



Herrn Kammerherrn  
Louis Kuhne

# The New Science of Healing

or the doctrine of the

## Oneness of all Diseases

forming the basis of a

Uniform Method of Cure, without Medicines and without  
Operations.

An Instructor and Adviser for the Healthy and the Sick

by

Louis Kuhne.

Motto:

“He who seeks the truth must not count the suffrages.”  
*Leibniz.*

Translated from the Third greatly augmented German Edition

By

Dr. TH. BAKER.

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## Preface to the Second German Edition.

But a few months have elapsed, and a second edition of this book has been called for — a striking proof of the need of such a work. The extremely favorable judgment passed upon the same by all classes encourages me to hope, that this second edition will meet with the same favorable reception, particularly as I have, in compliance with numerous requests, enlarged it to nearly twice its former size by a series of special articles.

As to the origin of the work itself, the following may be said:

In this book I place before the public the results of the study, observation, and experience of many years.

In the year 1888 I gave my first course of instruction in the new Science of Healing and the new Method of Examination — the Science of Facial Expression — aiming thereby at refuting the objection, that special individual gifts are requisite in order to understand and apply this method of cure, more especially the Science of Facial Expression. This course was attended by a number of ladies and gentlemen, who all gained considerable skill in the new method of examination, and are now in a position to act promptly and intelligently in cases of illness.

The instruction consisted of a theoretical and a practical course. The practical exhibitions and studies took place in public hours of consultation, in which advice was given free of charge, and to which great numbers of patients thronged. The theoretical course of teaching was, however, made accessible to wider circles, and to this end I gave five great public lectures, which aroused public interest in Leipsic to such a degree, that each of them was attended by an audience numbering one thousand or more — a result probably unprecedented in Leipsic.

These lectures are reproduced in the first part of this book, supplemented, however, in many cases by a series of illustrations and additions. To be clearly understood by my hearers, I was obliged frequently to repeat the fundamental precepts and the reader will find these repetitions in the book, it being desired to retain the character of the lectures as faithfully as possible. This may not be to the taste of some readers, but will probably be of benefit to a great many others; for in view of the novelty of the subject-matter, only frequent repetition can induce familiarity with it and besides the several sections are thereby rendered more complete.

The second part is quite new, and will certainly be welcome to many. The same may be said in the first part, of the section on mental diseases and, in part, of the essays on female complaints.

To the third part I have also added a number of reports of cures and testimonials from my patients.

My method of cure has rapidly spread and met with approval not only in Germany, but throughout all other

European countries, and in Asia, Africa, America and Australia as well; everywhere such remedies have been sought, as should in really improve the health of individuals and communities, and success has always been attained when a serious trial of my treatment has been attempted.

Many sceptics have been converted, merely by the force of experience into, to enthusiastic supporters of my new doctrines and have in turn endeavored to give them the widest publicity possible.

Thousands of patients given over by the modern school of medicine have been saved by my treatment. Even the dreaded and hitherto incurable disease of leprosy, usually found only in the tropics, has been thoroughly cured, as can be proved, by my method, a result never before attained by any specialists in the world.

Dare I keep silence after such results and successes? Is it not rather a sacred duty, to reveal the truth to the world?

A number of physicians of the modern school already employ my method of treatment, urged thereto by the surprising results, and penetrated with the conviction, that the prevailing school requires thorough reformation.

My numerous foreign friends will learn with pleasure that, in response to frequent requests, this book will appear not only in the German edition, but later in English and French as well.

I cannot close this Preface without expressing my sincere thanks to all readers, both for their liberal and friendly support, and for hints given by way of improvement, which latter have been duly and carefully considered. Intelligent and detailed criticism of this second edition will be likewise welcome.

May the new edition of this manual promote and continue its beneficial work, by continually making its way throughout the nation, and more particularly the families, awaking a knowledge of the incalculable benefits arising from a natural method of cure, not only for individuals, but for the race!

Leipzig, March 14, 1891.

Louis Kuhne.

## Preface to the Third German Edition.

The Second Edition has found its way into the public-far more rapidly even than the First! Early in April it left the press, and at the present time of writing there are scarcely a hundred copies left of the original 3000. It is therefore urgently necessary that the third edition follow without delay.

Such success is probably almost unexampled, and gives me the pleasing conviction that my labors have found favor with all classes of society. In its new garb the book has made its way alike into princely mansions and into cottages and has

won new popularity not only in Saxony and in all Germany, but also beyond the ocean.

What renders this success especially gratifying, however, is the fact, that nearly every reader of the book becomes a zealous disseminator of it, thus proving most conclusively how fully he is convinced of the truth of its contents.

Indeed it is only thus that the rapid dissemination of the book can be explained.

From the numerous written testimonials received after the issue of the second edition, I may venture to conclude, that the latter has realized my readers' wishes to a wide extent. Nevertheless, I shall be thankful for any suggestions which may serve to augment the value of the work.

The English edition is already in preparation and will probably appear in the current of next year.

Herewith I express my profound gratitude to all who have hitherto freely and frankly spoken their opinion to me, and likewise to all who, by aiding in the dissemination of this book, have done voluntary service in the cause of diseased humanity.

I trust, that the work may prove equally serviceable and beneficial in the new edition.

Leipzig, June 24, 1891.

Louis Kuhne.

## Preface to the English Edition.

The long-cherished desire to publish an English edition of my handbook has to-day been realized, and I trust that this popular work will find equal favor in its new guise. The preparation of this present issue was beset with manifold difficulties, in consequence of which the orders from all parts of the world, amounting already to many more than 1000 copies, could not be executed until now.

It is a remarkable fact, that my method of treatment has won numerous adherents just in the most distant regions and on the remotest islands, which renders the English translation all the more opportune. In point of fact, my theory of disease makes it possible for anyone to act as his own physician, a circumstance which has caused many missionaries to adopt my natural method of treatment, and which has gained me, among just this class, numerous friends and zealous co-operators. I embrace this opportunity to express to all such my sincerest thanks for their support!

May this English edition, like those preceding it, be a handbook for the healthy and an adviser for the sick in the true sense of the word, and thus contribute towards building up the strength of the nations!

Leipzig, April 2, 1892.

Louis Kuhne.

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## PART I.

### What led me to the discovery of the new Science of Healing?

Lecture by Louis Kuhne.

Ladies and Gentlemen:

**I**t is characteristic of human nature, that anyone who thinks he has discovered something new and original feels an irresistible impulse to retain his discovery and communicate it to his fellow-men.

Ambition and vanity have no doubt a share in creating this desire; but in its essential part it is thoroughly defensible and truly human. The truth must be proclaimed, even should one otherwise flee all show and glitter, and find the busy doings of the world never so irksome. To this natural law I also bow, in my present endeavor to communicate the results arrived at after the incessant labors of twenty-five years. True, it would be wiser were I to entrust my discoveries to mute paper only, and look to future generations for judgment. But in the matter to which I have devoted my life, not merely knowledge pure and simple comes in question, but the actions accompanying and flowing from this knowledge as its practical realization.

If I, therefore, would preserve my method for present and future times, and not die stigmatized as a "quack", I am under the necessity of exhibiting, proving and communicating to others the truths I have discovered, by dint of instruction, and demonstrations on living subjects. To such a large company, however, the presentation of diseased persons is impossible, and I must therefore content myself with explaining my views in words to the best of my ability. And first, let me show briefly what led to the formulation of my Method.

I have always felt peculiarly drawn to Nature, so that I knew no greater delight than to observe the occurrences in field and forest, to trace the workings of our great mother, Nature, in plants and animals, in the earth and the skies, and to apprehend and establish her laws. Further, I was desirous of hearing what able investigators, like Prof. Rossmassler, had discovered, and this long before I even thought of devoting myself specially to the art of healing. To the latter step I was forced by the strong hand of necessity, the teacher and educator of nations and individuals.

After I had completed my twentieth year, my body refused to perform its functions properly, and I felt violent pains in my lungs and head. At first I sought the aid of "regular" practitioners, but without result. Neither did I feel great confidence in them. For my mother, who had been infirm and ailing for many years, had again and again warned us children against the "doctors", saying that they alone were to blame for her misery; and my father, too, had died of cancer of the stomach under the hands of physicians. Now, in the year 1864, I read about a meeting of disciples of the Nature Cure

(Natural Method). It caught my attention, and on seeing the advertisement a second time I attended the meeting. It was the band of sturdy-hearted men who gathered around our never to be forgotten Meltzer. Very diffidently, I asked one of those present what I ought to do against darting pains in the lungs, from which I was then suffering. Very diffidently — for my constant nervous excitement was so great, that I could not possibly have spoken loud before a number of persons. He prescribed a compress, which had an immediate and beneficial result. Thenceforward I attended these meetings regularly. Some years later — it was in 1868 — my brother became seriously ill, and the Nature Cure at the stage of development then reached was powerless to aid him. We heard of successful cures by Theodor Hahn *auf der Waid*; my brother resolved to visit him, and after a few weeks returned much improved. I likewise convinced myself of the excellence of the natural method of cure there applied, and at that same time adopted that method from full conviction.

Meantime my own disorder had not been quiescent. The germs of disease inherited from my parents had thriven apace, especially since new causes of sickness had been added to the older diseases by earlier medicinal treatment. My condition gradually grew worse and worse, till at last it was fairly, unendurable. The hereditary cancer had appeared in my stomach, my lungs were partially destroyed, the nerves of my head were so irritable that I found relief only out of doors in the fresh air, but was long past quiet sleep or work. To-day I may assert, that as well-fed and rosy as I then looked, I was a wretched Lazarus through and through. Yet I most scrupulously followed the course prescribed by the Natural Method. Water-baths and sun-baths, packs, clysters, shower-baths, diet, everything, in short, I employed, but without attaining more than alleviation and diminution of pain. At this period, through observations made in the open air, I discovered the laws upon which the method of cure practised and taught by myself is based. Upon them I founded, to begin with, a course of cure for myself, and then constructed the most practical appliances for the same. The attempt succeeded. My condition gradually improved from day to day. Others, who followed my advice and observed the same course, were also satisfied. My apparatuses proved to be of genuine value. The diagnoses of actual (felt) diseases, and the prognoses of future disorders not yet noticed by the person affected, though their beginnings were already visible, regularly turned out correct. I felt assured, that my discoveries were no mere self-deception. Nevertheless, when I spoke of them, I met with incredulous astonishment, apathetic indifference, or scornful rejection; and this not only from physicians or believers in medicine, but also and above all from the disciples of the Natural Method, and even from its most admired representatives. I had placed my apparatuses at the free disposal of the latter, to the end that my discoveries might benefit humanity. "Without giving them a serious, honest trial they were set aside as useless, to moulder under dust and cobwebs.

I thus became aware, that it did not suffice to find a theory of the origin and course of disease and its cure, and to construct appliances corresponding thereto for the treatment of the sick; that it did not suffice to discover a new and infallible method of diagnosis and prognosis founded on the nature of the system itself; that it did not suffice to exhibit the success of the new method of cure in my own person, and in my relatives, friends, and acquaintances; I perceived clearly, that I should have to appeal to the general public itself, and excel, by palpable successes in innumerable cases, allopathy, homeopathy, and the earlier Natural Method, in order to call forth among high and low the conviction of the indubitable correctness of my method, and of its derivation from natural laws.

This inward persuasion gave rise to a severe struggle. For if I decided to devote myself to the practice of the new art of healing without medicine or operations, I should be obliged to give up to others my factory, since 25 years in successful operation, in order to turn my undivided energies to another calling, which at the outset would bring me scorn, obloquy, and certain loss. For years the struggle endured between reason, which deterred me from, and conscience, which urged me to the fulfilment of my inner vocation.

On Oct. 19, 1883, I at length opened my establishment. Conscience had won the day. But what I had foreseen came to pass to the letter, even beyond expectation. During the first few years my establishment was hardly visited at all, although some successes were attained which were remarkable enough to attract attention. Patients then gradually began to come, at first merely for baths, later for the cure. In time patronage increased, especially from other places, and chiefly because nearly everyone treated by me became a voluntary promulgator and agent. My Method and diagnosis had been put to the test in hundreds of cases, and I was enabled to save many from serious danger by foretelling future illnesses. On this latter point I lay special stress. For thus alone shall we be able again to rear a really healthy generation.

The truth of my discoveries has been proved in each single instance, my experience has naturally been materially widened during the past eight years, and my own health, which formerly seemed past recovery, has so greatly improved through a consistent observance of the new method, that I at present feel fully equal to the exertions imposed by an extended practice. This has only been rendered possible, however, through my invention, after long reflection, of a perfected kind of Sitting-bath, which is so efficient, that I can declare any disease, whatever name it may bear, for positively curable. I say: Any disease, not every case. For when the constitution is too far undermined, and in particular when a patient's system is permeated with poison from a long use of medicaments, my Method can, indeed, achieve alleviation and assuagement of his pains, but not invariably save and completely cure him.

I appear before you, ladies and gentlemen, with the proud and joyful consciousness, that after striving against physical ruin for nearly a quarter of a century, I have saved myself, and at the same time found out the method for the actual remedy of disease, long sought by the most eminent minds, for the common good. True, these words sound like vanity and self-sufficiency. But experience has proved in every case, even where it was not permitted me to save the patient, that my theory is sound throughout and at every point.

What led me to my discoveries was an empirical method based on the strictest and most careful observation and research, and on systematical experiments. And though I may be called a "quack", and be reproached with a lack of training as a specialist for the practice of my present vocation, I bear all with perfect tranquility and undisturbed equanimity. For even the greatest benefactors of mankind, and especially the great discoverers and inventors, have almost without exception been "quacks" and "non-craftsmen", not to speak of the peasant *Priessnitz*, the carter *Schroth*, the theologian and forester *Francke (Rausse)*, and the apothecary *Hahn*, whose clear minds and strong wills have brought about a new and better art of healing.

In what relation does the New Science of Healing stand to the traditionary modes of Allopathy, Homeopathy, and the earlier Natural Method?

I propose to criticize these methods of cure, and to set their failings and weak points (which they have in common with all that is human) in the proper light, so far as shall be necessary for the good of humanity and for a clear understanding of my explanations. Everyone is free to accept and carry out what he holds to be best, But for an understanding of what I offer it is needful to know, in what particulars it agrees with the systems heretofore followed, and wherein it differs from them, in order to determine its originality, and its absolute or relative value, accordingly.

With *Allopathy*, the new art of healing without drugs or operations has but one point in common — that the subject of both is the human body. For the rest, their aims and their means are diametrically opposed. In fact, I consider the whole scheme of poisoning patients by internal medicine, latterly so decidedly on the increase, as one, if not the chief, cause that thoroughly healthy persons are now hardly to be found — that chronic diseases are multiplying with fearful rapidity. The proper and timely intervention of the new art of healing will render *Surgery* almost quite superfluous.

I greet *Homeopathy* as a faithful ally in the crusade against the ruinous belief in medicine. In its minute doses of medicine, wherein the chemist is unable to discover a trace of the drug, and in the stress which it lays on the choice of a proper diet, it forms a transition, a stepping-stone to the drugless art of healing; but with reference to diet it formulates no fixed, clear principles, and my experience proves even its minute doses of medicine to be not altogether harmless.

The *Natural Method* as hitherto applied, which far excels the other systems, is the foundation of the new art of healing

without drugs or operations. Herein I have had to follow the great discoverers and founders of the system — Priessnitz, Schroth, Rausse, and Theodor Hahn — rather than its later representatives. The latter, in their excessive zeal for individualization, run the risk of degenerating into artificiality and of deviating from the clear and simple paths of Nature. The earlier Natural Method lacks insight into the character, the nature of the morbid matter, and a knowledge of the natural laws according to which the latter moves about "in the body and settles in certain parts; — in other words, it lacks an insight into the true nature of disease, and thus of all diseases — the knowledge of the ever-present though hitherto unrecognized law of nature, upon which all my discoveries are based. Moreover, it calls to its aid the diagnosis of school-medicine, although it is well known, that it needs no such "exact" diagnosis; and thus it is still subject to old prejudices. The new science of healing teaches, on the contrary, a different kind of diagnosis, evolved from the nature of disease itself, and externally traceable on the face and neck — the Science of Facial Expression.

The Natural Method has at command a rich store in the forms of applying water: — packs, clysters, shower-baths, jets, half-baths, full baths, seat-baths, and steam-baths of various descriptions. These numerous remedies prove, when insight into the true nature of disease has been gained, in part superfluous and confusing. The new art of healing simplifies the application of water as far as ever possible.

While the usual Natural Method failed to regulate the diet in many cases and voluntarily accomodated itself to the traditionary mixed diet, the new science of healing prescribes a non-irritant system of nutrition, based on fixed natural laws, and accurately and clearly defined.

As you see, the deviations from the usual methods of the Nature Cure — which, I repeat, has accomplished and still accomplishes remarkable cures — are so great, that I feel quite justified in giving my theory and practice a new name — that of the New Science of Healing without Drugs and without Operations.

I cannot enumerate in detail all the experiments tried, before my system was constructed; that would doubtless be interesting to many, but would not be of practical value. It is, in fact, a special advantage when one can steer straight for the goal, and avoid the many misleading paths which had to be traversed before reaching it.

After these prefatory remarks, let us turn to the matter itself.

The fundamental question which I must first examine, and on which the entire method of cure is based, is this: "What body is, or is not, healthy?" The current views are very different. Who has not had experience of this? One asserts, that he is quite healthy, only a little rheumatism troubles him; another suffers only from nervousness, but is otherwise health itself; — this is exactly as if the body consisted of separate sections quite independent one of the other, and hardly connected at all. Strangely enough, this view is supported by

the usual method of curing. For the latter in many cases operates only on single organs, often scarcely noticing the neighboring ones. Yet it is an undoubted fact, that the entire human body is a united Whole, whose parts are in constant reciprocal relation, so that sickness in one part must have an influence on the other parts. Daily observation shows you that such is the case. If you have the toothache, you are hardly capable of any work, and relish neither food nor drink. A splinter in the little finger has a similar effect; a pressure about the stomach robs us of our zest for physical or mental work. In the beginning, this is only the immediate influence transmitted by the nerves. But we already perceive, how one disturbance directly induces others. Should it continue long, the consequences will be permanent, whether they are perceptible to us or not. A' A body can therefore be healthy only when all its parts are in their normal condition, and achieve the work given them to do without pain, pressure, or tension. But all the parts should also possess the form best adapted to their purpose, which likewise best corresponds to our ideas of beauty. Where the external form is abnormal, influences have been at work to alter it. But manifold observations are necessary to determine the normal form in all cases and in all details; first of all, really healthy persons must be sought for as objects of study for the forms. But it has now become wellnigh impossible to find such. To be sure, we speak of strong, healthy persons, and many declare that they belong to thus class; but if we inquire more closely, each one has some trifle — as he expresses it — to mention, some trifling pain, or an occasional headache, or a toothache now and then, or something or other, which, proves that absolute health is out of the question. For this reason manifold studies are needful in order to learn the normal shape of the body. The best way is to compare sick persons with those approximately healthy, and from subsequent explanations you will see still more clearly, how this may be successfully done.

Having in the above merely touched upon the fact, that sickness alters the shape of the body, I will mention besides some familiar instances. To begin with, let me remind you of persons suffering from obesity, whose bodies take on a well-known rotundity; and in contrast to them of lean persons, on whose bodies hardly any fat is deposited. Both are undoubtedly morbid symptoms. Further, there is the loss of the teeth, which alters the whole face; gouty affections, in which lumps are formed; rheumatic gout, in which entire members of the body swell. In all these cases the alterations are so strikingly apparent, that the veriest novice recognizes them. In other phases of disease they are less evident to the eye, yet I can remind you of many other known cases. It is universally assumed, that a healthy person has a clear, quiet eye, and that his features ought not to be distorted. Only you would find it hard to determine when the face wears its proper expression; and you will unhesitatingly admit, that one person can see more sharply in this matter than another. For instance, we often find a person whom we have not met for

years changed during this time "not for the better", as people say, without our being able accurately to define the nature of this change. And nevertheless these transformations, through which the body loses in beauty and grows uglier, have a deep significance, to which I shall return further on. From all this it is evident, that diseases reveal themselves by changes in the body, and more especially in the head and neck; and that it is a weighty problem, to recognize and explain these alterations.

Whether everyone will succeed in doing this, I will not decide; much perseverance and unwearying practice are needful for making observations. Those attending my instruction in the Science of Facial Expression will receive directions for doing so.

To-day I will call your attention to another touchstone of health.

If the entire body is affected by every single case of sickness, we shall be able to test the state of the health in each organ, but shall do best to choose those whose functions may be thoroughly and readily tested; and these are the organs of digestion. Good digestion is a sign of good health, and when it continues in perfect operation day by day the body is undoubtedly quite healthy. These observations can easily be made in the case of animals. "We can best judge how the process of digestion has been performed from its leavings. They should be ejected from the body in such a form, that a soiling of the same is quite impossible. This you can observe every day in the case of horses, or of birds in a state of freedom. Pardon my further elucidating this delicate matter; but when speaking of health and sickness, everything must be called by its right name.

The end of the colon is most admirably adjusted; it is so formed that the excrements, when they reach it in proper condition, are ejected without difficulty, whereby a soiling of the body is impossible.

The so-called toilet papers are an acquisition of sick humanity; perfectly healthy people do not in reality need them. Do not mistake me; I do not mean that anyone who is not really well should imagine, that the non-employment of this resource of civilization justifies his triumphing — just for such persons it is intended, to satisfy the desire for cleanliness. Now, from his digestion everyone can easily learn whether he is healthy or not; the test alluded to is a highly important one, and I do not hesitate to assert this positively, undisturbed by the mockery of sceptics.

Fortunate indeed is he, whom the above-mentioned test informs of his being in full health. A healthy person always feels perfectly well; he knows nothing of pain or discomfort, so long as they do not come from outside; in fact, he never ought to feel his body. He delights in work, and enjoys his activity until he grows tired, after which he again finds full enjoyment in sweet repose. For him it is easy to bear mental pain, as his body yields for his assuagement the soothing balm of tears, of which in such cases even a man need not be ashamed. A healthy man is not troubled by family cares and anxieties, for in himself he feels strength to provide for his

loved ones. A healthy mother cherishes her family with zest, for she can nourish her little ones from the beginning, and if her darlings are healthy too, what a blissful life is theirs! Their faces are almost incessantly wreathed in happy smiles; that continual restlessness and crying and complaining are unknown; in short, the education of such children is a delight, especially as their teacher's influence on such is far readier and more lasting in effect.

To recapitulate the foregoing briefly: Natural inclination drew me to natural science; severe sickness and sad experience with "school medicine" led me to the Nature Cure; my perceiving, that even the latter as hitherto applied was powerless to cure my serious chronic disorders, forced me into further researches; a constant observation of living nature revealed to me the necessary alteration of the outward shape of every organism through disease; and the manner, in which this alteration is accomplished, and how it again disappears when the disease is cured, finally taught me what disease *is*, and how it *arises*.

It will be the purpose of my next lecture to present to you the results of my researches, and to tell you what the nature of disease is, as ascertained by me, how it arises, to what it leads, and how it must be cured.

# How does Disease arise? — What is Fever?

Lecture by Louis Kuhne.

Ladies and Gentlemen:

What is disease? How does it arise? How does it show itself?

These are the questions which I propose to discuss before you to-day. If you have read in the announcement the further question: What is fever? you will soon see how it is answered together with the others.

The answer to the above questions is important not only for theory, but even more so from a practical point of view; for not until we have gained clear insight into the nature of disease are we in a position to find, at the very outset, the right and practical method of cure, and to apply the same consistently, thus quite obviating all experimenting and groping in the dark.

The path, which we pursued, is the one, upon which any natural laws whatever can be discovered. We start from observations, draw our inferences from these, and finally prove the correctness of our inferences by experiment.

First of all, our observations must be extended to all symptoms noticeable in sick persons; we shall then have to discover those symptoms which constantly reappear and occur in the case of every patient.

These symptoms are essential ones, and must be assumed as a basis for the recognition of the nature of disease.

In my last lecture I already remarked, that in certain diseases striking alterations occur in the shape of the body; and it was this circumstance which caused me to observe, further, whether such alterations did not occur in the case of all patients.

And this is, as observation proved and still proves, actually the case; the face and neck are especially affected by such changes, which can therefore be most easily traced in the same.

For years I have made it my study, whether my individual observations agreed in all cases, and whether with the alteration of the outward form the state of the health also changed in every case; and thus it was invariably.

Thus the conviction grew strong within me, that from the changes of form in the neck and face a trustworthy idea of the state of health in the individual under consideration could be gained; and this led me to the discovery and application of my new diagnosis, the Science of Facial Expression.

The alterations which we perceive in the neck and face take place in the corresponding parts of the abdomen and rump on a larger scale, because, as we shall see further on, they issue from the abdomen itself; so that merely by examining the neck and face of the patient we gain an exact idea of the condition of his bodily functions. These external

alterations are perceptible in the neck and face, firstly, when the morbid matter has pushed in between the muscular tissues, whereby the body, which is as elastic as india-rubber, is puffed up (this condition is the least dangerous); secondly, through increased tension, i. e. the induration of the separate tissues. You will be most readily able to form an idea of this state, if you think of a sausage. Filled as it usually is, it remains flexible in all directions. If it be stuffed fuller and fuller, as long as the skin will hold, the sausage will become so tense and hard that it can be no longer bent at all, except by bursting the skin. An increased expansion of the body similarly occurs only up to a certain limit, and a tension of the tissues is then the first result. The tension is very distinctly visible, when the patient turns his head and neck. This stage is worse. If the room between the tissues no longer suffices for the deposits of foreign matter, the latter is deposited in lumps directly beside the muscular tissues under the skin, being then distinctly visible on the neck. Where we find such lumps on the head and neck, we do not err in concluding from these indications, that there is a far greater number of such lumps in the corresponding parts of the rump. On the abdominal integuments these lumps may in such cases easily be felt and seen in all sizes. For the lumps in the neck are not formed until after lumps are present and deposited in the abdomen. On the other hand we see, in lean patients, how the normal tissues of the body are actually displaced by morbid matter, so that only the remains of the former, as if shrivelled together, are still retained amid the foreign matter.

The various abnormal discolorations of the skin also form a sure clew for the recognition of diseases, and in certain diseases are never wanting.

The two figures accompanying, taken from life, show you a patient with a serious disease of the heart combined with dropsy, before he applied to me and four months after the beginning of my cure. — You clearly see the great changes in shape which took place in the patient during this period. He was, as you perceive, heavily encumbered with foreign matter, and within three months, by the aid of my method, had rid his system of a great quantity of this matter through the natural organs of secretion, as may be distinctly seen in the second cut. — Here I cannot go into details concerning the Science of Facial Expression, as this would lead too far from the proper theme of my discourse, but only offer a few suggestions.



But what does this outward sign, the alteration in the shape of the body, teach us in regard to the nature of disease? In the first place there is no doubt, that these elevations and swellings result from matter of some kind or other being deposited in the parts affected. At first we do not know whether this is matter that the system might make use of, and which has simply been deposited in the wrong place, or whether it is matter which does not belong in the body at all. Nor do we know at first, whether the matter causes the disease, or whether the latter is the cause of the deposit. But continued observation brings us nearer the truth. For the deposits almost always begin on one side of the body, and are then much more abundant there than on the other; and this is invariably the side on which we are accustomed to sleep.

We thus see that matter obeys the law of gravitation. But this side always being the sicker, it follows that the matter is the cause of the sickness; otherwise the sickness would assuredly sometimes begin on the other side. Further on, more proofs will be given in support of this assertion.

We may also conclude from this, that the said matter must be foreign matter, that is, such as does not belong in the body in its present form or in any other; for nutritive matters cannot follow the law of gravitation in the body, otherwise one-sided deposits would take place in the healthy body as well, if the person in question were in the habit of sleeping regularly on the same side.

Besides, the system itself evidently endeavors to throw off the matter; ulcers or open sores are formed, violent perspiration or eruptive diseases break out, whereby the system tries to rid itself of the matter. Should it succeed, a pleasant feeling of relief takes the place of that of sickness, provided that enough matter has been thrown off.

Hence comes quite naturally the explanation of the term "disease": It is the presence of foreign matter in the system. For the correctness of our definition there is an infallible test. Namely if, after the objects designated as morbid matter have been removed from the system in a suitable manner, the disease itself then disappears, and the body at the same time regains its normal form, the proof of correctness is thereby furnished.

This proof is already provided, and in the subsequent lectures I shall exhibit to you the various experiments which have been made.

But now let us approach the question, what may be the nature of this foreign matter, and how does it get into the system?

There are two passages through which matter can be introduced into the body; — by the nose into the lungs, and by the mouth into the stomach. Each of these passages is guarded by sentinels, but they are not thoroughly incorruptible, and sometimes let things pass which do not belong in the body. These sentinels are the nose and the tongue, the one for air, the other for food. As soon as we neglect prompt obedience to the senses of smell and taste, they grow more lax in the fulfilment of their duty, and gradually allow harmful matter to pass unchallenged into the body. You are aware how one can become used to sitting in dense clouds of tobacco-smoke and inhaling it as if it were part and parcel of the healthy fresh air. The tongue is still further corrupted, and we know that it can gradually be habituated to most unnatural food. Need I remind you of the different dishes and beverages, which we now think indispensable, but all of which were unknown centuries ago, and to which the present generation has grown so accustomed, that it would rather eschew a natural diet than give them up? Our lung-diet is on the whole not so degenerate as our stomach-diet, as the former admits of no luxurious outlay; and as a rule the purest air still suits us best; whereas a hearty porridge, for example, such as furnished our ancestors with blood and strength, is really relished by very few.

In order to illustrate still more plainly how the digestive organs are slowly undermined by the unnatural demands put upon them, I will adduce one example. A dray-horse, that can draw 50 cwt. with ease, may be made temporarily to drag a much greater load, say of 80 cwt. On the other hand, if his master, having seen that he could draw the 80 cwt., were to give him the same load daily, the animal would probably be able to draw this increased load for a considerable time, but the over-exertion would gradually prove injurious. It would drag its load with increasing difficulty, until finally it could no longer draw even 50 cwt. Everyone perceives that the animal is overworked, which is also outwardly apparent from his spavined legs and other symptoms. It is exactly the same with the human organs of digestion. For a long, very long time they will perform work far exceeding their natural functions, continually spurred on by the stimulants of our times. But their natural powers are gradually undermined, and they can only partially perform the work allotted to them. The transition from a healthy to a morbid condition goes on so imperceptibly (often taking ten or twenty years or more), that the patient does not notice the alteration for a long time. It is very hard to say, what amount of food forms the limit which may be borne by a diseased stomach. Let us assume an apple to be a perfectly healthy article of food for a patient. One

apple may often be borne by a weak patient, while two would be enough to cause injurious effects.

The diseased stomach was still able to digest one apple, while two proved to be too many. But all excess is poison for the stomach. We must never forget, that everything which we put into the stomach has to be digested. Even a healthy stomach can really digest only a certain quantity of food. Anything beyond this is poison for it, and becomes, when no longer secreted, matter that is foreign to the system.

I call it foreign matter, because for the present it remains foreign to the system. — Now, what becomes of such foreign matter? — The system attempts to expel it, and this in the ways designed by Nature for this purpose. From the lungs it is breathed out directly into the surrounding air. From the stomach the bowels conduct it to the outside; or it first enters into the blood, and is then emitted as sweat, urine, and expired air, that is, through the skin, the kidneys, and the lungs.

Thus the system takes care in the most obliging manner that our sins have no evil effects. Of course, we must not require too much. If we overburden the system with such secretory work, it becomes unable fully to perform its functions, and must find room for the foreign matter in its own interior. But the latter is useless for the renewal of the tissues, and is in fact positively harmful to the body, as it impedes the circulation and hence the nutrition. The foreign substances are gradually deposited in various places, especially in the neighborhood of the secretory organs, that being the direction they take.

The beginning once made, the deposits accumulate rapidly unless the mode of life be soon changed.

Now appear the alterations in shape in their first stages, but at first they are visible only to a practised eye. Such a body is already sick, though its sickness is painless and chronic (latent). It develops so slowly that the person affected does not notice it; only after a considerable period does he become conscious of unpleasant alterations. He has no longer the same appetite, he is incapable of the same amount of physical exertion, he cannot do so much continuous brain-work, and the like. His condition is still supportable so long as the secretory organs operate vigorously, so long as the bowels,- kidneys, and lungs are active, and the skin exudes warm perspiration. But whenever these functions relax, he feels less satisfied with his physical condition.

The deposits themselves begin, as we have seen, near the organs of secretion, but soon commence accumulating in remoter parts, especially in the upper portions of the body. This is most distinctly perceptible in the neck. There, in the passage-way, the alterations may speedily be seen, in consequence of which tension takes place when the neck is turned, and we perceive too from which side the matter has forced its way up.

Before speaking further of the consequences of this accumulation of matter, I must remark, that now-a-days the entire evolution of the disease can but rarely be watched from

the beginning, for most human beings enter the world laden with morbid matter; and just here I may add, that this is the reason why hardly any child enjoys immunity from the so-called infant diseases, which are in reality a sort of cleansing process, the system thus manifesting its endeavor to rid itself of the foreign substances contained therein. But of this in detail in my next lecture.

The foreign substances, which were chiefly deposited in the abdomen, finally spread through the whole body, and hinder the normal development of the organs.

Even should the organs resist this in places by increasing in bulk, they can nevertheless reach no perfect development, for wherever foreign matter is present, space is lost for nutritious substances. Besides, as soon as the circulation is impeded, the process of nutrition suffers a check, and the organs become smaller, despite — or rather by reason of — the foreign matter contained in them.

This matter may for a long time remain perfectly quiescent (chronically latent), or may suddenly change into activity. It consists almost exclusively of substances which are soluble, which can decay, which are subject to decomposition or build up new tissues according to the prevailing conditions — matter capable of fermentation. The reader will please understand the word "fermentation", both here and afterwards, in a somewhat wider sense than the usual one. Its meaning will sometimes be the same as the ordinary one, but will frequently take a broader signification. I would gladly have chosen a more suitable term, but have been unable to find a better one.

Now, fermentation often really occurs in the system, and is of the highest importance for the whole body.

In all such fermentation microscopic fungi are active, "which are properly speaking the ferments themselves, and a striking change is brought about in the fermenting matter, which increases markedly in bulk.

Warmth is generated by the fermentation; the more violent the latter, the greater is the increase in temperature. This warmth is produced by the friction of the masses on each other and the body, and likewise by the process of fermentation itself and the changes in the fermenting matter accompanying it.

Under proper conditions every process of fermentation can be caused to retrogress upon its own course, and by consequence the changes in form caused by the fermentation can also be obviated. This is a fact which, although always existent, has hitherto never been properly understood. But I need merely remind you, how in Nature ice melts into water, the latter is transformed by great warmth and wind into vapor, and how this water, which through vaporization became invisible, again condenses and appears to the eye as a cloud, produces water as rain, or comes pouring down as snow or hail, and refills the ponds and streams, to be again congealed to ice by severe cold. And all this was brought about by mere differences in temperature. Constantly increasing warmth brought about the disintegration of the water, whereas

increasing cold caused a retrogression of the process. A similar process takes place in the development of foreign substances in the body, and similar conditions produce their retrogression and ejection from the system.

Just what the little vegetable organisms (the ferments) are, is of secondary interest to us; but it is important to know, that the same can develop only when a suitable soil is present — where substances are present which are ready to pass into decomposition.

Where such are present, only the right kind of weather or any moving cause is needed to give rise to fermentation. Such fermentation also begins in the human system under similar conditions, as soon as sufficient foreign substance is present and about to pass into a state of decay or decomposition, and an external moving cause intervenes.



