fowl, meat, cheese, dried beans and peas, fats, white salt, mushrooms, alcohol, tobacco, tea, coffee, soda water. Anything the cells cannot use turns to waste, and waste is extremely acid and of an irritating nature. Must relieve the strain on the liver and get it to function. Live on a diet of fruits, vegetables, goat's milk (a little), avocados, olive oil, whole grain cereals. Add LUBRITONE for intestinal cleanliness; occasionally may use a yolk of egg in orange juice. Drink sage, peppermint and fennel teas and plenty of potassium puree. Use tomato Cleansing Diet.

CANCER - See "The Grape Cure" by Johanna Brandt, Mecca College, Newark, N.J. Cutting out a cancer does not cure the systemic condition that causes it. "Of all lumps diagnosed as cancer, not more than one out of seven are true cancers". - George Starr White, M.D. Treatment consists in eliminating carbon and nitrogen foods, keeping the bowels active and living on fruit and vegetables. Clean out the system of poisons; eat more sodium, silicon, calcium, fluorin and chlorin foods. Take red clover tea and plenty of goat's milk. Dr. Arbuthnot Lane says, "Cancer is caused by the food we eat. Our bodies should be cleaned as often as we eat. We eat frequently and expel infrequently, and poisons are set up (constipation). If we would avoid cancer we should eat whole wheat bread, raw fruits and vegetables, shunning all meat that we may more easily eliminate waste products. Walk two or three hours a day. Drain the body of its poisons at least 3 times a day. Cancer never attacks a healthy organ. The tissue must first be weakened by poison before it will yield to any other malady. Nobody need have a cancer who is willing to take the trouble to avoid it." Cancer deaths now average one out of every five people who die. "One-tenth of those undergoing surgical treatments die. 75% ultimately die from a return of the disease (when operated on) within 3 or 4 years." - Francis Carter Wood, M.D., Cancer Research, Columbia University.

CATARRH, HAY FEVER, SINUS TROUBLE or ANY MUCOUS DISCHARGES - The types most prone to these diseases are the Calcium and Sodium types. The body in these cases is starving for sodium and chlorin, and there is a liking for carbon foods, starches and sweets, but an inability to assimilate them. Increase chlorin, iron, sodium and silicon foods. Press through a vegetable juicer celery, spinach or okra. Drink several glasses a day between meals and a glass of either upon retiring. These are rich in sodium and chlorin. Also eat these foods in your salads, raw; use only distilled water for drinking or cooking. For variety may also use in juicer, parsley, beet greens and leafy vegetables, onions and turnips (rich in sulphur). Do not bathe more than twice a week under the shower or in a tub, as water bathing robs the body of sodium and chlorin. Wash feet, arm pits, etc. daily with vegetable soap, and rub body with coarse bath towel until the skin glows. Omit the following: everything made of white flour, pastry, cereals of white meal, all white sugar, ice cream, macaroni, spaghetti, polished rice, tapioca, lake and spring water, milk as a drink, vinegar and condiments, halibut (heavy in calcium), apricots, cottage cheese, chocolate, cocoa, soda water drinks, tea, coffee. Avoid alcohol and tobacco, especially the latter as it is necessary to have plenty of oxygen and lung elimination. The mucous discharge in the head comes from "pasted" intestines, which cause an irritation and excessive discharge of mucous which the intestines are not eliminating, so nature eliminates it through the head. Take a 10-day orange juice Cleansing Diet to dissolve the paste. Lie nude in the sun and let sunlight filter over the affected parts through green or yellow leaves. Practice deep breathing exercises. Never take injections of pollen, etc. to make you immune; the second state is worse than the first. Sage tea and slippery elm gruel are good. Steam the head by putting a funnel over a tea kettle containing sage tea, chamomile and tincture

of benzoin, with a few drops of oil of eucalyptus added. Sleep on a pillow of thin gauzy material filled with hops. Heat before retiring a pillow of pine needles - this is also good. HEAL-ALL OINTMENT put up in head is very beneficial.

COLD - COMMON - Have an osteopath or chiropractor give treatment to free the circulation in the neck. Take an enema; go to bed. Rest is very important to assist nature to throw off the burden of acids, as many colds are caused by an accumulation of fatigue poisons. Take an Epsom salts bath. While taking it drink a bowl of hot sage tea. Get into bed, cover up well, perspire for 2 hours, then shower off and return to bed. If throat is sore, wrap a cold compress around it. If cold is on the chest, have someone prepare an ice compress, chop up ice fine, place on a heavy layer of absorbent cotton, sprinkle with ice cream salt; cover with another layer of cotton and place on chest and around throat; cover with flannel or Turkish towel pinned to garments. Place this on after you stop perspiring. Keep a cold compress on the forehead and over the eyes. If nose is stopped up, insert some HEAL-ALL into nose. Gargle throat with lemon juice and water (1 tablespoon to 1 cup hot water) or salt water is equally good. Chew slippery elm bark for throat irritation or cough. Take an orange juice Cleansing Diet for 3 days. Do not take anything but juices while there is a fever. Or if you prefer, may live on sage tea. Sometimes the throat burns, the eyes and nose run and there is sneezing. These are all the symptoms of a cold without the chilliness that accompanies most cases. This is due to a stomach acidity. A large piece of rare steak taken several times a day - nothing else eaten with it - will generally stop this condition. Eating candy or much white sugar will irritate the throat and bring on a sore throat in many cases. Pineapple or lemon juice, or onion juice and honey, are helpful to sore throats. Do not go out too soon after getting up. Live on diet suggested for Influenza cases.

COLD SORES and HERPES are caused from a neurotic condition - hyper-acidity. Rectify the trouble that causes the nervousness. Change to alkaline diet of fruits and greens.

CONSTIPATION - has been called the "mother of diseases". Of some 375 known body disorders, about 325 have been traced directly or indirectly to constipation and other intestinal derangements. Naturally, the cure for constipation presupposes removal of the possibility of contracting any of these 325 disorders. What we desire to do is to prevent - not temporarily relieve - constipation. While there are many powerful drugs which will temporarily relieve constipation by temporary cleansing of the intestinal tract, postponement of a complete cure only aggravates the condition and may lead to more dangerous complications. Never use mineral water purges, etc. Since constipation is considered to be the cause back of almost every disease, it therefore deserves first place in the consideration of the ailments. If we are able to clear it up, many other maladies will clear up as well, for poisons being distributed throughout the body, make it low in resistance to bacteria and the body becomes a breeding ground which invites them. What is the cause of constipation? Simply a lack of proper exercise of the intestines. This is chiefly due to the popular devitalized diet. Because of the modern methods of selling, it is necessary to prepare tremendous quantities of food at a time. Such food must be stored until sold. Unless this food is devitalized, it will not keep. Therein lies the commercial necessity for the devitalizing of our food products. In preparing food for long-time storage, much of the so-called "roughage" is removed, and it is during this process that so much of the strength and health-giving qualities of the food is destroyed. The lack of roughage, or bulk, in our modern diet is the

basis for the widespread prevalence of constipation in this age. Highly concentrated foods leave no work for the intestines to do. There is little waste matter for the muscles of the bowels to work upon, and they become flabby and lazy, just as the muscles of our arms would become weak if we did not use them. Health is maintained by circulation and elimination. Improper mastication of foods and water drinking at meals cause incomplete digestion, which generate a poisonous residue to remain in the intestinal tract. Eating of substances made of white flour or cornstarch, or a starchy diet (which is common on all our tables today) makes a paste such as we use for wall paper. This glue lines the intestines and other foods stick in this, ferment and decay, causing auto-intoxication. Finally, the glue-like substance hardens and distends the walls of the colon, and peristaltic movement is hindered. It prevents the absorption of the precious mineral elements in the food.