Such an accidental cause is the change of weather (hence what are popularly known as "colds"), the consumption of food specially apt to ferment, which remains longer than it should in the digestive canal, anger, fright, strong emotion, a shock, etc.

My observation shows, that fermentation always commences in the abdomen. It then often leads to diarrhœa, and ceases with the same; but frequently, particularly when there is constipation, the system does not succeed in its attempt at speedy self-help, and fermentation continues in other parts, where foreign matter has accumulated.

The case is like that of the bottle shown above; the bottom supplies no outlet, and the fermenting matter therefore pushes on upwards. Thus we first feel this process in the higher parts, and headache begins. The fermentation produces warmth, and we soon feel the increased temperature within. This is what we call *fever*.

These explanations afford us a very simple definition of fever, and one which possesses the advantage of being based strictly on observation and incontestable experience.

*Fever is fermentation going on in the system.* "We shall therefore best comprehend the symptoms exhibited by fever by forming a correct picture of the processes of fermentation, as they may frequently be observed outside of the human body. For instance, if a bottle of freshly brewed beer be allowed to stand a few days, an alteration will be noticed in

the fluid, which is generally designated by the term fermentation. This we know of the nature of fermentation — that it is a decomposition, a sort of decay, and that it develops little vegetable organisms, as mentioned before, called bacilli. But in this development it must be remembered, that these bacilli not only propagate themselves, as is often assumed, by coming into the fermenting mass from outside and then spreading further and further, but are also originated by the transformation of the mass, thus being themselves only transformed matter or a product of fermentation. Through the process of fermentation or decomposition the original mass is altered in form. Thus living animal bodies are produced from the food and drink transformed by the process of fermentation in digesting. In this manner we naturally arrive at the conclusion, that all life is only a continual change under given conditions, and that without the processes, which I term fermentation, it could not be imagined at all. The outward manifestations of fermentation are the following:

First, the fermenting matter separating from the entire fluid is deposited on the bottom of the bottle. Now, if the bottle is shaken, or a change in the weather or temperature occurs, the substance at the bottom begins to move, and exhibits a tendency to spread. In spreading it always tends upward, and the more strongly, the more fermented matter has been deposited at the bottom.

Let us take an example from every-day experience. Everybody knows, that wine and beer are bottled and put in a cellar in order to induce as slow a fermentation as possible. The cellar temperature is pretty much the same in winter and in summer; no sudden changes of temperature occur, so that one cause of quick fermentation is wanting.

We notice a similar phenomenon on comparing tropical countries with our temperate climate. We perceive, how in the South and the tropics acute fevers in the most various forms are continually at work, whereas our cooler climes are rather the seat of all chronic diseases. The explanation of this phenomenon is also found in the more rapid and greater changes of temperature in hotter climates, where by day they have + 100 ° Fahr. and at night + 45 °, as compared with our northern countries, where the difference between day and night seldom amounts to more than 22 ° Fahr., and usually less. Quite similarly it may be explained, why children are especially subject to acute diseases (crises in expelling matter), the familiar infant diseases, while later in life chronic forms of disease mainly prevail. The above-mentioned change of temperature is here aided by the greater vigor of the youthful organism, which is still so great that it needs no stimulus at all from outside, or at most a very slight one, to cause a vehement effort for health — that is, an acute disease to rid the system of foreign matter.

Now, the same phenomena which take place in the bottle are observable in fever. In this case, too, the fermenting matter accumulates in the lower part of the rump, and is then set in motion by some change in the weather, external shock, or mental excitement. Here too the movement tends upward;

the fermenting substances have a tendency to spread, and press against the skin covering the body. As long as this skin remains impervious, the pressure meets with resistance. Thus friction arises, and consequently heat is developed. This is the explanation of the well-known fever-heat.

Thus it is also explainable, why a person in a feverish state has a somewhat greater circumference of body, than when free of fever. For the skin, being elastic, yields to the pressure of the fermenting matter, and the stronger the pressure becomes, the greater becomes the tension of the skin. When the skin has reached its extreme tension, so that it can yield no further, the fever-heat and danger are at their height. For as the fermenting masses still have a tendency to expand and are unable to escape to the outside, they make room for themselves inside. The body burns inwardly and death is the unavoidable result — of course only in case the skin remains impervious. If we succeed in opening its vents, the danger is removed. For then the fermenting matters find a vent, the interior of the body is thereby relieved, and the heat and tension of the skin immediately subside.

No words are needed to show that the comparison between a body, filled with fermenting matter, does not agree in every point with a bottle filled with fermenting matter. In the bottle fermentation has free vent; the matter can expand in all directions without resistance until it reaches the surrounding sides. In the human body it meets with impediments everywhere. Every organ opposes its progress and hinders its course. Then it presses, pushes, and rubs against the organ offering resistance, thus producing heat in and destroying it, if no outlet be made or its course diverted. According to the part principally affected by the matter, the form of disease is customarily termed disease of the stomach, lungs, liver, heart, etc. But the part affected in each individual case depends upon the course taken by the fermenting matter, and this course, again, upon the place and mode of the foregoing deposits. It will therefore be my task later, to show you, how the closed skin is to be opened. First, however, I must speak of another phenomenon. Before the heat begins, we in every case notice for days, weeks, or even months previously, another symptom apparently the exact opposite of the former: — a feeling of chilliness. The explanation of this is very simple. It arises as soon as the deposits have grown so considerable, that the blood can no longer circulate properly in the extremities of the body. It is cooped up all the more in the inner parts, so that great heat arises in the latter.

In one case the time during which deposits take place is longer, in another shorter, until one of the causes named before, — change of weather, outward shock, or mental excitement — occurs, thus setting the deposited matter into fermentation. Through the depositing of this matter disturbances are occasioned in the circulation and nutrition. The blood-vessels become partially clogged, especially in their minutest branches, so that the blood can no longer circulate into the exterior. This is the cause of cold feet and hands, and of a chilly feelings all over. The chilly feeling is

also a precursor of a feverish state, and we should make a grave mistake were we to leave it unnoticed. If proper treatment be immediately applied, the disease cannot attain to full development, but is nipped in the bud.

When speaking before on the nature of fermentation I remarked, that in all fermentation little vegetable organisms, called bacilli, develop spontaneously. This is the case with fever, and thus the widely mooted bacillus question finds a simple answer. Whenever the matter deposited in the abdomen begins to ferment, bacilli are formed (develop) of themselves in the system; they are the product of the fermentation, and also disappear of their own accord when fermentation ceases and the system becomes healthy, i. e. when the process of fermentation recedes.

It is therefore idle to speak of infection through bacilli, in a mysterious manner, without the presence of foreign matter in the system; consequently the question is not, how to kill the bacilli, but rather how to remove the cause of fermentation, the foreign matter; then these little monsters, which have caused terror to so many timid minds, vanish as a matter of course. On pp. 60 — 69 I shall speak more in detail of the dangers of infection.

A few simple examples will more clearly illustrate my assertions. Imagine a room left unswept and uncleaned for weeks, although much dirt collects therein daily. Very soon, vermin of all descriptions will take possession of this room, and prove troublesome to all the inmates, so that every means will be tried to extirpate them. Now, if we try to destroy the vermin in the old-fashioned way by poison, we should doubtless kill a large number of the same, but by no means obtain lasting relief; for the dirt itself is the actual producer and promoter of the vermin, and would continually breed fresh swarms of the latter. But we should have attained quite a different result, had we immediately cleansed the room itself of all filth; and by continuing this process, we should deprive the vermin of their proper element, and be rid of them for good.

Another example: Imagine the swampy edge of a forest in summer. You all know what an annoyance the mosquitos are in such a place. It will be evident to you all, that it would be a mistake to use poison to destroy the insects. True, hundreds of thousands would be killed, but millions on millions would constantly issue from the swamp. The swamp is, as you all see, the proper element of the tormentors, consequently one must first do away with it, before the mosquitos can be annihilated. We know, that on dry heights hardly any mosquitos exist. Were one to collect a great number of mosquitos, and carry them up to such a height, in order to keep them there, one would very soon perceive all these toilsomely transported insects "taking the back track" to their swamps, because the dry height is no suitable ground for them. The only way to induce the insects to stay on the height would be to transport the swamp thither, as well.

A third example will render the matter still clearer. You are all aware how Nature in the tropics, where the greater heat

of the sun calls forth a far more diversified and intense development of life in the animal kingdom than is found in the temperate and frigid zones, gives birth to the most and best developed devourers of flesh and carrion. Whatever pains might be taken to kill them off, new generations would always arise to replace them. Thus you see that these animals flourish only where, by reason of a greater development of life, an increased deathrate is accompanied by more rapid putrefaction. If no relief were at hand, the dead animals would quickly poison the air with their putrescence, and render it unfit for the living ones. It is now plain why the principal preyers upon flesh and carrion live in the tropics, and not in the extreme North, where even the reindeer, living as it does on grass and moss, can hardly exist.

Therefore, should we aim at annihilating the flesh and carrion eaters of the tropics, we should succeed only by removing the conditions of their existence, the swarming animal kingdom there present; then they would disappear of themselves. All other means are useless. But the smaller the animals are, the more difficult is their direct removal. And of this the bacilli afford a most striking example. Therefore in order to exterminate them, it is not at all to the purpose to employ medicaments to poison them, for we can attain our end only by removing their cause, by ejecting the foreign matter from the body.

In these examples I have shown you, how Nature acts on a grand scale; and she acts in just the same way on a small scale, for all her laws are uniform. Nor does she admit exceptions in the forms of disease. Precisely as the *vermin*, *mosquitos*, and *preyers on flesh and carrion* gather, live and thrive only where they find a congenial soil, and would die out without the latter, *fever*, too, cannot exist without a congenial soil — unless the system is clogged with foreign matter; it is only where such matter is present that it can, as we have said, be set by any cause in that fermentation which we call fever.

But when we once know what fever is, it follows that a remedy can easily be found. The sealed skin, against which the fermenting masses press, must first be opened, and this can only be done by causing the body to perspire.

The instant the sweat breaks out, the fermenting masses gain a vent, and the tension of the skin and the fever both subside.

But with the perspiration the cause of the disease is not yet removed. For the fermentation affects, in each case, only a part of the matter deposited in the abdomen; the rest, which remains lying quietly, and is increased by new accumulations, thus forms an ever-present source of fever, which merely awaits a suitable occasion to break out afresh. Our aim will therefore be, to bring about the secretion and expulsion of the matter still lying quiescent in the abdomen. To this end are used the soothing hip-baths and friction sitting-baths introduced by me, a description of which is given on pp. 109 — 113. By their aid the system is urged to expel in a natural and direct way the morbid matter lying in the abdomen.

Not until this happens, is the cause of the disease, and thus the disease itself, done away with.

Let us now briefly review the foregoing, in order to deduce thence some important final conclusions.

In the case of all sick persons, alterations in the shape of the body are perceptible. These alterations are produced by foreign matter. The presence of foreign matter in the system is disease. This foreign matter consists of substances which the body had no need of, and which remained in the latter in consequence of bad digestion. The foreign matter is at first deposited in the neighborhood of the secretory organs, but gradually spreads, especially when fermentation sets in, over the whole body. As long as the organs of secretion continue to expel a part of the foreign matter, the physical condition is endurable, but whenever their activity becomes lessened, greater disturbances arise. But the accumulation of foreign matter is not painful, being so to speak a latent or chronic process, which spreads unnoticed over a considerable period.

We can best designate the forms of disease resulting from this as painless and hidden; they are essentially the same as those otherwise indicated by the term "chronic" (tedious).

The foreign matter can putrify (decompose); it forms the soil in which fermentation (bacilli) can develop. Fermentation begins in the abdomen, where most of the foreign matter lies, but rapidly spreads upward. The patient's condition changes, pain is felt, and fever sets in. These forms of disease we may term painful, fiery diseases; these are the forms otherwise termed "acute".

From the foregoing exposition we must now draw the momentous conclusion: **There is only one cause of disease, and there is also only one disease, which shows itself under different forms.** We therefore ought not, strictly speaking, to distinguish between different diseases, but only between different forms of disease. We remark by the way, that direct injuries are here excluded; they are no diseases in the above sense. I shall speak of them in detail furtheron in the Treatment of Wounds.

It is therefore the Oneness of Disease which I teach and argue on the basis of the observations laid down in the foregoing.

I have now indicated the way by which I arrived at the conviction, termed "bold" by many, that in reality there is only one disease.

Through observation and inference we have thus arrived at a statement, which is of fundamental importance for the entire treatment of the sick. But am I able to prove its correctness by facts?

In modern natural science there is one kind of proof which is preferred to all others, and regarded as almost the only valid proof — this is, experimental proof. In the case in question, the experiment could be carried out only by the similar treatment of the most various diseases, and by cures uniformly successful.

Of course it is impossible here, in such a meeting, to advise and treat sick persons of all descriptions before your

eyes, to exhibit the changes in their condition, the forms of their bodies, and their capabilities, and to receive their reports on the progress of the cure. In the testimonials of patients at the end of this book, I adduce facts and furnish proofs of the truth of which everyone is at liberty to convince himself; and shall always present like proofs, as far as space permits, when treating of the several diseases.

Here I can only engage, in the following lectures, to call attention to a series of the most familiar, frequent, and dreaded forms of disease; to explain in detail their cause, and to follow the course of the cure, at the same time adducing as many examples as possible from my practice, in order to bring clearly before your eyes how, in each individual case of disease, each separate disease is traced back to one uniform cause.

In my next lecture I shall begin with what are commonly known as children's diseases.

On the Nature, Origin, Object, and Cure  
of Infant Diseases, and their Oneness!  
Measles, Scarlet Fever, Diphtheria,  
Small-pox, Whooping-cough, Scrophula.

Lecture by Louis Kuhne.

Ladies and Gentlemen:

Disease is the presence of foreign matter in the system. This was the chief result at which we arrived from the observations communicated to you in the last lecture. But I must also sum up in few words the remaining observations and conclusions on that occasion, because it is on them that the method of cure is founded, as I shall explain in the following lectures, and because the course of development is the same in each disease.

Disease is the presence of foreign matter in the system. The foreign matter is either present from birth, or is introduced later by the admission of hurtful substances. The system seeks to expel this matter through the bowels, lungs, kidneys, and skin, and when unable to do so, "deposits it wherever it can. In this way the forms of the body are changed, as may best be observed at the narrowest part, the neck, and in the face.

As an example of this let us again instance the bottle with fermenting matter already mentioned, as shown in the next illustration. As long as the bottle is open, the fermenting fluid finds free vent. But suppose a hollow elastic rubber cap to be drawn over the neck of the bottle, allowing no gases to escape, the at first flaccid rubber will gradually grow more and more tense, the more space the fermenting mass requires. The increasing tension will very soon lead to an increasing expansion of the elastic cap. You will have a case more



nearly resembling the human body, if instead of the glass bottle we imagine one with elastic sides, in which the fermenting mass is clearly to be seen. Here you would see,

how the tension affects the entire bottle, and that the changes in the form of the bottle solely depend upon the pressure of the fermenting matter. Thus it is in the human body as well, only with the difference, that the whole space inside is not free and open, but that everywhere lie organs which must first be penetrated, and which always oppose an obstacle to the free development of the fermentation. In the latter case, too, the source of fermentation is in the abdomen, whereas in the former it is on the bottom of the bottle. In other respects the changes in form are brought about in exactly the same way in both cases.

The foreign matter deposited in the body undergoes a change, it ferments, and spreads in fermentation over the whole body. The fermentation also produces warmth, and agitates the entire system; we call the resulting condition "fever". If fermentation goes on mainly in the inner parts, the heat also is mainly internal, whereas the outer parts feel chilly. This state is more dangerous than the hot one. The chill always precedes, as we know, the feverish heat, and it is an important duty to change the chilly state into a feverish one, that is, to draw the internal fever outside, and bring the fermenting matter to the surface. If we are unsuccessful, the fever leads to serious illness or death; because then the internal organs are fairly burnt up, or, if the fermentation ceases earlier, are overladen with foreign matter.

For to-day I have set myself the task of explaining to you the development and course of a series of fevers — the infant diseases. I shall show you, that the same all have one common original cause, so that the question is simply to understand fully the common nature of these diseases, every special name for them being unessential or even misleading. These diseases, too, can appear only when the body contains matter productive of fermentation; there is no doubt, that most human beings bring a sufficient supply into the world with them. Consequently, it is nearly a certainty, that everyone will pass through one or more infant diseases. Why children are more subject to acute diseases than adults, I explained before on p. 27.

But prevention is possible. I will give you an example. To prevent the possible destruction of towns and villages large stores of powder or other explosive materials are never permitted to remain in them. We know very well, that despite the utmost vigilance the fatal spark might some time or other gain admittance. But why, I ask, are we not equally careful in regard to our bodies? Why do we continually supply them with foreign matter, which leads to violent outbreaks? Why do we not rather take the trouble to get rid of the matter present? To be sure, the outbreaks in the body are not always of such a destructive character; yet they often lead to death, especially when the fermentation finds no vent.

Now let me trace the course of the infant diseases themselves in detail; in doing so, I shall retain the usual names — although they are no longer of any special value to us — because they aptly designate the characteristic forms of these disorders.

The infant diseases occur, as we are aware, in such different forms and varied degrees of vital danger, that it does not seem easy to find the right remedy in every case. I shall now try to explain clearly to you, wherein the differences between these diseases consist, and how they may be successfully treated, and that even the most dissimilar forms of disease always have two leading conditions in common: "Increased heat, or a feeling of chilliness".

**Measles.** Let us imagine a child suffering from the measles; first of all, we find it restless, sleepless, with the skin of the body hot and dry; in common parlance, "the child has a fever".

In order to help the fever-stricken child we must above all know what fever is, and how it originates. Now, those who listened to my last lecture attentively, will not be at a loss to-day. Fever is fermentation going on in the body. The cause of this fermentation is that foreign matter has accumulated in the abdomen. The reason of this, in turn, is bad digestion, or, more correctly, the introduction of too much food and insufficient nourishment. To this last I also reckon bad air tainted with injurious gases. The remains of the food must, as they find no outlet, accumulate in the neighborhood of the outward passage, that is, in the abdomen. Imagine fermentation, such as you see here in the bottle, in the abdomen. The foreign matter gathered in the abdomen is carried by the fermentation to all parts of the body. And it



does not merely follow the channels of circulation, but also penetrates directly into all the organs. In a state of fermentation the foreign matter needs much more room than before. It therefore pushes on in every direction within the body, and tries to make its way out. But if the skin is impervious, it is stretched by the inward pressure, for the skin yields as far as its elasticity permits. The fermentation, that is, the transition of foreign matter into another state, produces warmth. Further warmth is produced by the crowding of the fermenting masses against the organs, particularly against the skin; for this is simply friction, which must produce warmth. The condition thus caused by fermentation, we call "fever".

It follows, that fever can best be relieved in the following way: We must endeavor to open the pores of the skin; that is,

we must try to make the body sweat, and the fever will abate immediately! Besides, we must counteract the heat by a cooling process.

As soon as we do this, the disease will in most cases disappear, without an outbreak of the measles; that is to say, the foreign matter is drawn out and expelled in a form, in which we cannot give it the name of any special disease, because the foreign matter passes out through the natural secretory organs, in the sweat, the urine, through the bowels and in the breath. If we neglect to do this at the right time, the measles break out of themselves, appearing, as we know, in round, rose-colored pimples. The more abundant the eruption — or, what amounts to the same thing, the more actively the fermenting morbid matter is ejected through the skin — the less is the child's life endangered; the less abundant and weaker the eruption, the greater is the danger from the heat developed in the internal organs, because then the fermenting masses fairly burn them up. Inflammation of the lungs sets in very readily; the body then perishes, not because it has the measles, but *because it has not had them thoroughly*.

To cure the measles, we must observe two points:

We must try to regulate the digestion, to open the natural vents, the kidneys, skin, and bowels. Thus the pressure of the fermentation will be drawn downwards, and the upward pressure will be abated. This is brought about by my alleviating hip-baths and friction sitting-baths. After these the child should be made to perspire. This is done most simply and easily, if its mother takes it into her own bed at night, and helps it to perspire by the warmth of her own body. Otherwise it often suffices to cover the child up well in a good large bed with feather beds or blankets. Care must be taken to let in fresh air by night and day by keeping the window open. If the object aimed at is not reached in this way, a steam-bath must be employed. This can be done most conveniently on the apparatus brought into use by me. But in case of necessity it may be arranged in a different manner (see p. 107.) After every steam-bath the patient must be cooled.

When you succeed in making the child perspire, his condition will be materially improved. Should the fever return, the cooling process must be repeated and the child then put to bed, in order that it may perspire. The process of cooling and warming again is to be repeated as often as fever reappears.

When the pressure is specially strong in the head, or in the eyes, or any other separate part, we should first of all seek to remove this pressure by the application of a merely local steam-bath to the organ seriously affected. Then' as soon as the skin begins to perspire, the part in question will be immediately relieved; and the danger, that any organ might be destroyed by the gathering ferments, is past. After every partial steam-bath, too, cooling and alleviation by means of the friction sitting-baths or hip-baths must take place.

Now, if you consider all that I have just said about the measles, you will perceive that this disease was simply

caused by a considerable amount of foreign matter present (latent) in the system, in which fermentation was induced by some cause or other, from which fever arose and the form of disease called the measles was produced. You see, therefore, that the measles have exactly the same original cause as all fevers; and I shall show you further on, how all other forms of disease of which I propose to speak can be traced back to the same cause.

**Scarlet fever.** A child ill of scarlet fever shows essentially the same phenomena as one having the measles; but the fever is usually far more violent, for which cause the parents' anxiety is heightened, and with reason.

In scarlet fever spots also appear on the surface of the skin, and of a scarlet color — whence the name. The spots themselves are at first small, but run together later, thus increasing in size. The eruption is not, however, so general as in the measles; it often extends over only a portion of the body, appearing chiefly on the head, chest, and abdomen, whereas the feet remain more or less free. The latter are often cold, while the rest of the body is in a state of violent fever. The head and the heart are most severely affected in scarlet fever, and it often happens that children ill of scarlet fever complain of pains in the ears and eyes. You will now find it easy to explain this phenomenon; the condition already mentioned has set in, the fermenting morbid matter has taken its way from the abdomen in an upward direction only, towards the neck and head, while the morbid foreign matter already accumulated in the upper part of the body has passed into heated fermentation. The smaller that portion of the skin, which co-operates in expelling the morbid matter by letting out the eruption, the greater the danger.

But the main question still is: What can we do, to afford rapid and effectual aid? In the first place we must take care to divert the danger of permanent injury to the eyes and ears. This we accomplish, by opening the pores of the skin by thoroughly steaming the head. I intend describing the application of the full steam-bath, and also of the partial steam-bath, in detail after my lectures. As soon as the head has become thoroughly moist, and the pores of the head are opened, the pain ceases, and the first danger is over. But it may easily happen, that such steam-baths for the head must be re-peated several times, as the pain frequently returns after a short period. Indeed, it would recur at regular intervals after short pauses, if we did not take care that the fermenting matter should be thrown off in another way. This is likewise accomplished by cooling and friction of the abdomen in my alleviating baths, whereby evacuations are occasioned through the bowels and kidneys, and also through the skin. The digestion is undoubtedly out of order from the time the fever set in; nor was it in order before, whether the parents noticed the fact or not. The fever deprives the digestive organs of their slimy, slippery lining; they become dry, can no longer perform their work, and constipation is the necessary result. Now, the cooling and the accompanying friction mentioned above have an excellent influence on the

digestion; before long the desired evacuations commence, and this is always a sign that the scarlet fever will take a favorable' course. But in the case of scarlet fever patients considerable time and an energetic employment of the remedies stated are nearly always necessary, before success is attained, which is another proof, that more morbid matter is present than in the measles.

You see, that scarlet fever was also produced only by the fermentation of foreign matter in the system, although more such matter fermented, the fever therefore being more violent, and the fermentation spreading further upward; the cause of this disease is thus again seen to be that common to all other fevers. I will illustrate this by an example from my practice:

The daughter and son of a manufacturer of this city, aged seven and two years respectively, were taken with scarlet fever, and the family physician characterized the case as a very serious one, whose cure might require six or eight weeks. Mr. W., who had purchased a steam bathing apparatus of mine for the restoration of his own health, now consulted me about his children, as the cure the family doctor proposed effecting by physic struck him as being rather a tedious one. After examining the children, I could give the father the comforting assurance, that with my treatment the entire illness would be over in about one week. This treatment was no other than that which I have already described; — the children were made to perspire daily in the steam bathing apparatus, and then bathed in the hip-bath at 70 ° to 72 ° Fahr. Every time the violent fever reappeared, the hip-baths were again applied, which at first had to be done about every other hour. It is evident, that in this case, too, special attention had to be paid to the diet, as it is certain, that sharp and stimulating meat-dishes, etc., actually aggravate the fever, and make it harder to master. The children were therefore kept on a strict diet of bread, gruel of wheaten grits, and raw or cooked fruit, only being allowed to eat when really hungry. As I had foretold, the children were well again within a week, to the delight of their parents; and the family doctor, who at first asserted that such a rapid cure would certainly induce a kidney disorder, was afterwards obliged to admit that the children were, in fact, perfectly healthy.

**Diphtheria.** The word "diphtheria" evokes anxiety and alarm among all parents, for the great danger attendant upon this dread disease is well known. The outward symptoms are somewhat different from those of the above diseases, but fever is also an essential characteristic. At times, it is true, the latter is apparently quite mild especially in the case of children, who lie apathetically on their sick-bed and complain only of difficulty in breathing, but who in fact are generally the most seriously ill. In these cases the fever rages all the more inside, the outer skin is almost inactive, the bowels and kidneys are in a state of inactivity; nevertheless, the fermenting masses strive outward, as space is wanting inside. Should the system succeed in expelling the morbid matter through the skin, as in the measles and scarlet fever, all danger would be instantly obviated; whereas there is great

danger when the fever (the fermenting foreign matter) remains inside. If we do not succeed in drawing this internal fever-heat to the surface, there is little hope of a cure. There is then but one outlet for the body, that being the throat, to which the fermenting mass rushes with all its might, so that death in a very short time by choking often threatens. In cases this danger is eminent, the first thing to be done is again to apply local remedies and to free the throat, even for a few moments. In diphtheria this is done most speedily and effectually by steam, which lessens the pain and effects the expulsion of the matter collected. True, we have not gained much so far, but the momentary respite gives us time to cleanse the principal source of morbid matter, which is again to be sought in the abdominal organs. It is astonishing, how quickly the condition of the throat is changed by my alleviating baths; the so-called friction sitting-baths, in particular, produce a most admirable effect, so that the abnormal growths sometimes disappear after only one bath. But another change has taken place in the throat by reason of the pressure; it is swollen and inflamed, and this swelling and inflammation are far more dangerous than the fungous excrescences. Before the actual outbreak of diphtheria the patient complains, as a rule, of pains in various joints, for instance in the knees or shoulders. One can endure even a violent inflammation in these joints for some length of time, but not an inflammation of the throat, consequently it should be attacked as energetically as possible. It would therefore be a great mistake to stop the counter-irritation of the abdomen after the removal of the fungous growth; it must be carried on persistently until satisfactory evacuations ensue, and the digestion is quite regular. Not till then can the patient be declared out of danger. As explained before, however, the skin is also one of the most important secretory organs; it is its peculiar function, to throw off the morbid matter which has accumulated near the surface.

The following example will render this clearer to you. Again imagine the bottle with elastic sides. As long as the same is closed, the fermenting matter cannot escape, and expansion and tension follow. But on puncturing the sides with a needle, thus forming minute holes like the pores of the skin, the fermenting masses instantly escape through them, and the bottle regains its original form. It is just the same with the skin. All perspiration is nothing but foreign matter forced out from the interior by the process of fermentation. Now, the very process of digestion is a fermentation, and the skin must therefore operate perfectly, if the body is not to become sick. The skin of all healthy persons is consequently moist and warm; a dry, cold skin is a sure sign of disease.

In the case of diphtheria patients the skin is almost completely inactive, and needs powerful stimulation. Even in such a case a healthy mother need not hesitate to take the child into her bed; she may thus possibly save the child. More particularly in cases where the regular motions are interrupted, the system seeks to employ the skin especially as a secretory organ, but also needs the same constantly later.

Had the mother at first, when the skin began to grow dry, immediately provided, by means of her own bodily warmth, for an opening of the pores and a proper secretion through the bowels and kidneys, the diphtheria would probably not have broken out at all.

Only in case it is impossible to start the perspiration in any other way, should artificial aids be employed, and children be placed in full steam-baths.

You have now learned, that the nature of diphtheria is exactly the same as that of the earlier mentioned forms of disease; that is, fever; that only the external symptoms differ, so that one might be deceived and tempted to believe, that these various forms of disease have also various sources. The report of a cure in my practice will render the matter plainer.

In November I was called to Mrs. S., whose son, aged nine, was quite seriously ill of scarlet fever and diphtheria. Mrs. S. being no entire stranger to the natural method of cure, she was immediately prepared to follow my directions, and give the boy a steam-bath. As a steam bathing apparatus, similar to those of my construction, was not at hand, one had to be quickly improvised. We therefore placed the boy on a cane-seat chair, and underneath this a pot with a gallon of boiling water. His feet were also set upon a pail half filled with boiling water and covered with two slats. The whole body had been previously carefully wrapped up in a blanket, so that no steam could escape from under the latter. After the patient had perspired freely, he was transferred to a hip-bath of 72 ° Fahr., in which his abdomen was bathed until the heat disappeared from his head. It was interesting to observe, how the great difficulty at first experienced in breathing gradually disappeared during these operations, giving way to a perfectly easy and normal breathing. The danger was past; but before leaving I called the mother's attention to the fact that if the fever should partially return in a few hours, the hip-baths would have to be energetically repeated until the heat again completely vanished. In some five days the boy was fully restored to health. Thus is cured the dreaded diphtheria, a remedy for which is still sought by short-sighted medical science.

**Small-pox.** The small-pox occurs oftener than is generally supposed. True, the official statistics do not show this. For any father of a family, who has some little acquaintance in the natural method of cure, is in no great hurry to report the case to the police as prescribed, as he would thereby subject himself and his family to most unpleasant restrictions and annoyances, without any benefit. With proper treatment the small-pox is, in fact, as a rule an almost harmless process, as we shall see. The diseases characterized by *pocks* occur in very various forms, as water-pocks, chicken-pocks, and smallpox. Formerly all eruptive diseases were designated as the *pocks*. The small-pox is undoubtedly the most dangerous; for in it the fever is most violent, and with wrong treatment death ensues very quickly. Just for this reason it is so greatly dreaded; for those diseases in which death quickly ensues with wrong treatment, are

always supposed to be more dangerous than those of which the end is preceded by a long illness, and which — if a cure be possible at all — are far more difficult to cure, even with proper treatment, and require much longer for their eradication. The small-pox became so dangerous simply because its treatment was not understood, and for the same reason recourse was had to vaccination. With proper treatment the latter would never have become necessary.

The small-pox may easily be recognized when thoroughly developed; but in its early stages it exactly resembles the other infant diseases, as nothing but high fever is observable. Gradually scarlet spots of the size of a small pea appear, like those in the measles. They continue to rise until they resemble a currant, with one half in the body and the other projecting. In the middle a black dot is formed. These pocks may spread over the whole body, or be confined to isolated spots. Their cause is the unequal accumulation and distribution of foreign matter in the system, by which the progress and course of the fermentation is determined. The patient is worst off in those cases in which the eruption develops abundantly in the face, as it may then leave the familiar pock-marks behind if the treatment is faulty.

It is no accident, that in one case the eruption appears especially on one part of the body, and in another somewhere else, or that the head is peculiarly liable to be affected, so that many patients show few pock-marks on the body, while the entire face is disfigured. Again call to mind the instance mentioned on p. 36 of the bottle and the elastic cap. On that side of the body where the foreign matter has gathered most abundantly, the principal fermentation takes place, and here most pocks will be formed. Now, if special smaller parts of the body are encumbered more than the rest with foreign matter, more pocks will be formed there than elsewhere; thus it may happen, that one may show a great many pock-marks from ear to ear straight across the nose, and in other parts but a few here and there. The head is, so to speak, a terminus of the body. When the fermenting masses are in motion, they always find a limit here. But as we saw in the bottle over which we drew the rubber cap, the fermenting matter always presses upwards, and if it meets a hindrance to free fermentation in the head, it operates with special force against this terminal hindrance.

As soon as the eruption on the skin is thorough, vital danger is over in most cases; for usually only such patients die, whose system is incapable of throwing off the fermenting masses. It often even happens that the eruption breaks out suddenly just after death; and here, too, one might well say, that the patients died, not because they got the small-pox, but because they did not get it. The patients always die in a high state of fever.

There can be no doubt, that this sickness must also be accompanied by violent fever; and in fact, we find small-pox patients, especially before the pocks break out, in very high fever. In the heated state of the body the pustules occasion a vehement itching and burning, inducing the patient to scratch

himself. Thus the pustules are torn out before they are ripe, and then the disfiguring pock-marks remain. This was also known in former times, when the poor patient's hands were often bound to prevent his scratching. A widely disseminated *Conversations-Lexicon* still advises this procedure. What tortures for the unhappy patients! We have a better means of healing small-pox without leaving behind those ugly scars, and so, that all fear of this otherwise so dreaded disease disappears. We prevent the itching and scratching by the same simple remedy which we apply in the fevers already spoken of: Opening the pores of the skin, so that the body perspires, and cooling the source of fermentation in the abdomen. In the case of wine or beer, everyone knows that fermentation develops in them most difficultly and slowly at the lowest temperature; and the fermenting foreign matter in the system obeys the same natural law. Increased warmth favors all fermentation; cooling hinders, retards, and stops it.

This is a disease requiring the utmost care and attention, the system being most violently excited by the same. But this mode of treatment robs the disease of its terrors, and one may be sure, that with extremely few exceptions recovery will be thorough and speedy. The exceptions are found in the condition of the system in question; the case is imaginable, that it may be so overloaded with foreign matter that in spite of the action of the skin the matter cannot be expelled fast enough, or that the body is too weak to expel it. As a rule, however, this will be the case only when the treatment begins too late. Therefore I cannot often enough repeat the warning, that the fever should be fought from the very outset, and that one ought not to wait to see what outward form the disease may assume.

You see, that for the dreaded small-pox we use with success exactly the same remedy as for the other diseases. But this is practicable only on the supposition that this disease has the same cause as the foregoing — the encumbrance of the system with foreign matter; and this, as we have seen, is, the case. Now-a-days, when measles and scarlet fever are no longer reckoned as formerly among the *pocks*, and the latter have in consequence apparently become rarer, it is impossible for us fully to picture to ourselves • that period in which they were dreadful visitation and a horror. When the oneness of all diseases and the way of healing them is understood, this thought naturally loses its dreadfulness. Besides, we are in a position to recognize, by the aid of the Science of Facial Expression, for years in advance, where there is such a great encumbrance of the system with foreign matter, that on suitable occasion efforts at relief, as through the small-pox, may occur. And here I will acquaint you with another case in my practice.

In the family of a mechanic three out of five children, aged 7, 9, and 13 years, were taken with the small-pox. The father, who had also had it, and therefore knew something about this cruel disease, soon perceived what danger his children were in, but was also well acquainted with the indescribable annoyances and difficulties to which he and his

family would be subjected should the authorities get wind of the matter. He consequently applied my method of cure in all three cases, with the greatest secrecy, using only steam and hip-baths. The children were already in a highly critical condition. The skin was covered with black pocks. To hide this from notice, he had smeared the children's faces and hands with ashes, to obtain exemption from the protective measures of modern hygiene at all hazards. After only four steam-baths and ten hip-baths at 71 °, together with a non-irritant diet and windows open by day and night, the high fever was so far conquered that all danger to life was over, and the skin began to peel off. By continued steam and hip-baths the children recovered so far in a few days, that they could get up and go out again; though my method had to be applied for a week longer in order to attain a complete cure. The most interesting fact in these three serious cases of small-pox is, that not one of the children has a single pock-mark to show. All five children of this family had been vaccinated repeatedly, and nevertheless three were attacked by small-pox, while two remained exempt. From this interesting report of a cure we learn, firstly, how little danger attends the small-pox when its treatment is understood, and secondly, what protection vaccination affords. Anyone who knows the circumstantial and unnatural precautions adopted by modern sanitary authorities, when it comes to their knowledge that small-pox has broken out, is the less able to understand them after vaccination has taken place, as the latter is supposed to afford complete protection. On the reprehensibility of vaccination I hardly need make any special remarks. By vaccination foreign matter is directly introduced into the blood in an artificial manner. It is indeed almost a mystery, how human beings could so far deviate from Nature; but where knowledge is deficient, one is prone to believe in miracles.

**Whooping-cough.** Although whooping-cough is held not to be so dangerous as diphtheria or small-pox, a good many children die of it, and the others suffer dreadfully, to say the least, from the fits of coughing. Respecting this point let me say, that any cough must be regarded as a sign of serious indisposition; for man is neither a coughing nor a spitting animal. A cough always first arises when the pressure of the foreign matter tends upwards, and the natural outlet below is clogged. Either the skin operates imperfectly, or the bowels and kidneys perform their functions incompletely.

With children who have the whooping-cough the familiar symptoms of fermentation also appear; in other words, "they are feverish". The masses seek a vent at the throat and head. Now, it is a question of primary importance, whether the patient perspires or not, when seized with a fit of coughing. If he does, he can get well without further remedies. But if no perspiration makes its appearance during the fits of coughing, the entire face grows blue, and the whooping-cough leads to certain death, if no remedy be applied. At last blood often streams from the eyes, nose, and ears, for all the foreign matter seeks an outlet there. At this stage aid is usually no

longer possible; but if the system receives timely assistance, it masters the disease even in the most serious cases.

In this disease, too, the treatment is the same — it can be no other, as the nature of the disease is the same. The first and chief duty is, to start perspiration immediately. But a regulation of the bowels and kidneys must also be energetically striven for by means of continued friction sitting-baths. As soon as perspiration sets in, marked alleviation in the cough is apparent; and it entirely disappears when the digestion improves, without occupying any fixed time. The cough may, vanish in a few weeks — yes, even within a few days, never to return; it is an error to suppose that it must last 2 or 3 months.

I have now shown you how the whooping-cough arises in the same way as the other diseases, that is, that the morbid matter present in the system begins to ferment, which fermentation causes fever. From all these expositions you will have reached the conviction, that all acute fevers are simply an effort of the system to regain health by throwing off the foreign matter, which does not belong in it. We should therefore greet every such acute fever (sanitary crisis) with joy; for we have seen of what great utility for the body it may become under proper treatment, because the system can thereby be thoroughly cleansed of all foreign matter. It may be as well for me to give another illustration of what I mean. Fever in the system may be compared with a thunderstorm. Just as an acute fever is preceded for some time by chilliness and uneasiness, a thunderstorm is felt beforehand in the heavy and sultry air, which everyone notices involuntarily. We then say, the air is heavy, it depresses and oppresses us, and we have a feeling that relief must come through a thunderstorm, because it is, so to speak, in the air. The heat and sultriness increase until they reach the intenseness which immediately precedes a thunderstorm. We feel the danger of the thunderstorm, as it approaches and opens on us, but our fears terminate when it is over and a refreshing feeling of reanimation ensues. The thunderstorm is a process of fermentation of foreign matter in the air, whereby the latter endeavors to expel from its embrace the invisible, floating watery vapors, which in this case are foreign matter; it is a cleansing process of the air. By this fermentation the vapor also changes in appearance. At first invisible, it is now condensed by the change of temperature to clouds, and then falls as rain or hail. Fever in our system takes a similar course. Whenever it breaks out the body is in danger, the danger vanishing with its disappearance, and giving place to refreshing reanimation. You perceive, that in these cases danger first arose through the thunderstorm and the fever, both bringing in their train reanimation and recovery. Reanimation and recovery could therefore both be attained only by passing through this danger, whose original cause was, in the one case, the surcharging and heaviness of the air, in the other case the surcharging of the system with morbid or foreign matter. This example may be looked on as logically

convincing as to the uniformity of natural laws in all natural phenomena.

The following cure is from my practice:

In the middle of July, 1889, the four-year old son of the B. family got the whooping-cough. At the beginning of August the sickness had reached its height. And then the baby daughter, aged two, was also seized. The disease advanced for ten days, during which time the child had taken no nourishment. At last the parents, who till then had applied the natural method of cure to the best of their knowledge, applied to me. I undertook the treatment. It then appeared, that the baths already given had not been properly applied, and were therefore not thoroughly effectual. The little girl had lost strength sadly, so that she could no longer stand. Nevertheless she of course had to be in the open air. A baby-carriage was consequently again needed. After only a few weeks of energetic treatment both children were out of danger, and in two months they were fully restored. As regards nutrition, it was curious to see how the little girl would not touch the unsalted, unsweetened, and unbuttered oatmeal, which would have done her most good, but took only her wonted unboiled milk and chocolate. From this one can see how important it is to habituate children to the simplest food from the first. Nor was it possible to keep her in bed with her mother, although this was the best way to make her perspire. Accustomed to her own little bed, she called for it with such energy that we were obliged to yield. And still, the warmth of the human body is the best means to obtain perspiration and repose. One need feel no anxiety concerning the ill effects of the evaporations. The lower animals are our best model; with their own bodies they simply warm their weak or sickly young, and thus strengthen them. While children are well, let them become used to finding their choicest abiding-place on their mother's bosom; in sickness they will then not strive against it. Of course, the words "well" and "sick" are used here in their ordinary sense. For we know, that a really healthy child cannot become sick at all with rational treatment.

**Scrofula.** The disease of scrofula is not one of the kind which excites heat; and is therefore commonly not classed among the fevers, although it in reality belongs to the same. It is at least as bad as the others named above — I might almost say, worse. It is one of those hidden, chronic diseases, which generally come from hereditary complaints. The system is not sufficiently vigorous to bring about an acute crisis with fever; and, as I observed in my second lecture, the temperate and colder regions of the earth are the home of this disease. The outward symptoms are much as follows: A large head, square face, inflamed eyes, bloated body, weak legs, deformed hands and feet, mental sluggishness. Of these signs, however, we generally meet with only one or a few in any given case, very seldom all at once. They are accompanied by cold hands and feet, and a chilly feeling all over. It is just this state of chilliness which makes the disease a serious one. For it proves, that the extremities of the body, by reason of being

surcharged with foreign matter, have in great part lost their vigor and functional capacity, and that in the interior a wasting heat is correspondingly active.

The case must be imagined thus; that by the foreign matter the extremities of the body, especially the finest ends of the blood-vessels, are clogged like drain-pipes stopped up with mud, so that the blood can no longer circulate up to the surface of the skin, whereby this feeling of chilliness is produced.

The disease not being of an acute nature, it causes no pain, and one perceives only from the total character of the body that it is diseased. Hitherto no one has been really able to say, whence the disease arises and wherein it consists, and still less how it might be cured. Usually help is expected from change of air, and the patient is sent, when his means admit, into another climate, or at least to a watering-place. But the effect is never thorough, even though changes for the better sometimes take place.

According to our experience, a child who is ill of scrofula is permeated through and through with foreign matter, which it has inherited for the most part from its parents. This presses on to the extremities in particular, and under strong pressure the round form of the head gradually disappears, so that it assumes a square shape.

Please remember in this connection, the comparison of the bottle with fermenting fluid alluded to at the beginning of this lecture, on the neck of which we put a rubber cap. Just as the latter is filled out and expanded by the fermenting masses, the body of a scrofulous patient is swollen. An expert in my new diagnosis, the Science of Facial Expression, is in like manner able to recognize the very slightest symptoms of this disease. Of course it is necessary that one should know exactly the shape of a normal body. Details on this point I am obliged to reserve for a future occasion.

Distortions of the hands and feet arise from this same cause. The skin is slow to act, and cannot expel the masses of matter deposited beneath it. As remarked before, these hinder the circulation, for which reason the skin has a cold feel in many cases.

In the internal organs the warmth is consequently all the greater, and excites a feeling of uneasiness inwardly, which we always find in a certain degree in the case of scrofulous patients. This is, in fact, a latent (chronic) state of fever.

But how shall we begin the cure? We must proceed to transform the chilly state into a feverish one, the chronic condition into an acute one — to bring the internal fever to the outside. And, as we have to do with fever again, our treatment must consequently be the same as for other fevers; we must open the vents, in order gradually to remove the mass of fermenting matter. We therefore influence the bowels, kidneys, and skin in the now familiar manner. The skin will gradually grow warm, perhaps hot, but only until perspiration appears, when a more normal activity of the skin commences immediately. At first the cure will show only temporary improvement; perseverance and energy alone lead to permanent results. It is hard to say how long it will take to

effect a complete cure; days or weeks will not suffice, it requires months or even years, and is sometimes quite unsuccessful, when the body has not sufficient vigor left.

In my second lecture I already showed you, that, with sick persons the chilly feeling arises from the same cause as the excessive heat, that is, fever; and the same fact confronts you in scrofulous diseases. Two conditions of disease, quite dissimilar apparently, thus arise from precisely the same source, and seem so different only because they present themselves to you in different stages of development. The case is the same with these "different" diseases, as if one did not recognize, in the caterpillar or chrysalis, that insect whose flight as a butterfly we later watch, and of which the first and second are merely a preparation. We should laugh at anyone who should assert that the caterpillar is quite another being than the butterfly, and *vice versa*; and it is a pity, that this belief as to diseases obtains up to the present day, and that so few should have hit on the truth of unity in their case as well. One example of the cure of scrofula: A boy of five had been so scrofulous since his second year, that at five years of age he was still unable to walk. He lay in his baby-carriage, like a log. His father had secured the treatment of leading physicians, but all in vain. The medicaments applied had in fact brought about a decided change for the worse, so that the Professor in charge of the case declared that the child would never be able to walk. Medicaments, plaster casings, baths, electricity, everything had been tried, but quite fruitlessly, because the doctors consulted had no idea of the nature of scrofula. The child came under my treatment at the end of his fifth year. The digestion, which in the former treatment had never received due attention, was completely out of order. The body was bloated, hard, and lumpy. During the first week the digestion improved decidedly under my treatment, so that a complete cure seemed likely. From week to week the renewal of the tissues went on more actively, so that in six weeks the patient was able to stand without support. His body was greatly reduced in bulk and was not so hard, and many of the lumps present in the same, and to be felt from outside, were dissolved and gone. After half a year the child's head, which had been much too large, was much nearer its proper size, and the boy might be regarded as cured, for he could run and leap like any other, and was happy and merry.

Shall I proceed to enumerate all the other sicknesses? It will probably suffice to name a few: — The mumps, nettle-rash, fits, diarrhœa, thrush, scald-head, etc. They all may be traced to the same cause, all are attended by a low or high fever, and the cure is therefore to be effected out on the same lines.

They are all, as you have seen, simply efforts of the system to regain health, the point being not to suppress them, but to further them in every way, and to avoid whatever does not tend to promote these efforts.

Just here I desire to add a few remarks concerning the danger of infection in sickness and by the sick.

No acute disease (fever) whatever is imaginable, which has not been preceded by a chronic (latent) stage of the

disease (fever), consisting in a surcharging of the system with foreign matter. For that reason this chronic condition is the most dangerous. True, a transmission of this diseased condition takes place only from parents to children, but it occurs in every case when the parents are infected, and is therefore a sure, though latent, propagation of all morbid matter. — When we see how children inherit the outward shape, the color of the eyes, even the mental characteristics of their parents, we shall also find it conceivable that foreign matter too is transmitted, especially from the mother. Direct proof is, however, found in the fact, that experience shows the same forms of disease to be developed in the children as in the parents.

Infection, commonly so-called, was hitherto supposable only in the case of acute diseases; but, as I have shown, the transmission of foreign matter in a latent state from parents to children is just the same thing.

As everyone knows, the butterfly is merely the last transformation of an insect, only imaginable when preceded by caterpillar and chrysalis; and an acute disease is also imaginable only when preceded by a chronic, latent diseased condition (infection with foreign matter). The transmission of the disease, i. e. the morbid matter, is similar both in the latent and acute condition, having merely different forms, like caterpillar and butterfly. An acute disease (small-pox, scarlet fever, diphtheria, cholera, the measles, syphilis, etc.) is, as I have said, nothing but a process of fermentation in the system, which seeks to eject its foreign matter in this way. The fermentation of the foreign matter differs in kind with the latter, and is therefore accompanied by various degrees of temperature. The form of the foreign matter itself is altered by this fermentation, appearing as the dreaded bacilli, bacteria, microbes, and other micro-organisms, which are the product of the fermentation.

In the course of acute disease fermenting foreign matter is continually being expelled by the system. This is especially the case while the patient is recovering, i. e. when he is throwing off the morbid matter by secretion. Hence the danger of infection is greatest from convalescents. How the infection itself is brought about, I will try to explain clearly by a familiar illustration. Everyone knows, that if we set in fermentation a substance which ferments readily, e. g. yeast or leaven, and add it in this state to any other substance readily fermenting, as dough, milk, etc., that fermentation will quickly begin in the latter if warm enough. Thus the yeast, itself a product of fermentation, reproduces a state of fermentation when added to dough or milk. We say, the bread rises, or the milk curdles. In acute diseases the process is similar. The fermenting foreign matter passes into the air from the breath or exudations of the sick person, or rises from the stool. Should it now enter into the body of some other individual permeated with foreign matter, and be retained therein, that is, not immediately secreted, it works upon the foreign matter there present exactly like the yeast in the dough or rennet in milk — as a ferment; and thus arises, in

the second body, the same disease as in the first, — the same, because the condition of fermentation (fever) is a specific one in each disease, founded, at microscopic examination proves, on the difference between the bacilli. This whole process of infection is, properly speaking, nothing but an inoculation of the fermenting morbid matter into an other body, in a natural way and in natural dilution. The same can, to be sure, work as a ferment only when it finds sufficient foreign matter in a latent state in some other system. Only those are in danger of infection from an acute disease *whose systems are already sufficiently encumbered with foreign matter*, or, as commonly expressed, who are *predisposed* for it; only it was not known formerly, wherein this predisposition consisted. The difference in operation between this natural inoculation of morbid matter and the unnatural process of vaccination with the lancet depends upon the difference in the matter transmitted, and its dilution. Homoeopathy teaches, that all substances are most efficient in a state of dilution, for which reason the fermenting morbid matter is so highly efficient in its natural dilution, when it finds a suitable soil. In allopathic doses the poison of inoculation, like all allopathic remedies, has a paralyzing effect on vital power; that is, it deprives the body of the vigor which it needs to throw off its foreign matter by an acute disease (sanitary crisis, fever), increases the quantity of the latter, and thus produces a far worse chronic state of sickness, as clearly proved by the steady increase of all chronic diseases since the adoption of vaccination. But all the other remedies against fever, such as quinine, antipyrin, antifebrin, morphine, etc., have the same effect. They simply paralyze the efforts of the system to regain health, and reduce or even stop the fermentation of the foreign matter, but never eject it. Hence arise the diseases, which were formerly rare, as cancer, intense nervousness, insanity (paralysis), syphilis, consumption, scrofula, etc. The system becomes more and more encumbered with foreign matter, but is without ability to summon up strength to throw it off by some acute sanitary crisis. This encumbrance reaches its highest limit in the above diseases, and full relief is then usually no longer possible, because the foreign matter has already more or less injured organs of the body itself, and these do not grow again, as with amphibious animals. Precisely those medicaments which possess the property of most speedily suppressing fever, as quinine, antipyrin, antifebrin etc., have thus become the favorite remedies of the physicians against fever. Now, it is our firm conviction, that they are the most dangerous means of injuring the health. But one more observation follows from this.

We have all had experience, how medical science daily seeks for new remedies, and applies them, because the old are no longer effectual. \*

\* Only think of the blind enthusiasm for Koch's inoculations, before even one patient was even apparently cured; such a spectacle the world has surely never seen before!

The reason is the following: At first each new medicament paralyzes the bodily vigor; but in time the system grows so insensible to it, as no longer to react, and then a newer and more potent remedy is required to paralyze the bodily vigor still further, until finally the fermentation of foreign matter can be staved off by no means whatever, and then destroys life. An illustration will render this plainer. Anyone who is learning to smoke has to battle with his stomach until the latter grows insensible to the poison of nicotine. At first the stomach is vigorous enough to defend itself successfully against this poison, but very soon its strength is weakened, and complete insensibility to the poison is the consequence. We now must needs take a stronger poison than before, to make the stomach resist it.

To our astonishment those who are beginning to smoke and cannot immediately bear it, usually tell us, that their stomachs are still too weak, they must get used to it, they cannot stand smoking as yet. The very opposite is the case; as long as the stomach resists smoking it proves that it still possesses enough vigor — that is, is strong enough — to get rid of the poison violently. When it offers no resistance, the former vigor is gone, it has become weaker.

A system, too, laden with this augmented latent encumbrance of foreign matter, requires far more powerful external stimulants if it is to be roused to expel the matter, because its vigor is diminished. I have already pointed out, wherein such stimulation consists. It is generally a change in the weather which is the direct cause, for which reason we have always had great epidemics after unusually cold winters.

I will here add a few illustrations. If you carry a bottle of beer into a dark, cold cellar, fermentation will not set in soon. But on exposing the bottle to sunshine and a warmer temperature, fermentation begins forthwith, even if the bottle is tightly closed. This fermentation was caused neither by bacilli nor by microbes, but merely by light and warmth. At the same time the outward appearance of the beer is changed; at first clear it has now grown turbid, and if bacilli are now contained therein, they are the product of fermentation.

We observe the same in the air. One day we have a glorious, clear summer day, the next the sky is overcast. But everyone knows that the watery vapor floating invisible in the air is condensed to clouds by a change (in this case a lowering) of temperature; and we also perceive how each specific mode of cooling produces its own kind of precipitation (dew, mist, rain, hail, snow); yet there is no difficulty in believing them all to be simple products of water.

In marshy tropical regions the atmosphere is constantly filled with fermenting matter from the marshes, so that a short stay suffices to excite a fever (that is fermentation) in a person encumbered with foreign matter. The marshy ferments operate upon the foreign matter in the system like yeast in dough, producing fermentation (fever). All our stagnant waters operate similarly, though not so violently. Only notice the difference between clear mountain lakes, whose stony bottom admits of no fermentation, and other muddy land-

locked pools. Sometimes the latter are likewise fairly clear, but with every change in the weather a fermentation takes place in their water, starting from below and making the entire water turbid, so that one can often recognize what bottom the water rests on. Standing water on a muddy bottom is often set into a sort of fermentation by a change of weather, like marshy water, and then operates as a ferment on other substances. This process of fermentation may be clearly seen both in summer and winter. In winter even standing marsh-water is comparatively clear, because the cold prevents all fermentation, while in hot summer weather it is nauseatingly foul and muddy.

The only question is, what may be the cause of an epidemic when direct contagion seems impossible, and yet the same disease appears to-day in one place, tomorrow in another. Without the presence of foreign matter in men's bodies, epidemics are quite out of the question. On closer inspection, we find epidemics every year, though not always so wide-spread as the influenza at the beginning of 1890. But who is not aware, that every year at certain times the measles, scarlet fever, diphtheria, whooping-cough, colds, appear epidemically? It follows, in view of the generally uniform mode of life of the masses, that their quantitative encumbrance with foreign matter likewise shows a certain uniform level. Now, if one and the same disturbing influence affects this matter, i. e. should the weather exert a similar external stimulation on the vital powers of the body, the latter will also make similar efforts (fever) to regain health by expelling its foreign matter. And where a fairly uniform degree of encumbrance is present in a number of individuals, the like cause will at the same time produce a like effect in many of them, thus creating an epidemic. But in this case one should never forget, that even in epidemics individual cases of sickness are never quite similar, but differ somewhat in their symptoms and course. When an epidemic, as we saw in the last influenza, appears here to-day and there to-morrow, this comes simply from the direct cause, the weather. In this respect such diseases resemble thunderstorms, which also at times appear "epidemically", to-day in one region, to-morrow in another. When the epidemic once breaks out in a place, direct contagion does the rest, as described before, to spread the same, as in the last influenza. Just consider, for instance, how vermin, for instance lice, suddenly appear on a child. They appear only under certain conditions in a mysterious manner, but multiply directly and with extraordinary rapidity when once present.

Wide-spread epidemics have been rarer in recent times, but, as observed above, the sole reason of this is, that the medical profession has learned so far to paralyze the vital powers of the people, that in all sweeping, epidemic sanitary crises the system can rally against them only when the direct cause is a remarkably powerful one. The necessary consequence of this, however, is a far more serious, general, chronic (latent) diseased condition; and we doubt not that the time will come, when this will be universally recognized,

especially as epidemics can and will appear on suitable occasion, to fully and completely verify what we have said.

Summing up the result of these remarks we find (1), that in the transmission of diseases from the chronic state (i. e. from parent to child) the foreign matter alone was to blame for the transmission. Whoever is desirous of preventing such transmission must therefore first of all take care to get rid of this matter. Such transmission is the direct propagation of disease, because it takes place in all cases, whereas infection in the case of an acute disease occurs only when the receptive system has the needful predisposition. The amount of encumbrance of the system with foreign matter can be recognized by my new diagnosis, the Science of Facial Expression, and this with infallible accuracy. (2) In the case of infection by acute diseases, the latter pass from one person to another by the transmission of fermenting matter, usually through the medium of the air. But infection is impossible without the presence of foreign matter (predisposition) in the other system, as disease arises only from the fermentation of such matter. Pure air is therefore a prime condition in the sick-room. But this is obtainable in no other way, than by opening the windows. All the perfumes and disinfectants employed to this end do not carry off the foreign matter, but simply help to spoil and pollute the air. At the same time they dull the sense of that guardian of our health, "the nose", making it indifferent to even the most ill-smelling exudations of the patient; they operate exactly like the medicaments mentioned above, not for the better but for the worse. All possible attempts may be made to destroy the ferments in the air by poison, but they will never succeed, and as a very few suffice to set up fermentation in the system, disinfection is a vain endeavor. The only proper remedy is one which cleanses the system and drives out the foreign matter, the source of predisposition. You already know it — the hip-bath and friction sitting-bath. In the treatment of sick persons I have often enough been obliged to inhale their frequently disgusting exhalations. At the next friction sitting-bath just the same horrible smell was often given off by my own body, only it was less intense; a plain proof, that the vital powers of the body were so much increased by the bath that it could throw off the poison of disease. (3) This simple remedy also protects us from the infection of all epidemics, because the foreign matter (predisposition) is thereby removed from the system, and without it no disease, and thus no epidemic, is possible.

I have thus shown that the transmission of and infection by disease are possible in all cases only when foreign matter is present in the system. Without this, no disease, and without disease no infection! But any encumbrance of the] body with foreign matter means nothing less than its inner defilement. He who knows how to keep his body clean inside, and not merely outside, is safe from all infection. *It is only cleanliness that cures.* True, one always imagines new and various causes to be hidden beneath the various forms, quite forgetting, that Nature very often exhibits one and the same thing under most

varied forms, as I showed in the illustration of caterpillar and butterfly, and of the rain, snow, hail, dew, and mist.

One brief word more on the diet suitable in all cases of sickness. This should be so arranged, that no fresh foreign matter is brought into the system, and that fermentation is not further stimulated. The interior organs being hard at work as it is, as little new labor should be imposed on them as possible. The first rule is, therefore : *Give the patient but little food, and never urge him to eat and drink as long as he does not demand food and drink.*

As beverage give him pure water, at most with a few drops of lemon-juice, but without sugar. The nutrition should be adapted to the circumstances of the case. If the child is very young, and not yet able to chew, its mother's milk, or that of a healthy nurse, is best for it. Give it instead, in case of necessity, oatmeal porridge carefully strained, without butter, sugar, or common salt, but with all its natural nutritive substances, which one should be careful not to waste by wrong preparation. If the child persists in refusing this substitute, give him good, unboiled cow-milk, at first with a large addition of water (3 parts water to 2 parts milk); after 2 months, equal portions, and later on less and less water by degrees, and within a year pure milk may be given. Carefully eschew the fashionable and highly recommended "children's foods". As soon as the child is able to chew, give him above all things solid food, like (unleavened) Graham bread, or (though less to be recommended) stale white bread or rusks, and uncooked fruit, which should not be too sweet. Graham bread and fruit should always form the main part of the diet. Besides, these, vegetables or light puddings may be given. All these dishes should be prepared with little, or no butter and salt (better without either); without eggs, in pure water, and made as thick as possible. Care should also be taken to put on table only when cool, and that they are slowly and carefully chewed. Fluid foods are advisable only in exceptional cases, such as gruels of oaten or wheaten grits, stewed fruits or fruit-porridges, and healthy unboiled milk. All these should be administered cautiously, because the needful mastication and lubrication in the mouth form an essential condition of perfect digestion, and are almost always neglected with soft or fluid substances, whereby a relaxation of the digestive canal and an accumulation of undigested matter in the body are necessarily brought about, which always leads to undue abdominal development. Details on Diet in Lecture 5.

Before concluding this lecture, I will only once more repeat briefly, that in all the forms of disease mentioned only two features were always observable, either increased warmth (heat), or increased chilliness (cold). Both symptoms are, as we have seen, fever, consequently both are remedied by the same treatment, as I have proved in thousands of cases; for all forms of disease originate in the various encumbrance of the system with foreign matter, or, in other words: There is only *one disease*, which shows itself in the most various forms, and therefore there should be only one mode of treatment.

# Rheumatism and Gout, Sciatica, Distortions, Crippling, Cold Hands and Feet, Hot Head: their Cause and Cure.

Lecture by Louis Kuhne.

Ladies and Gentlemen:

Rheumatism is a disease so widely disseminated that you will no doubt be interested in hearing of the progress I have made in its treatment. In earlier times only elderly persons, more especially males, were troubled with rheumatism; but now-a-days it spares neither age nor sex, children even being especially liable to it. It may be confidently asserted that, despite the manifold remedies employed against it, the disease has continued to spread. Any part of the body may be affected. Many have already experienced in person how agonizingly rheumatic pains can seize upon legs, arms, shoulders, head, or teeth. But most feared of all is probably acute rheumatism (r. of the joints).

People take little trouble to find the cause of this complaint. "I have caught cold, that's all", is always the end of the story, and in fact it is astonishing that the inventive spirit of our century has not tried to concoct some kind of weather without the unpleasant property of making young and old catch cold. But this process of catching cold is not quite so simple. Suppose that, in cold, wet weather, a regiment of soldiers is sent out into the open country, they being picked men of approximately the same age, and, in popular opinion, of nearly equal health; on their return the effects will show in various ways. Some will complain of coughs and cold in the head, others perhaps of tooth-ache or some other rheumatic pain; but most of them will be in the best of health, or will even have got rid of some minor indisposition, such as headache. Now all this is laid to the weather, and those who assert this belief would seem to be in the right; for the changes in the systems of the men were, as they themselves felt, occasioned by the weather, only they seek the *first cause* in the wrong place; and there is hardly a conclusion or more mischievous mistake in the world than this: That the same weather can at the same time make one person sick and another well.

For centuries sick humanity has indeed been aided but little by a theory of disease unable to reconcile such contradictions, while on the other hand rheumatic disorders, in particular, have spread continually.

Rheumatism frequently affects only one side of the body, or only one leg, one arm, or one shoulder; and I think that this circumstance alone sufficiently proves, that the weather is not properly to blame, because it is not at all probable that the rheumatism would then have seized on only one leg or one arm, for both legs and both arms were exposed to the same

influences. It likewise often happens, that a person sits with his right arm towards a draughty window, and gets the rheumatism in his left arm, though the latter was further away and better protected from the draught than the other. Therefore, would we resist rheumatism more successfully, we must search more carefully after its cause.

Let us first observe what this disease has in common with other disorders. If we carefully examine a rheumatic patient we shall find, that he also has fever, and that the painful parts exhibit inflammation and are swollen, the digestion also being out of order. We find, further, that inflammation, especially in rheumatism of the joints, always appears in certain places. The symptoms named at once bring us a step nearer to the cause; for the present we must stick to the three symptoms of fever, inflammation and indigestion, and seek to discover what occasioned them. I remarked, that in rheumatism of the joints the pains always appear in certain places. Strangely enough, in my extended practice it has not once occurred, that in rheumatism of the joints the principal pain was experienced in any other spot than below the joint, e. g. never above the knee, but always below it. That cannot be accidental, but must have a reason. Let us see how it happens. All who followed my last lecture will remember, that disease is simply the presence of foreign matter in the system, remaining in the latter in consequence of bad digestion, and first of all deposited in the abdomen, but afterwards carried through the whole body to its furthest extremities by the fermentation ensuing. Any change in the weather, any excitement, anger, or shock, is capable of pushing onward any foreign matter which one may bear, and of setting it in fermentation. Our whole life is, indeed, a constant movement of all matter. Should sufficient morbid matter be present in the system, the latter may be filled up to its extremities. This does not always lead to violent efforts to regain health, i. e. acute diseases, which were described in the last lecture — and even rarely so in the case of adults. I will only remind you of the fact mentioned in my second lecture on p. 26, that tropical regions are the favorite home of the acute fevers, whereas chronic diseases chiefly prevail in our cooler zone. The cause of this is found in the greater and smaller range of the extremes of temperature. The case is similar with young and older persons. The former are more readily affected by acute fevers than the latter, because their vital powers are more energetic. The same change of temperature which would be sufficient to bring on an acute fever in the former, no longer suffices in the case of the latter to stimulate their vital powers so far as to force an effort of the system to regain health. Should cooling now ensue through a sudden fall in the temperature, the matter will begin to move back again to its starting-point. As we know, all bodies are expanded by heat and contracted by cold. This universal natural law holds unreservedly in the human body, too. We plainly perceive an increase in bulk at fever-heat, and a contraction of the members in cold in our foot-gear and gloves. The contraction of the members exerts a pressure on

the foreign matter accumulated within them, setting it in motion, and causing it to move back to its starting-point, the abdomen. At the joints the foreign matter is detained and tends to collect, as the joints offer an impediment to its further progress. By its pressure against this impediment the matter produces an inflammation, whence the violent pain results; and as the matter is on its way back, the inflammation and pain always appear below the joints, that is, below the knee, the shoulder, etc.

Recurring to my illustration of the soldiers, the conviction will grow upon us, that the real cause of illness must reside in the body itself, and that the weather, on the contrary, only occasioned a reaction of the system — i. e. transformed its latent, chronic diseased condition into an acute, feverish one. The symptoms of disease therefore appear only in those bodies or members in which a certain quantity of foreign matter is present.

If we undertake the treatment of a sufferer from rheumatism, an exclusively local treatment of the parts affected would be wrong. It is only to render the matter fluid and to open up channels for it, and to relieve the pain, that a local steam-bath may be given. But the foreign matter must all be gradually drawn on to the natural organs of secretion, and there expelled.

It is thus clear to us, in what manner acute rheumatism is brought about in the joints and every other kind is produced in just the same way. Wherever it appears, in the shoulders,



back, side, head, neck, or joints, it arises from friction; there must be some impediment or resistance to the foreign matter. But as in the body the fermenting matter meets with resistance because the fermentation cannot, as in the bottle (see Fig.), proceed unhindered, friction results everywhere on account of the resistance offered by organs like the kidneys, stomach, heart, lungs, and joints. The friction of considerable masses causes pain. But it is evident, as the foreign matter comes in contact with, accumulates, and settles on the organs, that the latter suffer an alteration and become diseased.

All pain, all rheumatism (the specific term is unessential), every twinge, burning sensation, or pressure, arises only from friction; and friction comes only from motion.

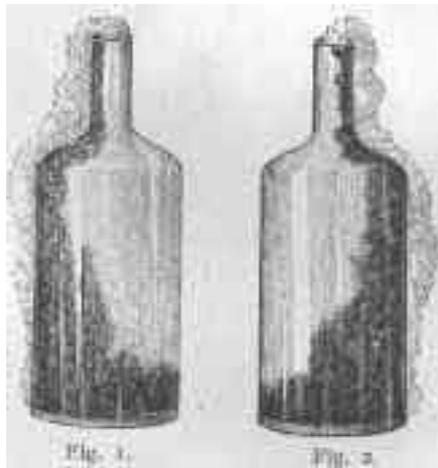
That is what I wished to say to you, first of all, on the origin of rheumatism.

In proof of this theory, I will proceed to describe a few of the many cases which so frequently occur in my practice, and in this way explain to you the method of cure (see Part III, No. 30 — 34).

At the beginning of this year I was called to a woman who, as her husband told me, was suffering greatly from her rheumatism, particularly in the right leg, then further up, in the joint, in the back, and the neck. "What treatment do you intend employing, Herr Kuhne?" — was the question she asked me. Previous treatment during several weeks had met with no success. To such queries I am accustomed, and it was not hard for me to give her an answer. I explained, in the first place, in what manner the pains are brought about. "According to my experience it would be purposeless for me to undertake any treatment of the legs, neck, back, or thighs (wrapping them up in wadding, and the like). All the pains of which you complain are symptoms of internal fever. We ought therefore not to use warmth, but should seek to strike at the root of the disorder with our treatment. You will soon come to see the correctness of this method." — As the woman was quite helpless, the bath-tub was brought close up to the bed. The united efforts of three persons were required to get the patient, who screamed aloud at every movement, into the water. I instructed a sick-nurse to give the helpless patient a friction sitting-bath. Within 15 minutes, I think, the patient, who had at first constantly moaned and groaned, became quiet. "Well," I said, "we have grown very quiet all at once" — to which she replied, that the pains had subsided. — From this you see that the treatment was correct. The pains in the back, thighs, and neck, arose in the manner I have explained, and could be relieved only by such treatment. In a few days the woman was able to get out of bed unaided and to take the baths by herself, and in a few weeks she could again perform her work.

Another case: An elderly man, who for months had been treated unsuccessfully for acute articular rheumatism, had me called in, and asked if I could still help him. I explained as before, that such pains could be relieved and cured only when it is known how they originate. It was the left leg which pained him. Treatment was applied in a way similar to that in the other case; and two baths enabled the man to go away on foot, though he had come in a carriage. — Now, why did the left leg happen to be affected, and not the right? This I will explain by the following examples: In my lecture on fever I already illustrated the onesided accumulation of foreign matter by showing like processes in a bottle; to-day I will repeat the explanation of these experiments. It is probably evident to you without further explanation, that a one-sided sickness must come from a one-sided accumulation of foreign matter. Now you will perhaps ask, whence does this latter arise? It would seem probable, that the body would distribute the matter as far as possible, because it thus secures more room for the same. In fact, the accumulations are, as a rule,

not entirely one-sided; but they almost always begin on one side, and remain confined to that side until it is in a manner overloaded, whereby the matter is forced over to the other side more or less. But the first side has for a long time the larger deposit. The cause of this one-sided accumulation is a purely mechanical one, resulting merely from the fact that matter obeys the law of gravitation. A few simple experiments will make this plain. Suppose we employ two glass bottles, fill them, to begin with, with pure water, close them, and leave them so over night. On examining them next morning we find no alteration, nor can we see on which side the bottles have lain. But if we shake up a little mud with the water in each bottle for the following night, and leave the bottles again in the same position, we do perceive a difference next morning. On carefully taking up the bottles



we immediately see in what position they have lain over night; for, on the side upon which they have lain, mud will be deposited, above which the water will appear nearly quite clear. If we add to the mud, for the third night, any quick ferment, the appearance next morning will at first be the same; but on opening the bottles and conveying them into a warm place, fermentation begins in the interior, in the muddy sediment. The fermenting mass rises and escapes on that side upon which the bottle lay. (See Figs. 1 and 2.) Thus it is not an accident, that the mass works out of the bottle on one particular side; for it will unvariably run out from and down the side upon which it had collected and was deposited in the bottle.