The blood stream feeding into this mass of poisonous matter, picks up these poisons and conveys them to the vital organs, which become so diseased under the influence of the poison that the body machinery finally breaks down and ends. Many mucous discharges in the body begin with this glue-like substance in the intestines. The poisons irritate the mucous membrane surfaces which line the cavity of the body, and an excessive discharge of mucous takes place and is eliminated in the form of pus in the tonsils, ears, etc. or in the head as a "cold". The only remedy is found in a limitation of the starch intake in the diet, and a vegetable and fruit diet instead. Drugs make the condition worse. Pastries, candy and refined sugars, etc. also cause constipation. The rapid combustion of refined sugar decomposes proteins into ammonia, alcohol and carbonic acid gas. This brings about auto-intoxication with its symptoms of sluggishness, not only of the mind, but of the liver; with constipation, relaxation of the intestines, hemorrhoids and congestion of the pelvis. Laxative foods, such as fruits and greens are necessary to keep the refuse in the intestines moist and easy to expel. Too much "roughage" in the form of bran causes this mass to cake and harden, making elimination difficult, with hemorrhoids as a result. Practice deep abdominal breathing to equalize and make active the circulation through the pelvis. This will aid in proper elimination. Lie on the bed and breathe as far down as possible, causing the abdomen to rise and fall rhythmically. Count 9 as you inhale, extending abdomen to the limit of its capacity, then exhale while counting 9; rest counting 9; no breath. Repeat for 5 minutes. This massages the bowels.

Causes of Constipation. In addition to lack of proper exercise of the intestines previously referred to, the following are causes of this ailment: (1)-Taking of cathartics that are poisonous to the bowels, such as Epsom salts, calomel and many pills on the market. All cathartics are too drastic and in time paralyze the action of the bowels. Mineral oils should only be used in cases of extreme impaction or ptosis (falling of the intestines when loops are formed). (2)-The modern toilet. Position at stool wrong; should squat as natives do. (3)-Intestinal stasis, caused by lack of peristaltic action (muscular contractions of the intestinal wall) which pushes along the waste matter. (4)-Atrophied muscles - lack of exercise; wearing of corsets and constricting belts which prevent free action of the muscles. (5)-White salt. (6)-Refined sugar. (7)-Bran. (8)-Yeast dries the mucous membranes of bowels. (9)-Falling of the intestines (enteroptosis), causing loops to form and pockets which retain fecal matter, also adhesions form. (10)-Lack of liquid or moisture in the diet; faulty lubrication, producing costiveness or dry bowels and hard stools. (11) - Rapid eating.

What is the cause? This may often have to be determined through a Fluoroscopic picture of the intestinal tract to determine if there are adhesions. A specialist will have to treat these cases. The slanting board exercises will also assist in these cases. The action of the intestines reminds one of a caterpillar crawling. The entire intestinal tube is like a soft rubber tube of about 20 to 30 feet in length. The rhythmical contractions of this tube are like a caterpillar crawling. These movements shove along the contents. Food is the great laxative; as soon as it is taken into the mouth the contractions and "wave-like" motions are set up toward eliminating former meals, so that after each meal there should be a bowel movement of those taken earlier in the day. There should be five a day to be normal - one when you arise in the morning, one after each meal and one before retiring at night. When this takes place there are never over three meals in the body at one time, and in 24 hours the entire tract is cleared.

One movement a day is constipation. Many people carry around with them 6 or 8 meals - all rotting and decaying, and the remains of others that are months old. The residue of breakfast should be eliminated before retiring, and the dinner (at night), the first thing in the morning. It is important that the bowels should move at least twice daily. This should be accomplished by an enema of cool water, or by a harmless herb laxative in conjunction with an intestinal lubricant. Such an herb is OZOLAX. It helps when others have failed. Follow directions on the box.

To Overcome Constipation. - Avoid taking the following into the body: too many cooked foods which cause intestinal fermentation; all kinds of drugs; tea and coffee; soda fountain drinks; toasted bread; smoked or canned meat and fish; white sugar and everything that contains it; starches; fats; potatoes; refined cereal; wheat foods, especially yeast bread (except in cases where whole wheat is necessary). A diet rich in potassium stimulates muscular action and tones up the bowels, helping to establish peristaltic motion. Sodium must be taken with potassium to keep body alkaline; also magnesium. Eat foods as natural as possible. The following foods are the best for constipation: spinach; potassium puree; orange juice; grapefruit; black, un-sulphured or fresh figs; prune sauce (prunes soaked over night, 1 handful of raw Spanish peanuts, with a dash of lemon juice, taken for breakfast. Pep cocktail may be taken 1 hr. later); lettuce; salads; sole; tomatoes; avocados; asparagus tips (fresh); young fowl; strawberries; persimmons; stewed, dried or fresh apples in honey; beet tops; celery; cherries; Swedish bread; egg plant; young green lima beans; tender lamb chops; dandelion; oysters; pineapple; cabbage (raw); sauer-kraut juice (1 glass before bedtime is very effective, but may have to reduce the amount in time); sun-dried olives. Use 2 tsp. LUBRITONE with each meal for lubrication. Drink several glasses of cool water, then rock in a chair.

COLITIS - caused by constipation producing inflammation of the mucous surface of the intestines; also caused by eating of starchy and acid-forming foods, condiments, refined sugar and grains, vinegar, fried foods, taking cathartics, fear and worry, rapid eating, drinking water with meals, ice cream and cold foods, preserved and denatured foods, mixing starches and fruits, or sugar, all of which cause fermentation, then intestinal inflammation, accompanied by pain in the region of appendix, fainting spells, "fits" in children, dull headache, coated tongue, foul breath, spells of the "blues", constipation alternating with diarrhea, mucous in the stools. When attacked with a pain in the right side (which is often mistaken for appendicitis), stop eating, clear out the bowels with an herb tea, OZOLAX, or take an enema. Never use

an enema bag that you sit on, as it distends the colon. Place hot applications over abdomen. Radiate sunlight through green leaves onto the parts. Go on a 10-day Cleansing Treatment of celery juice; drink plenty of distilled water before eating; practice deep abdominal breathing. Mucilaginous drinks are good to take such as slippery elm gruel and okra soup. Take herb tea of golden seal and hyssop, 1 tsp. each, 1/2 tsp. myrrh, steeped in 1 cup boiling water, strained - drink 3 times a day 1 hr. before meals. All foods should be sieved as these people cannot tolerate skins, seeds or any roughage. They should drink plentifully of potassium puree as it is healing and take plenty of potassium, sodium, manganese and chlorine foods; omit cereals, rice, mushes, cow's milk, bread, potatoes, Navy beans, sugar, coffee, tea, chocolate, cocoa, tobacco, alcohol, carbonated drinks. Hot C-VEG-SALT drinks help dislodge the mucous, besides providing the necessary proteins. Avocados and lemon rubbed to a paste with olive oil; fish broths; vegetable broths, blackberry juice; creamed soups made with goat's milk and sieved; grape juice; agar and Irish moss puddings.

Enema for Colitis - Steep 2 or 3 tablespoonfuls of powdered white oak bark, golden seal and myrrh in 3 qts. of boiling water. Let steep 15 min. in a tightly covered dish. When cool enough to bear finger in, use as a high enema, after first cleaning the bowels out with an ordinary enema. Let some remain in the bowels to heal them.

CORNS - Apply piece of lemon to corn, tie on at night so it will not move; scrape next morning with a blunt knife. A few applications will usually remove it. Rub with HEAL-ALL OINTMENT after removing. Corns - soft - apply HEAL-ALL OINTMENT.

DANDRUFF - Rub into scalp several days before shampooing FOREVER YOUNG HAIR REJUVENATOR.