Besides, the fermentation would have begun in the mud even without a special ferment, only it would then have depended upon the total influence of the weather, and we might have had to wait a long time for it. You will have an illustration still more similar to the body, if you imagine the fermenting masses in a carefully closed bottle with elastic sides. The fermenting masses need room, and this they obtain, as the bottle is closed, by stretching its sides.

These simple experiments illustrate the processes going on in the body; the matter is deposited on the lower side, and

which this is depends on the position which we assume during the night.

On looking at a perfectly healthy person one cannot see upon which side he is in the habit of sleeping; but this can be seen immediately when the system is burdened with morbid matter, for according to my new method of diagnosis it is easy to discover on which side the greater or less encumbrance of the body may be. But when the accumulation of matter has become excessive its distribution is more even, while the condition has grown to be so uncomfortable, that the person affected can no longer lie quietly on either side, but tosses about uneasily.

Now, when one side is especially encumbered, this side will always be affected before, or more intensely than, the other. Thus you will see how it is possible for one to sit with his right arm, for instance, next a draughty window, and nevertheless get the rheumatism in his left arm.

This one-sided deposit is, to be sure, not so quickly effected in the human body as in a bottle; a longer period is then required, but children may come into the world with a one-sided burden, owing either to the onesided position of the mother when asleep during the period of pregnancy, or to the position taken by the child within the womb.

You will now see plainly how, in the case of the soldiers mentioned above, some of them had the toothache, etc. on one side only; and you will likewise perceive without difficulty, why my patient had the rheumatism in his left leg — he had for years slept regularly on his left side, and hence the one-sided encumbrance.

A short time afterwards I was called to Magdeburg, to be consulted on what was regarded as a very extraordinary case of rheumatism. I went accordingly and was, I must admit, very glad to find my observations confirmed and to know in advance, that success was certain in a short time. The knee and ankle were swollen and painful, and the man could not move his leg. The joints below the knee were highly inflamed, and the part above the knee was at the same time greatly swollen, so that the patient could not straighten out his leg. He told me that he had suffered much during his life, the disease had attacked him every year, but had grown worse every time. The man was surcharged with morbid matter from head to foot. New foreign matter was pressing on toward his knee, while the old sought to return. Induration would soon have set in, and then it would have been a case of gout. This was partly due to the fact, that the disease had hitherto always been treated locally with warmth. The condition had changed, it is true, and apparent recovery had resulted, but in reality the disease had only been changed to a chronic one; the matter was quiescent, but ready to be set in motion by every fresh fermentation.

The diseased parts were now first softened by a steam-bath, and the hip-baths and friction sitting-baths very considerably prolonged.

Success was attained in a very few days.

At home I was consulted by a woman who suffered greatly from gout in her hands and feet. She said that all remedies hitherto applied had been unavailing. I tried to explain to her, as well, that her disorder was owing simply to imperfect digestion, and that relief was possible only when her digestion was improved, when her motions were more abundant, and she could perspire. I advised her to take three friction sitting-baths daily, and to observe a suitable diet, so that no new foreign matter might enter into the system. Some weeks later the joints were no longer so cold as before, but hot; at a slight distance the heat could be distinctly felt. The cold baths had therefore not induced cold in the body, but warmth; they are intended to remove the foreign matter, and thus to produce a better circulation of the blood, so that with a normal circulation normal warmth would arise. In a short time the heat also disappeared from the joints, and gave place to natural bodily warmth — health had been attained.

Now one case of the *gout*.

In a family where I had treated the children for some weeks with success, I was summoned to a little chamber in which, I was told, their grandmother dwelt. She too had often expressed a desire to say a word to me. "I see how successful you are with my grandchildren; can you not help me, too? I am in great pain, and give a great deal of trouble to all around me; I have been lying in bed for three years", she said. I answered briefly: "It is quite possible, if three conditions are observed! These are, better evacuations through the bowels, kidneys, and skin. Your sickness has arisen from defective secretions". "You may be right there, Mr. Kuhne; I have not perspired these many years, and am in fact

very glad of it; formerly I used to perspire. . . . It is the same thing with the evacuations, once every four, five, or six days; otherwise my digestion is good". One often hears the assertion: My stomach and digestion are excellent, I suffer only from constipation. This is a sad proof, how little people understand about a good digestion. "Yes, it goes into the body well enough, but does not come out regularly. And what becomes of these substances that are introduced into the body? — Gout is nothing more nor less than a result of imperfect digestion". This seemed reasonable to the old lady — she was 70 years of age — and she requested me to begin the cure within a few days. I sent my bath-woman, and prescribed the manner in which the baths were to be taken. The patient had to take three friction sitting-baths daily, after which she was put to bed, in order to make her perspire if possible. She began perspiring sooner than we expected, and after each bath she perspired so freely, that her night-clothes had to be changed twice nightly. Within a few weeks she was so far restored, that she could rise without pain, and walk about her room.

This patient had the gout. The first cause of the same was, that her digestion was out of order, and one of the first effects of her imperfect digestion was the rheumatism. "As long as I had my shop, I always had a great deal of work to do, and did not pay much attention to my rheumatic pains", the patient

explained to me one day; "since I gave up business, I have had the gout". In other words, gout came on because the rheumatism had not been attended to and cured.

**Sciatica**, too, is nothing more than an inflammation of the thigh-joint, which comes about in the same manner as rheumatism, and consequently is cured in the same way. Let us hear, what a former patient of mine writes in his gratitude:

"Herewith I send you my heartfelt thanks for the cure of my many unutterable sufferings.

"I was first attacked in the autumn of 1885 by violent pains combined with stiffness in my left thigh, then in the right one, and in the small of the back, developing into general stiffness and rigidity. The physician whom I consulted characterized my disorder as sciatica. During his course of treatment intense photophobia (dread of light), quivering of the eyelids, pains shooting across the face, heaviness in the head, dreadful twinges and aches in the left arm and hand, and complete general helplessness, came on in addition, so that I could neither draw off my shoes and stockings, nor even get into bed unassisted. My hair turned quite grey in a short time owing to the fearful pain.

"I was treated unsuccessfully by more than twelve celebrated professors and doctors of this town, and was also exhibited as a remarkable case to the students by some of the University instructors. A young physician used me to pass His State examination. For months at a time I was repeatedly in the Municipal Hospital and the University clinic. — Finally a professor and a doctor of the Leipzig University polyclinic advised me in January, 1889, to consult Mr. Louis Kuhne, who just at that time was giving public lectures. I did so on January 23, 1889.

"On the 25th of Jan. I took the first baths. At the very first bath considerable quantities of water were passed, the abdomen grew smaller, the head lighter, and for the first time in years I was able to walk without the stick hitherto constantly used. On the same day I presented myself to the professors of the University polyclinic, at their request, to obtain their confirmation of the striking improvement in my condition.

"After conscientiously pursuing the method of cure prescribed by you for three weeks, I was enabled to report to you on Feb. 13, 1889, at a public conference held by you in the presence of some 20 or 30 learners, that I was in perfect health, at the same time giving ocular demonstration of my statement by all kinds of movements.

"Since then I have been well and able to work; I can carry a hundred-pound weight in each hand, whereas before I could not move, to say nothing of being able to work or carry weights. From the autumn of 1885 to Jan. 23, 1889, I had been treated by the leading physicians of Leipzig, my condition steadily growing more wretched and miserable. Between Jan. 23 to Feb. 13, 1889, you restored me to health and ability to work by your new method of treatment.

"Leipzig, June 16, 1890.

Heinrich K."

We now come to the origin of **cold hands and feet,** and a **hot head.** — We all know, that the head really ought to be cool, and the hands and feet warm. And yet we so often meet with the contrary state. Now let us see, how these forms of sickness are brought about. I said in one of my former lectures, that there is no disease without fever, and no fever without disease. Therefore, according to my assertions, this condition must also be a feverish one. That this is so in the case of a hot head, no one doubts. Cold feet and hands are less likely to be regarded as indications of fever. I assert that both — the hot head, and the cold feet and hands — are caused in one and the same manner. How can that be? Every disease is occasioned by the presence of foreign matter in the system. By fever — fermentation — this matter is transported from the abdomen into the remotest parts of the body. Some is deposited in the remotest points — that is in the head, feet and hands. If the fermenting matter enters the feet and hands, it finds there a very slight resistance. The foreign matter first accumulates in the toes, then in the feet, and thus spreads gradually upwards into the legs, impeding the circulation, and consequently lowering the warmth. It is the same with the hands. With many persons only the finger-tips are cold at first; with others, only one of the feet; later, in the course of years, they begin to complain of the legs, which are cold up to the knee. Warm stockings are tried, but they, too, will not help for long. Fur boots are put on, but afford relief only for a time; there comes a time, when even they no longer suffice. The feet can no longer be warmed. This makes it very evident, that, as is well known, the clothing should not warm the body, but the body the clothing. And if, in the beginning, the warmer clothing does after all protect one against feeling cold, the reason is, that there is still a certain amount of warmth in the limbs, which is communicated to the thicker clothes and retained by them. But this protection given by warmer clothing does not long avail. Whenever the secretion of the skin and the regular circulation of the blood therein gradually decrease, the warmest clothing becomes useless.

With the head it is quite a different matter. The brain, with its abundant supply of blood, is far more capable of offering resistance to foreign matter pressing upon it than the hands or feet. Hence strong friction results, and as a consequence, warmth. Thus the mystery is solved. Exactly the same thing, which makes the hands and feet cold, renders the head hot at first. But even the heat in the head terminates sooner or later. In my practice I have met with patients enough whose heads had already grown quite cold. Thus there is a limit here, as well. When the foreign matter presses on to the head in great abundance, the resistance here also ceases after a while, and the head likewise grows cold. A proof of the correctness of this supposition can be given only in the cures resulting from a treatment founded upon it. If a patient would be relieved from the chilliness of his hands and feet and the heated feeling in his head, he must commence his treatment at the place from which the fermentation started, i. e. the abdomen. The digestion must be regulated, and then the hands and feet

will surely grow warm and the head cool. A cold head will at first grow warm again, and then cool. Now, all these phenomena have been observed in more than a thousand cases, and are daily observable in my practice. Here I will add, what you have probably thought yourselves, that all sufferers from cold hands and feet are always liable to attacks of rheumatism.

Now I come to **Distortions**.

From my exposition you have seen, that all the forms of disease hitherto described to you may be traced to one common cause. Still, you will possibly be surprised that I proceed, directly after Gout and Rheumatism, to the alterations in the form of the body already named at the commencement, such as high shoulder, curvature of the spine, twistings, distortions, etc. And nevertheless these latter have, as I shall show you, one cause in common with the sicknesses described; namely, the encumbrance of the system with foreign matter. These diseases frequently appear alone. Should we inquire after the cause of these forms of disease, you yourselves would answer: "The alterations can have been brought about only by pressure of foreign matter". And your answer would be correct. But in what way it was deposited, and how it gradually took its course to a special spot, I shall now explain to you with the aid of a few illustrations. Experience shows that it takes a long time, before foreign matter is capable of producing great excrescences and changes in the body; that even years are required, for this. Sometimes, too, the system gains time through an acute disease, ejecting so much foreign matter that the excrescences and alterations disappear for a season, so that decades may pass after the first stages until the deformity is fully developed. Thus the same foreign matter, which in one case produces small-pox, in another typhoid fever, in a third diphtheria, etc. is the cause, where the system no longer has the vital energy to get rid of it by means of an acute disease, of these deformities and distortions. The foreign matter is prone to accumulate in certain places, mostly those in which it is least in the way of the organic functions, as far as possible aside from the path of their constant activity; therefore the disease itself, when the deposits have collected in a place where no important **organs lie**, may cause but little discomfort. However, the external changes gradually attract attention, and all possible explanations are sought. Usually the vocation must bear the blame, as in solving a one-sided employment or some special habit, like sitting askew. Doubtless it is partially to blame, but only aids by determining the way, and therefore merely exerts an influence on the form of the alteration. With perfectly healthy persons curvatures can never be occasioned by one-sided sitting, as long as they rest when tired, and give the body time to recover at intervals. Thus I have often noticed that country people, who work all day in a stooping posture, exhibit a fine, straight figure when they happen to stand upright. Had these people not been healthy, their figures would assuredly have been influenced by foreign matter. In the beginning most

persons attempt to hide their growing deformity from the eyes of others by the aid of tailor or dress-maker; but this is impossible for any length of time.

There is great variety in the kinds of deformity, and this variety is occasioned by the occupation, habits, position during sleep, and in great part by natural disposition. Perhaps two persons can not be found, whose shapes are precisely alike; but certain fundamental forms can be distinguished, which I shall show you in the following illustrations.

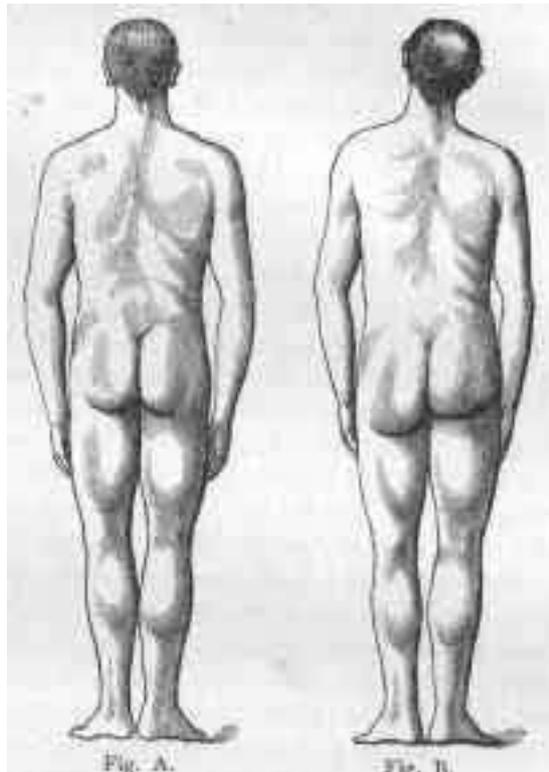
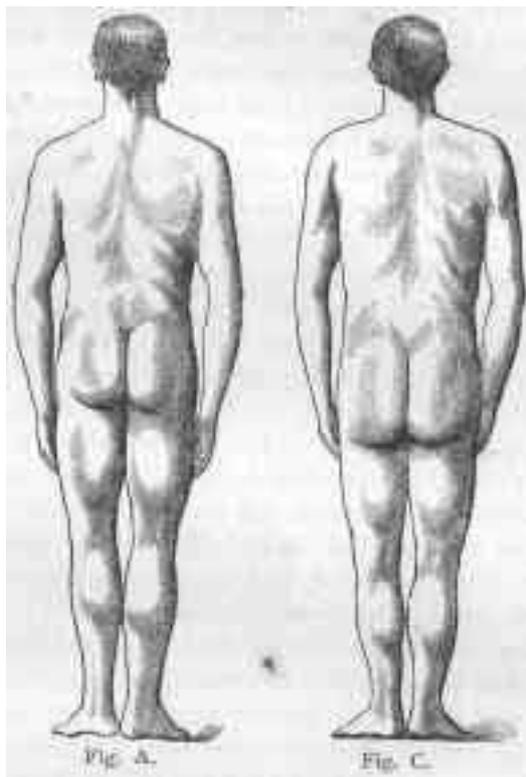


Fig. A presents a body approximately normally formed, in which it will be readily seen that the members are well proportioned. Nothing is too long or too short, nothing too thick and nothing too thin; all the members are symmetrical. Fig. B gives a different view. You will instantly perceive the alterations on the left side, a prolongation of the rump both above and below, the latter blemish being the first of the two to show itself, because the foreign matter starts from the abdomen, and the alteration therefore always begins in this region; it undoubtedly lasted years before the shoulder was raised. Had the relatives noticed the lower prolongation in time, and recognized the danger, they assuredly would not have delayed commencing a suitable course of treatment. However, I cannot blame anyone in such a case, for the methods of cure hitherto pursued were not in the least capable of remedying such diseases, and for the most part did not even recognize them as diseases. The patient was deformed, and that was the end of the matter. But how this deformity was brought about, from what causes it arose, has probably never been recognized before. My new method of cure, when confronting such cases, is no longer so helpless as the earlier

methods, and the course of the cures effected by this method has proved its correctness in the most different cases. The formulation of my theories has always followed my practice.

The foreign matter had accumulated in the body especially on the left side, the expansion was brought about here in just the same way as in the bottle with elastic sides, in which the fermenting mass collected only on the left side. The matter requires more room, and finding no vent, it swells out the sides by continual pressure. Now, if the fermenting mass lies, as here, only on the left side, it is only this latter which will be unusually distended.

By means of my new diagnosis, the Science of Facial Expression, this disease might have been recognized with ease at its very beginning, and a proper course of treatment adopted for ridding the system of the cause of its being surcharged on one side with foreign matter. For years before any prolongation whatever of the left side of the rump appeared, an increased encumbrance of the left side of the neck might have been discovered, and now that we have learned the oneness of all diseases, and know that this inequality is also caused by the same foreign matter from which typhus, diphtheria, etc. arise in other cases, it is easy both to prevent and to cure such distortions.



Now, ladies and gentlemen, you have heard to-day for the first time how crookedness and deformity of the body come to pass. I shall show you, by further illustrations, that all these forms spring from the same cause.

Fig. C shows you a body in which both sides of the rump are lengthened. You may, perhaps, at first have only a dim consciousness that the body exhibited here is wanting in true

symmetry. But comparison with Fig. A shows immediately, that in this case the whole rump is too long. The lower part of the rump is particularly so, for which reason the legs and the neck have become too short, the latter being in part hidden between the shoulders. In this case not merely a one-sided encumbrance of the rump with foreign matter has taken place, but one equally distributed; in consequence, the entire rump is equally prolonged on both sides by the matter. In these cases it also happens, that the matter presses up through the neck into the head, then causing an abnormal head-form in addition, as you may often observe. I again remind you of the example of the bottle over which we drew an india-rubber cap. The alterations in the head are brought about in a way very similar to that in which those in the bottle are caused.

But you may also observe, often enough, just the contrary of these phenomena, that is, too long legs and arms together with a rump, that is in comparison far too short. The original cause is again the same, only in the latter case the foreign matter very early took its way to these extremities, and therefore the rump was for many years unable to keep pace with the growth (distension) of the members.

Hardly anyone would suppose that we, by means of our simple method, are able to restore full symmetry in all such cases. True, a consistent application of my cure for a series of years is usually needful, before this chronic state of things is readjusted; and when the organism is too old, and the requisite vital power consequently lacking, a complete cure can not be attained even then.

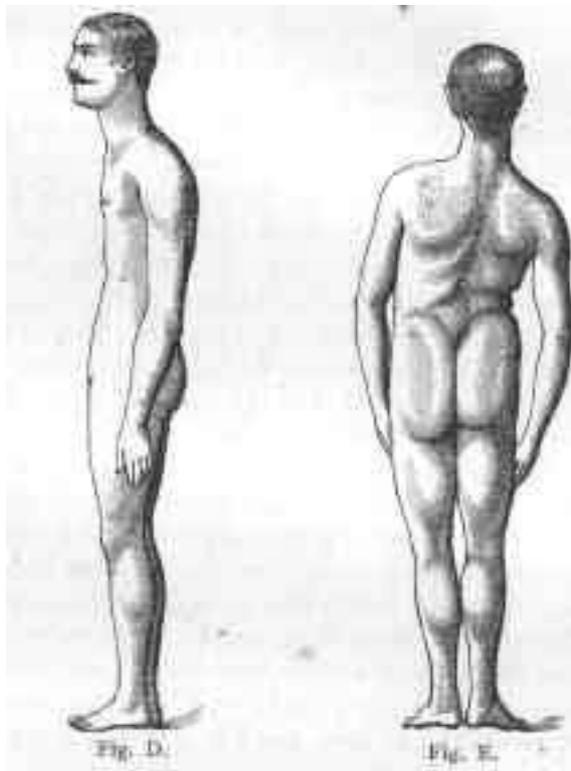


Fig. D. shows us a form unhappily very common at the present time; the matter deposited has brought about the

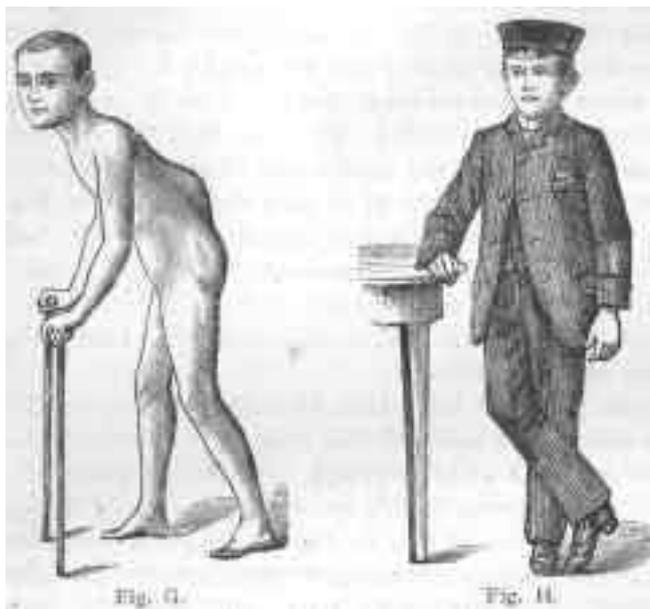
elevation of the back, which at the same time prevents a normal development of the chest, so that the form of the latter is conspicuously flattened. It looks almost as if what was added to the back were taken from the chest. The chest immediately expands when the back is freed of its burden. In this case too the rump had of course been encumbered for a long time before, so that this form is always a sign of the abdomen being either too large or too hard. Sometimes the encumbrance has commenced in early childhood, or was even present before birth, and thus it happens that we see children at the age of only four or five years with rounded back and flattened chest. At that age this can be most readily and quickly remedied, for with our cure a youthful body often makes as much progress in a month, as an older one in a year. This is, of course, owing to the greater vital powers of youth. I have already told you, how one can succeed in discovering these deformities in their very beginning; it is possible only by the aid of my Science of Facial Expression.

The foreign matter may also at times take a very irregular course, passing over from one side to the other and back again. We see this exhibited in Fig. E. In this case we perceive that the matter was chiefly deposited on the left side, but that in the middle its free passage was checked by some one of the organs in that region, so that it was forced over to the right side, later again passing over to the other side. You perceive distinctly the prolongation of the entire left side both upwards and downwards, and in the middle the deflection to the right. A curvature of the spine has already taken place here. In its beginning this is certainly due to an hereditary encumbrance. Should one try to employ shoulder-braces or other mechanical bandages for straightening the body, one would only torture the patient, without effecting a cure at all. In fact, the matter requires room, and in my practice it has occurred often enough, that after a crooked back, for instance, had been forcibly pressed in, the foreign matter at once began to collect on the chest. The attempt to remove this matter from behind had therefore been successful, but only at the expense of its reappearance in front. The room which the matter required could not be taken away from it; one could merely change the place of deposit.

Fig. F exhibits a person in whom the foreign matter has taken up its station upon the middle of the back and forced the body into a permanently bent posture. This phenomenon is rarer, because the matter as a rule pushes on to the end. To illustrate this case I will give you further on a striking example from my practice, shown in Figs. G and H, both being taken from life.



In this connection you will all be reminded of poor humpbacks, who are positively disfigured by their deformity. In most such cases a complete replication of the spine will be found. In the vast majority of these cases hereditary predisposition was the cause. But before proceeding to the several forms of disease I must notice a peculiar kind of deformity. It often occurs that the matter forces itself up through the neck, and collects in the head. I have already mentioned how coldness of the head arises from this. In children it easily leads to an unnatural expansion of the head. A disproportionately large head is always a sign of serious chronic disease. Such an expansion of the head often occurs



before birth, and the first result thereof is difficult parturition. And it is a matter of popular observation, that children with large heads frequently do not live long. To-day your attention has been called to the reason of this, which you will hardly

have heard from anyone before, and I beg to remind you again of the example of the bottle with the india-rubber cap.

Proof of the correctness of these assertions can again be given only through the cures founded upon the theories explained. To be sure, as I said before, all my theories are based on actual practice, having arisen from this latter and much personal observation. A series of such cures has actually been effected under my guidance. The treatment was the same as in the forms of disease previously described; and though it may sound strange, that I propose to cure a crooked back by the same treatment used for coughs and colds, how can I act otherwise, when the cause of the disease is the same? The facts themselves have proved that I am right, for all symptoms of disease disappear when the treatment is perseveringly adhered to; — provided, in all cases, that the system still possesses enough vital power, and that the nerve-connection is intact throughout, so that the process of healing can take its course; and I repeat what I said before: All diseases (or rather, disease in all its forms) are curable, but not all individuals.

I will now call your attention to some cures of such cases in my practice.

In the year 1889 Mrs. Hofmann of Leipsic, Brandvorwerkstrasse, called during consultation-hours, bringing with her in a child's-carriage her son, 13 years of age, who was suffering from a painful curvature of the spine; upon which, as shown in Fig. G (Figs. G and H were taken from life), a considerable protuberance had already formed. The boy could walk only with the greatest difficulty, and with the aid of two canes, and usually had to be conveyed in the carriage. I asked his mother, what treatment had been employed. She informed me, that the disorder had been so troublesome for over two years as to occasion her to seek medical advice. A Leipzig Professor, Dr. B. Sch., had operated the boy and tortured him frightfully with a stretch-bed, steel splints, and other instruments of constraint, but with no success. Medical and surgical aid were of no avail, as Mrs. H. had clearly perceived, for which reason she had tried household remedies for some time before coming to me. I explained to her, that the morbid matter had in this case sought out a place of deposit on the back, and that in order to cure the disease it was simply needful to remove this matter. She understood my statements, and the treatment began that same day. The boy took three friction sitting-baths daily, each lasting half an hour; the diet was strictly non-irritant, and I insisted that the child should be as much as possible in the open air outside the town. In this still youthful body the foreign matter retreated with extreme rapidity, so that the result was surprising. After a week the child no longer needed to be wheeled about, but could walk alone with his two canes. A fortnight thereafter the latter had become superfluous, and the body was far more erect. After two weeks' further treatment the boy could again go to school, which he had been forced to give up for a long time. The child has now followed this treatment for half a year, and is so far restored

thereby that he can again carry his body perfectly straight, as Fig. H shows: If the foreign matter producing the disease was the same as that which produced the small-pox, scarlet fever, diphtheria, etc. in other cases, it would also be expelled from the system by the same method, and the body thus cured, and this I proved to the parents in their son's case. The very day on which this boy consulted me, a woman having whose menstruation were attended by an abnormally excessive monthly loss of blood (see Part III, 39), and a girl of 9 afflicted with scabby sores (*herpes*, shingles) (see Part III, 23), also sought my advice, who had in vain tried every other method of treatment. Both were treated in the same manner as the boy, and all three were cured; this again proves that the cause of all three diseases was the same.

In another case a man of fifty succeeded, by four years' consistent observance of my treatment, in reinstating the correct proportion between the trunk, which had grown too long, and the short neck and legs. From one quarter of a year to another this gentleman found his trousers growing too short, while his coat grew loose about the shoulder. He was continually sending to the tailor to have his clothes altered according to his reduced circumstances, until his body had nearly regained its normal form.

Now, after all these remarks, I hope that the oneness of all diseases, i. e. their uniform cause, has become plain to you. You can daily meet with proofs of this fact in my practice.

Before concluding this subject I will let you know something about my new method of diagnosis, the Science of Facial Expression, because the same is so frequently misapprehended, although it is just as simple and natural as all my other discoveries.

The circumstance, that many of my patients first sought aid from me in the last extremity, so to speak, after trying all other methods of treatment in vain, has afforded me a deeper insight into the diagnoses of the learned profession, than many of those gentlemen may like. Here a few instances. During office-hours I was once consulted by a tall, stout man — a picture of health, as people would think to look at him — who complained that he was quite unable to work. All physicians (and he had consulted many) had carefully examined him, as far as rapping, feeling and listening would go, and finally declared him perfectly healthy — that they could find no disease, and that he merely thought himself sick. The best thing he could do would be to take a trip so as to divert his mind, and then he would no longer notice any disorder. He followed their directions, but received no benefit, and therefore came to me. A glance at his neck and head, and an examination of the former when the head was turned to the right or left, showed me plainly the serious encumbrance of his system with foreign matter, with which the entire body was filled through and through. I prescribed my ordinary treatment; in six weeks he had got rid of so much foreign matter that he could send me the welcome news of his ability to work the whole day long. You see, which diagnosis was the more practical in this case. Cases like this,

when the patients in question are universally declared to be the picture of health, although they themselves feel very ill, and can only bring themselves with reluctance to consult a physician, because repeated unpleasant experience leads them to expect their disease to be styled "imaginary", occur almost daily in my practice; so that this was just the point of view, from which I have had ample opportunity to observe the inadequacy of earlier diagnoses.

In another case a girl of 18 came to me, suffering from poverty of the blood. The doctors had said, that she was *merely* somewhat chlorotic, but otherwise *quite well*; she should only take iron, and she would soon recover her health. Well, she had taken iron, but the quality of her blood had not improved in any way. My knowledge of facial expression told me, that she could not be "quite well" and at the same time chlorotic, for her system was also surcharged with foreign matter. All the minutest blood-vessels, intended to convey the blood into the outer skin, were clogged by this matter to such an extent, that the blood could reach the outer skin only in insufficient quantities, and the skin therefore looked faded, pale, and dead. But the cause of this difficulty was imperfect digestion of many years' standing, as the patient herself admitted. And here I will observe, that most people are unfortunately unacquainted with a really normal digestion, and the full importance of the same is recognized in very few cases. This is a matter of daily experience in my practice. I prescribed the same treatment for this young lady as for the patient last mentioned, and in the course of some months the disorder was removed and the patient's appearance utterly changed. You see, that the diagnosis of medical science was again at fault regarding the true state of the patient. For the chlorosis was merely an outward symptom of the disease, which was itself produced by the foreign matter; and the latter, in turn, had been left behind in the system owing to imperfect digestion. Now I ascertained all this by a glance at the patient's neck and head, whereas the representatives of medical science missed it altogether.

Another case: I was visited by a woman (see Part III, 2) suffering from most obstinate constipation. No remedies availed her any longer, and the doctor had told her that she might should make her mind easy, even perfectly healthy persons suffered from constipation, and it must get better of its own accord. I ascertained that the woman was surcharged with foreign matter, which produced, especially in the abdomen, a high chronic fever heat, that dried up all the slimy secretions of the intestines and almost burnt up the fæcal matter, so that it stuck, hard and dry, in the bowels. I prescribed my treatment, and in a remarkably short time, after the very first baths, the internal heat was drawn to the outside, and stool was passed. In this case, too, you again plainly see the inadequacy of the usual method of diagnosis. I would almost assert, that there is no more mischievous, and likewise more wide-spread error than this, that a person can be in perfect health and also suffer from constipation. How far has such an idea of disease deviated from the right path! So far,

that it can really see no more than any child can see — that is, mere external phenomena, which it cannot account for. Disorder in the digestion, is, as I assert, the mother of all diseases. An able physician once said to me, that in many anatomical examinations of bodies he had often racked his brains to find out why the deceased had died of this or that disease and not of some other. All parts of the body and the internal organs were in perfect order and intact, and nowhere could a trace of disease be seen. I answered, that the difference between his diagnosis and mine consisted in this: That the physicians chiefly endeavor to learn by the dissection of dead bodies, whereas I attend only to the processes of the living body, and study their causes and the disorders to which they are subject,, all observation of dead bodies being consequently worthless to me. To make my meaning clearer I adduced the following illustration. A person goes to buy a sewing-machine. He sees a great number of first-rate machines standing in the ware-rooms, and chooses one. He finds no external defect, all seems carefully worked, down to minutest details. But suppose a friend points out to him, that "however perfect the machine might look when at rest, any defect would first become apparent when it was set going. When in operation an otherwise wholly invisible defect would suffice to render the entire machine worthless, and therefore he had better test it in operation. In regard to the processes of the human body the case is similar. When inactive — here meaning dead — one can often not see in the least what ails it. In the living body every irregularity is directly apparent. Therefore, whoever would study these irregularities (disease in all forms, and its symptoms), cannot attain his end by the dissection of dead bodies, but solely through the observation of living ones. My science of facial expression is based on such observation.

Having now, I believe, proved the oneness of all forms of disease, I may add that the usual diagnoses of modern medical science for the names and seats of diseases are quite superfluous, and utterly worthless for their cure — may, indeed, easily lead to error. The only question, on the contrary, **is** to decide *whether a body is either well or sick; that is, whether it is free from morbid matter or encumbered with it*, and in what way this encumbrance has come about, and how long it has been going on, so that we can nearly estimate the time required for a cure. For as soon as we simply know that the body is ill, we also know what steps to take in order to make it well, so that all errors in the treatment of a patient are excluded from the outset.

## My remedial Agents.

### Steam-baths. Hip-bath. Friction Sitting-bath.

From the foregoing explanations you will have learned, that I trace back all forms of disease to one single original cause. But this oneness of disease also implies its uniform treatment, and in the following pages I shall give you a detailed description of my uniform and extremely simple remedial agents, which consist simply in a variety of bathing appliances.

**Steam-baths of various kinds.** The steam-bath is the most approved means for stimulating the skin to that activity, which is indispensable to perfect health, and in healthy persons proceeds unaided in the normal way.

For a long time I sought after a simple and practical apparatus, which will be found useful in every family, even in serious cases of illness. This led me to the construction of my "*Separable steam-bathing Apparatus*". When put away the same requires hardly as much room as a common chair, and no special skill is necessary for its management.

For this apparatus a large blanket, a few pots, and a small tub (sitting-bath tub), or wash-tub, are needed. One is enabled to steam the entire body or any separate part of the same, and this is an important advantage.

Having set up the apparatus in the manner shown below (see Fig. A), make the water boil in three or four water-pots in an ordinary oven, or, better still, employ the steam-pots with spirit-heaters and water-compartments invented by me. It is most advantageous to use three of these steam-pots for a full steam-bath.

For the sake of convenience, do not fill the pots quite full.



As soon as the water boils, let the patient lie down, quite unclothed, upon the apparatus, best upon his back at first, and cover himself up with a woolen blanket hanging down loosely on either side far enough to prevent any steam's escaping. It is well, at least at first, to cover up the head too with the blanket. Another person then places the pots under the bench, lifting the blanket a trifle to let them pass; the heat is regulated as required by lifting the lids of the pots more or

less, thus allowing more or less steam to come out. In the case of adults two or three pots should be taken; for children one will suffice; one pot is to be kept boiling. The first pot — in the case of very young children the only one — should be placed in the front compartment under the small of

the back, the second under the feet, and the third, when required, further up than the first, under the back.

As soon as the supply of steam slackens (in about ten minutes), introduce the reserve pot in the oven into the place of the first, putting the latter back into the oven. As a rule, the pot under the feet does not need to be renewed. When the specially constructed steam-pots are used, these directions need not, of course, be followed. A change is then not necessary, as carefully worded instructions for use always accompany the apparatus.



In from ten to fifteen minutes the patient may turn over, in order that the chest and abdomen may be warmed more intensely. Should perspiration not have broken out already, it will now do so most profusely, the head and the feet now beginning to perspire simultaneously. In the case of children a renewal is often unnecessary. Persons who do not perspire readily should keep the head covered; this does not cause any very great unpleasantness, and is needful, that the head may also perspire.

One may continue to perspire for a quarter or half an hour at pleasure, and have the pots renewed or not, at will. *Those parts of the body, which are specially encumbered with fermenting matter, perspire with difficulty, and the patient himself will desire greater heat at these places. Always comply with his request, for this is the very way in which successful cures are accomplished by means of these steam-baths.*



Weak persons, and such as are seriously ill should employ these steam-baths only when the foreign matter is so deposited that no evil results for their health need be apprehended. Persons who naturally perspire easily, can sometimes do quite without steam-baths. *More than two steam-baths weekly should must he taken only under the supervision of an expert.*

On leaving the steam-bath, a cooling-process with water at from 68 ° to 77 ° Fahr. by means of a hip-bath (see Fig. D) is absolutely essential. The warmer the body, the less it feels the cold. The body, whenever it perspires, is not excited, but only the skin is thoroughly warmed; one therefore need not dread the washing. Steel, when brought to white heat in the fire, must be plunged into cold water in order to obtain the requisite temper, that it may not grow soft and useless; with the human body the case is similar. But all violent rubbing is to be avoided.

After the hip-bath it is necessary that the bather should be again warmed, if possible so that perspiration starts, either by exercise in the open air, or by careful covering up in bed, leaving the window ajar.



It may be added, that steam is produced when the water is heated to 212 ° Fahr.; the steam produced in the pots is therefore exactly the same as that developed in steam-boilers. The amount of steam is the only consideration, and one trial will convince anyone that the pots are quite sufficient for this purpose. Besides, this mode of producing the steam has advantage, that steam not under pressure is very mild, and neither stings nor burns like that from a confined boiler.

Where neither a steam-bathing apparatus, nor a cane-seat bench to take its place in case of need, can be had, a **cane-seat chair** may be used instead. The patient seats himself upon it, and is completely covered up with the blanket. Under the chair is placed, as described above, a pot of boiling water, while the feet are placed upon a second pot half full of boiling water and furnished with two cross-laths over the top.

An essential advantage of this steam bathing apparatus consists in the fact already pointed out, that steam can be applied to separate parts of the body. Fig. B shows a **Steam-bath for the Abdomen**, the employment of which meets with success especially in obstinate abdominal disorders, in cases of poverty of the blood, menstrual disturbances and other female complaints, when the state of the accumulations admits of its application.

In management it is like the full steam-bath, but in this case not more than one pot need be taken at a time, being renewed as the patient may desire. As the remaining parts of the body are also warmed, a thorough cooling the abdomen is as necessary as after the full bath. In fact, the entire process is the same. Of peculiar importance after this steam-bath is the friction sitting-bath, which should be repeated daily in the manner described on p. 110. The hip-bath or friction sitting-bath should end when a feeling of coolness comes on.

When carefully carried out, these steam-baths have a surprising effect.

**A Steam-bath for the Neck and Head** is shown by Fig. C. The vessel is set on the little board previously laid upon the bench, and the head and neck steamed until they perspire profusely. When perspiration begins the pain will always cease; this is peculiarly noticeable in the case of toothache. The head and chest must again be washed in cold water as far as they were heated; and a hip-bath or friction sitting-bath is suitable after this local steam-bath. Should the pains return after a time, a full steam-bath may be taken, during which the abdomen in particular ought to be thoroughly steamed, and after that a neck steam-bath, as the disorder then lies deeper.

These partial steam-baths are of high importance, and afford remarkably quick relief, e. g. in troubles of the ears, eyes, nose, and throat, and particularly in toothache, and the treatment of boils and carbuncles. They must also always be followed by a cooling hip-bath or a friction sitting-bath.

They can likewise be administered without my apparatus, though not so conveniently. The abdominal steam-bath (Fig. B) can be given on an ordinary cane-seat chair; for the head steam-bath a kitchen-bench may be used, setting the pot upon the same and placing a chair in front to serve as a rest for the arms.

**The hip-bath.** The hip-bath tub, whose shape may be seen in Fig. D, p. 107, is filled so far with water to reach to the thighs and navel. Water is taken at 77 ° to 64 ° Fahr., and the bather, half-sitting and half-reclining, should then rub the entire abdomen from the navel downwards and on either side incessantly and energetically with a coarse cloth (jute, coarse

linen). Continue this washing until completely cooled. At first a quarter of an hour will suffice; later, the baths may be somewhat prolonged. For very weak persons and children, on the other hand, a few minutes are enough. *It is highly important that the legs, feet, and upper part of the body should not be cooled with the rest, as they usually suffer from want of blood; they should therefore be wrapped in a woollen blanket. After the hip-bath the body must immediately be re-warmed, this being best effected by exercise in the open air; should warmth return too slowly, a woollen bandage may be bound upon the abdomen.*

After bathing one ought not to eat before the normal warmth has been regained.

Such hip-baths can be taken from once to thrice daily, according to the patient's condition at the time. In many cases friction sitting-baths must be taken instead. In such cases the latter yield quicker and more thorough results than are possible with the hip-bath. By this means the bowels and kidneys are urged to the highest pitch of activity without any over-stimulation. At the same time a cooling effect penetrates directly to the inner parts of the body, which are parched by feverish heat in these cases. Yet the patient in the bath does not feel cold, as only a very small portion of the body is cooled, but rather a pleasant warmth.

**The Friction Sitting-bath.** This is taken by women in the following manner:

In the hip-bath the patient lies in water up to the thighs; whereas a special feature of the friction sitting-bath is, that she sits high and dry so as not to touch the water with her body. To this end, a foot-stool or the board seat constructed by me is put into the same tub, in which the hip-baths are taken, and the tub filled with water, so as not to rise quite to the upper edge of the stool or board seat, the seat thus remaining dry. The bather then sits down upon this perfectly dry seat, dips a coarse linen cloth (jute or a rough towel) into the water beneath, and then begins gently to wash the genitals, always bringing up as much water as possible with the cloth. I lay stress on the fact, that only the outer part, and never the inner parts, of the genitals are to be washed, and not by roughly rubbing backwards and forwards, but by gently lavaging them with as much water as can be brought up. The water for these baths is always taken as cold as Nature gives it (45 ° to 60 ° Fahr.), though in special cases a somewhat milder temperature, up to 66° Fahr., may be taken.

The colder the water is during the friction sitting-baths, the more effective they are. But never take the water colder than the bather's hands can bear it. In the tropics and hot countries it will not be possible to take as cold water as we do; let it simply be taken as cold as it is to be had, for the relation of the water there to the temperature of the air will very nearly agree with that here, so that the effect will be the same in both cases. This opinion has been confirmed in every way by reports which I have received from tropical regions.

"Where no hip-bath tub is to be had, any wash-tub whatever can be employed for the friction sitting-baths, if it

be only large enough for the reception of a stool or some other convenient seat, and contain at least from 30 to 40 gallons of water up to the edge of the seat. If too little water is taken for these baths, it soon grows warm, thus rendering the bath less effective.

Soft water is preferable to fresh spring - water. Where only spring-water is obtainable, it is well to let it stand a while, taking care that it does not get too warm.

In almost all superior families a similar process of washing, simply "for the sake of cleanliness, has long been known; although not with such cold water, or in the manner and length of time prescribed by me.

For men the arrangement as regards the vessel is the same, but in their case the outer edge, that is, the end, of the foreskin is to be washed under water. The bather holds, most conveniently with the middle and forefinger, or the thumb and forefinger, of the left hand the foreskin drawn over the tip of the glans penis, so that the latter is quite covered, and then gently and continually washes the extreme end or edge of the foreskin so drawn down, *under* the cold water, with a jute or linen cloth of the size of a handkerchief, held under water in the right hand.

This bath, too, is so simple, that I cannot conceive why it is so often wrongly applied, in spite of the most careful description. In most cases the washing is wrongly performed above water, the cloth being merely dipped in; whereas the washing should be done continuously *under* water. In other cases the person in question had taken hold of the penis properly, and held the end well under water; but then, instead of washing the tip-end of the foreskin under water, he had bathed the whole penis from the left hand up towards the body. When improperly applied, the friction sitting-baths cannot have the effect otherwise peculiar to them; consequently I counsel all those who are not quite sure about taking them properly, to have the same explained to them by an expert, or to consult me, rather than waste time and trouble. The duration of the baths, according to age and strength, is from 10 to 60 minutes.

In the case of patients having inflamed or gangrenous places in the interior of the body, the inner inflammation is very soon attracted downwards, frequently after the very first bath, and then reappears in the spot rubbed or in its immediate neighborhood. In Part II, Cancer, I shall treat of this phenomenon more in detail. In every case it is a favorable symptom, which should not deter any one from continuing the baths.

It may appear inexplicable to many, that just this part of the body, and not some other, is chosen as the place for applying these baths. The reason is very simple. The effect of the friction sitting-baths is a double one; firstly, purely mechanical, as thereby the interior of the body, in which in all forms of disease excessive heat is generated, is normally cooled in a manner peculiar to these baths and hitherto unknown, without needlessly chilling the rest of the body, so that during each friction sitting - bath a peculiar warmth is

generated in the exterior skin, which latter is too cold, especially in all chronic diseases. Through this effect, peculiar both to the friction sitting-bath and to my hip-bath, the abnormal temperature of the body induced by disease is rendered normal, that is, all further fermentation of the foreign matter in the system is prevented. For, as I have said before, all fermentation is prevented or forced to retire by this cooling process.

Secondly, by means of the friction sitting-baths the nervous system, and thus the vital powers of the entire body, are strengthened in a manner hitherto unexampled. At no other point in the body is there a junction of so many important nerve-extremities as in the one which just indicated. These are, in particular, the branches of many spinal nerves, and of the *nervus sympathicus*, which are the principal nerves of the abdomen, and through their connection with the brain are capable of exerting an influence on the entire nervous system. In a later work I shall speak in greater detail on "the essence of life", and many will obtain thus a clearer notion concerning the reasons for the influence exerted by the friction sitting-baths. It is only at the genitals that the *entire* nervous system of the human frame can be influenced. Here is, in a sense, the root of the whole tree of life. By washing in cold water a marked invigoration of the nerves takes place, or, in other words, the vital powers of the whole body, down to the minutest part, are thus stimulated. Exceptions occur only where the nerve-connection is interrupted.

After this explanation it will be plain to all, how it is that I successfully treat diseases of the eyes and ears with the same remedy, with which in other cases I cure scarlet fever, small-pox, cholera, etc. The vital powers of the entire body are stimulated, and at the same time there is no possibility of one member's being more excited than another unless, as said above, the nerve-connection is interrupted. *How* heightened vital power manifests itself is, however, quite unknown to most people; for its tokens are often external phenomena, which are utterly opposed to the patient's expectations. If for instance smokers can no longer bear their cigars after the baths, they are inclined to think that their stomachs are weakened, whereas just the contrary is the case. Before, their stomachs had not strength enough left to offer effectual resistance to the poisonous nicotine, while now they have regained vigor enough to do so. And many like cases. Wherever the nerves are still - capable of being strengthened by these baths, the system recovers the power of expelling the foreign matter gradually collected in it through the natural organs of secretion.

Yet no one should suppose that this remedy will infallibly cure every patient; as I have observed before, I can cure all diseases with the same, but by no means all cases. For where the vital powers of the body are already broken down, and individual organs in great part destroyed, this remedy can, it is true, afford relief and alleviate pain as no other can, but a complete cure is impossible.

I think that no one can name any other part of the body whence the entire organism can be influenced in the same manner. Just as nobody can alter the fact that all life proceeds from the reciprocal action of the sun, air, and water, neither can the above arrangement be altered at all. The sun influences our whole earth in one and the same manner, yet the outward manifestation of this influence differs in every climate. Where its operation is most intense (in the tropics) the development of life is most abundant and diversified, while in the North vegetable and animal life grow rarer as we advance. In like manner, the operation of the friction sitting-baths differs with the constitution of individuals and their actual stock of vital power, which differ considerably. But they are the best means known to me for effecting a lasting animation and invigoration of the entire organism.

# What shall we eat? — What shall we drink?

Lecture by E. Hering.

Ladies and Gentlemen:

You have followed Herrn Kuhne's explanations with visible interest and increasing attention, and his new theory about disease, more particularly his method of cure, which in point of success stands unrivalled, has doubtless created a sensation. But there is one question which has not yet been discussed in detail, the answer to which I propose to give to-day as Herr Kuhne's representative. It runs: "What shall we eat and what shall we drink, in order to keep our bodies healthy or to aid them in regaining health?"

You have heard repeatedly, that only the foreign matter in the system produces disease. You have also heard, how it gets into the system, namely, through imperfect digestion or by inheritance. The imperfect digestion must, however, have had some original cause; some act contrary to nature must have occasioned the first case of imperfect digestion, and the same unnatural line of conduct must have been able constantly to disturb the process of digestion, especially if the system was already permeated with foreign matter.

We take substances into our bodies through two organs, the lungs and the stomach.\* The body has a sentinel for both, the nose for the former and the palate for the latter. Unhappily, as experience teaches us, neither is thoroughly incorruptible. There can hardly be a doubt, that the fresh air on mountain-tops is the best food for our lungs, and that in breathing the same our sense of smell is fully satisfied. He who has always dwelt in this pure air finds it quite impossible to remain for hours in an atmosphere charged with smoke, for his sense of smell warns him at each breath he draws. But if his stay in smoke-filled rooms be repeated, the warning voice gradually grows fainter, until finally silenced; indeed, the sense at last becomes so accustomed to it, that the smell of smoke appears pleasant. The sense is corrupted, and some time is needed before it can be weaned from its seductive appetites.

But, as we breathe from 16 to 20 times every minute, the ill effects of the direct absorption of foreign matter speedily appear, and thus it probably happens that our understanding assumes the guidance when our sense of smell deserts us.

It is far worse with the tongue, which we unfortunately bribe from childhood, and which can therefore hardly be called at all reliable at last. It is a well-known fact, that the judgment of the sense of taste can be made to conform to our habits. Now, it is very important that we should receive the

\* The reception of substances through inoculation with fluids is utterly contrary to nature, and therefore always accompanied by evil effects.

proper sort of nourishment; for all unnatural foods contain substances which do not belong in the body, and thus give rise to the causes of disease now familiar to us. True, the body possesses organs for their secretion, as was already mentioned, but Nature intends them only to eject those substances which accompany the food as ballast, or which have done their work in the system. If we give them more to do, they will soon no longer be able to perform their tasks conscientiously, and refuse stays behind in the body. Now, if we are laden with foreign matter from the beginning, it must be doubly important for us to know what foods and drinks we should make use of in order to encumber our bodies no further. A natural diet consequently forms a leading feature in the new science of curing without medicines and without operations. Let us now consider the question:

What diet is a natural one?

As we can no longer place full reliance on the tongue, we must obtain certainty in this matter by the aid of other careful observations and conclusions.

In its whole range, the question is one belonging to pure natural science; for its solution we must therefore adopt the only method admissible in natural science, the so-called inductive method, drawing general conclusion from particular cases. Here we have three principal things to do: 1 To collect observations; 2. to draw conclusions therefrom; 3. to make experiments.

The field of observation is, to be sure, extremely wide, and it is quite impossible for an individual to gain familiarity with it in all its parts. We must therefore content ourselves with a few excursions, much as we should do, if we desired to acquaint ourselves with the flora of Germany. To this end we should traverse that country in various directions, as over the low-lying northern plain, the central ridge, and the southern mountainous region. During these excursions we should not discover every single plant, but might nevertheless assert, that we had gained a pretty good idea of the German flora.

The field to be gone over for the scientific estimation of any form of nutrition is so extensive, that we must limit our treatment from the very outset, else the mode of nutrition of all organic beings would have to be considered. But it will suffice to-day if, in order to draw conclusions and to gain a foundation for systematic experiments, we consider the higher forms of the animal kingdom, especially those most akin to ourselves. But to save digressions I shall assume that you are familiar with all points on which agreement prevails and which are plainly evident from observation or proved beyond doubt.

Our first glance at living creatures tells us, that in order to sustain the renewal of the tissues they must necessarily take food, in the choice of which, however, they are decidedly limited. A plant that grows luxuriantly in the salty soil of the sea-coast, perishes when carried inland; one which flourishes in a dry and sandy soil, perishes in garden ground; and cultivated plants loving the rich humus of their habitat, perish on sand.

A similar phenomenon is also very sharply defined in the animal kingdom — so sharply, that we can classify the animals according to their manner of feeding. The classification of animals into *carnivora* ("flesh-eaters) and *graminivora* (plant-eaters) is known to all; although it is so superficial that it does not satisfy us. On examining the matter more closely we see that we must separate the insect-eaters from the flesh-eaters proper, and that the plant-eaters may be divided into grass-eaters (*herbivora*) and fruit-eaters (*frugivora*). Besides these, we find some few all-eaters (*omnivora*). Our observation, again, must extend within the several classes to the organs which aid in nutrition; in them the manner of feeding is so strikingly expressed, that it is recognizable even in the skeleton of the animal. We will turn our attention chiefly to the *teeth*, the *digestive canal*, the *organs of sense* which guide the animal to its food, and to the *nourishment of its young*. Thus there are four excursions which we propose to make through the territory we have marked out, and to these our observation is to be directed.

As you are aware, three classes of teeth are distinguished: Incisors (cutters), canines (dog-teeth or eye-teeth), and molars (grinders). The incisors of carnivorous animals are little developed, and hardly used at all, whereas the canines are of striking length. They project far beyond the rest, and in the opposite row a special gap is necessary for their reception. They are pointed, smooth, and slightly curved. They are in no wise adapted for chewing, but all the more so for seizing and holding their prey. The canines take their name from their peculiar prominence in members of the dog family. For masticating the flesh, however, the back teeth are employed, all of which end in a point. These points do not meet, but fit closely side by side, so that in masticating the flesh they only mechanically separate the muscular fibres. A side-motion of the lower jaw would hinder this process, nor is it possible in the *carnivora*. Hence it is apparent that the latter cannot perform a grinding movement; e. g. one can observe daily how hard dogs find it to chew-bits of bread fine, and have finally to swallow them nearly unchewed.

In the *herbivora* (grass-eaters) the incisors are strikingly developed; they serve for biting off grass and herbs. The eye-teeth are usually stunted, though occasionally developed into weapons, as in the elephant. The molars are broad at the top, and furnished with enamel only on the sides. They are admirably adapted for crushing and grinding the food.

There are not a great many fruit-eaters; for us the man-like apes are the most important. In the fruit-eaters we find the teeth most evenly developed. The teeth have nearly the same height, only the eye-teeth project a little beyond the others, though not enough to enable them to serve the same purpose as in the *carnivora*. They are conical, but blunt at the top and not smooth, so that they could not serve for seizing prey; they are evidently intended for great exertions of strength — indeed, we know that the man-like apes can perform astonishing feats with these teeth. The molars of these animals are furnished at the top with folds of enamel, and as

the lower jaw admits of ample side-motion, their action may be compared to that of mill-stones. The circumstance that not a single molar is pointed is of special importance, for thus we see that not one is intended for chewing flesh. This is the more remarkable, because the omnivora, to which only the bears properly speaking belong, have both pointed and broad-topped molars. Of course, bears also have the canines of the carnivora, without which they could not seize on their living prey; the incisors, on the contrary, resemble those of the fruit-eaters.

Now, which of these sets of teeth resembles that of man? There is no room for doubt, for we can perceive without difficulty that it is formed almost precisely like that of the frugivorous animals. In man, the eye-teeth do not grow quite as long as they do in the latter, and project very little or not at all beyond the others, but this difference is not essential. It has often been concluded, from the mere presence of the eye-tooth, that the human body is also organized for a flesh diet; but this conclusion would be justified only in case the human eye-tooth were able to fulfil the same function as the canine of the carnivora, and if we, like the bears, had at least a few corresponding back-teeth for the mastication of flesh.

The conclusions which we must draw from our observations, are the following: (1) Man's teeth do not resemble those of the carnivora, therefore he is not a carnivorous animal; (2) man's teeth do not resemble those of the herbivora, therefore he is not an herbivorous animal; (3) man's teeth do not resemble those of the omnivora, therefore he is not an omnivorous animal; (4) man's teeth almost exactly resemble those of the man-like frugivora, therefore it is highly probable that he is a frugivorous animal.

The false deduction mentioned above is frequently brought forward in another form, as follows: "Judging by his teeth man is neither a carnivorous nor an herbivorous animal, but stands in a middle position between the two; therefore he is both." We scarcely need point out, that this conclusion is logically quite untenable. The notion of a middle position is much too general and indefinite to find application, where scientific proof is required; only in mathematics can a definite conception be attributed to it.

Let us now enter upon our second excursion through the rich field of observation, and turn our attention to the digestive canal of the animals. Predatory animals have a small, almost spherical stomach, and the bowel is from three to five times as long as the body, measuring the latter from the mouth to the root of tail. The herbivora, particularly the ruminants, have a stomach of wide extent and compound build, and the bowel attains to from 20 to 28 times the length of the body. In the frugivora the stomach is somewhat broader than in the carnivora, and in the duodenum they possess a continuation of it which may be described as a second stomach. The length of the bowel is about 10 to 12 times that of the body. In anatomical works the assertion is often found, that the human bowel is from 3 to 5 times as long as the body, and consequently organized rather for a

flesh diet. Thus Nature is accused of a flat contradiction, for as regards his teeth she has formed man as an omnivorous animal, as regards his bowels as a carnivorous one. But this contradiction is easily reconciled- — for the length of the human body had been measured from crown to sole, forgetting that, if confirmity with the cases of comparison is to be preserved, only the distance from the mouth to the end of the spine ought to be measured for this purpose. The conclusion mentioned is therefore a false one. — The length of the human bowel, according to the size of the individual, is from 5 to 8.5 metres, and of the body 50 to 80 centimeters, division yielding a quotient of about 10. And thus for the second time we arrive at the conclusion: "Man is in all probability a frugivorous animal."

On beginning our third excursion, we shall consult the guide-posts to our nutrition — the senses. These are preeminently the senses of smell and taste by which animals are directed to their food. When a carnivorous -animal finds the scent of prey, his eyes begin to sparkle, he follows the trail eagerly, seizes his prey with a bold leap, and greedily laps the jetting blood; all this evidently affording him the keenest pleasure. The herbivorous animal, on the contrary, passes quietly by his fellow-creatures, and can at most be induced by other reasons to attack them; his sense of smell would never betray him into eating flesh; he even leaves his natural food untouched when it is sprinkled with blood. On the contrary, his senses of smell and sight lead him to grass and herbs, which also gratify his taste. We notice just the same in the case of the frugivora, whose senses direct them to the tree and field-fruits.

But how do the human organs of sense behave? Do the senses of sight and smell ever entice us into slaughtering an ox? Would a child, who had never heard of the slaughtering of animals, even if it had already eaten meat, ever chance to think, on looking at a fatted ox: "That would be a tidbit for me?" Only after our mind can forge the links between the living animal and the roast, as it comes on table, can we chance upon such thoughts, but they are not given us by Nature.

Killing in itself is decidedly abhorrent to our senses, and fresh meat is agreeable neither to the eyes nor the nose. Why are slaughter-houses removed ever-further from our towns? Why do many places pass ordinances forbidding the transportation of fresh meat uncovered? Can this in point of fact be styled a natural food, when both eye and nose are so offended by the same? Before eating, it must be rendered attractive by means of condiments to the sense of smell, and even of taste, if they are not already blunted in the extreme. How delightful, on the other hand, do we find the fragrance of fruit; it surely is no accident, that reporters on fruit-shows almost invariably express their feelings in the set phrase: "The sight of the fruit makes one's mouth water." I may add, that the various grains also possess an agreeable, though faint, odor, and taste good even when unprepared. The entire round of acquiring and preparing them has nothing distasteful to us,

and not without reason is the countryman termed the "cheerful" rustic. Thus for the third time we must draw the conclusion: "By nature man is decidedly a frugivorous animal."

Should we examine, on our fourth excursion, the arrangements made by Nature for the continuation of the species, the necessary observations would be more difficult. On their entrance upon life, all creatures are provided with a food which favors rapid further development. For new-born babes the mother's milk is undoubtedly the only natural food. Here we observe all at once, that a great many mothers are not capable of performing their sacred duties, their organism not being in a condition to produce the nutrition for the child. This is especially deplorable, because such children are deprived at the beginning of the natural standard for sensuous impressions; for no artificial food resembles the natural one in every respect. Observation speedily shows us, that the higher classes, whose chief nourishment is a meat diet, suffer far more from this cause, and are obliged to employ nurses from the country, where very little meat is eaten. As a rule the nurses then partake of the same food as their employers, and not seldom lose the ability to supply the place of a mother to the child. On sea-voyages, oatmeal gruel is given to nursing mothers; for with the ship food, consisting largely of meat, their breasts fail.

From this observations we draw the conclusion, that meat affords little or no aid in the production of the mother's milk.\*

Thus for the fourth time we are forced to the conclusion, that man is naturally a fruit-eating animal.

If our conclusion be correct, it necessarily follows, that the greater part of mankind has wandered more or or less from a natural diet. Creatures of Nature have turned aside from their natural food! That sounds monstrous, and needs still further proofs. Is it possible then that other creatures could likewise forsake their natural food? — and what consequences would this have? This question must be answered before we can proceed.

We are well aware that dogs and cats have grown accustomed to a vegetable diet, but we can also adduce instances of animals grown accustomed to a meat diet. I was once enabled to observe an extremely interesting case. A family reared a young deer, which soon came to be on a friendly footing with the house-dog. It often saw the latter eating his meat broths, and soon attempted to take its share at meal-times. At first it always turned away with signs of disgust at the mere taste of the broth; but it repeated the attempts, and in a few weeks ate its share with relish. In a few weeks more it could even eat meat, which it at length preferred to its natural food. But the results were not tardy in

\* We do not mean to say, that with a vegetarian diet every mother could nurse her own child; for this a certain degree of health is also requisite, which cannot be attained all at once.

appearing; it soon grew sickly, and died before it was a year old. I may add, that the animal was not confined, but ran about at will in the garden and woods.

We know, too, that the fruit-eating apes are easily habituated in confinement to a meat diet; but then as a rule die of consumption within a year or two. True, this is usually attributed to the climate; but as the other denizens of the tropics thrive in our zone, we are justified in assuming that the unnatural food is principally to blame. Recent investigations also confirm this view.

It is therefore certain, that animals may desert their natural food; and thus the assumption, that a great part of mankind has done the same, becomes still more likely. But if this be the case, the consequences must also be perceptible to us — diseases must surely appear or have already appeared.

Should we ask in sober truth, how many persons have never required a physician, I believe we should find very few indeed. And how many are there who die of sheer old age? The cases are so rare, that the newspapers usually record them. In fact, extremely few persons can be found who are not burdened with foreign matter. In general the more frugivorous countryfolk, though not living strictly according to Nature, are better off; though fresh air may do its part, the food is the prime factor. Although it is certain, that the unsatisfactory condition of men's health is partly the result of other factors, we can ascertain by a comparison with the animal kingdom, that the food is the most important one. For instance, animals kept in stable live in the most unfavorable hygienic conditions imaginable; they are forced to breathe continually the gases issuing from their excrements, and are almost wholly deprived of free exercise. They must naturally become ill in consequence, and one can take it for granted, that such cattle are never quite healthy; but, despite these unfavorable hygienic conditions, not so many diseases are prevalent among these animals as among men, who in all these respects can and do take much better care of themselves. The blame must, therefore, be laid chiefly on the food.

We have now proceeded far enough to take the last step, and prove by *experiment* the tenableness or untenableness of our conclusions. There are two objections, in particular, whose worth will be tested at the same time. The first is, that man, in consequence of his higher organization, is not subject to the same conditions as the creatures standing on a lower level; — and the second, that perhaps, from long observance of a flesh diet, the system has adjusted itself to the latter, in a sense according to the Darwinian theory of modification. This second objection again divides into two assertions; firstly, that the *whole human race* has undergone this process of modification, and secondly, that *adults*, at least, could not abandon it without danger.

All these questions can be finally settled only by experiments, undertaken both with children and adults. But many such experiments have already been made, and I shall briefly sum up the results of these trials. In a number of

families children have been reared from the beginning without meat, and I have always made a special point of watching the development of such. I can confidently assert, that the trials have resulted decidedly in favor of a vegetarian diet. The children's development is almost without exception admirable both physically and mentally, and mentally in all three directions — that of the understanding, the will, and the temper.

This leads me to add a few special remarks on education from the moral point of view. This question has become a burning one at present, and lamentations over the immorality of youth are matter of every-day discussion. Now, what is the worst enemy of morality? Ask the priests of all religions, and all philosophers and teachers of morality, and you will always hear the same answer: "The sensual passions!" Extraordinary means have been employed, too, to suppress them, but for the most part unnatural remedies, such as excessive fasting, scourging, monastic confinement, etc., of course without sufficient effect. But as a general can overcome the enemy most quickly and surely by preventing him from drawing up his army in order of battle, the same is the case with the educator. When he can succeed in preventing the development of the sensual passions, the arch-enemy of morality is overcome; one chief means to this end is the nourishment of children with a non-irritant — i. e. vegetable — diet. Experiments have proved the correctness of these assertions, and the fact is of such high importance, that it cannot be sufficiently emphasized.

Freedom from sensual passions, and the peace of mind obtained thereby, likewise form a sure foundation for an excellent intellectual training. Every psychologist knows, that a state of contentment is by far the most favorable to mental activity, and to a clear and judicious way of thinking; and this can hardly be attained so successfully as by a vegetable diet.

The mind, like the body, can perform only a certain amount of work without tiring. If too many impressions are forced upon it from the sphere of the lower senses, it can no longer devote its full strength to the impressions received from the higher senses, and this cannot remain without influence on the entire mental development; the injury must be the greater, the earlier *this overburdenment* begins.

Though I would willingly pursue this theme further, I must break off, for fear of trespassing too long on your attention. We have still to consider the experiments made with grown persons. A great number have been made, and we advocates of a natural mode of living stand before you as examples of the same. The results which we have obtained are embodied most visibly in the fact, that we have become and have remained faithful adherents of this mode of living; besides, you must not forget, that most vegetarians have been driven to adopt their diet by serious illness. Now, while they themselves are glad that they were able to regain tolerable health by this means, one can of course not expect all of them to look fresh and rosy; many still succeed in doing so — others do not. For instance, considering that Theodor Hahn at

the age of 29 was on the verge of the grave, and his recovery held to be impossible by the doctors, and that by the aid of a natural diet he regained passable health, and was enabled to live 30 years longer, the experiment assuredly turned out in favor of vegetarianism, and it seems strange that its opponents should cry out triumphantly: "See, he became only 59 years old!" A number of interesting cases in which non-vegetarian doctors, who were certainly no partisans, have cured and still cure diseases with the aid of a vegetarian diet, are collected by Alfred v. Seefeld in his little work "Altes und Neues über die vegetarische Lebensweise" (Old and new Facts about the vegetarian mode of living). When the rising generation of vegetarians has grown up, we shall doubtless succeed better in expressing the results attained in figures, and this will be an interesting task for statisticians.

The new science of curing without medicines and without operations has proved the non-irritant diet to be the natural one, and essential for any thorough cure. Experience, too, has proved that success is always more rapid when the strictest non-irritant diet is followed. All who cannot make up their minds to forsake the flesh-pots and give up spirituous drinks, greatly retard their recovery; and it can not be otherwise, for they continually convey fresh foreign matter into their systems, which has to be thrown off again.

Persons who are tolerably well may tax their bodies with such additional work, though to their disadvantage; but he who would regain health requires all his physical energy for getting rid of the morbid matter.

Besides, the prevailing mixed diet explains the circumstance that sickness and sickliness meet us at every turn. But now you ask to know exactly what we are to eat and drink. With reference to the beverages, I must return once more to our field of observation. Except man, we find no creature that would naturally choose any fluid but water to allay its thirst. And it is a remarkable fact, that animals nearly always seek out flowing water, and prefer to drink from rivers or brooks rather than from springs gushing from the rocks; and it is a fact, that water which has been exposed to the sun, and flowed over gravel, is preferable to fresh spring-water. Moreover, animals which partake of juicy food, drink very little, and man himself is seldom thirsty if he does not neglect juicy fruits in his diet. But when he needs drink, water is for him, too, the only natural beverage. Even fruit-juices mingled with the water may easily occasion him to drink more copiously than necessary, at least when they contain a large admixture of sugar. He who would be cured of disease must keep strictly to the beverage intended for us by Nature, and must allay his thirst with water only.

But what are we to eat?

Nature has pointed out a fruit diet, which is therefore the best. All tree-fruits and field-fruits, all berries, and all roots as well, which are not repulsive to the senses of sight, smell and taste, may serve us for food. We find such in abundance in all regions and zones of the earth except perhaps the coldest. The latter are therefore not suited to be the home of man, and we

find their inhabitants physically stunted and mentally but little developed.

As far as, possible, the gifts of Nature should also be partaken of in their natural form, which is, to be sure, not practicable on account of the many degenerations, especially of the teeth, which we have suffered. Still, avoid whenever possible all artificial condiments and extracts, for all concentrated food is unnatural, as Nature never affords such. The addition of sharp spices, and if possible of sugar and salt, is also to be avoided. The digestive process is merely a fermentation by means of which food is transformed into nutrition. All additions to and changes of our foods through which they are rendered less capable of fermenting, also of course render them more difficult of digestion.

Food is now-a-days often cooked very improperly; for instance, the water used in boiling, which absorbs a great deal of nutritious matter, is usually poured away, and the soaked-out vegetables then brought on table. That is utterly wrong. All vegetables ought to be cooked in as little water as possible, or in a steamer, and the water left on them. Regarding the several dishes I beg you will consult the various vegetarian cook-books; I mention those by Carlotto Schulz and Ed. Baltzer, which are to be had of any bookseller.

But it would be a mistake to suppose that each dish there described is also recommendable for sick persons. One cannot work in a normal way with a sick arm, neither can a sick stomach digest in a normal manner. It will tell you of its own accord what it can digest. As soon as eructations, or pressure, or wind, or a sour taste, or any other irregularity sets in, one has either eaten too much or something unsuitable. The patient will soon find out what is good for him if he observes himself carefully. The best thing in most cases at first will be unleavened Graham bread, when carefully and thoroughly chewed; if this cannot be borne, unbolted wheat-meal alone can be eaten with good results, for this admits of being swallowed only when thoroughly mixed with saliva, and the patient runs no great risk of eating too much. True moderation in eating, together with the choice of suitable food, is of the utmost importance to the patient. Even the most suitable sick-diet operates injuriously when too freely partaken of. Thus one apple may do the patient worlds of good, while two would cause disorder in the digestive organs.

But as this diet may be too insipid for many, the nerves of the tongue being accustomed to a certain stimulus, I will make special mention of oatmeal as a food for the sick, prepared if possible without any addition, or at most with very little salt and fresh unboiled milk. Milk should on all occasions be administered only cold and unboiled; first see whether it has an unpleasant smell, in which case, or if it tastes disagreeably or occasions inconvenience, it is unsuited for food. Do not imagine that it can be improved by boiling; boiled milk is much harder to digest, because more difficult to set in fermentation, and the unhealthy ingredients have not been ejected by the boiling, but still remain in the milk. It has

consequently little nutritive value, and tends to render the body stout without strengthening it. Raw fruit may be eaten at meal-times if the patient can bear it; a weak stomach will in most cases be unable to digest it. In order to afford some variety, although this is not exactly essential, we mention further rice, grits, etc., to which a relish can best be given by adding green vegetables, e. g. cauliflower and asparagus, or baked fruit. A great abundance of articles of food is at the command of all, comparatively healthy, persons, who will be convinced, on looking through either of the above-named cook-books, that they need not suffer want in any way.