DIABETES - Avoid sugar, honey, starchy foods, intoxicating liquors, soda water drinks, sweet fruits, cow's milk, white bread, lentils, dried beans or peas, cocoa, cereals, sweet fruit juices, beef. Use potassium and chlorine foods: veal, soups of bone marrow or cartilage, marrow on Swedish or gluten bread, fat meat (bacon), butter, salmon, olive oil and lemon juice salad dressing; all kinds of vegetables, especially cabbage, kohlrabi, lettuce, radishes, mushrooms, gluten or Swedish bread. Worry seems to be an active factor in bringing this condition on. The pancreas does not make enough insulin to metabolize sugars and there is a deficiency of potassium in the body. Many think it has been brought about by the consumption of so much white sugar and white flour in our diets. Many people have not been helped by injections of insulin, but improve by the use of Vegetin, a vegetable substance that acts the same as insulin. One diabetic has lived comfortably on it for 25 years. An excess of protein is just as hard on a diabetic as sugar, so this has to be regulated (except in the case of goat's milk). Do not use saccharine for sweetening, but SWEETENA (a grape sugar). The majority of diabetic cases are overweight; should go on a weight-reducing regime. Use LUBRITONE to keep elimination working. Need to increase Vitamin B₁.

DROPSY - Usually is a Hydrogen type that is susceptible to this ailment. It is first noticed in the legs. Use reducing method for this type; Epsom salts baths every night; keep elimination open through bowels, skin, kidneys; breathe deeply, take sun baths. Chew juniper berries daily, or use in salads. Use plenty of cucumbers (whole with rind, sliced) and parsley.

Drink tea made from fresh corn silk steeped (can be dried for further use, but is best made fresh) - take 1 tsp. every hour. Should eat shredded wheat, goat's cheese, hot sour lemonade, celery juice, raw egg yolk, carrot juice, chlorin foods, iron foods, crab meat, buttermilk, lean meat, broiled bacon, tongue, cottage cheese, sauer-kraut, maple sugar and foods recommended for Hydrogen types (page 52). Increase potassium, chlorin and fluorin foods.

EAR-ACHE - Get a Spanish onion, put in oven or cut in half and roast. When hot, cover with thin cotton or gauze and place over ear or affected part; keep changing. If ears are not clear, syringe gently with luke warm water. Place a little lint or cotton wool in the ear to avoid fresh cold. DEAFNESS- (see below.)

ECZEMA - Need Vitamins A, C, D; Cleansing Treatment (dry); - take orange juice diet and potassium purée. Short of potassium and silicon. (wet): - take diet for Hydrogen reduction (page 52). Need fluorin, chlorin and silicon. Too many acids in body; cut out carbon foods. Use HEAL-ALL OINTMENT.

EPILEPSY - Tomato juice Cleansing Diet. Get liver to acting. Attacks are sometimes associated with bilious condition. Cut down on starches and sweets. Eat nerve foods, fennel, sage teas; oat drinks, Avena Sativa, yolks of eggs. in fruit juices; vegetable and fruit diet; no acid-forming foods. Study foods under Phosphorus type, Volume I.

DEAFNESS - This is generally caused by catarrhal conditions and is common to the Calcium and Sodium temperaments. When it is a result of the thickening of the walls of the canal of the ear from calcium deposits, a diet heavy in sodium will dissolve it. Take a glass of celery juice before retiring, also increase sodium foods in diet. It has taken years to bring about this condition, and it may take months to soften up the tissues.

ENEMA - Use a 2-qt. fountain syringe, annoint nozzle with vaseline. Have water hot enough to insert finger. Add 2 tablespoons of lemon juice, let run in slowly. For further detail consult Lesson on Cleansing Diets.

EPSOM SALTS BATH - 2 lbs. Epsom salts to a bath tub of hot water; stay in for 10 minutes (if not troubled with heart). Keep cold cloth on forehead. Dry body slightly at conclusion of bath, wrap in a sheet, and head in a towel, get into bed and perspire for one hour. Then take a tepid shower or sponge-off.

EYES - are built out of silicon, potassium and sodium foods. A lack of sodium causes blue shadows under the eyes. To build strong eyes exercise them by looking - (1) - up to forehead as far as possible; (2) - to right as far as possible; (3)-down: (4)-to left as far as possible: (5) roll eyes up, right, down, left, 10 times. Now look off as far as possible, pick out some small detail, now shift eyes to paper. Repeat many times, especially when eyes are tired. Blink the eyes frequently; many cases of eye strain come from staring. Vitamin B prevents cataracts. Vitamin A prevents Xerophthalmia. To rest the eyes, cover eyes with palms while sitting at table, shut out all light; do not have palms press against eyes; keep eyes open. Look over left shoulder, visualize high building from top to bottom; look over right shoulder and repeat. Close eyes, massage eye-ball with index finger, press firmly. Wash the eyes with warm saturated solution of boracic acid. Dilute fennel tea with equal part of distilled water; use as an eye wash. Chamomile Tea
Eye Relaxer; fill a little muslin bag loosely with dry flowers, sew up and place in iron pan of hot water. Place on sore eyelids, styes, boils, bruises, and use for tired eyes.

FAINTING - Place one who has fainted on her back on the floor or couch, throw a glass of cold water into the face. Slap hands, pinch cheeks, have her inhale cologne.

FEVER - Lack of sodium, silicon, magnesium and fluorin. Put on a fruit juice Cleansing Diet until fever is broken; cool sponge baths (in bed); cold head compresses, daily enemas. The body is burning up waste matter and red corpuscles are also being burned up. Put on building diet similar to Influenza for 2 or 3 weeks after a fever. Increase Iron, copper, oxygen and silicon foods; also Vitamins A, F, D.

FINGER-NAILS - BITING - Deficiency in Vitamins B and D; need silicon, fluorin, calcium and phosphorus foods. Keep nails well manicured and polished. This will prevent hang-nails and rough surfaces that cause biting of nails, which is a nervous habit. Rub vaselin or cocoa butter into cuticle to keep in good condition.

GALL STONES - Vitamin A deficiency. Take tomato juice Cleansing Diet. 1/2 cup olive oil and 1/2 cup lemon juice three times a day until stones are passed, which should be within 3 or 4 days. Take double dose of OZOLAX, and daily enemas. Rub hot olive oil over gall bladder and apply flax seed poultice over right side as far as hip. Eat one or two figs sprinkled with cayenne on an empty stomach in the morning until relieved. Have manipulative treatments on spine.

GAS and FLATULENCY - Gas distention is caused by acid-forming foods and consequent fermentation. Avoid the following which cause gas: pancakes, breakfast foods, waffles, bread, cocoa, chocolate, postum, salt, excessive amount of meat, beans, peas, nuts, COOKED SULPHUR FOODS, potatoes, starches, sugars, cranberries, butter, rhubarb, radishes, mustard, horseradish, pears, sausage, "hot dogs", watercress, pie and cake, ice cream, fruit or vegetables combined with milk. Foods high in malic acid cause gas distention in some types of people - such as sour apples, cranberries, gooseberries, rhubarb, plums, red and white currants, sour peaches, cider, sour tomatoes, red raspberries, loganberries and many very sour fruits. The best foods to eat are: brown goat's cheese, celery, tender lamb chops, crisp Chinese cabbage, raw meat juice, until stomach can digest other foods. Chlorin foods aid digestion, keep the body sweet and prevent the formation of intestinal gas. Eat fennel seeds.

GASTRIC ULCERS - Take white of egg beaten and flavored with honey. Increase sodium, and avoid salt and salty foods; decrease chlorin foods. Go on a fast and rest stomach, then drink celery water. If cannot procure fresh celery juice, take 3 tablespoons of fresh celery seeds, cover with 1 qt. boiling water, steep, drink 1 cup every 3 hrs. Eat a piece of cocoa butter the size of a walnut before retiring. Live on mucilaginous drinks, white of egg, okra, celery juice, Irish moss pudding, goat's milk. Consult foods under Colitis. Be sure you are not being irritated by metallic poisoning (see Lesson III).