To prevent all misunderstanding I again call attention to the fact, that a person seriously ill, in particular one who suffers from severe indigestion, can eat only the very simplest food, and only such as must be thoroughly chewed, the best being unbolted wheat-meal and fruit, paying no attention to his precious palate until improvement has set in.

But does it taste good? — I hear many ask. Whence does pleasure in eating come? It is called forth by the stimulus exerted by the food on the nerves of taste; this stimulus is compared with that in other directions, and pleases us when it corresponds. By way of exception this stimulus may be somewhat enhanced, and then gives us peculiar pleasure; should this enhanced stimulus be oft repeated, we grow used to it, and the special pleasure disappears. Thus, as soon as we become accustomed to exquisite pleasures, they afford us just as much enjoyment as did the earlier ones, which were less refined and costly; and these latter have the advantage of there being no need to overstimulate the nerves in order to obtain a pleasing sensation.

And shall I again remind you of the consequences alluded to at the beginning? It was an unnatural food which burdened man with foreign matter; a natural diet does not convey such into the system, or at least only in case it cannot be properly digested, or moderation is not observed in partaking of it. If we are able to get rid of the worn-out matter, a natural diet affords us a guarantee that we can remain healthy, provided we do not totally neglect the other conditions of health.

In closing I express the hope, that to-day's lecture may also lead to reflection and trial, in order that the knowledge may take root and continually spread among all classes of the great benefit, which a natural mode of living can afford to an individual, a family, or an entire nation.

## Appendix.

### **Directions for preparing good unleavened Graham bread.**

According to Louis Kuhne.

Take 5½ lbs. of unbolted wheat-meal (Graham flour), or the unbolted flour of any other grain (in tropical regions maize-meal with wheat-meal or rice-grits, etc.), in a pan, pour over it about 1½ quarts (2 wine-quarts) of cold water, and mix thoroughly. I consider cold water preferable to warm, as experience shows, that warm water sets the bread in fermentation more readily than cold, and this may render the bread somewhat lighter, but less nutritious and pleasant to the taste.

Now divide the dough into 3 or 4 equal parts, mould a loaf of each, lay each upon a dry tile (not brick) sprinkled with Graham flour, wet the loaves well on the top with water, and place each with its tile upon an empty flower-pot in the quick stove-oven or brick oven.

No other articles or pots should stand in the oven at the same time.

The heat in the oven must be kept up by a steady fire, and should not be immediately intense.

In half an hour, during which the oven must not be opened, turn the front side of the loaves to the back.

A quarter of an hour later, see whether the upper crust is well and firmly baked, and then turn the loaves over, as they are usually still soft on the lower side.

The loaves must now bake until they sound quite hollow when tapped in the middle with the finger; this usually takes half an hour longer.

One may then feel sure, that the bread is well baked and the crust not too hard.

### **Directions for preparing Graham gruel.**

To obtain a plate of gruel, stir up a heaping tablespoonful of Graham flour with a little cold water till a liquid pap is formed. Pour this into the boiling water, and let it boil some minutes, stirring continually. Salt very sparingly, or not at all. This gruel tastes very good, when sprinkled over with raisins.

### **Directions for the proper selection of a natural diet.**

Breakfast: Graham bread and fruit, or Graham gruel with bread, or oatmeal with fruit and bread.

Dinner: If gruel, boiled down thick; or porridges boiled down thick, such as rice, cracked wheat, groats, oatmeal, with water only and a little butter, perhaps with the addition of a little fruit; or leguminous fruits, as peas, beans, lentils, not strained in water only and boiled thick, perhaps with the addition of summer savory and marjoram; or any vegetable that the region or season affords; stewed or raw fruit, with

Graham bread. For details, see Baltzer's or Schulz's cook-book.

Supper: Graham bread and fruit (raw or stewed); or a gruel of flour or meal, boiled thick, with bread and fruit.

## Mental and Nervous Diseases.

The nineteenth century is the century of nervous diseases in myriads of forms. These forms are of a so manifold, various, and often contradictory character, that hitherto not even a firm basis has been found for a nomenclature, to say nothing of their actual cure. This can only be the case because the real original cause of these diseases was neither known, nor discoverable. Infinite pains were taken to give correct names to the new symptoms continually appearing, or to classify the endless varieties of forms which were already known or named, without their natures, being properly understood. The names of such diseases are Nervousness, Neurasthenia, Neuralgia, Hypochondria, Hysteria, Insanity, Imbecility, Paralysis, etc., to which are added in increasing number all recent nervous disorders. Were we to look only at external symptoms in these diseases, we should indeed find it hard to gain a clear idea of their nature; for to this the external forms afford no sufficient clew. We see, for example, that one person is excessively talkative, while another is remarkable for taciturnity and secrecy. Many suffer from sleeplessness. Others exhibit restless, feverish energy, and others again are remarkable for their unconquerable laziness. One person tortures himself with the ever-present idea of suicide, because he thinks himself superfluous, and is dissatisfied with all the world; again, we see a millionaire daily tormented by groundless fears for the future, that never desert him. Everywhere he is pursued by the dreadful thought, that he can no longer support himself and his family. Others suffer from sleeplessness, for which no remedy avails and no cause can be discovered. Others are constantly trembling all over; in others, again, the entire body is paralyzed, or only one side or some member. To these must be added the most diversified and often utterly contradictory manifestations of insanity, to the worst forms of which paralysis belongs. True, there is one sign that we always notice in sufferers from this disease, namely, inward dissatisfaction, inward discomfort, that involuntary and indefinable feeling of sickness, of disease, without knowing where to seek the cause thereof and, above all things, without wishing to admit that one is sick. We see, moreover, that this disease prevents men more or less from properly exercising their faculties. One loses through the nervous disease the mastery over his limbs, another is no longer master of his thoughts, the expression of his will, or his words. Were we to observe thousands of nervous patients, we should find scarcely two in whom the outward manifestations are exactly alike, so various are the tokens of these forms of disease. No one need be surprised, therefore, that professional medicine has found no sufficient basis amid so many conflicting symptoms for the proper recognition, naming, and cure of nervous diseases. Hitherto no medicaments have existed for the cure of such diseases.

When giving medicine one should never forget, that it is not the medicament which operates, but only the system which reacts in some way or other against the medicament. It either expresses through increased activity the visible endeavor to expel at all hazards the poison that is injuring it — this is the case, when the medicine is given in such small doses, that it cannot have a paralyzing effect on the system — , or, in the case of larger (allopathic) doses of poisonous drugs, the system at first may try to rid itself of them, but its vital powers are no longer equal to the increased requirements and break down with the external symptoms of paralysis. In the former case the system is spurred to new activity, which is followed by a corresponding relapse; in the latter case it is paralyzed, whereby its efforts to regain health (acute diseases) and the outward symptoms of its chronic trouble are likewise paralyzed. This circumstance explains the temporary disappearance of such symptoms under allopathic treatment, and also their regular recurrence. At first they are suppressed by paralyzing the system; then, when the paralysis is over, they reappear. Strong medicinal poisons in large doses so paralyze the body, that it dies; in the case of lesser doses this paralysis no longer causes death, but on the other hand injures the entire organism, and it may be confidently asserted, that many nervous disorders are and have been first caused by the employment of medicaments intended to cure some more trifling complaint. In yet smaller doses the paralysis of the body is apparently turned into just the contrary, the latter not being paralyzed, but rather exhibiting redoubled efforts to free itself of the poison. This increased activity of the body is the same as that called forth in any living organism at the approach of danger. Thus it is an error to assert that poisons operate to paralyze (kill) in large doses, but to stimulate or reanimate when in smaller, sufficiently attenuated ones. The increased activity of the body is only a preparatory stage to its paralysis, and never anything else.

The highly lauded medical fraternity is almost wholly at a loss when confronted by the nervous diseases. Change of air, diversion by travel, and like harmless measures of relief are recommended, advised, plainly proving how little the prevailing school still knows of the causes and nature of these diseases. But it is in their treatment that its impotence is shown in the clearest light, for only too often must it admit, that it can give no help. This frank admission on the part of its leading representatives, who, to be sure, have been forced to make it by stern necessity, does not tend to raise this method of curing in our estimation. That which was impossible for the prevailing school and its representatives, and appeared dim and mysterious in their eyes, has been explained and shown to be possible by my new method. My reports of cures, and the accompanying letters of thanks and testimonials from a small fraction only of the sum total of my patients, speak more plainly and convincingly, than all scientific and theoretical discussions. Here I will touch on only a few leading features.

Everyone knows that we possess, firstly, nerves which are controlled by the will, and secondly, nerves which are independent of the will, and which regulate the functions of breathing, digestion, and circulation. But when I assert that all diseases arising from the encumbrance of the system — with foreign matter are also nervous diseases, many may at first be surprised. Well, I will express myself more clearly. Every disease, which has developed itself, first strikes our consciousness when it in any way hinders our body or mind from performing their normal functions, or when it occasions pain. Although this always presupposes an advanced condition of disease, preceded for a long time previous by a latent chronic state, which we term the encumbrance of the system with foreign matter, it was hitherto quite impossible for us to diagnose this latter, until the discovery of my Science of Facial Expression made it a matter of familiar and easy recognition. Now it is known that the action and function of each organ is inspired through the nerves. But from my former lectures we have seen, that disease is inconceivable without the presence of foreign matter in the system. And any encumbrance of the system with foreign matter not only has a disturbing influence on the separate organs, but also equally disturbs the nerves belonging to the latter, and connected with the encumbered organs and members of the body; for not until the nerve-connections are also affected do we become aware of the disease. Now all superficial observers take note merely of those nerves, which are under the control of the will, and in consequence only of those diseases as well, which affect organs under the regular control of these voluntary nerves. All disorders which impede the functions of breathing, circulation, or digestion, make themselves apparent far more slowly and reluctantly. Here, again, it is the nerves in question which are likewise affected by these disorders, and which make us aware of the disorder. Although these nerves are not under the direct control of the will, upon their normal operation depends the normal working of the organs not controlled by the will, such as the lungs, heart, stomach, kidneys, bowels, bladder, etc. We can never become aware of any digestive disorder, or of any disorder of the kidneys, bladder, heart, lungs, or stomach, before nerves belonging thereto are likewise so encumbered by foreign matter, that their normal activity and conductive powers are prostrated. Each of the above-named disorders therefore always includes a corresponding nervous disorder. Thus a disturbance of the digestion is not possible without the accompaniment of a disturbance in the nerves connected. From my earlier disquisitions it appeared that a normal digestion is the first requisite for a healthy body. For all foreign matter not hereditary is first brought into the system by imperfect digestion, under which term the function of breathing is included. Every disease, and consequently all nerve diseases, are therefore either derived from a disordered digestion, or inherited. When the system still has sufficient vital power, it makes an effort to throw off its foreign matter by an acute disease (sanitary crisis). When the needful degree

of vital power is wanting, those chronic (latent) cases of disease appear, which never cease, but at most change their form, and finally reach their highest development in nervous and mental diseases. Nervous diseases are simply chronic (latent) physical disorders, whatever their symptoms may be.

In all nervous diseases, as in all others, we notice either a feeling of chilliness or increased warmth (heat). But from my earlier lectures it is apparent, that chilliness and fever are caused simply by an inner feverish state of the body.

We thus arrive at the momentous conclusion, that all nervous diseases are likewise nothing but an inner chronic (latent) state of fever in the body. What the meaning of fever is, and how it is cured, I showed in the second lecture. If I now assert that nervous diseases have the same cause as the small-pox, measles, scarlet fever, diphtheria, syphilis, and the rest, it follows, that the same remedy, with which we successfully treat these, must cure the nervous diseases; — and this I have proved in my practice in hundreds and thousands of cases through my method, as the reports of cure given testify. From these elucidations we gain a definite and positive idea concerning the nature, origin, and cure of all nervous diseases, and are no longer, like the modern school of medicine, at a loss how to treat them.

Whoever now surveys the army of diseases from my point of view, and inspects their divisions and lines, will readily perceive, that he only who occupies the right point can obtain an exact view. But anyone attempting to give battle to this army without acquaintance with its character and without that full survey which is the prime requisite for any general, will assuredly be unsuccessful. And anyone who, desiring to lead this army to victory, should appoint for each separate division a separate commander, who should act solely upon his own responsibility without knowing or seeing the connection of the whole, would surely only suffer defeats. It is the same thing with the specialisms of the modern school. Specialism in medical science must necessarily lead to the ruin of the science — to an ever-spreading contempt for it. For how shall a specialist aid in the promotion of a science if, neglecting the main precondition for the true comprehension of Nature and her laws, he seeks to study and treat only a part, paying no attention to the connection of the several parts with the whole? All specialism in medical science appears to us to be step backwards.

Only he who comprehends the Whole aright, who looks at and endeavors to understand Nature as a grand indivisible whole, can also interpret her rightly in all her manifestations, and turn her laws to profit.

Clumsily as medical science confronts nervous diseases, precisely so inadequate has its diagnosis of the same proved to be. In many cases school medicine is positively not in a position to recognize nervous disease. How many nervous patients have subjected themselves to my treatment, who had sought relief everywhere else before consulting me as their last resource! All these were living, eloquent proofs of the incompetence of the prevailing school in this department.

Many were declared perfectly healthy by professional physicians, their disease pronounced to be imaginary; while I, by means of my science of facial expression, could immediately ascertain the serious encumbrance of the patient with morbid matter. All nervous patients treated by me have noticed and told me, how unexpectedly soon an improvement in their condition was brought about by my treatment, and how this change for the better was always accompanied by the secretion of morbid matter. By following my method each patient can plainly see the results of his efforts in the daily secretions of morbid matter. Whoever has once taken note of these secretions, and felt the steady improvement of his condition due to them, can no longer doubt for an instant that he can do his system no greater service than by employing this cure.

My diagnosis, too, secures to the representatives of my method a favored position in the art of healing for all time to come; for it is only through it that every nervous disorder can be ascertained with certainty, and the development of such disorders even be observed years before the patient himself has any idea whatever of their existence.

### **Mental Diseases.**

The same obtains in the case of the mental diseases already alluded to. Let us hear the opinion on this mysterious disease, delivered in the press by the representatives of the modern school, which has made the round through nearly all the newspapers of Germany:

"For a number of years the distressing fact has been noted by alienists, that with the increase of mental diseases in general, one of their most frequent forms in particular, the so-called *progressive paralysis* of the insane, steadily increases. For a long time it has been known that the disease is far commoner in men than in women — in Germany the proportion is 7 : 1 — but during the last decade it has decidedly increased in both sexes. For instance, in the Hamburg insane asylum in 1875 there was one paralytic to every 12 patients, in 1883 one to 6. Among all patients received in 1873 there was one paralytic to 17, in 1883 one to every 4. Similar reports of the increase of this mental disease have been received latterly from nearly all asylums for the insane. Progressive paralysis appears at the age of fullest vital development, between 35 and 45, and perpetrates its ravages among the healthiest and strongest, the most gifted, energetic, and able men; the middle classes furnishing the greatest contingent of victims to this fearful disease. Recently it has been termed the disease of the nineteenth century. There can be no doubt that the causes of the steady increase of the disease are to be found in advancing civilization, increasing mental development, the discordant evolution of social relations, the growing hardships in the battle for existence, the feverish chase after happiness and wealth. How can we otherwise account for the fact, that the disease is very rare among country-people? Indeed, in the Scottish Highlands,

and the rural districts of Ireland and Wales, it is nearly unknown, as in country districts everywhere; but it has been noticed that the inhabitants of these regions forfeit their immunity when they move into large cities. Among the negroes of America the disease did not occur as long as they were slaves; but since they undertook to provide for themselves, they are quite as much afflicted by the disease as other races. The greatly increased number of cases among the women of civilized races is a fact to be explained also by assuming, that the attainment of an independent positions which has in many cases become a positive necessity under the prevailing social conditions, brings with it cares and excitements under which the brain suffers. The increase of mental disorders is the more distressing because, as matters stand, a cessation in this increase is not to be expected, neither does a prevention of the same appear possible."

How clearly this opinion expresses the helplessness and impotence of the modern school when confronted by mental disorders, and what striking proofs it furnishes us of their misconception of the true nature of these dreaded diseases! It is not, as hitherto assumed, the above-mentioned causes that lead to a bewilderment of the brain, but simply and solely the surcharging of the system with morbid matter accumulating for years in each case, which reaches, in mental disease and progressive paralysis, a final stage that is often incurable. These slow-moving, latent accumulations are caused, as I have said before, only by a very gradual decay of the digestive powers in consequence of an unnatural mode of life, or, in other words, in consequence of a gradual deviation from the path of Nature. The reason that not all men who follow this unnatural mode of life become insane is, that the accumulations in different systems differ from one another, and that only certain clearly defined constitutional accumulations lead to insanity when disburdenment does not take place in time, whereas other latent diseased states differing from them as to conditions of accumulation, though they may be equally serious, lead to other final stages of disease.

Advancing civilization is therefore to blame only inasmuch as it brings with it the necessity for men to break Nature's rules, and to act in opposition to her immutable laws. The chief blame must, however, be imputed to the rules of health laid down by the modern school, which, in consequence of a complete misconception of Nature and her laws, are utterly at variance with the latter. These rules have already brought us to such a pass, that water is avoided as injurious to health, and only beer, wine, and other alcoholic drinks, or soda and mineral waters, are drunk instead, so that many men have got into the habit of smoking as constantly as any chimney, and have turned themselves into beer-barrels through drinking, while continually urging their flagging nerves by the most stimulating food and beverages, in order that they may not quite collapse and refuse to work; and finally, that in consequence of the increasing physical depression and enervation resulting therefrom, people stay

longer than they did formerly in closed rooms, or by reason of the requirements of life, and to earn their bread, in crowded factories or unhealthy buildings insufficiently ventilated for fear of cold, all persons occupied therein being thus obliged to inhale continually an atmosphere injurious to the organism.

In the country, where the population still often live in close accordance with Nature, and work regularly in the open air, — where all the rules of health, laid down by the modern school of medicine still fail of general introduction for the simple reason that they are impossible of observance there, mental disease is as good as unknown. It is met with only when the father of the sufferer was a drunkard, and begot him when in liquor. In such cases the child inherits a burden which leads to mental disease or some other serious disorder, children always being faithful copies of their parents' physical constitution. Drunkenness is a kind of insanity, and we can trace with precision its original cause to wrong food and resulting imperfect digestion, i. e. to the abdomen. By an excess of alcoholic drink such a digestive task is imposed upon the system that no strength remains for any other activity, whence are explainable the excessive weariness and preternatural sleepiness experienced by all drunken persons, so long as their stomachs are able to undertake the digestion of the unnatural load. The pressure on the brain exercised by the gases developed during the progress of this digestive fermentation, causes the mental disorders of drunken men. But a child begotten while the father is in a state of intoxication — and there are many such — becomes insane if it does not die before, because incapable of living.

As I mentioned when speaking of nervous diseases, the cause of any mental disorder, whether issuing from an inherited or an acquired burden of foreign matter, is always an abnormal digestion in our sense and therefore comes like all other diseases from the abdomen. The digestion of country-people, however, being less impaired in consequence of their simple, natural mode of life and their regular work in the fields, their general state of health is better than that of towns-people.

This is the reason why the rural population is in great part exempt from mental disease, as well as from many other malignant diseases. The more simply and naturally man lives, the healthier and happier will he be. Thus it is also explainable why the negroes were free from such evil disorders as mental disease during their servitude, when they were forced to live frugally and industriously; whereas now, after their liberation, when they enjoy both the advantages and the disadvantages of enhanced demands on life, and are on an equal footing with the whites, they are also no longer exempt from mental disease.

The reason that women, according to statistic calculations, suffer less from mental disease than men, is, that in many ways they are far more moderate than men, and almost entirely avoid the excessive use of alcoholic drinks and

tobacco. With women it is nearly always an hereditary disorder, as said above, that leads to mental disease.

In many cases of mental disorder the disease is preceded or accompanied by increased physical and mental activity, and often by remarkable abilities — a phenomenon puzzling to the modern school. The gradual encumbrance of the body, in particular of the brain, with morbid matter, exerts a steadily increasing pressure on the brain for years, and thus on the nerve-centres, whence first of all an abnormally increased functional activity arises. This manifests itself very variously, as already pointed out in the case of nervous diseases. Body and mind hurry from one work and change to another without rest, never able to find a state of peace and contentment. This abnormal characteristic frequently appears as a special talent during boyhood, not veering about to the contrary until the period of full manhood. Thus "infant ghenomenons" seldom show marked abilities in later life,

With all those in whom, as I observed before, the surcharging of the system takes on a peculiar form, the chief nerves of the abdomen, the spinal marrow, and the *nervus sympathicus* being seriously affected, there is a predisposition for mental disease, if the system is unable to free itself of its burden. Through the latent fever a chronic condition of disease may then be brought about, which reaches its climax in mental disease. Merely call to mind how, in acute diseases, mental disorders — i. e. unconsciousness accompanied by delirium — also appear, which come and go suddenly, according as the inner pressure of the morbid matter is higher or lower. On the other hand, in many cases of insanity, more or less extended periods of complete mental lucidity and temporary normality have been observed. The pressure of the morbid matter had relaxed for the time being. The lucid intervals end as soon as the pressure of morbid matter is again intensified.

Progressive paralysis is nothing but a further advanced stage of mental disease.

When the press, as the organ of school medicine, says that progressive paralysis perpetrates destruction most among the "healthiest" and "strongest" men, this again affords a striking proof of how little the modern school is able to recognize *real* health. To-day we have advanced a step further; for we know, that such a serious disease as progressive paralysis cannot come on so suddenly, and that its preliminary stages can be observed long before by an expert in the science of facial expression, so that it is nonsense to say that the healthiest men can become mentally diseased.

Insanity can be cured only by reducing the surcharging of the system which gave rise to it. In my practice, numerous cases of insanity have been cured by my method, ample proof of the correctness of my assertions being afforded thereby. Here follows a report of such a case:

A girl of 23 had been afflicted for several years with total insanity. Her parents asked my advice, and whether I could effect a cure, the patient being a constant source of anxiety to the family.

The position of the foreign matter being favorable I induced the parents to let me make trial of my method. The patient was in such a condition that she did not bathe herself, so that her mother was obliged to bathe her. In 4 weeks her condition was so far improved that she bathed herself, and no longer defiled her person. Within half a year she could again be reckoned among the healthy members of the family.

This surprisingly rapid cure was possible only because the position of the foreign matter was fairly favorable, and her digestion gradually improved in consequence, and also because she did not rave, but was rather apathetic and given to brooding, this circumstance first of all rendering the treatment possible.

In many cases where the position of the foreign matter is less favorable, or the patient's condition renders treatment according to my method out of question, the mental disorder can hardly be considered curable at all. This being a final stage of disease, precisely like the tuberculous diseases, the main thing is to check the progress of the disorder in time. Formerly this was impossible, the ways and means to this end being unknown, and the disease being first discovered when it had become too late; but now that we possess, in my science of facial expression, a sure method of observing the advance of mental disease years beforehand, and have moreover found in my method a positive remedy for ridding the system of its predisposition to disease, the dreaded mental diseases, too, need no longer cause us anxiety.

## Female Diseases.

**Puerperal Fever. How to bring about easy and safe parturition. Sore breast. Sterility. Falling of the womb. Treatment of child during the first months of life. Rearing of children.**

In my extensive practice it has struck me repeatedly, that women and young girls in particular have often in a very short space of time got to understand my simple, cheap, but successful method of cure with great intelligence. It sufficed to convince them of its excellence, when they saw its surprising successes in comparison with all other methods of treatment. Others were completely gained over merely by my new diagnosis, the science of facial expression, which quite dispenses with all local examination of the genitals, so distasteful to the female sex, while admitting of a far exacter and correcter judgment of the disorder. In such cases, when I explained to a lady how her disorder had developed itself, and this detailed statement of her condition for years back proved correct in every particular, she was necessarily filled with astonishment and respect for the new science, for no one else had been able to do this. The great simplicity of my whole procedure and of the diagnosis in these cases can hardly have been believed possible. Then, as soon as the women learned that my method renders each and every kind of operative treatment of the vagina and womb unnecessary, and that the entire means of cure consist merely in lavings and baths applied in a certain, prescribed manner, together with a simple and natural mode of life and a diet carefully adapted to each individual case — so that four weeks' treatment under my directions usually suffice to make patients so well acquainted with my method, that they are enabled in case of necessity to continue the course of treatment at home alone — it is no wonder, that I speedily won their confidence everywhere.

### **Puerperal Fever.**

This dreaded sickness, which according to statistical computations annually sweeps away over 11,000 mothers in Germany, has become a kind of standing terror to women; but only because its nature was unknown, have we hitherto been so powerless to aid. Puerperal fever, like all other fevers, arises from a fermentation of foreign matter in the system. Therefore only that woman will be attacked by it, whose system after childbirth still contains sufficient foreign matter. For this fermentation it is not necessary that any blood or tissue left behind in the womb should first decay (ferment), and thus induce fermentation in the other foreign matter present, but the act of birth itself has a sufficiently strong influence upon this matter to cause fermentation in it. Consequently, in order to cure puerperal fever, we must eliminate its cause — the foreign matter — from the system,

which in this case is done most quickly by the application of friction sitting-baths.

I can best illustrate the matter by a case from my practice. The day after her happy delivery Mrs. B., in May, 1887, was seized with severe puerperal fever. The midwife had made lukewarm compresses, of course without success, as she did not know what great heat had been created in the body by the fermenting foreign matter, and that only a cooling could be of help. After I had been called in, I said to the patient that I could certainly relieve her, but that I feared she would not do what I told her. "Prescribe whatever you will, I will do anything", was the answer. Thereupon I prescribed three or four friction sitting-baths daily, each of from 15 to 30 minutes, water at 64 ° Fahr.

Although I had prescribed water at 64 ° for the baths, she took water as it came from the pipe at only 50 °, having no warm water at hand to temper it with, but otherwise followed my directions implicitly. Neither was this deviation to her disadvantage, but rather accelerated the process of cure; for though the milder temperature prescribed by me would have been pleasanter at first, the cooler is always more efficient. In 18 hours the fever was gone, and the patient quite out of danger. A week thereafter she was again able to perform her customary duties. This is one among many cases in which you can recognize the astonishingly quick operation of the friction sitting-baths. The foreign matter was drawn off through the natural organs of secretion, and its further fermentation thus prevented, as in any other fever. By my advice the woman continued the baths for some time, and became healthier than she had ever been before. You see, that in this case my directions were diametrically opposed to those of the professional school. In many cases I have found that the latter prescribed the warming of the abdomen, whereby the fever (the fermentation) was only encouraged, and the cooling of the head with ice-bags. Indeed, I have never been able to understand why it is the head where the ice-bag is to be laid, for thus all the blood is drawn to the latter, and everyone must know that the head is not intended to expel the foreign matter, but that the natural organs of secretion accomplish this task. Besides, the ice operates not only to cool the brain, but fairly to benumb it. The organism immediately strives to counteract this by reinstating the normal bodily warmth through an increased supply of blood. This augments the supply of blood in the interior of the brain, and thus of course occasions an augmented degree of heat. Outside we then have a chilling icy coldness, and burning heat inside of the head. This contrast alone has a sufficiently potent influence on the head to accelerate death.

### **How to bring about easy and safe parturition.**

Conception, pregnancy, and birth are processes of daily occurrence in Nature, and can only appear unnatural and be associated with unpleasantnesses and difficulties when one abandons the leading-strings of Nature and, neglecting natural

laws, endeavors to strike out new paths, which lead aside from those appointed for our steps.

Let us observe in Nature under what conditions and difficulties the animals, which are not shackled by human influence, that is, are not domesticated, give birth to their young.

On observing the doe in a free state, or a female hare, cat, or any other untrammelled creature of Nature, we shall never find that she requires any external aid in parturition, or that this latter itself is difficult or painful, or takes longer than necessary. Nowhere do we notice that such animals exhibit any fear or uneasiness before parturition. On the contrary we can daily convince ourselves that this act, often so difficult for human beings, in their case always takes its course easily and quickly, without trouble, and without causing any functional disturbances in the animals even temporarily.

I have repeatedly had opportunities of convincing myself of the correctness of this assertion.

On observing such animals I have found that directly after the act of parturition they resumed their usual habits as if nothing had happened, at the same time taking all possible care of their offspring. I have never noticed that this act passed off otherwise in a state of Nature, when the animal was quite healthy. I have seen with my own eyes how a hare, that had already given birth to two young ones, was frightened by hunters while in the act, and nevertheless ran away so fast that no one was able to see or even to guess that she had been disturbed in the act of parturition. The hare was shot, and examination showed that she had been disturbed as aforesaid. The hunter immediately opened her body, and found therein a young hare still alive, which he proposed to rear; and the other two previously born were also found after a short search.

Now, as with women now-a-days such easy births are extremely rare and exceptional, while difficult, protracted, disastrous births and especially abortions of all kinds are the order of the day, besides all imaginable secondary disorders during pregnancy, and as a birth without a midwife occurs but seldom, the act of parturition itself being in point of fact much oftener an artificial than a natural process, and as every woman after childbirth requires a longer or shorter season of undisturbed repose in bed, to avert evil consequences, and one can observe only here and there in the country that a woman is able, directly after parturition, to do her accustomed round of work, — we must draw the conclusion, that this deviation from a natural law governing all really healthy creatures must have been wrought by highly potent factors, seeing that they have been powerful enough to bring about such unnatural deviations and disturbances, which were by no means intended by Providence or Nature.

It is not Nature and her immutable laws which have lost in perfection as compared with mankind, and which thus justify their many diseases. In the whole of Creation there is nothing which is not subject to the same natural laws; then how can we imagine, that, upon an isolated world, such as our earth is

amid the other heavenly bodies, the natural laws obtaining thereon hold good only for certain natural phenomena, but exercise no influence on other phenomena like the various forms of disease? That would not be compatible with sound common sense.

It is unavoidable, that the neglect of natural laws should manifest itself in a manner injurious to mankind, hiding the true cause as with a veil, and bringing them so near to the abyss of physical ruin, that many must needs plunge into its depths. In brief, it is the neglect of natural laws which brought down indescribable misery among men, to be seen in various diseases.

Only a deviation from Nature has brought about the circumstance, that mankind at the present day carries and gives birth to its offspring under conditions which are far removed from the natural ones.

Only after this deviation from Nature did men gradually grow ill, i. e. encumbered with foreign matter, and they must soon have felt in how unpleasing a manner this transgression of the natural laws avenges itself in the matter of propagation. In this way only was Paradise lost — that earthly happiness which reveals and can reveal itself solely in the feeling and possession of perfect health together with all the conditions for its preservation; which, however, is and will be possible only where mankind lives in close intercourse with Nature, and strictly follows her laws.

The Paradise of perfect health is lost, but a dim notion of it still lives in the hearts of all mankind. And though this conception may often seem to be quite smothered by prejudice, a mere glimmer, the slightest idea, of this distant light frequently suffices to display it in full splendor before the astounded eyes of misled mankind.

In view of the foregoing we can lay down the following precept: "Perfectly healthy parents in our sense will also always have an easy pregnancy, and likewise easy and happy births and healthy children". All deviations from this precept according to Nature are caused solely by disease, i. e. the encumbrance of the system with foreign matter. Of course, the term "disease" is to be taken in our extended sense as meaning a chronic, latent condition resulting from the gradual burdening of the human race with foreign matter, which in many cases indeed is such, that it is even regarded by most people as a sign of superabundant health, and can be truly judged of only by my science of facial expression.

It has been already explained, how the encumbrance with foreign matter, or a diseased state in our sense, is gradually brought about. In addition we need only say, that Nature always endeavors to form every fetus, that is, all young that is still in the womb, from the best elements of the parents in question, and that therefore a direct inheritance of the germs of disease is manifested only in the fact, that those organs of the father or mother which were diseased or encumbered at the time of coition appear in the child as not developed in proportion to the healthy organs. Now, if an encumbrance with foreign matter goes on increasing in the child, as is at

present unavoidable with vaccination and the use of boiled cow's-milk, those organs of the body which are comparatively more weakly constituted will receive the accumulations of foreign matter, as the latter always tends to take its way to and collect in those places where it meets with the least resistance; and thus the child will be subject to the same disease as the parents. On the other hand we are able, in the case of children, to prevent any encumbrance with foreign matter by natural treatment and strict observance of natural laws, and thus gradually to strengthen and keep healthy any organs which are weakly constituted and readily inclined to admit foreign matter; so that it would be possible, if this were carried out in our sense for generations, to obtain a much stronger and healthier stock than at present exists.

In many cases where the parents were already heavily encumbered, the child will also come into the world with a heavy burden, despite the fact that it is formed of the best elements at its parents' disposal. "By their fruits ye shall know them" might be said here with all truth. Thus it has come about, that from generation to generation the human race has not grown healthier, but ever sicker.

But there are other conditions which necessitate serious injury to our health.

Nowhere in Nature do we find that animals, through the act of birth, grow weaker, uglier, or positively deformed. And now, when we observe how nearly all our women with each successive birth become less and less lovely and often positively disfigured, and when we see further, how, even under otherwise most favorable conditions in the country, almost perfectly healthy girls often come to look, as wives, markedly older and in many cases actually become wrinkled after their first childbeds, it must sound nearly fabulous to us when we read ancient traditions of women who, having grown-up children, still appeared so youthful and desirable that, like Penelope, they still counted many wooers.

It is no accident, that such cases are to-day extremely rare. One other cause deserves special mention. Nowhere in Nature, except with the favored human race, do we notice that after conception a female creature gives herself up to further coition; she rather refuses it most decidedly. This is in perfect accordance with the nature of the case, for the sole end of the act of coition is conception, and never mere pleasure — this is the natural law.

During the act of coition an increased flow of blood takes place to the genitals, which, when the female is already pregnant, always has an injurious effect upon the fetus, that is, the embryo or young already in process of development. But this injurious effect tells in particular upon the mother in question, since Nature always strives to guard the fruit in the womb from all injury, and makes itself manifest in premature aging, a rapid exhaustion of the vital powers, and many of those wearing female diseases which are now to be numbered by hundreds.

But this transgression of natural law is also a direct cause of the disturbances during pregnancy.

Many of those troublesome attendants of pregnancy, as vomiting, sick stomach, toothache, change of color, transient chills alternating with heat, inclination to melancholy and tears, great nervous irritability, disgust at habitual food and often inexplicable appetite, are all, if not traceable to disease in our sense, direct consequences of this transgression.

This it is which brings down untold miseries upon mankind. For thus not only the health of the woman and child is ruined, but both the psychical and physical relations between man and wife are altogether spoiled. The sound instinct of every woman forbids her, as I have frequently had opportunities of observing, any further coition after conception has taken place; but, on the one hand, our modern habits and customs do their utmost systematically to stifle this voice of Nature within us, aided, on the other hand, by men's unnatural sexual desires, likewise continually and morbidly increasing with the spreading encumbrance of the human race with foreign matter.

Every farmer knows, that in his herd of cattle an unnaturally increased sexual desire is a sure sign of some disease there. But this law is also fully applicable to human beings, and whoever chooses to look about him can convince himself of this daily. I need only remind you of the morbid sexual desire of consumptives.