FOR THE HEART - Eliminate gas-forming foods - increase potassium, iron, sodium and calcium foods.

GOITER - Consult regime for Hypo-thyroid type. Hot oak bark compresses should be applied over swelling, leave on all night. Steep 4 tablespoons white oak bark to 4 cups boiling water; let set 15 min. strain, dip a cloth in it and apply to neck (hot). Take 3 Epsom salts baths a week. A daily foot bath will draw blood from neck. For External Goiter increase iodine foods in diet,

follow Hypo-thyroid regime (page 56). For exophthalmic goiter (internal), reduce iodine foods (hypo-thyroid type); is often due to an interference with the sex glands or to toxemia from constipation. Put on a Cleansing Treatment.

HAIR - Shampoo with oil preparation, H.Q.Z. is specially effective as a shampoo. Pull the hair to exercise it. Coconut oil is good to massage into the roots. Increase sulphur, iodine, and iron foods, also Vitamins A and D. These will often restore the color to graying hair. Potassium foods give strength to the hair. Silicon and fluorin foods give sheen and gloss. Brush it frequently and keep scrupulously clean. About 4% of sulphur is found in the hair. For a hair tonic, use FOREVER-YOUNG HAIR REJUVENATOR.

HEADACHES - (Phosphorus type headache - migraine) - Wash out stomach by drinking hot water; take an enema, put cold compress on head, have osteopathic treatment on neck. Do not eat when tired or nervous. Catnip and fennel teas are good - drink 1 cup every hour.

FOR THE HEART - Eliminate gas-forming foods - increase potassium, iron, sodium and calcium foods.

HEARTBURN - Due to lack of sodium and chlorin foods. Drink C-VEG-SALT water or chew fennel seed; chew a stalk of celery.

HICCOUGH - Drink lemon juice in a little water. Breathe deeply; hold breath as long as possible. Sip a glass of ice water and while sipping have someone massage you behind ears for several minutes; or hold a mouthful of water, press index fingers into ears; take 3 swallows slowly.

HOARSENESS - Gargle with sage tea, eat a raw steak; then suck on a lemon, and later chew slippery elm bark (spit out bark).

INFLUENZA- See COLDS -To avoid after-effects of "flu" - Every 2 hours take alternately 1 glass orange juice or grapefruit juice, one avocado, date butter or beef juice. Live on this diet for 2 weeks or more; no other food, until strength is restored. There will be no bad after-effect of "flu" if this is done. Then drink plentifully several times a day of potassium puree, distilled water, and eat raw salads to CLEANSE THE BLOOD STREAM of excessive mucous and poisons which cause congestion in the body. These foods dissolve the "gluey mass" in the intestines (consult diet to build up weight page 63). Soak orange rinds in hot water and drink a glassful in between meals when thirsty. Live on potassium puree, a cupful every 2 hrs. for 2 days, especially in case of bad cold or chills. If one will live on this soup for a week or two before an operation, the healing will be in half the usual time.

INSOMNIA - If troubled with insomnia, read some heavy literature before retiring - philosophy or calming poetry. Sleep on right side, or preferably on the stomach as this rests the nerves of the spine. If the blood pressure is low or normal, sleep with the head to the north, as the magnetic earth currents pass through the body. With high blood pressure sleep with the head to the east. Take a cup of warm goat's milk or hot celery juice before retiring, or fennel or sage tea. If feet are cold place hot water bag at feet. Have a bowl of freshly popped corn by the bed, salted with C-VEG-SALT, eat several handfuls when you awaken. Sit up in bed and read. Have a towel and bowl of cold water at hand, when drowsy, dip the end of the towel in the water, place over the eyes and across the bridge of the nose. Lie on the back, place right hand flat with fingers pointing left over the navel,

place left hand below it, pointing to right, breathe deeply and rhythmically, inhale ten counts, hold ten counts, expel ten counts. Do not worry if you do not sleep. The body, if relaxed, will obtain rest anyway. Gas in the bowels is responsible for many cases of insomnia. Chew fennel seed and watch your diet. Do not take your troubles to bed with you - they make poor bed fellows. Sleep alone and in your own room if possible where you can have quiet. Sleeping is not a community affair. Overworking the nervous system also makes a light sleeper. Keep the bowels active, empty bladder before retiring. If get up in night take your drink 2 hours before retiring. Soaking feet in hot water draws blood from head and induces sleep. Have fresh air in the room, plenty of warm, light covers. Don't sleep cold.

JAUNDICE - Tomato Cleansing Diet - increase sodium, chlorin and potassium foods.

KIDNEY TROUBLE - Cut out beets, asparagus and watercress. Cucumber juice is cooling; chew juniper berries daily. Cut down on nitrogen and carbon foods; increase sodium, potassium, chlorin foods. Cleansing Diet of orange juice.

LIQUOR CRAVING - can be destroyed by honey. Eat strained honey by the tablespoonful several times daily; also 5 glasses distilled water daily. Take a Cleansing Diet, cut down on carbon foods and stimulating associates.

LIVER TROUBLES - are caused by errors in diet and living. Too much starch and sugar congest the liver. Also nicotine, alcohol, coffee, chocolate, milk and cooked eggs. Take lemon juice - 1/2 lemon to a glass of distilled water first thing in the morning. In a bilious attack, live on tomato juice for 3 days or more until well; 1 cup strained tomatoes, cooked or canned, every 2 hours. Take enema morning and night.

MIGRAINE HEADACHE - Each night inject 2-1/2 to 3 qts. of tepid or cool water into colon. To each injection add 1 tablespoonful lemon juice and 1 tsp. of oxgall or solution of bovine bile salts. This will sometimes unload old deposits the size of horsechestnuts which have accumulated for a long time. Rub temples over eyes with oil of peppermint and oil of eucalyptus. If stomach seems sour or gas is being belched, vomit contents (wash out stomach).

NERVES - See Phosphorus Type, Volume I. Increase phosphorus, magnesium and sulphur foods, also vitamins A, B, C and D.

NEURITIS - is an inflammation of the nerve sheathes, caused by hyper-acidity and lack of phosphorus, also from pus poisoning from abscessed teeth and tonsils. Increase phosphorus and sulphur foods, especially take several pep cocktails a day; go on a fruit fast, clean up the pus in the body. Have all dead teeth extracted, be sure there are no silver fillings in the mouth, or aluminum-based artificial teeth. Osteopathic treatments, the use of ultra-red ray and Epsom salts baths will reduce the pain. Take Cerebellum Drink (page 74, Volume I). Get pure oil of wintergreen (not synthetic kind), put 10 drops in 2 tablespoonsful distilled water, and take 10 min. before meals.

OIL OF LEMON (PURE) FOR ARTHRITIS - 10 drops oil of lemon in 2 tablespoons of distilled water; drink 10 minutes before meals.

PILES - Garlic is one of the best remedies for this condition. Mash in a mortar 5 or 6 garlic cloves. Add 5 tablespoons of melted cocoa butter and work together. Pour on cold dish to cool. Before it sets, shape into cones the size of the forefinger. Insert one of these into rectum, after every

bowel movement in severe cases, otherwise at night just before retiring. Wrap the balance of cones in waxed paper to keep the strength of the suppository from vanishing.

RHEUMATISM - see Arthritis. (1) Articular - needs iron. (2) Muscular - needs potassium, sodium and chlorine. (3) Inflammatory - needs potassium. (4) Neck and Shoulders - needs iron and phosphorus. (5) Fat Types - too much hydrogen and nitrogen; need chlorine diet; cut down on acid diet. Eat alkaline foods, take Epsom salts baths; oil of lemon; sodium, chlorine, potassium and magnesium foods. Celery juice Cleansing Diet. Vitamins A, B and D. Horseradish tea - 1 tsp. to 1 cup boiling water - makes one perspire. Take osteopathic or chiropractic treatments.