The sexual desire of healthy men (that is, healthy in our sense) is utterly different from that of the present day. Free from each and every erotic secondary thought, free from all unnatural lust, the male's desire should only be the preservation of the species, but ought never to become a necessity, which, when temporarily wanting gratification, causes feelings of discomfort. True, only he can properly judge of this condition who is healthy, and who knows how to keep his body free from and unpolluted by all foreign matter through a non-irritant diet and a natural mode of life. But he who knows both states is a still better judge. Whoever would not have his will conflict with that of Nature, and would also regulate his body in such a manner, that its unnatural appetite is reduced to a proper limit without diminishing, but rather with an augmentation of, his real strength, so that he may reap benefit from that which under other conditions appears like an all-powerful constraint, must return to the ways of Nature; this he can do by learning and following the rules laid down by me, that is, by freeing his system from the foreign matter encumbering it, and he will attain the end proposed, if his bodily vigor is not too far spent.

Now let us note, how many different kinds of unnatural parturition occur in our time. To begin with, how much we hear of abortions and premature delivery. Here we find a posterior presentation, there the child approaches the issue in a sidelong position, and again we find children with abnormally large heads, while the mother's passage (pelvic strait) is so narrow that delivery without artificial aid is impossible; with other mothers the action of labor shows far too little energy, etc. In short, everywhere unnatural

phenomena, explainable only from the various encumbrance of the mother, or the early encumbrance of the child, with foreign matter.

A false position of the child in the womb is always caused merely by the various encumbrance of the mother, the child being thus pushed and forced out of its right position by the accumulations. Where the passage-way of the mother is narrowed by the accumulation of foreign matter, delivery is always rendered more difficult. If the parents were heavily encumbered, the child itself may be already so surcharged, that its dimensions are over-large, in particular as regards the head, which will also add to the difficulties of delivery, especially when the passage is narrowed. An encumbrance of the passage causes all the muscles, sinews, and bands connected therewith to be so permeated with foreign matter, as to lose in a serious degree their elasticity and yieldingness, their capability of extension and contraction, the full powers of which, in our sense, are a prime condition for an easy delivery.

The action of labor is chiefly brought about by the convulsive contraction of the muscular spirals encircling the womb like rings. If these muscles are likewise encumbered, their contractile power will also be diminished, and the contractions themselves cannot possibly be performed with normal power and energy. For every muscle so encumbered loses very considerably in functional ability, and occasions great pain when, as is the case in labor, it is convulsively contracted and made to exert itself further than its encumbered state allows; a rupture is then imminent, and this feeling is excessively painful. As you see, great pain during delivery is also owing merely to the encumbrance with foreign matter, or disease in our sense. The supposed attachment of the after-birth by growth to the body is due to the same cause, there being in reality no such thing, but only a sort of union through the medium of accumulations of foreign matter.

A necessary consequence of such a suffering condition during parturition, and of any, even the slightest, disease of the body itself, is the anxiety of all women thus encumbered before delivery. A really healthy woman knows of no such feeling. This feeling of anxiety is the voice of instinct which, though often suppressed, nevertheless clearly reveals to us at such crises as childbirth that we have not made a right use of the bodies and the health wherewith Nature has endowed us. But who is able now-a-days to interpret this voice aright?

Whoever will summarize the foregoing will comprehend, that the steady increase in the number of artificial deliveries with the various obstetric instruments is simply a necessary consequence of the constantly increasing chronic condition of disease in mankind, with which it is necessary to keep pace.

Parents desiring easy births and healthy children must above all things take care, that at the period of generation their own bodies are free from foreign matter — that is, healthy. A healthy state of body, however, is attainable only, as I have shown, by expelling the foreign matter encumbering

it and avoiding new material of encumbrance; in a word, by applying the new science of healing, of which a natural mode of life forms an indispensable part.

Proof of the correctness of the foregoing can be afforded only by practice; I therefore give below one among the many proofs which sufficiently bear out my assertions.

A woman whom I had treated for a considerable time for acute articular rheumatism, and who was therefore quite heavily encumbered with foreign matter, had already given birth to five children, though with the utmost difficulty, as was to be expected considering her heavy encumbrance, especially in the abdomen. The deliveries had lasted regularly two or three days, with excessive pain and quite inadequate action in labor, and had never been possible without the forceps. Now, during her sixth pregnancy, the woman had strictly observed my instructions, taking daily from two to three friction sitting-baths. The outcome was, that the sixth birth, which would otherwise certainly have been the most difficult of all, was the easiest. The delivery itself lasted scarcely an hour. From the very beginning the body accomplished its work in due order and quite painlessly.

This result appeared little short of miraculous to the woman, for she had never experienced in her own person really normal conditions, and when I told her before the birth that I expected this result, she always looked at me incredulously, and opined, that I should hardly invent painless delivery. Afterwards she greatly regretted being so old, that she could hardly count upon another pregnancy. Now that she knew a means to bring about painless and easy delivery, she would willingly have given birth to still more children. She was also greatly surprised at being able to nurse the child herself this time, a happiness which had never before fallen to her share.

And all this was brought about by no other means, than by the woman's having lived, since her acquaintance with my method, in a strictly natural manner, and having used my baths. Her formerly heavily encumbered body had thus become comparatively free from the foreign matter weighing it down, this being manifest to all eyes by her improved physical and mental faculties. The act of delivery plainly proved, how greatly all the functions of her body had been strengthened and benefited.

During her pregnancy a Mrs. Z. of Leipzig began with my treatment, on the strength of my advice, and after a course of seven months also had an almost painless delivery in half an hour, without a midwife.

Mrs. Louise B. of Leipzig writes in September, 1890, as follows:

I am now 28 years old, and from my 15th year had suffered severely from disorders of the kidneys and bladder. At first I spent 8 weeks in the T. Institute of Leipzig, with the sole result, that from this time onwards my bladder catarrh became positively unbearable, so that unless I wished to endure dreadful agony, I could only lie, but neither stand nor walk.

This condition lasted four weeks, when I went to the Clinic in L. Street, where I gained, after a considerable time, temporary amelioration of my painful disorder. But no one as yet having struck at the root of the complaint, the same returned in the course of a year with increased violence. At that time I was in Chemnitz, and had to go to the hospital there, in which I was treated for over three months in every possible way with salicyl and lunar caustic, compresses and electricity, with so little success, that for pain I was hardly able to walk the distance from the hospital to my dwelling.

I left the hospital, as I could expect no improvement, and applied for relief to Dr. M. of Leipzig, who also treated me during four years for catarrh of the bladder and inflammation of the womb, and sent me for three successive years to Franzensbad, where I took mud-baths and iron-baths, and drank the springs. But all without lasting results. Indeed, during my last stay at Franzensbad, I was even sent back to Leipzig by a *Sanitätsrath* (member of a board of health) in the former place, who sidered an operation absolutely necessary. I was operated by Dr. L. of Leipzig, and treated further by him, so that my state became temporarily enduring. True, I daily felt my old disorder, and plainly perceived that the same had been only suppressed by the operative treatment, but by no means thoroughly extirpated. From time to time I was constantly obliged to seek relief through compresses and other appliances, and finally had again to place myself in Dr. Z.'s hands and remain his patient another full year, but this time too without success. At last Dr. Z. declared that I had a floating kidney, and that nothing more could be done, but sent me to Prof. Sch. of Leipzig as a last resource. The latter examined me on eight successive days, and then likewise declared that nothing could be done for me.

Thus, quite bereft of hope, I came to you in the month of July two years ago. After the very first few days of this treatment I was freed of my unbearable pains, and after four weeks' treatment I was again able to work, and by this method have retained my health and ability to work down to the present day.

During the first year of this treatment I felt so strengthened and refreshed in body, that I married, despite dissuasion from all sides, and the prophecy of the doctors of disastrous travail. But your advice and my own experience gave me confidence, and everything happened exactly as you had foretold. I married, followed your directions conscientiously during pregnancy, and to the astonishment of many had a surprisingly easy and happy delivery without a midwife. All this I owe to your admirable method of cure.

Leipzig.

Mrs. Louise B.

### **Sore Breasts and want of Milk. — Significance of Menstruation.**

The female breasts serve only during the time of nursing to give suck to the child, and have no function to perform

besides this. Now, if we observe this part of the body in animals, with the exception of our domestic animals, we shall find throughout that in a state of full health the breasts, that is the bags or udders, remain, so long as the animal is neither pregnant nor giving suck, hardly larger than in the male. Yet we never find that such an animal is incapable of suckling its young, or that its teats grow sore through suckling.

Now, if women have strongly developed breasts before pregnancy, or before they have given suck, the question is, first of all, whether this condition is normal or not, especially as many such women are now-a-days unable to suckle a child, or are frequently afflicted, while nursing, with sore breasts. Highly developed breasts are never normal in a maiden state; on the contrary they are a sign of a heavy encumbrance of the body in question with foreign matter.

I have had opportunities, especially in the country, of observing healthy girls and women, and have always found that women, who could give birth to children without difficulty and nurse them without pain, never had very highly developed breasts before pregnancy. On the other hand, I have observed everywhere, that when the breasts were too highly developed beforehand, the women could either not nurse at all, or got painful and sore breasts while nursing. The same holds good where abnormal thinness prevails, a state manifesting a far heavier chronic condition of encumbrance. In such cases, especially when what is now held to be a hearty and nutritious diet of meat, wine, beer, eggs, milk, etc., was followed, I have noticed that the women could not give suck at all, because milk was wanting. The life-spring of nutrition is dried up.

For a healthy woman, nursing is high source of pleasure; but it becomes a distress whenever the system is encumbered with foreign matter. To make this point clearer, I must now touch on a matter not rightly understood even by the most eminent authorities down to the present time. This is the menstruation, or the monthly flow of woman. So much has been written on the subject that I will not go into details, but confine myself to showing, wherein my views differ from those of the recognized authorities. I venture to assert that the latter understand the character and real purpose of menstruation just as little, as they do the nature and the oneness of disease. Menstruation has been explained as a monthly process of cleansing, or as a process dependent upon the *ovulation* accompanying the attainment of puberty, i. e. the detachment of a mature ovule from the ovaries and its passage through the oviduct to the womb, in which it is imbedded as soon as fecundation ensues. Other authorities assert, again, that ovulation proceeds independently of menstruation, and that the latter is merely a cleansing process, of which proofs are then brought forward. According to this theory, women having pure blood should not menstruate at all, as needing no cleansing. In a word, the more authorities one consults on this point, the more different opinions one hears; and they are formulated and uttered quite without

reference to Nature's intentions and without explaining her purposes.

As soon as a youth reaches the age of puberty, the male product of generation forms in him without cessation, calling forth the desire of coition constantly renewed in man. The matter not needed for the preservation of his own body is employed, when not absorbed by excessive physical or mental labor, to form the semen, which always consists of the quintessence of all juices. In woman the process is different. The ovaries are already developed with all their ovules as soon as the girl attains the age of puberty. Woman therefore requires no special and continuous renewal of her generative product for procreation. In her case the blood of menstruation, recurring monthly **or rather every** 28 days, is composed of the overplus of bodily juices. This serves no other purpose than the nutrition of the fetus. Menstruation is therefore nothing but a process of nutrition **for the** fruit of the womb. Consequently, in my opinion, ovulation is first brought about by the increased flow of blood during menstruation to the woman's genitals. By this increased flow of blood the Graafian follicles in the ovaries are made to burst, and pour out their fluid with the ovule which is thus brought to maturity, whereupon the latter is carried by the ciliated epithelium of the fimbria into the oviduct, and by the ciliated epithelium of this in turn into the womb.

Setting out from this explanation it must be self-evident to anyone, why under normal conditions menstruation ceases in woman during the period of nursing. Nature has now devolved the work of feeding the child upon the breasts. These, which are very closely connected with the womb, begin after the last menstrual period before delivery to prepare themselves for the performance of their functions. Delivery occurs with the tenth menstrual period, and under normal conditions the breasts will be enabled through the act of giving birth to undertake the task of nursing.

Until pregnancy has set in, the menstrual blood passes away without being able to fulfil its purpose. In a normal state this process should be accompanied neither by unpleasantnesses nor by unusual pains, nor be wanting, but should take its course without causing any particular disturbance. When menstruation is accompanied by pain and difficulty, we may assume with certainty that the body in question is already encumbered with foreign matter. I have treated many girls and women, who had always menstruated with pain and difficulty, too abundantly or insufficiently, before coming to me, but after following my advice for some months they have got over this period easily and painlessly, that is, in a normal manner, thus proving the truth of my statements

At the beginning of pregnancy the menstrual blood is employed in nourishing the fetus, though its growth continues between the periods of menstruation. The critical times for the fetus and its development are always those days on which menstruation would have occurred in a non-pregnant condition. From the earliest times the importance of these

days for the development of the fetus has been known. Any keen observer will be able to perceive, how the results of these times are plainly manifested in the child. But in order to show you this plainly, I will glean some instances from my practice.

During harvest-time, a mouse ran over the naked arm of a woman who was binding sheaves and who had a great horror of vermin. The woman was in the first half of pregnancy, it being just the time at which her period would have appeared.

The woman was greatly frightened, in the first place by the unpleasant sensation caused by the sharp claws of the mouse on her arm, and in the second by the sight of the mouse itself, so that she screamed loudly, and hastily struck the mouse away with the other hand. Throughout that day she was haunted by a dread of the mouse, and dreamed of it at night besides. When the child was born six months later, it had a mouse on its arm, i. e. a spot of the size and shape of a mouse with a natural mouse-tail, quite gray, and covered with fine hairs exactly like mouse-hair. The spot itself was on a level with the other skin of the arm, but covered with hair precisely like that of a mouse.

Another woman, who like her husband, had dark hair, and whose five children likewise had dark hair, was in the family way with her sixth child. During the first half of her pregnancy, however, a girl whom she was very fond of was daily about her, with strikingly luxuriant hair, red as fire and in wavy curls — a growth of hair which rarely occurs, and is not to be forgotten by one who has seen it even once. The woman in question was so extremely fond of this girl, and found her remarkable hair so admirable, that the fervent desire grew upon her, that the child which she was about to bear might have like hair. This desire became particularly intense at the times when her period habitually occurred, so that she even dreamed of it at night. And when the child — a girl — was born five months afterwards, it had, to be sure, its parents' features, though with a striking likeness to those of the red-haired girl, and was a faithful copy of the latter in every respect as regards hair.

In another case, a lady went out driving with her lap-dog, which was a great pet of hers. On the way the dog's hunting instinct was awakened by some object or other, and he tried to leap out of the window, but was at first hindered from carrying out his design by his mistress, who sought with the best intentions to hold him back, though finally in vain. At the last moment the lady attempted to seize the little animal's legs, whereby she checked his leap, so that a hinder wheel of the carriage passed over and crushed his head. The lady, who had bent forward to look after her dog, was a spectator how the carriage-wheel crushed through the dog's head. She was so horrified by this occurrence, that the dog's crushed head was before her eyes during the whole day, and even haunted her dreams. When her child was born six months later, it came into the world dead, with a head completely crushed, precisely as if a carriage-wheel had passed over it.

In another case known to me a woman bore a child, whose mouth extended from ear to ear and was roofless. The child died soon after its birth. The cause of this caricature was unspeakable fright at a mask with a mouth from ear to ear. As often happens in the country, someone had disguised himself with this mask by way of a joke, and played tricks in the village in this guise. At the time of her period, in the first half of her pregnancy, the woman in question was spinning in company with other young women in the sitting-room, and the masquerader suddenly appeared to frighten them all. The person alluded to was so terrified, that her agitation kept her awake all night, with the consequences described.

I might recount many other similar cases, but think that the above will suffice. I have still to observe, however, that the different characters and abnormal characteristics and constitutions of children frequently depend upon the mood and situation in which women pass their times of menstruation during pregnancy. Should the mothers happen to be in a very sad and pessimistic mood at these times, this mood will assuredly not fail to influence the formation of the child's character and constitution. To the same cause may be traced the origin of passion, timidity; courage, and all similar characteristics, and no less kleptomania, deceitfulness, avarice, and all other evil traits. When treating of the science of facial expression in a later work I propose to take up this subject more in detail.

Thus is also explained the generation of the spotted lambs and calves as influenced by Jacob, when he threw branches partially peeled into the water of which his master's herds drank; this bears witness to the fact that these occurrences were known in antiquity, for the very place where the herds drink, is that where most young are begotten.

A horse-breeder told me incidentally that he once obtained a white-spotted foal from a stallion and mare of unmixed brown, and that the white spot on the foal's body had exactly the shape of a dog. This strange occurrence he explained from the fact, that precisely at the act of generation a white dog had unexpectedly run past before the eyes of the mare, whereby the latter had been visibly disturbed.

We know, moreover, how any fright or other powerful external influence exercises a direct influence upon the abdomen and digestion. In case of great fright many cannot retain their urine, or the contrary occurs. as we may observe in the case of dogs. With other persons the effect of a fright is shown only in digestive disturbances, etc.

From all these examples we perceive how external influences and effects operating on our senses, that is, taken note of by our head, do not manifest their operation chiefly at the head, but in the abdomen and its organs through transmission by the nerves. Whoever has carefully followed my fever-theory will have seen, that I regard the abdomen as the seat or starting-point of the original causes of all diseases. There is good reason for this, which gains new support through the above explanations; for the abdomen is undeniably the chief organ, on which all the other organs are

dependent. This is irrefutably proved by my method of treatment. But further proof is also at hand in the history of the evolution of the animal kingdom, whereof I shall speak in detail in another place.

To trace the conditions of existence in the most highly developed creatures, one must first study carefully the lowest groups of animals and created things; for it is in them that the conditions of existence are most readily recognized.

On examining the lowest classes of animals we shall find among them such as possess only a digestive canal and organs of procreation. The higher we mount the grand scale of the history of evolution, the more highly developed do we find, beside these apparatuses, the head and its peculiar faculties. Yet it seems to me, on closer examination, as if its lower or higher stage of development were merely the issue of a gradually increasing necessity, of a more complicated question of existence, and had been necessitated by the continually advancing changes, refinement, and development of the entire earth.

This lengthy consideration of menstruation and its significance simply aims at exhibiting to my readers its relation to nursing and to the breasts, and is intended at the same time to point out the importance of the abdomen and its condition. From the course of the menstruations, therefore, an idea can be gained of the condition the breasts are likely to be in during the period of nursing. If the menstruation has always been accompanied by great pain, nursing will be similarly accompanied, the breasts becoming sore. An irregular abnormal menstruation or period is caused solely by the encumbrance of the system with foreign matter, and the same may be said of sore breasts. To the same cause is also due the lack of nourishment (milk), unhappily a matter of increasingly frequent occurrence, owing to the prevailing perverse and over-exciting mode of life, so that women, though they are still just able to give birth to children, are no longer able to nurse them, thus depriving themselves of the greatest joys of motherhood, while involuntarily robbing their offspring of their natural and proper nourishment, and injuring them for the whole of their lives. A woman who is unable to nurse her child herself, or even one who has insufficient nourishment for it, is properly *incapable of propagation*. In the animal kingdom we always notice that the young of such mothers perish. And though the inventiveness of the human mind succeeds in rearing the children, when the mothers themselves are unable to suckle them, we can never expect the characteristics of healthy human beings from such progeny. They must continue unhealthy and imperfect creatures, whom one can never expect to see in a state of perfect health. Such individuals, especially when reared artificially without nurses, can often never aspire to such a state, even with the strictest application of my treatment. Not until generations shall have lived in strict accordance with Nature, will a universally improved state of health obtain among men.

The want of milk, and sore breasts, are, as I said before, only resultant conditions of an affection of the abdomen, which was caused by the encumbrance of the system with foreign matter, and therefore spring from the same root as all other diseases. Whoever comprehends this will also be able to form an idea of the absurdity of treating — as is still unhappily the universal allopathic practice — sore breasts, for instance, *locally*, by slitting them, or other operations, and the application of medicaments. In this way only the advanced posts of the disease are treated, and its real source is ignored; no wonder when the same disease recurs, perhaps in another form, while on the other hand all the great successes are explained, which I obtain by means of my method without operations and medicines, solely by treating that part where lies the source of all disease, namely, the abdomen.

Proof of the correctness of all the foregoing can be given only by practical demonstration.

In my practice I have experienced, that with a suitable, non-irritant diet and the employment of my alleviating baths and steam-baths the inability to give suck, and sore breasts, may be completely obviated.

A woman who was the mother of three children and had never been able to nurse, attained this end by following my treatment for a considerable time. Many similar cases have occurred in my practice.

Some weeks after her delivery the breasts of young Mrs. R. began to swell alarmingly, so that the family doctor proposed as a last resource the slitting of both breasts on the following day. The young mother could not make up her mind to undergo this operation, and sent for me late in the evening. I declared to her, that I considered an operation not only useless, but on the contrary very injurious, and that I hoped to help her in another way in a short space of time. She gladly followed my instructions, taking during the next night four friction sitting-baths of one half-hour each, with water at 55° Fahr. Next day her condition was so much improved that she no longer thought of an operation; in a few days all pain had ceased, and after a few weeks' treatment her condition was again fully normal.

If the puerperal fever mentioned in the preceding section had not been due to the very same cause as the sore breasts, namely, fermenting foreign matter, both could never have been cured by one and the same remedy. Thus you see the oneness of disease proved again and again.

### **Sterility.**

How many women I know that yearn for offspring, and yet have never attained the object of their desire. Had they but known the cause of their sterility, and that it in most cases lies in their own power to reach that object, many a tear would have been spared them.

Sterility is occasioned only by foreign matter in the system. This may accumulate within the genitals in such a manner, that the latter are as it were deformed, all normal

activity being prevented. In many cases, too, the oviducts are wholly clogged with foreign matter, so much so that conception is an impossibility. In other cases not quite so hopeless the system is so heavily encumbered with foreign matter, that a premature birth is very easily caused by internal pressure or tension, usually within the first four months of pregnancy. Now, when a pregnant woman is encumbered with foreign matter, a slight shock, a fright, or any other trivial occasion may cause a premature delivery. Women from among the inhabitants of cities ought to go among the healthy countryfolk, and see what expectant mothers can go through without a thought of a premature birth, and they will see my assertions fully borne out. I have seen healthy women dance for whole nights at a time during all the first six months of pregnancy, without experiencing the slightest injurious effects. I must add, that this was not the kind of dancing at present in vogue in fashionable society, but a far more persistent kind, known only to him who is familiar with the country, its population, and customs. On the other hand, all women are truly to be pitied who, in consequence of the encumbrance of their system with foreign matter, are rendered unable during pregnancy to move about at pleasure, and who are at every turn in dread of an abortion.

Sterility is also found sometimes to be the fault of the husband, but in this case, too, the cause is usually the same as in the case of women. In both cases it is counteracted by ridding the system of foreign matter. For this assertion I have gathered sufficient proof in my practice. A woman who had been married eight years without having once conceived, but who nevertheless was inspired by the strongest desire to have children and had in vain tried all that doctors had advised for the accomplishment of this end, finally staked her last hope on my treatment. I explained to her, that her sterility was occasioned simply by a too heavy encumbrance of her abdomen with foreign matter, and that it was in her own power to attain the object of her desire by ridding her system of this matter. She should take three alleviating baths daily, observing a non-irritant diet, and living in other respects in a natural manner. She followed these directions without hesitation, and in half a year her wish was fulfilled — she became pregnant. Continued bathing and a natural mode of life during her entire pregnancy secured her an easy delivery and a healthy child.

### **Falling of the Womb, and Use of Pessary.**

Falling (prolapse) of the womb is also occasioned solely by the inner pressure exerted by the foreign matter in the body on the womb and its supporting ligaments. By this pressure the womb is, in a degree, pressed outwards. The process is quite similar to that in abdominal hernia (see Part II), only that instead of the bowel, the womb is forced out. Hitherto the true cause of this disorder was not known, and the prolapse was therefore merely restrained by an india-rubber ring (pessary) introduced into the vagina. In my

practice I have had many women under treatment who wore these pessaries. In each case I induced them to rid their bodies of the foreign matter encumbering them; in each case, where this advice was followed, the pessary became superfluous, and all cause of a renewed prolapse removed, often in a very short time, because the inner pressure or tension then speedily gave way. The same holds good of *dislocation of the womb*, which is also caused simply by the inward pressure of the foreign matter in the system, and is likewise cured by ridding the body of this. All other invasions of the body for the purpose of curing this disorder usually cause permanent injury to the health. In many cases, dislocations are brought about by the formation of lumps within the body.

You see, that all these female disorders have one and the same original cause, namely, the encumbrance of the system with "foreign matter, in common with that of all other diseases. Now it will be understood why I entitled my book "The new science of healing, or the science of the oneness of all diseases".

### **Treatment of the child during the first months.**

Some time ago I was summoned to a family whose youngest child, aged three weeks, could no longer be kept lying quiet in his cradle. He gave his mother great trouble, was quiet only when taken upon her lap, and suffered besides from a disordered digestion. I explained to the mother that the child would not become quieter until she took it into her own bed at night, for the child could not do as yet without the warmth of the mother, as both bodies were still, so to speak, one flesh. My advice was followed, and in a few days the mother informed me that the child had grown far quieter, and that she herself distinctly felt how much warmer she always became on the side on which the child lay than on the other. This was a plain proof of how one body affects another. But the constipation was not entirely removed. I now advised her to give the child three alleviating hip-baths daily, and to take care that it grew warm enough thereafter. Within two days the child's condition was again a normal one.

Every day I with meet similar cases.

Children are now-a-days, to their detriment, always taken away from the mother far too early. In its first year of life the child still requires the mother's warmth. Though separated from the mother, it still stands in close connection with her, and we need only look about us in Nature, and see how carefully all animals warm their young at first, in order to recognize the truth of the foregoing.

### **Rearing of Children.**

Now a few words on the rearing of children, when the natural nourishment, the milk of the mother, or of a healthy nurse, is not obtainable. In the choice of a nurse, by the way, dangerous mistakes are often made. After most careful examination nurses are frequently enough declared to be fully healthy, who have a serious chronic disease, which very soon

becomes evident in the condition of the child. My science of facial expression guards us against this danger. For by its aid it is easy to discover the inward, secret disease hidden to others, even in its first stages.

As I remarked before, mothers who are unable to nurse their own children are, properly speaking, incapable of propagation. There is, at best, no complete substitute for the mother's milk, so that no one need wonder, when children who are not nursed by the mother, never attain to such perfect development as others, who receive their own mother's milk.

It has been my experience, that the substitutes often employed are in part composed of unsuitable elements, and in part altogether improperly chosen. When cow's-milk is given, let it be unboiled, only warmed, for boiled milk is much harder to digest than unboiled, and the neutralization of unhealthy miasms by means of boiling is not essential. Proof of this is easily afforded. Our digestion is only a process of fermentation, through which food is converted into a part of the human frame. Here we can daily observe how, simply through the process of fermentation, the most various substances are transformed into living human body. But every influence affecting our food by which its capability of fermentation is lessened, also makes it harder to digest. But everyone knows that milk keeps longer without souring, when it is boiled. The souring of milk, however, is already the beginning of its fermentation (decomposition). Easily digestible foods are the best of all, because such are also the most nutritious. Should really injurious elements be present in the same, our blood and the gastric juice, in co-operation with the fermentation arising from their assimilating the food, have the power of immediately neutralizing all injurious substances, and ejecting them from the system. If unboiled milk is spoiled, the palate notes this instantly, but not so in the case of boiled milk. Boiled milk remains longer in the digestive canal than would be the case with normal nourishment, and its longer stay in the body is in itself enough to produce a higher degree, or a more harmful kind, of fermentation.

Whoever chooses to open his eyes can see everywhere, how often disease and death are caused to-day among children by feeding them on boiled milk and the so-called "patent foods" and extracts. The first result of such nourishment is always a bloated body and disordered digestion, together with great restlessness.

Boiled milk according to the Soxhlet process, or the sterilized milk recently recommended by the authorities of this city, which is also thoroughly boiled by a new process in order to kill all harmful bacilli, is just as injurious, foreign to its purpose, and hurtful to children's health, as milk boiled on one's own stove. For it is just that, which learned gentlemen desire to kill in the milk by boiling it, which makes it easier of digestion. As soon as the milk gets into the digestive canal, it ought to begin decomposing. In Nature one never sees that the milk is exposed to the air before the child sucks. From the mother's breast the milk passes directly into the child's body,

without ever touching the air. For, as soon as this happens, an alteration instantly begins therein, which would have a hurtful influence on the child's digestion. Simple and unimportant as it seems to be, this fact is of incalculable importance. The milk, which is nothing more than a nutritive juice (chyle) of the mother intended for the child, must pass from the mother to the child without even touching the air. Only then is it the unadulterated product intended for the child. And only such nourishment is properly adapted to nourish children well, and enable them to develop in such a way that they can rightfully lay claim to health. Besides, we should never forget, that milk from cows kept summer and winter in the stall, however well they are treated, can never be healthy. True, according to the generally received opinion, cattle that are round and sleek are healthy, and the owner is glad when such a cow weighs from 10 to 15 cwt; but whoever knows my theory of disease, will not be pleased at this bloating of the animals' bodies, but will perceive, on comparing them with ruminants living in a free state, how far it is the result of health, how far of disease. Let yourselves be deceived no longer by the views of the modern school. Only think of the excessive spread of tuberculous diseases in cattle, and never forget, that no farmer can recognize this disease in an animal before it has reached an advanced stage and become incurable; because the latent state of disease in animals, which has been hereditary almost everywhere for years, has been known to no one, and everyone has held *that* to be a disease which was properly in every case a *final stage*, or a special stage of a latent condition of disease. In our highly civilized countries there is no milk from healthy cows, because all cattle are a prey to serious latent disease. I have had opportunities of drinking the milk of approximately healthy cows, and was quite surprised at its agreeable taste and unequalled effects. It is not to be named in the same breath with what is called good milk in most large cities. Neither could I fail to notice the difference between the cattle which gave the good milk and those giving the other. They differ as does a stag from a modern ox.

In our country, whoever drinks boiled milk, drinks not only a product in itself permeated with the morbid matter of animals, which is no natural food for the body, but by boiling even renders it still more difficult of digestion.

For such persons oatmeal gruel is undoubtedly preferable to cow's-milk, but unsalted, without fat or sugar, and boiled in water only, taking good, coarse and unbolted oatmeal which is not bitter, and straining through a coarse cloth.

It is a joy to rear and educate healthy children; sick ones are a misfortune. How often do we hear parents tell their children: "Your education gives far more trouble than ours ever gave". Everywhere we see and hear of the difficulty which parents have with the education of their children. The boys will not learn, are always thinking about something else, are ill-mannered, passionate, cross, irritable — in short, absolutely unbearable, and yet parents and teachers give themselves all imaginable pains to make something of them. The parents find it inexplicable that the boys' education

should be so difficult in comparison with their own; they seek for reasons without success, and finally console themselves with "the spirit of the times", not dreaming that in all such cases perfectly natural causes are at work. For it is only and always when the youthful body is encumbered, with foreign matter, that the natural functions of the brain and the entire system are unnaturally transformed; but as soon as this encumbrance is removed, an utterly different and natural condition obtains. In my practice I have often witnessed how children, who were apparently incapable of education, became through my treatment the most mannerly, quiet, and agreeable beings imaginable. Indeed, I have observed often enough that boys who could learn positively nothing, and sat for hours and hours over the easiest work, without being able to master their task, so that they always gave the impression of laziness and incapacity, were completely transformed by expelling the foreign matter from their system. They again learned and grasped readily, were no longer so slack, and once more became the joy of their parents. But he who knows what a pleasure it is to rear healthy children, and how little care and pains this requires, will assuredly not neglect to furnish his own with all the conditions leading to this result. Thus it is all the more the duty of all parents to learn my new method of cure, and above all things my diagnosis, the science of facial expression, by means of which they will be enabled to perceive immediately the encumbrance of children with foreign matter, and with infallible certainty.

Here I must touch upon another point, which is too important to be passed over in spite of other considerations. This is the constantly increasing sexual desire of youth, and its unnatural gratification, onanism. It is truly sad, that the cause of this youthful fault has hitherto not been recognized, and that people on the contrary pass over everything connected with it with anxious prudery. The evil is not to be extirpated in that way. Whoever would better the faults of mankind must speak of them. In the country, where nature and practice still go hand in hand, it has long been known, that when animals show increased sexual desire they are sickly. But it is unfortunately unknown to most, that in the case of mankind exactly the same natural laws are in force as in the case of all other creatures. Many really believe, that man occupies an exceptional position in Nature, and that in his case special natural laws must obtain as well. This is not so. Just as a morbid condition, i. e. the encumbrance of the system with foreign matter, produces an unnaturally increased sexual appetite in animals, does a like cause have a like effect on man. The impulse to or habit of onanism is nothing but a sure sign that the body in question is heavily encumbered with foreign matter, which exercises a continual pressure on the genital region. If the child grows healthier, i. e. if his system gradually expels the foreign matter, this unnatural propensity decreases of its own accord. I have known cases in which the parents always had a rod at hand, in order to punish the child, who was guilty of this bad habit, the instant that it carried its hand to its genitals. All flogging was in vain, for

Nature, having once for all connected man's sexual parts with his natural organs of secretion, continually urges the latter, when the system is encumbered with foreign matter, to a secretion in those parts, thus keeping up a continual irritation in them. Even should one succeed, by strengthening the children's will-power, in making them forsake this vicious habit, the impulse thereto still remains in them, and disappears only when its cause, the foreign matter, is got rid of. Parents think the rod the best cure, but because the cause of the evil was unknown to them they were also mistaken in the choice of the remedy. With regard to onanists I have had so much experience, that I feel bound to announce to everyone on this occasion, that there is no better means for breaking one of this vicious habit, than my alleviating baths seconded by a non-irritant diet and a natural mode of life; for above all things we must have a care to remove the cause, and that is the foreign matter. Whoever can show me a better means to this end than the above-named baths will earn my gratitude, and I believe I may assert, that they actually serve to bring about a better moral state among our youth.

To explain this more clearly to you I will bring forward an illustration. You all are aware what a dreaded enemy of the pine and fir forests the larvae of the bark-beetle is. All imaginable means for destroying these insects had been vainly tried, until it was discovered that the bark-beetle lays its eggs only under certain conditions. For the beetle does not attack every fir forest, so that none should be secure from its ravages, but is found only where the trees have become diseased on account of an ill-adapted, dry sub-soil. Here it is therefore merely the counterpart of the dung-beetle, whose office it is to do away with the dung of animals; by means of his progeny it makes away with trees already perishing, though more rapidly than in the course of Nature. This is a general law of Nature, that one creature exists to make away with others, so as to accelerate the process of decomposition. We see, that the cause of the trees' dying is not at all the bark-beetle, as was erroneously supposed, but rather the fact that the quality of the subsoil is unsuitable for their support; and the beetles themselves were first allured by the disease of the trees, this being the necessary condition of their prosperity. Consequently we often find spots in the forest sharply contrasting with the parts immediately surrounding them, the latter being ravaged by the bark-beetle, and the former not being touched by it, simply because their soil is richer, and the condition of the trees in regard to nourishment better. The same holds good with onanism. Not all children are victims of this vice, but only those who bear within them a predisposition to it. But a morbid condition is, as I have shown you, also the cause of this. The increasing propensity to onanism depends therefore solely on the degree of bodily encumbrance with foreign matter.