SPINAL CURVATURE - Take straightening exercises by hanging from a bar. Increase fluorine, silicon, calcium, Vitamins A, B, C and D. Goat's milk recommended; crawl on all fours for 15 to 20 min., then rest. Osteopathic or chiropractic treatments.

STOMACH - BURNING - Be careful of combinations. Take a mono-diet. Drink hot C-VEG-SALT water 1/2 hour before eating. O-PEP-O-MINT TEA after meals, or put fennel seeds in salads. Eat more sodium foods.

STOMACH CATARRH - (see Gastritis) - Eat 1 tablespoonful cottage cheese every hour.

STOMACH TROUBLES - will clear up by taking a Cleansing Diet. Follow diet for Appendicitis, or Gastric Ulcers in case of stomach ulcers. Increase sodium, magnesium, fluorine, potassium, calcium, manganese foods. Wild cherry juice, celery juice, goat's milk, Irish moss desserts especially beneficial.

STOMACH GAS - see Constipation. Chew fennel seed or peppermint leaves. Thyme leaves cooked in water for a few minutes, with honey and vinegar added, may be applied as a hot compress over the stomach during the night to expel gas.

STOMACH HEADACHE - 1 tsp. catnip leaves to 1 cup boiling water; steep 10 min., strain, drink warm, with honey added to taste. Repeat in 1 hour if not relieved. Apply cold pack to head.

STOMACH - WATER BRASH or SOUR ERUCTATIONS - The juice of a lemon or orange will give relief.

SUN BURN - To prevent, cover body with FOREVER-YOUNG HAND LOTION before and after exposure; or cover body first with a thin layer of FOREVER-YOUNG TISSUE BUILDER, rub into skin thoroughly, wipe off, then rub in HAND LOTION.

TAPE WORM - 1/4 cup of crushed pumpkin seeds to 1 cup boiling water; steep; take 1 tablespoonful of seed tea hourly; take OZOLAX upon retiring and an enema. Continue until worm is passed. Take no other food.

TEETH - Brush after every meal and before retiring at night. Be careful of preparations you use, as most of them contain fine crystalline grit which "saws" the teeth in two at the gum margin, making "sensitive" spots. In the morning on arising, drink 1/2 of a lemon squeezed in 1 glass warm or cold water to rinse mucous out of stomach. Rub tooth brush in rind with a little water and brush teeth. Pull out tongue and scrape the "fur" off with rind of lemon. Coarse foods, fruits and Swedish bread scour the teeth. Biting into apples,

oranges and lemon peels cleans the teeth. Chew food well, massage gums with fingers to establish circulation.

For Pyorrhea - Increase chlorin foods; be sure teeth are in proper alignment. One tooth longer than the others causes biting surfaces to be uneven and one tooth to bear all the weight. Consult a pyorrhea specialist and he will even up the teeth. Proper cleansing of the teeth and scaling once in six months will help prevent it.

Abscessed teeth - should be removed. All teeth that have had THE NERVES KILLED are dead teeth, whether the X-ray shows ulcers or not; such teeth are a constant source of infection and produce a systemic poisoning that is back of many a case of neuritis, arthritis and other ailments difficult to locate. They should be extracted. Do not have gold and silver fillings in the mouth at the same time, as they set up a nervous condition caused by galvanic action. Have all gold inlays put in teeth. Silver or amalgam fillings are porous and allow acids of the mouth to seep in and decay the teeth underneath. Mercurial poisoning from these fillings is responsible for much stomach and intestinal trouble. Common salt in the food coming in contact with the mercury in the fillings forms a bichloride of mercury, a deadly poison, which you constantly swallow. Persons poisoned in this manner cannot get well by any mode of treatment until the cause is removed. Pus discharges, with consequent poisoning, are caused by ragged edges on crowns and bridges which irritate the gum margin and cause infection; they are also a depository for decaying food and germs.

Be sure you patronize a dentist who does not do "tin-can dentistry", but who fits restorative work so smoothly against the enamel surrounding the cavity as to present a mirror-like surface. Crowns should fit so smoothly to the crown of the tooth that one could not distinguish with a fine pointed instrument where the crown leaves off and the tooth begins. The best dentistry you can purchase is the cheapest in the end, for the mouth is the gateway through which your food supply enters, and good health conditions mean mouth hygiene. Rinse the mouth with milk of magnesia and let remain in mouth before retiring. Reduces acidity of the mouth. Thumb-sucking, nursing nipples on bottles and pacifiers are responsible for narrowing the jaws of children and crowding the teeth, causing them to grow in crooked and to project, with later development of stomach troubles due to faulty conjunction of tooth surfaces. Do not let children acquire these habits.

Preventive dentistry, a polishing out of grooves and pits in the enamel surface and bringing it up to a high mirror-like polish on the baby teeth as well as the permanent teeth, would insure the teeth against decay. We insure our lives, why not our teeth? Eliminate carbon foods from the diet. Give the child foods high in calcium, phosphorus, silicon and fluorin; have it use, daily, a biting block of thick rubber cut to shape the mouth, and eat Swedish breads. Have the teeth cleaned and polished every six months, and your child will go through life with dental decay unknown. If teeth are tight together, always clean between surfaces with flat ribbon dental floss. Be careful not to cut the gums with it and make them bleed. Take time to do it, do not be in a hurry. Increase Vitamin D.

TUBERCULOSIS - No food can compare with watercress, raw alfalfa, lettuce, celery, raw carrots, beets, etc. for this malady. Avoid cow's milk, cooked sulphur foods, and stuffing one's self. Increase iron, sodium, silicon, calcium, fluorin, phosphorus and oxygen foods.

VOMITING - TO PRODUCE * Stir a heaping tsp. ground mustard in a pint of lukewarm water; have patient drink all if possible; or 2 quarts warm salty water, stick finger into throat, touch fauces. After evacuation, drink another quart, repeat. Continue until water comes out clear. This should always be done in indigestion, continued belching or sick headache, as these are signs that the food is decaying and poisoning you, and you should get the acid mess out of your system. Relief will be experienced at once.

WATER - How much to drink? It depends on the daily diet - how much fruit juice or other liquid is being consumed, the type, amount of exercise taken and occupation. 4 to 6 glasses of liquid are enough on these diets. 2-1/2 qts. of water are used daily by the body. Do your drinking 1/2 hour before meals. The two ways to tell if you are getting enough water: - (1) If urine is clear there is enough water; if cloudy or deeply colored you need an extra glass. (2) Odor of perspiration. If pronounced, you need more water, both outside and inside.

WOUNDS - Take a 3 day orange or tomato juice Cleansing Diet, then a week of potassium puree. Make a blanket of thin green leaves by sewing on a piece of wide fish net lace. Let a noontime sun shine through the leaves onto the wound. Cover with HEAL-ALL OINTMENT afterwards. Sun lamps will accomplish same results if you cannot get out in the sun. Increase Vitamins A, B, C and D.

WORMS - 1 tablespoonful of wormseed to 1 cup boiling water; take 2 tablespoons of this before breakfast for 2 days.

YOUTHFUL BODY - As one advances in years the problem is to keep the body from getting stiff and "settling down". Prolapsus of the organs causes many disturbances and regardless of what one eats, if the various organs crowd on each other, forming adhesions, there will be a disturbance in the functioning of the body and ill health will continue. EAT LESS as you get older. One large meal a day is enough. Keep your body clean of poisons. Eat more muscular foods, potassium, sodium and chlorine, silicon and magnesium. Exercise, especially take stretching exercises to loosen the spine, watch your posture. Keep your mind young and flexible. Associate with people who have "young ideas", and above all keep an open mind. Avoid prejudices. Study and continually seek to improve yourself. Old age is a state of mind. People get old mentally first, and then it reflects in the body.

LESSON VII

THE CLEANSING OF THE BODY

No improvement in health can possibly take place without a cleansing of the body and freeing it from its acid and toxic accumulations of years. The colon of many people (especially those who have large abdomens) is often filled full of crusty accumulations of fecal matter that has been there for months - and perhaps years - so that the system is chronically poisoned. One famous abdominal surgeon told me that he had discovered at many an autopsy performed on a cadaver (corpse) that the colon was packed with a substance as hard as a brick which he had to take a hatchet to cut open, and through this was an opening as big as a lead pencil through which there was a daily elimination only when a cathartic was taken. When this closed, death took place. While few people have their bodies in such a condition, yet it is safe to presume that when one is in a state of ill health there are considerable accumulations of waste matter and mucous to be eliminated.

Man is made up of a changing mass of cells, coming into being, giving forth of their energy and then dying. The whole process of life is involved in giving birth to the new and eliminating the old. In 9 months time the cells of the softer tissues are made perpetually new, but the old dead mass of cells, which is retained in the body from over-feeding and faulty elimination and eating of carbon foods, poisons the new cells as fast as they are born. Man does not live by food alone, for that only repairs worn-out tissues and furnishes heat, but man lives by breath, by contact with invisible forces which the over-stuffing of food cuts down and limits. One's food intake then should be in proportion to the amount of cell life destroyed in the daily life. Those engaged in physical labor tear down more than those who do mental work. Then, when more food is taken into the body than it can use, there is a storing of this excess material as fat; or it turns into poisons which invite disease. The blood stream becomes heavily charged with toxic matter and has difficulty in circulating. There is only one disease in reality, and that is lack of circulation. Re-establish circulation and disease disappears. Build new cells with Food Chemistry.

METHODS FOR UNLOADING POISONS

Perhaps the best way to get rid of old poisons which clog up the body, and to build the new life into your flesh, is the method known as FASTING. There are many types of this from the Absolute Fast of everything - water and food - down to the less difficult methods which might more appropriately be called FEASTING, in which the patient EATS.

WHAT TAKES PLACE IN FEASTING - When one stops eating their regular diet, the body is given a rest. Now it can muster all the forces which are ordinarily occupied in the work of digesting, converting into blood and nourishment the chemistry in the food and eliminating waste matter. This energy is now directed toward cleaning up the body. Every little cell has figuratively a vacuum cleaner applied to it and it is swept clean of the poisons which clog it up and bring disease into the body. For this purpose it is desirable to eat food that REQUIRES BUT LITTLE ENERGY to dispose of it, so that all the power of the body may be concentrated on cleaning up the body. WE MUST FIRST TEAR IT DOWN BEFORE WE CAN BUILD IT UP. As soon as food is taken at the conclusion of the FEAST, new cells are built into the body and a NEW BODY is the result, free from its tormenting disease. In old chronic conditions it will take many such treatments to finally eradicate the old flesh

and build the new, for the body has become so used to functioning under its load of poisons, that to take them all away at once would be too much of a strain on the heart and other vital centers. THE ORGANS MUST BE TRAINED TO PART WITH THEIR POISONS GRADUALLY, and then no harm will be done, so the course of treatments may have to extend over a year or so before complete relief is in sight.

In order to accomplish anything in this respect the mind must be trained to a new concept of things. People have become so used to stuffing themselves that when the idea is suggested that they go without their regular meals, immediately they think they are going to injure themselves or starve to death if food is abstained from for even one meal. People have lived on a 40-day fast without food, 10 days without water, but can only live a very few minutes without air. Obviously air is more important to the body than food. You will lose weight on a Cleansing Treatment, but it is only dead, poisonous matter that you lose, nothing that is of vital importance to you. You can build flesh back on you at any time, and that kind which is life-giving, when you go back on your regular diet again. DO NOT WORRY, you will not starve on this treatment.

THE CLEANSING PROCESS -For the purpose of "vacuum-cleaning" the cells and washing the blood pure of its poisons and impurities, the Cleansing Treatment is marvelous in its results. By this process of feeding you do not tax the organs of digestion, as there is little to be digested, yet the food taken in is highly nourishing. One glass of orange juice is equivalent to one glass of milk in mineral salt and vitamin nourishment, and much more easily assimilated. Remember WHAT YOU EAT is not so important as HOW MUCH YOU ASSIMILATE. Great staggering meals that the body cannot assimilate, but only serve to clog the tissues, are of less value than a small amount of high powered food which is quickly turned into new cells and is full of organic chemistry. You are being FED, not STARVED. It is not advisable for you to undertake a water fast or complete fast, unless continually under the supervision of a specialist in this method of healing, as it is too stringent in its methods and is only necessary in extreme cases of chronic diseases.

MODES OF PROCEDURE - While on these treatments, especially the Cleansing Treatment, you may feel distressed, dizzy and weak. Do not let this worry you. You cannot give up your body poisons and stir everything up in you without feeling bad. The more poisonous you are, the worse the reaction will be. Do not get up suddenly while sitting or lying down. If you are working it is best to begin your cleansing treatment on Friday, so that Saturday and Sunday (your worst days) you will be at home. After the third day you feel fine and have much energy. You will have to take orange juice to the office with you, or else ream it out there. It is better to make it fresh each time. You will also have to take the puree with you. Keep as quiet as possible during the days when you feel bad. It will hasten the elimination if you take an Epsom salts bath on the first day, or the day before you begin. Also osteopathic adjustments and chiropractic treatments, or massage will help. If you should get very ill, call a drugless physician who understands fasting, for it is exceedingly dangerous to take food while on a fast. One woman who was having a heavy elimination, when she got to vomiting, called an orthodox doctor, and he gave her MILK, which was the most dangerous thing to do, and it made her worse. Do not become panicky whatever happens. You must get rid of the poisons and this is the only way you can get them out of your system. Nothing but good can come to you if you persist and follow instructions. It isn't pleasant, but then one must pay for health.

The weakness you may experience is not due to any undernourishment, as you may fear, but is partly due to disturbance of an old habit of eating and also by the emptying of the poisons out of your cells. This feeling will leave as the body becomes purified. You are feasting when you take a small amount of right food, not starving. Get the right mental attitude. Whatever you do, don't break over the traces and partake of food not on your diet!

CLEANSING TREATMENT NO.1

Daily Cleansing Regime - Before retiring take 1/2 tsp. OZOLAX. Upon arising 1/4 tsp. C-VEG-SALT in 1 glass hot distilled water; take suggested exercises. 1/2 hr. later the juice of 1 lemon, or lime, in enough warm distilled water to fill one glass. This regime is to be followed daily regardless of whether on the Feasting Treatment, or on a diet, except the taking of OZOLAX, and that depends upon whether one is constipated or not.

Length of Time Required - The Cleansing Treatment can be taken for as many days as desired, but not over 10 days at a time is advised. It can be used from 1 to 5 days at a time. For many people who are working, it is recommended to take a 3-day feast beginning on Friday and lasting over Sunday, so as to be at home on the third day, which is sometimes called the CLIMAX day. One should always use the FEASTING METHOD in cases of acute illness, and remain on it until well - always while there is a temperature. An enema is to be taken morning and evening to wash the poisons out of the body.

HOW TO TAKE AN ENEMA

This is for the purpose of removing the waste matter which is dumped into the colon from the emptying of the cells, and also for removing the impactions and mucous adhering to the walls of the colon. To 2 qts. hot water (hot enough to bear your finger in comfortably) take 2 tablespoons of strained lemon juice, or if more agreeable, 2 teaspoons of Epsom salts (which will help dissolve the impactions in the colon). Get down on the floor, knee-chest position, and place a pillow under the chest and chin; place a mat under you. This should be taken in the bathroom right near the toilet. Use a small nozzle on the fountain syringe, anoint with vaseline and insert in rectum. Let a little water run in, then sit on toilet and expel. Then kneel down and let water run in slowly again; hold tube in fingers and count 10 while water runs in; shut off and then hold for 20; let it run in for 10, then hold, etc. If it cramps, let less water run in and do it more slowly. When bag is empty if you can take more water, have someone put in 2 qts. more. If this is too much, take only the original 2 quarts. Remove nozzle, lie on right side and massage the abdomen from left to right, up the left side across the bowel in the region of the navel and down on the right side. Now lie on your left side and reverse the process from right to left. Then expel the contents. It should occupy from 1/2 hour to 1 hour to take a complete enema. The longer you retain the water, the better results you will have. Preceding the Feasting period you will have excellent results to have 3 colonic irrigations given you by the HIGH ENEMA method by a specialist in this line of treatment, or by means of a high enema tube (have some member of the family give it to you).

METHOD OF FEASTING - Stop all customary eating, and follow strictly the routine as outlined;

Part One

- 8 A.M. (earlier or later depending upon the time your daily activities start)
- 1 glass strained orange juice, sip slowly.
- 9 A.M. - 1 glass distilled water. (Distilled water is advised because it dissolves the waste matter better. Tri-pure or pure spring water can be used equally as well, but not city water that contains minerals).
- 10 A.M. - 1 glass strained orange juice.
- 11 A.M. - 1 glass distilled water.
- 12 M. - 1 glass strained orange juice.
- Continue this method until retiring, alternating between 1 glass of orange juice and 1 glass of distilled water.

Follow this regime for from 3, 5 to 7 days, according to the need. The procedure under Part Two and Part Three is always for two days each, but Part One may be varied as to length of time according to one's requirements.

Part Two

At the conclusion of the juice and water regime (for whatever time you may decide), follow the same program, but take the fruit juice UNSTRAINED (pulp and juice). This is to give the digestive system something to do, as there is very little effort required to handle the straight juice, it being absorbed, according to dietitians, through the stomach direct into the portal system. Every hour alternate 1 glass of fruit pulp, and 1 glass of distilled water, then fruit pulp, and the next hour water, etc. Follow this regime for two days.

Part Three

Now, for two days you are to live on the Health or Potassium puree (see page 6 for receipt). Begin with 1 cup warm potassium puree, alternate with 1 cup distilled water an hour later, next hour puree, then water, etc.

Part Four

Your feast has now come to an end and you can go back to eating your new diet which must be chosen according to your particular type and needs. (See Volume I, "The Chemistry of Foods and People" for menus). Select foods from the 1 or 2-hour class (see Lesson 1, Vol. II).

SAMPLE MENUS

For a normal person of any type for one week after the FEASTING METHOD, who wants to gain weight:

1st Day

- NOTE: Foods underlined increase weight; leave out or substitute other foods if reducing. Always begin with Daily Cleansing Regime.
- Breakfast - pep cocktail with grapefruit juice (p.7); 10 A.M. (if hungry) glass of orange juice.
- Luncheon - potassium puree, Swedish bread, almond butter, shredded carrots, Irish moss dessert with whipped cream, (p.9).
- 4:00 P.M. - O-PEP-O-MINT TEA and Health Candy.
- Dinner - Tomato juice, avocado, salad, steamed asparagus, 1 piece of Health Candy, or 1 cup O-PEP-O-MINT TEA and honey.
- Before retiring 1 cup Sage tea with honey.

2nd Day

Daily Cleansing Regime.

Breakfast - Pep cocktail of orange juice; 10 A.M. (if hungry) glass of unsugared grape juice.

Luncheon - light vegetable soup, wild rice and butter, steamed beets, agar jelly.

4:00 P.M. - 1 cup Fennel Tea with honey, and Health Candy.

Dinner - vegetable chop suey, Swedish bread, date butter.

Before retiring - 1 cup Sage tea and honey.

3rd Day

Daily Cleansing Regime.

Breakfast - Pep cocktail made with grape juice. 10 A.M. (if hungry) 1 glass grapefruit juice.

Luncheon - Okra soup, Swedish bread, spinach, creamed egg plant, Health Candy.

4:00 P.M. - 1 cup O-PEP-O-MINT TEA and honey with Swedish bread and unblanched peanut butter sandwich.

Dinner - Broiled fish, shredded raw carrots, beets and cabbage with orange dressing; Irish moss dessert with whipped cream.

Before retiring 1 cup Fennel tea and honey.

4th Day

Daily Cleansing Regime.

Breakfast - 1 grapefruit and honey; 1/2 hr. later 1 dish of whole steel cut oats and cream (sprinkle with C-VEG-SALT); 10 A.M. (if hungry) 1 glass celery juice diluted with distilled water and honey (beat on electric mixer).

Luncheon - 1 bowl potassium puree, soy bean sandwiches with filling of sliced ripe olives, avocados and lettuce. (page 13, No.3); soaked figs and honey.

4:00 P.M. - 1 glass goat's milk, yolk of egg and honey (may substitute almond milk)

Dinner - Cream of celery soup, Swedish bread; lamb chop, fresh green peas, Roxford Surprise (Cooking Class Receipts).

Before retiring take 1 cup Sage tea and honey.

5th Day

Daily Cleansing Regime.

Breakfast - 1 cup hot sage tea, yolk of egg and honey; 10 A.M. (if hungry) 1 yolk of egg cocktail with grape juice and honey.

Luncheon - nerve-building broth (p.6), peppers stuffed with spinach; date butter and cream

4:00 P.M. - Cocoanut milk, yolk of egg and honey.

Dinner - baked meat loaf, celery, ripe olives, lettuce and watercress salad; grapes.

Before retiring 1 cup Fennel tea and honey.

6th Day

Daily Cleansing Regime.

Breakfast - orange juice. 1/2 hr. later whole wheat breakfast cereal, salt and cream.

10:00 A.M. - Sage tea, yolk of egg, honey (p.73, Vol. I).

Luncheon - potassium puree, Swedish bread, butter; baked potatoes and butter (eat skin and discard center). Irish moss dessert and whipped cream.
4:00 P.M. - O-PEP-O-MINT TEA and honey; Health Candy.
Dinner - Carrot loaf (Cooking Class Receipts), shredded beets, Italian squash, sweet fruit compote, O-PEP-O-MINT TEA.
Before retiring 1 cup Sage tea and honey.

7th Day

Daily Cleansing Regime.
Breakfast - strawberries and honey.
10:00 A.M. - almond milk, yolk of egg and honey.
Luncheon - tomato soup, endive with cream dressing, raw carrots, raw cabbage and raisins.
4:00 P.M. - oat water tea.
Dinner - vegetable bouillon, Swedish bread, baked chicken and vegetable dressing (Cooking Class Notes), egg plant, kohlrabi, ripe olives, celery, pepper salad (p.11), honey ice cream (p.8)
Before retiring 1 cup camomile flower tea and honey.

NOTE: For the first few days after a FEAST, foods should be chosen from easily digested foods, especially if the feast has been a long one, as the stomach has to gradually take up its task of digesting foods. Make your selections from the 1 and 2-hour class (page 1). Be careful of starches or meats for a while.

Those who do not wish to regain weight can omit the building up foods in the above menus, substituting instead health drinks of fruit, more raw salads and green vegetables.

VARIATIONS OF THE CLEANSING DIETS

Tomato juice, canned or fresh, may be substituted for orange juice in Part One. This is especially recommended for those who have liver, jaundice or gall bladder troubles. Tomato pulp for Part Two.

Celery juice, half and half with distilled water, may be substituted for orange juice. As the pulp cannot be eaten, the juice will have to be continued to the time of taking potassium puree, Part Three. The celery juice is especially recommended in cases of neuritis, arthritis and stomach ulcers (for the latter a lump of pure cocoa butter the size of a walnut should be eaten once a day). Flaxseed should be also taken in the form of tea (1 tsp. seeds to 1 cup boiling water).

Slippery Elm Gruel. For severe cases of stomach ulcers or sore throat this should replace orange juice in Parts One and Two of Cleansing Diet, to be continued as long as necessary, alternating with distilled water, then followed by potassium puree.

Blackberry juice - In cases of diarrhea or dysentery, use either canned blackberry juice (unsweetened) or else fresh juice in place of orange juice. Then start on potassium puree as per directions.

Fresh grape juice. Put through Sopro-siv fresh California grapes or skinned Concord grapes (most Concord grapes in bottles, due to cooking, contain tannic acid which is in the skins); the raw grape juice may be

substituted instead of orange juice, and is especially good for those suffering from "protein poisoning" due to over-consumption of protein foods. The grape diet has been known as a corrective diet for hundreds of years and is recommended for all sorts of ailments, even cancer.

Fresh Grapes. A bunch, as many as can be eaten (skins only to be eaten in using California grapes)(Eastern grapes, seeds and skins should be chewed but not swallowed). A 10-day diet of grapes and distilled water is a substitute for Parts One and Two, and is especially beneficial in asthma and all mucous diseases, such as bronchitis, catarrh, sinus infection and pus diseases.

Grapefruit juice may be substituted for orange juice in the Cleansing Diets.

Strained whole steel-cut oat gruel and C-VEG-SALT may be substituted for potassium puree in Part Three; especially favored in cases of nervous breakdown. After a few days of cleansing the body with orange juice, a 3 weeks regime of oat gruel or oat water (for two weeks) and rest in bed WITH NO TALKING will restore the nerves.

Buttermilk and grape juice combination has its merits for people of the Osseous types, and may be used as a substitute in Parts One and Two.

NOTE: In severe cases of disease these Cleansing Diets should be repeated every 6 weeks. When in normal health, you will keep well by living on fruit one day each week, or by going on a Cleansing Diet over a week end for two or three days. Such a SHORT FEAST would be: first day fruit juice; second day fruit pulp; third day potassium puree. As fruit juices change their chemistry upon being exposed to the air, they should be reamed fresh each time used, or if this is impractical, place in a Thermos to take to your place of business.

Where it is impractical to FAST or FEAST, a week's regime of fruit and vegetables (raw) can be chosen as follows, which will cleanse the body:

1st Day

Daily Cleansing Regime.	2 P.M. - distilled water.
8 A.M. - oranges sliced.	3 P.M. - several apples.
9 A.M. - distilled water.	4 P.M. - distilled water.
10 A.M. - bunch of grapes or apples.	5 P.M. - 1 whole grapefruit.
11 A.M. - distilled water.	6 P.M. - distilled water.
12 M. - potassium puree, 1 large combination salad, raw cabbage, shredded carrots, cucumbers, non-fattening salad dressing.	7 P.M. - fruit salad of grapes, oranges, grapefruit, pineapple, mixed with honey; hot O-PEP-O-MINT TEA, before retiring.

(Dr. Gregory's Cooking Receipts).

2nd Day

Daily Cleansing Regime.	1 P.M. - distilled water.
8 A.M. - 2 whole grapefruit and honey.	2 P.M. - potassium puree.
9 A.M. - distilled water	3 P.M. - distilled water.
10 A.M. - 2 apples.	4 P.M. - bunch of grapes.
11 A.M. - distilled water	6 P.M. - Waldorf salad, apples, celery and 2 or 3 walnuts mixed with shredded cabbage and non-fattening salad dressing.
12 M. - fruit salad of berries, grapefruit, oranges and pineapple.	

2nd Day (continued)

7 P.M. - sauer-kraut juice
8 P.M. - distilled water
Sage tea before retiring.

NOTE: - If bowels do not move naturally, use
2 tsp. LUBRITONE at each meal, mixed with food

3rd Day

Daily Cleansing Regime.

8 A.M. - colery juice and distilled water.

9 A.M. - 2 apples.

10 A.M.- distilled water.

11 A.M.- orange juice.

12 M. - large salad, watercress, raw spinach, shredded beets and carrots, non-fattening salad dressing.

1 P.M. - distilled water

2 P.M. - glass real buttermilk or fruit.

3 P.M. - distilled water.

4 P.M. - bunch of grapes, or apples.

5 P.M. - distilled water.

6 P.M. - potassium puree; cooked string beans, fresh green peas, cucumber and watercress salad.

7 P.M. - distilled water.

8 P.M. - O-PEP-O-MINT TEA.

This regime can be continued for one week with profit. NOTE: No starches, breads, potatoes, sweet fruit or building-up foods are used in a Cleansing Diet. Select your foods from the potassium, sodium and chlorin foods and leave out the VITAL foods.

FOR REJUVENATION

According to Dr. Julia Seton.

Eat only one meal every other day for 10 days. Eat a mixed meal of foods between 11 A.M. and 2 P.M. On the days you eat, drink plenty of distilled water until the 8th day, when do not drink except when thirst is extreme. On every fast day, take an internal bath and sometime during treatment take some high irrigations.

Bathe, swim, exercise, walk, dance, climb, all things that cause rapid respiration and muscular action. At the conclusion of the treatment, return to food that is for your type. This should be taken once or twice a year. If possible go away from your family, where you will not be opposed in what you are trying to do. Do not tell others of your treatments or they will make it difficult for you.

SAGE TEA (HOT) AND HONEY - can be used to great advantage when one is suffering from nervous exhaustion, speaker's sore throat, bronchial cough, laryngitis due to public speaking, lecturing, selling or coming in contact with the public. 1 cup every 2 hours and no other food except to add 2 yolks of eggs to it twice a day. Remain on this diet until recovered.

MENTAL STATE

If it is possible to go away from home while you take this treatment, it is desirable, unless you can educate your family to what you are doing so they will not worry you about your condition and distress you. Your mental state is important to get results. First realize that thousands of people have taken this treatment with nothing but beneficial results, and that nothing can possibly happen to you but good if you follow directions - any unpleasant or strange sensations you may experience are part of the treatment. The body is built upon HABIT. If you have been accustomed to eating three meals a day, the change in this respect alone will cause a rebellion in the stomach. It does not want its routine interfered with and, like any individual, is apt

to show resentment by "acting up". It may cause you to be nauseated, "head-achy" or to feel "empty", etc. just to get you to go back to eating again, but after the first or second day this will pass as the stomach learns that you "mean business" and will accomodate itself to the new regime. Any unpleasant feeling in the stomach can generally be allayed by sipping some hot salty distilled water (use C-VEG-SALT). Stay around cheerful people if you can find them, read happy literature (MENTAL RADIO), keep your mind occupied and off your body. Give it freedom to do its own work. Do not discuss what you are doing with others, as people who have not been instructed are apt to be unsympathetic and offer advice which is worthless. ONE IS ALWAYS DOWN ON THAT WHICH HE IS NOT UP ON. Politely state that you do not wish to discuss your condition. You can easily carry on your regular work while FEASTING, and after the third day will not miss your meals - becoming stronger and more vital each day as your system is unloaded of its poisons.

Thus endeth the volume of WHAT TO EAT TO BE WELL. Within these pages have been incorporated the latest information on foods and health. The investigators of the world are continually finding out new things which the author will endeavor to learn and incorporate in future volumes. The belief today is that science may point the way to everlasting life.

Just as Dr. Alexis Carrel has kept a chicken heart beating for over 30 years by washing it clean of the dead cells and furnishing it with new ones by feeding it the chemistry which builds fresh cells, so we too can learn to prolong life. The most definite experiments towards the lengthening of the life span were begun by Jacques Loeb, who was one of the greatest physiological experimenters. He was able to control life in its lower forms - in one case extending by nine times the life of the organism.

Perhaps subconsciously I absorbed some of his desire to prolong life when, as a student, I studied under him when he was a professor at the University of California. For that is my greatest wish, that I might give to all mankind the knowledge that has so greatly blessed me and mine - how to live a long, healthy and happy life.

ORCELLA REXFORD.

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