## Concluding Observations on the First Part.

In conclusion, let me say the following. It may sound incredible when I oppose my theory of disease to all earlier doctrines and researches. I am well aware, that if I had not daily proofs in my practice to confirm all the foregoing, and were unable to offer to the public in my method something new and better than anything heretofore offered, all my discoveries would long since have been discarded. But at present, when I combine with them a great and immediate benefit to the dearest of human possessions, namely health, the matter stands otherwise. My new theory has already spread rapidly over the entire world. Its fundamental principles have taken abiding root in thousands of liberal minded men and women, and its future is therefore assured. Here in Leipzig difficulties have long been laid in my way, apparently instigated by the jealousy of certain individuals, to whom it is unpleasant that discoveries in this field should be made by another and seemingly unauthorized person. Still, this could in no wise confuse or dishearten either myself or those who were my adherents from conviction. Had we waited until the authorized branches of a pretended science were ready to recognize our just claims and great progress, we should certainly not have advanced a step all our lives. Though sorry enough when I see how many human beings, who might easily be aided with proper treatment, must now perish miserably, I should never think of making a class, which might have hindered this, responsible for such a state of things. Were anyone to go to-day to a still uncivilized land, and say to its savage inhabitants, who can carry singly at most from 4 to 6 cwt. on their shoulders, that it was a mere trifle to carry loads of 1000 and more cwt. for miles with the greatest rapidity simply by the aid of boiling water, these people would listen with open mouths and incredulous faces, but not believe it. One has no right to be angry with them for not believing it, for they do not know how that can be done. They will not think it possible before the facts are before their eyes. Not until the railway-train conveys its burden through their land will they believe it.

Just the same incredulity and doubt would be exhibited by a simple peasant, who had never seen or heard anything of steam-engines, should anyone show him the flying locomotive, drawing 10,000 cwt. behind it, in another place the interior of a great factory filled with thousands of workmen, in which hundreds of machines, pulleys, and shafts are incessantly busy, without one's being able to see the seat of the motive power; then lead him to the steam-crane, drawing up the heaviest burdens out of ships, then show him the great steamers on the ocean, gliding along at a flying pace, — and tell him, that all these wholly different machines are driven by one and the same uniform motive power, namely, the steam of water, and that this is the same steam which he has often produced on his own hearth. "We can imagine the man's astonishment, but would not be angry with

him if he did not believe us; for we could not but perceive, that only his limited mental horizon is to blame; — and that in spite of this all the machines mentioned above continue steadily on their course.

It is precisely so with my discoveries. I can blame no one for not being able to conceive, from simple hearsay, that I can cure, and daily do cure, all diseases simply with water, by prescribing perspiration, and with arousing a natural mode of life — or, to speak more exactly, prompt the body to heal itself by these means. I can well believe, that only he understands this who sees the proofs of it in my daily practice.

When, some 15 years ago, I had just discovered the science of facial expression and the oneness of disease, when I alone knew of these discoveries and could impart them to no one else without being laughed and scoffed at, and at every turn met only with disbelief and suspicion — then, indeed, I felt alone and forsaken in the world. Now, on the other hand, that my adherents are numbered by thousands, and I have able co-operators who help me bear the burden, any annoyances which the future may have in store give me no concern.

Whoever thinks it a fine thing to make discoveries, is mistaken. He who knows the many prejudices to be surmounted, and has experienced, as I have, that life is only a battle against these prejudices, will also comprehend me when I say, that one feels the reward for such work only in one's own breast — the surest witness, that one has done something which will be of universal benefit.

The fact, that doctors trained in the medical profession are the last to comprehend my teachings and method, is explainable, firstly, because they do not possess the proofs which I have in my practice daily, and secondly, because during their course of study in the universities they never hear a word about a cure according to Nature; in other words, the present medical training for the doctor's profession is that least likely to harmonize with my natural method of healing. My method has only one thing in common with medical ones — both treat of the human body: there is no other point of agreement. I have often been reproached with having no medical training whatever; but people do not reflect, that my method has nothing to do with medicine, or that for over 25 years I have given the closest attention to the treatment of the sick. I think that whoever knows my successes must admit, that I am more exactly informed respecting the processes which go on in the **living** human body than many others.

Of course whoever should only choose to recognize discoveries in my department, when they harmonize with the old-fashioned methods to such an extent that the latter do not lose credit, will never form a correct estimate of the worth of new acquirements. One is involuntarily reminded of the time, when steam locomotion was a source of dread to the guild of carters and coachmen, the ancient fraternity seeing, in the invention of the steam-engine, their own sure decay within some measurable period. Their fears, no doubt, were realized,

but mankind have not been any the worse for it, and the original feeling of jealousy proved to be unfounded.

It is just the same with the practice of my new art and the old method. True, the old method of cure will be rendered partly superfluous and worthless by mine; but whoever would not recognize the new because it renders the old less valuable, or would even hinder the discoverer of the new in the free application of his discovery, because he does not recognize the old, in my opinion resembles one who refuses to recognize the electric lamp of the electrical technician, and would fain prevent the employment of his lamps, because the latter has not learned the nature and treatment of sperm-oil, kerosene, and gas lamps; or who would not allow the photographer to practise his art because he has not studied painting. In my belief we have made too much progress in civilization to admit of the prevalence of such notions. Two hundred years ago, indeed, the matter was different. No innovation has the majority on its side at first, but makes only gradual progress.

But everyone may convince himself of the correctness of my new doctrines. He who disdainfully rejects them without a trial should, before proceeding to stone me, first prove their incorrectness, and invent something to surpass the efficiency of my method of treatment, being, as it is, without medicine and without operations. Mere phrases without proofs gives proof of a depraved character. I shall be grateful to anyone for further hints or advice.

## PART II.

### The Treatment of Wounds

#### **Treatment and cure of wounds of all kinds without the use of medicine and without operations.**

**E**ven among those who recognize most readily the excellence of the water-cure in all other diseases, the belief is generally disseminated, that wounds — interior and exterior injuries — cannot be cured with water in a natural manner, but require surgical and antiseptic treatment. It is true, that even yet comparatively few know what great successes are obtainable in the treatment of wounds by my process.

When I assert that injuries can be almost painlessly cured with water in hardly one-third of the time required by the medical, so-called antiseptic, treatment, and moreover in such a way, that such disfiguring scars are in no case left behind as is, unhappily, always the case after surgical operations, this assertion rests on a long succession of successful cures and a large number of practical experiments, not a single one of which was unsuccessful.

The principal matter in all wound-treatment is, to get a right idea of the character of wounds and their possibly evil effects.

As soon as one receives an external injury, whether it be a cut, a stab, as the result of excessive cold, a contusion, or a burn, the system immediately sets about repairing this injury, or healing it.

By this effort is called forth, in the first place, an increased flow of blood and other matter to the spot in question, due to the abnormal irritation exercised by the injury upon the nerves affected; from which, in turn, there is increased warmth and the spot begins to swell. This increase in temperature is caused by friction of the substances flowing together.

Through this process the system assembles a great mass of material for the cure, to make good the injury as soon as may be. If we second this effort of the system in the most suitable manner, the cure is brought about with a rapidity and painlessness hardly considered possible now-a-days.

The severe pain resulting from many kinds of injuries, especially burns and contusions, which had to be borne by patients treated according to the old method, and also by all those whose injuries heal slowly and with constant soreness or suppuration, arises, as said before, simply and solely from excessive heat and swelling in and about the wound, these being caused by the increase of what is called friction of the molecules of the body, as I explained before. The pain, therefore, first begins when the system commences the process of healing, and is nothing but a disturbed and

impeded molecular movement in the substance of the system, a friction between the separate molecules, with the heat resulting from this; in other words, nothing but *a local state of fever*. The recognition of this fact brings us a long step forward. As soon as we know that, as with all other diseases, we in this case again have to do with a fever, and that consequently wounds and injuries are accompanied by fever in common with other diseases, although in a different form, and that the system again plainly shows, how all disorders brought about in it by diseases or injuries, bear one *uniform* stamp dependent on clearly defined natural laws, and wear a common garb which, though appearing in all colors and shades, is always made of one and the same cloth and under the same conditions — then, again, our method of cure is plainly marked out.

To begin with, we must seek to subdue the *fever*, which is often only local, but, if not subdued quickly enough, may attack the entire system, especially in cases of extensive injuries. The *doctors* call this condition "wound-fever".

In discussing later on the various kinds of wounds and injuries I shall explain in detail how we subdue the fever by our method.

Having gained the upper hand of the fever in question, the pain will likewise be as good as done away, with. Nowhere can we so plainly observe as in the treatment of wounds, that fever is nothing more than an effort of the system to heal the disorder. Now if, in individual cases, the fever spreads rapidly, speedily affecting and endangering the whole body, so that the wound itself becomes a festering gap, and heals but very slowly and reluctantly, other causes besides the mere injury are surely at work. In these cases, which to-day occur with increasing frequency, the system has been heavily encumbered with foreign matter for a long time previous to the injury, that is to say, expressing the matter from our point of view, the patient in question has suffered for a long time from a latent feverish (diseased) condition. In such cases it is a matter of course that the fever spreads, and that fermentation arises in the foreign matter in the system. In perfectly healthy bodies (in our sense) even the severest injuries heal in an astonishingly short time. To-day, unhappily, but few really healthy persons are left; for although many may be thought perfectly healthy, our science of facial expression teaches otherwise, and admits of no deceptions.

Let us look around us in Nature, to again gather proofs for these new assertions.

I have had ample opportunity for observing how wounded animals, which one could take it for granted were healthy, heal their wounds themselves.

I have seen that such animals, when quite left to themselves, without any external aid whatever, were often thoroughly healed in an incredibly short time. I have often observed such cases, and was always struck by the immense difference observable between these cures and those of human beings, although the latter command all the resources

of science and affectionate care. Nothing has more stimulated my bent to reflection, and awakened within me an irresistible desire to investigate this secret to the bottom, than this circumstance. For I shared the general opinion, that in case of injury the poor animals were far worse off than human beings. Now, my observations of Nature having changed my opinion, and shown me that healthy animals have by no means so much to suffer from injuries as most human beings with antiseptic treatment, and that cures are effected by them in one-third of the time needed in hospitals and clinics, I concluded that this circumstance must be based on very important conditions, and not a mere accident. But I will bring forward examples to illustrate the foregoing more clearly.

A cat had been caught in a steel trap set in winter for vermin in a barn. The trap had broken the animal's right hind leg an inch and a half above the hock, just where the thicker muscles begin. In the pain and fright of this sudden and unexpected occurrence the cat had sought by every means to get out of the trap. She had dragged it about in a half-circle, as far as the chain reached, and in so doing had twisted the broken hind leg several times round, so that from above and below both ends of the bone projected by at least an inch, while the skin, muscles, veins, and sinews were wound together like a thick cord, and covered and mixed with the dirt, dust, and chaff that lay in front of the door.

On going to look at the trap in the morning I found my poor cat in it. One could plainly see from the state of the wound, that the animal had gone into the trap the evening before, and had therefore tortured itself therein the whole night, so that there were the most unfavorable conditions imaginable for the healing of this wound. It was my intention to kill the animal, and thus put it out of pain; but matters went otherwise. The cat acted so wildly and furiously in the trap, that only with the greatest trouble was it possible to set her free without being bitten and scratched. Hardly liberated, she made off in great bounds, the broken leg whirling about in the air and over her back.

About a week had passed after this occurrence, when I was told that a sick cat had been found in a hay-loft. I climbed up to it, and recognized this sick cat as my own, that had been caught in the trap. But what was my astonishment on perceiving that the hind leg had healed together in a fully normal manner, being only still much swollen at the place of fracture. Furthermore, the patient had grown very thin, as she had evidently eaten nothing during the entire time. First of all I offered the poor creature something; to eat, that she might gain strength. But I was greatly surprised on discovering that she refused even the daintiest bits. Supposing that she might be suffering from excessive thirst, I brought her water, but she refused this too. Feeling a lively interest in her proceedings I now paid the closest attention to her, more particularly as I saw how remarkably well this severe injury had healed up to that time. The cat kept her wounded leg stretched out straight, taking great care to hold it constantly in

the same position, while; continually licking the wounded part itself on every side with peculiar dexterity. This licking, which was carried out with untiring eagerness, evidently soothed the pain, for after the animal had rested a while she again began to lick the leg with such energy that there could be no doubt, that it was the pain alone which moved her to the operation. After licking for a time a short space of perfect ease and evident painlessness intervened, as could be plainly seen by her looks. But the fasting of the animal also had a subtle motive. The process of digestion is also a process of fermentation, necessarily accompanied by the production of warmth. The animal not having any water at its disposal to reduce the warmth caused thereby, which is so detrimental to the process of healing, it utterly refused the food proffered. Instinct told it more truly than one could have expected, what was good for it. On the tenth day my patient already made attempts to move about the hay-loft, but always carefully drawing-in and holding up the wounded leg, the latter not being in a condition to be used. On the morning of the twelfth day, to my great surprise, I found my cat in the cowstall at early milking-time, where she partook of her usual allowance of milk. Though reduced almost to a skeleton, the animal showed her customary cheerfulness again. On the fourteenth day I noticed that she again sometimes took a step with the wounded leg, although she still licked the wound a good deal. On the thirtieth day no one could perceive that the animal went lame, or that she could not use that leg quite as well as the rest. At the point of fracture itself, however, a firm, hard lump remained, though it did not seem to trouble the animal in any way.

Now, supposing a similar accident in the case of a human being, what course would the cure have taken with antiseptic treatment? An amputation would have been unavoidable, and the affair would have lasted for weeks and months, till a cure was effected, whereupon the patient would be at liberty to drag out his existence as a cripple. At best, an amputation would have been avoided, but never the result that the leg would not remain permanently stiff.

I can understand why surgeons, when employing all the various antiseptic remedies, as carbolic acid, iodoform, corrosive sublimate, cocaine, etc., and ignorant of the success of the water-treatment, hold their method of treatment to be perfectly natural, though they have deviated so far from the right path; they do not know of cures according to nature, because they generally have to do with persons heavily encumbered.

But I will first of all acquaint you with other cases from the animal kingdom, which I have noticed, and which are well adapted to explain my treatment of wounds. In summer I had an opportunity of observing a dog which had been severely wounded by a charge of shot, but not killed. Several shot had passed through the fore and hind legs, while two had penetrated the neck from the right side, reaching the skin on the left side. The wind-pipe, the oesophagus, and the main arteries, were fortunately uninjured. Whenever the wounds

grew painful, the dog sought out a moist, cool, and perfectly shaded spot, and cooled his body, especially the painful parts, on the cooling earth, which he always scratched up afresh as soon as it became warm. He incessantly licked the wounds in his legs, especially the severe injuries in the hind legs. He regularly refused all proffered food, only going down twice a day to a pond near by to drink water. This was his sole nourishment. In only five days the injuries in his legs, which he would lick continually, were so much improved that they might be regarded as healed, although they were still somewhat swollen. The neck, which the dog was unable to lick, was on the contrary not so well healed, although the injuries there were not so severe as those in the legs. But in about a week they were likewise quite healed, and the shot were completely imbedded between the skin and the muscles. The animal did not again partake of food until the eighth day.

In another case, a large Newfoundland dog had been run over in the city by a heavy coal-cart. A wheel had crushed the dog's right paw, stripping off the skin and splintering the bone. The animal was unable to walk, and had to be conveyed home in a cab. Here he lay down in a shady place, and licked his paw continually. His master, who was very anxious about the dog, brought him all sorts of food, and could not comprehend why he refused all nourishment. Not until the fourth day did the dog touch food, the wound then being sufficiently healed for him to move about on three legs, holding the injured paw drawn up. For fully twenty days the dog hobbled about on this foot, until it was able to do duty again. In this case we can see, precisely as we did in the foregoing, that every wound is not simply a disorder in the wounded member, but always effects the entire system.

The dog, which otherwise ate more daily than the strongest man, did not touch a bit during the first four days of the healing process. Had his system demanded food and drink, he would never have regularly refused them. His stomach was therefore not in a state to receive nourishment, for the entire strength of the organism was taxed by the healing process in the wound. Had the dog burdened his system with the work of digestion besides, his energies would have been divided, and a much slower cure would have been the consequence. But the dog's instinct showed him the proper course to follow.

I have observed several similar cases, and always found that in the warm season wounded animals invariably seek out a cool, shady spot, and avoid all nourishment except water until the wounds are tolerably well healed.

Now in my opinion it is a very perverse mode of treatment which we see now-a-days in clinics and hospitals, in the antiseptic treatment of wounds, especially when the patient is weakened by loss of blood, when the most "nutritious" food, such as meat, broth, eggs, milk, and wine, are immediately prescribed for the patient in order to strengthen him. In my opinion it is best, during the first stage of wound treatment, to burden the system with no further work and functions whatever, as this can be done only at the expense of the

wound. The whole method of wound treatment in the clinics plainly proves, that the processes and vital phenomena of the body have not as yet been properly understood.

All these observations showed me, that it ought to be possible to bring about some suitable and natural treatment of wounds in human beings, which would necessarily yield essentially better and more rapid results than are attained by our clinicians; the more so, because man can approach the question with the aid of intellect and reflection, whereas the poor animal has only instinct for his guide. On this occasion man may rightly assume that in this respect, as well, he is better off than the lower animals. This idea long kept possession of my thoughts, until my own experience showed me the way practically to realize it, and to render it useful to mankind. From the outset it was clear to me, why one body admits of a more rapid, another of a slower, recovery from wounds. This depends, as aforesaid, solely upon the degree of encumbrance of the system with foreign matter.

The first object which I have in view when treating wounds is to subdue the pain — in what manner, will be shown further on.

I now proceed to the treatment of the various kinds of wounds.

### **Wounds caused by cutting, stabbing, bruising and tearing.**

As soon as the body receives a wound through a cut, stab, bruise, or tear, the larger and smaller bloodvessels thus opened empty their blood outwards, by reason of inner pressure, until this pressure is counteracted by external counterpressure. As this process plays a part in my treatment of wounds, I am now obliged to speak of it in detail. We human beings live under a steady atmospherical pressure of so and so many hundredweight, which has been exactly calculated, and amounts to some 9 lbs. per square inch. Our bodies could never sustain and bear this pressure, did they not exert from within outward such a high counterpressure that the outside atmospherical pressure is quite neutralized thereby. We perceive the importance of this inner and outer pressure when climbing high mountains. The outer pressure then grows less, as may be readily recognized from the fact that the inner counterpressure no longer needs to be so great, which manifests itself in the ease felt by all mountain-climbers in all their functions. On very high mountains, or during balloon-voyages, the atmospherical pressure grows so weak in comparison with the inner counterpressure of the body, that in the case of many persons blood issues from mouth, nose, ears, and eyes, being forced out by the excessive inner pressure. As soon as the inner pressure is again opposed by an equal one from without, the bleeding instantly ceases. It is just the same with bleeding in the case of injuries. By the wound the body is deprived of its walls in the place in question, which confine the inner pressure of the blood within natural limits, and thus bleeding ensues as the first sign of a

wound by cutting, stabbing, etc. The first thing to be done, therefore, is to staunch the bleeding. As I have already remarked, the latter ceases as soon as a sufficiently high counterpressure is exerted from without to counterbalance the inner pressure of the blood. The pressure of the blood is greater or smaller according to the size and depth of the wound, and according as larger or smaller blood-vessels have been injured. Whenever possible, all tying-up of blood-vessels must be avoided, because by tying the veins and arteries the organism is trespassed on in a manner which can never lie in the intent of provident Nature, and always impedes the normal circulation. There are other remedies which are more efficient, and render tying quite superfluous. Only when an injury of large blood-vessels render such a loss of blood probable, as would endanger the life of the person in question, and the needful compresses and water are not at hand, is the tying-up of arteries and, limbs justifiable. We must also add, that in all cases the tying-up of blood-vessels renders the cure slower and more tedious.

The bleeding being likewise always accompanied by pain, the cause of which I described in detail in the introduction, the pain will also cease together with the bleeding.

There is no more suitable means to this end, than to bandage the wound with wet linen in several folds so carefully and densely, that the inner pressure of the blood, and with it the bleeding, is counteracted. If feasible, hold the wounded part afterwards in cold water until the pain is allayed, which may take several hours. If not feasible, the part must be cooled by letting cold water drop either continuously or at short intervals upon the compress, so that the latter is kept cool.

As soon as the pain and bleeding have been reduced to a minimum by this means, which may last from 1 to 3 days, lay and fasten well upon the wound a compress of coarse linen wet with cold water, of such a thickness, that is, in so many folds, that the counterpressure, which it is capable of exerting, is greater than the inner blood-pressure. Thus we hinder, in the first place, an unnecessary loss of blood. How thick, that is in how many folds, the *coarse* linen used for this purpose must be, depends simply and solely on the injury, that is, on the greater or smaller inner pressure of the blood. For smaller wounds a 2 — 4 — 6-fold folding of the compress cloth suffices; for larger ones a 10 — 15 — 20 — 30-fold folding. If the compress laid on a large wound is too thin, it would neither prevent bleeding nor bring about a rapid cure. On the other hand, cuts in the fingers, etc. heal far more slowly and reluctantly under a thick water compress in 20 folds, than under a thinner one folded some two to four times. The water compresses themselves must be so folded as to project not much more than an inch beyond the edges of the wound on all sides. This is important because, if the water compress is bound around the whole limb or part of the body, the circulation of the blood is impeded, while its unhindered course is of the highest importance for the healing process. Over the water compress only a woolen bandage is to be

passed once or several times, by which the water compress can be firmly secured and the pressure regulated, the proper degree of bodily warmth being at the same time kept up thereby. Before applying the compresses they are dipped in clear cold, if possible soft water, wrung out slightly, suitably folded, and then laid on. As long as they cool the body, no severe pains will arise. But whenever the compress is warmed by the warmth of the body, the heat and at the same time the pain in the wound will immediately increase; consequently the compresses must be renewed by redipping them and washing them in cold water as often as the pain again makes itself felt. Pain should always be the signal for action. At first the compresses must be changed much oftener than in the further course of the cure, the pains recurring with great frequency at the beginning.

In connection with this I must call attention to a circumstance worthy of criticism. I have seen for some time that the representatives of the modern school also apply water compresses in cases of sickness, but without possessing a thorough knowledge of the nature of water treatment, and consequently without success. But instead they have invented a genuine "surgico-medicinal" improvement, namely, a layer of india rubber between compress and woolen cloth. Water compresses of this kind are of little use, because the india rubber prevents the free evaporation of the water in the compress and the free transpiration of the body, whereby the use of water is turned upside down. Such a compress can never have the desired result, therefore I warn all, who may fear to wet the bed with the compress, against using the rubber.

A most potent influence on every healing process is exercised in the treatment of wounds by the diet observed. The less food the patient partakes of, and the less irritant the food chosen, the more favorably the process of healing goes on. Graham bread, fruit, and water form the best diet; all warm and irritating foods are especially to be avoided. Easy and most rapidly digestible foods, like the above-named, are the best, for the reason that during digestion they engender the least heat in the body, and because it is a main point in the treatment of wounds to avoid all superfluous heating of the body, and to bring about a rapid and thorough reduction of excessive internal heat.

Whenever the wound admits of it, there is also another remedy which, where it can be applied, secures and promotes the healing process in a manner probably quite unknown before, and this remedy is the alleviating hipbaths and friction sitting-baths. When anyway possible, apply in every case of wounding several hip-baths and friction sitting-baths daily. In this manner wound-fever is prevented with absolute certainty, and at the same time an alleviation of the local feverishness present in all wounds is effected. Moreover, the vital powers of the entire organism are stimulated, and thus accelerate the process of healing in the most efficient manner. Besides, the wounds heal after my treatment so completely that hardly a

scar is left behind. For the sake of clearness I will give you some examples from my practice.

A man of forty-five had touched a circular saw, with his left hand, cut and tore the fleshy cushion between the forefinger and thumb quite apart, so that the flesh hung on the saw. The bone was fortunately uninjured. A few minutes after the wounded man fell into a swoon, from which he awoke in about half an hour. Meantime a linen shirt had been folded several times and so firmly bound together around the injured hand, that the bleeding as good as ceased. Thus bound, the hand was held in a dish of cold water. Through this procedure the pain abated considerably within an hour, and quite disappeared in the course of a day. While the cooling process had to be kept up day and night at first, on the fourth day it was possible to lessen the size of the large compress, so that the whole hand was no longer bandaged. A compress folded about 20 times was now laid upon the wound, and pressed firmly against it with a woolen cloth bound around the entire hand. The woolen cloth then speedily warmed the rest of the hand, thus promoting a proper circulation of the blood. The compress had at first to be wetted with cold water every half hour, and then at longer intervals; and in about a fortnight the wound was so far healed, that nothing more needed to be done for it. In four weeks the man could again work with his hand. I should add that from the second day of treatment the patient likewise took my body-bath twice daily, which essentially accelerated the entire process of healing. Neither must I forget to mention, that the patient's state of health was far from being good, so that with antiseptic treatment the healing process would undoubtedly have been very tedious and painful, leaving a disfiguring scar for life. With my treatment, in which the sewing together of the wound is never thought of — which would doubtless be the first act in a so-called antiseptic treatment — the wound healed so as not to leave the trace of a scar. Although at the beginning the wound was quite a wide one, the body healed the wound from within, without any scar, the edges of the wound falling off in time of their own accord. Several important nerve-connections having been destroyed by the injury, half of the thumb had at first lost the sense of touch, so that the patient was unable for months and years to grasp and hold small objects with his thumb. Not until the patient had applied my friction sitting-baths daily for three or four years, were the nerve-connections so far restored, that he could declare the thumb's sense of touch in the hitherto insensitive tip to be again as it was before.

What course would this case have taken with antiseptic treatment? Assuming the most favorable conditions, I think I am not saying too much in asserting, that the thumb must inevitably have remained stiff and have lost its sense of touch for life. Under the head of Bruises I shall bring up a case, which was at first treated antiseptically, and then healed according to my method. Further on I shall also speak more in detail of the antiseptic treatment of wounds, illustrating my remarks by some examples from my practice.

### **Bruises, Contusions, and Internal Injuries.**

For bruises, the treatment is exactly the same as above. It often happens in the case of bruises, and also of contusions and internal injuries, that blood-blisters and blood-sacks form inside the body, and have a disturbing influence on the entire organism. In these cases, which can not be got at from outside, my alleviating baths bring about a more surprisingly rapid and safe cure than anything else, because they permit of a solely internal cooling of the system, at the same time strengthening all the nerves in an unparalleled manner. Clotted and dried up masses of blood, which the system would otherwise never have got rid of, are thus brought to secretion in a comparatively short time. Neither is there any other means of allaying pain so quickly and lastingly. If in individual cases clotted masses of blood, or other products of decomposition that have accumulated within, should not be brought to secretion with sufficient ease and rapidity by means of my alleviating baths, my local steam-baths may be used with success, with subsequent alleviation through my friction baths. By means of the steam-baths these dead masses, which are difficult of secretion, are rendered easier to eject, and are thereby often brought to secretion in an incredibly short time. A few examples from my practice follow.

A girl came to me, who had crushed the forefinger of her right hand in a knitting machine, besides receiving different cuts and pricks. During the first weeks she had been treated by the Union physician. He had exhausted the resources of antiseptic practice to heal the wound, but all in vain. Not in the least disturbed by the fearful pain which he caused the poor child, he had employed iodoform, and carbolic and salicylic acid, consoling the girl with the reflection that this pain must be borne, for only in this way, said he, was it possible to avoid the amputation of the finger or the hand. The girl, too, was willing to bear all the pain consequent upon this roundabout way of treatment, if her finger could only be healed. However, the finger still continuing to swell after two weeks, and turning bluish red, and the pain becoming very great, while in the third week the entire hand was so swollen that it also became bluish red, the doctor asked her if she still had courage, gradually preparing her for the declaration that her hand must be amputated, because gangrene had set in. This declaration of the doctor inspired such terror in the poor child that she came to me, asking if I could not avert the threatened loss of her hand. I answered, that I could, and immediately applied water compresses, together with two local steam-baths daily, followed by alleviating friction sitting-baths. After only two hours treatment the pain was nearly completely allayed, neither did it recur during the entire course of treatment. The excessive swelling of the hand and finger abated hourly, and in two days they had both regained their natural form and color. In from three to four weeks the girl could work again, though unable to use the hand quite freely.

In this way an operation was prevented, which might have been interesting for science, but would at the same time have rendered the girl a cripple for life.

The force of necessity once compelled a carpenter to consult me in a similar case. While hoisting beams he had crushed and wounded his left hand between the chains, across both palm and back. The man had no confidence in the antiseptic treatment by reason of former sad experience, and so he came to me. The whole arm up to the shoulder was already so badly swollen that he could not move it. In not quite three hours I subdued the pain by my treatment, and after 48 hours the swelling had completely subsided; within a week the man could return to the building, though the hand was not equal to much work for two weeks longer.

### **Burns.**

The extreme pain caused by wounds of this kind can be assuaged only by cold water. Under certain conditions the wound must be held under water for several hours. When the burning pain has abated, proceed with the compresses as for the foregoing injuries, — As for the water to be employed, river or rain-water is preferable to spring- (well-) water, as the latter often contains substances which hinder the process of healing and increase the pain. — When burns do not heal rapidly with this treatment, it may be confidently assumed that the patient's general condition even before the accident cannot have been good; or in other words, that the body in question was heavily encumbered with foreign matter i. e. diseased in our sense of the expression. In such cases a general treatment of the whole body by means of my alleviating baths is recommended. But even should the cure take its wonted course, the process of healing will be powerfully seconded by these baths, whenever the patient is equal to them. A very marked influence on the rapid healing of burns is also exerted by a strictly non-irritant natural diet and the greatest moderation in eating and drinking.

Of this an example from my practice. — A gentleman had received three very considerable burns. Two were on the neck, being larger than a silver dollar; the third, the largest and deepest, was on the instep. The patient was at first under antiseptic treatment from his doctor, but bore it scarcely a day on account of the excessive pain, and began self-treatment according to the directions of the old Natural Cure. This treatment also affording insufficient relief, and no improvement appearing at the end of a week, I was called in. My first aim was solely to subdue the pain, which I succeeded in doing with compresses in two hours, beginning by cleansing the wounds of oil and pus. After two days of this treatment the wounds presented an entirely different appearance. The smallest burn on the neck was already as good as healed, and the others were healing rapidly. The deep wound on the foot had likewise already decreased by half in depth. In five days more the patient could again resume his factory duties. The burns on the neck were fully healed, and

that on the foot so far improved that he could walk, although still unable to draw on a boot.

### **Gun-wounds.**

Though the treatment of these wounds is exactly parallel to that followed in the case of cuts and stabs, I devote a separate section to them on account of their importance in war, which is liable to break out at any moment. It is of the first importance for every soldier, chiefly exposed as he is to danger of wounds from shot or ball, that he should know precisely what to do in such emergencies; for the time lost before help arrives or can arrive, is far too often the cause of death, or at least the cause of an amputation which always renders the subject a cripple. When the wounded must lie for hours before any help whatever comes, it is no wonder that with many injuries — especially in case of antiseptic treatment — gangrene supervenes; and amid the general helplessness and ignorance of the nature of life and its conditions, and of the manner in which the healing of wounds can in any event be effected through the organism itself, there is no other resource than amputation. *This only heals wounds by inflicting far deeper ones. and, by marking the victim of its mode of treatment for life. It fights fire with fire, and creates great misery.*

Hitherto it has been the belief that the ball or fragments of the projectile, if they still remained in the body. must positively be taken out to avoid injury to the system. *This is a monstrous error, which has already cost many thousands their lives;* for the projectiles or their fragments are, as we know, often very difficult to remove from the body, this still further wounding and cutting it open. The inner parts of the body are so slippery, that the projectiles easily force their way past them, and whenever they happen to penetrate them, make the smallest possible aperture, just allowing the ball to pass. This is owing to the fact, that by the pressure which the projectile exerts upon the body and its tissues, these are somewhat stretched and expanded on account of their elasticity, so that a smaller aperture always arises from the penetration of a projectile, than would arise if the tissues were penetrated, without this counterpressure, in an unstretched, loose state, by an object of the size of the projectile. Imagine a piece of india rubber pierced right through by a ball. We shall find that a hole is produced, through which the ball cannot repass, except by stretching out the india rubber until the hole becomes large enough. It is just so with the body. When the injured parts begin to swell after wounding, which takes place very speedily, they immediately lose their former elasticity, because. they are surcharged with blood and healing matters, and therefore rigid. Now, if one attempts to draw out the ball by its channel, which is the endeavor when anyway feasible in the usual method of treatment, not only are the entrance-way and the entire channel of the wound swollen, but the interior tissues, before so elastic, no longer yield as at first, because they are tense, and have to be far

more torn and injured than at first. *The projectile itself is far less dangerous to the body, than the mania for getting it out at all hazards.* The system soon renders this great mass of foreign matter quite harmless, first surrounding it by a watery accumulation, changing in time to a firm capsule enveloping the projectile. Furthermore, the system very soon (or sometimes after a longer period) brings such foreign matter to secretion, when not robbed of its full vital power in any way by poisonous antiseptic treatment. Following the law of gravitation, such matter is always expelled in the manner most convenient and suitable for the system. Thus it happens, for instance, that a ball which had remained in the shoulder festers out after months or years at the posteriors or the thigh.

In the case of a gun-wound, therefore, the attention must not be chiefly turned at first to getting the projectile out, should it still be in the body, but to preventing heat in the wound, and to stopping the bleeding. I have already said how this is to be done. To this end it would be well, if every soldier were to be furnished with some linen and woolen bandages, in order to aid himself instantly in case of need, so as to lose no time. In most cases, too, water is more readily to be procured than any other remedy whatever. A river or a pond, a well or some other spring, may be found almost everywhere, and in many places underground water might be reached by digging a little. Where absolutely no water is to be had, the soldier may take any other cooling medium, such as grass, clay, and the like; for these may also be used to advantage for the purpose of cooling the wound, as soon as it is firmly bandaged, since they draw out the heat. In this manner a great many wounded soldiers, who are still able to move about, can apply the first treatment to themselves, and above all things do not need to let precious time be wasted, until other aid arrives. It is therefore a matter of prime importance, that every soldier should be thoroughly instructed in this method of natural wound-treatment without medicines and operations, that he may be enabled when wounded, to act promptly and efficiently, and not lie helplessly groaning until a surgeon appears. The soldiers who were slightly wounded, would also be in a position instantly to aid their more severely wounded comrades.

During the war of 1870 — 71 and after, I have had opportunities of gathering sufficient experience of the often highly injurious effects of antiseptic treatment, and have seen its ruinous consequences in after years. Of this I will submit a few examples from my practice. In the year 1883 a gentleman came to me, who had received a shot through the abdomen in the war of 1870. The ball had come out at the back, close to the spine. The treatment of the wound was antiseptic and despite all that was done, it had not healed up in these 13 years, and continually suppurated. At times it had closed together, but only to break out afresh at the first opportunity, so that the patient's condition had become very bad, it being impossible for him to walk. By means of my science of facial expression I immediately perceived that the cause of this difficult cure was due solely to the patient's heavy

encumbrance with foreign matter and the accompanying chronic state of fever in his system. I did not touch the wound at all, but sought in the first place to do away with this chronic fever and the foreign matter, by the aid of my alleviating baths and a suitable diet, seconded by the employment of my steam-baths; and within one week the wound was healed, and has never broken open since. In a fortnight the man was again able to walk, and was overjoyed at this speedy success. He continued my mode of treatment for a considerable time at my advice, as his system could of course not be completely cleansed within two weeks.

In another case an officer had his elbow shattered by a fragment of a bomb. The arm was to be amputated, but the patient would not hear of it. He sent for a Naturist, through whose treatment he was so far restored, that the wound healed and the arm, although stiff, was at any rate saved. Since the year 1889 this gentleman has used my alleviating baths, and some time ago he reported to me, that a fragment of the projectile had come out at the wrist. Hence we see that the system itself provides best for the discharge of foreign matter, and how unessential is the tearing and cutting antiseptic treatment. This patient has also found his arm, which was before quite stiff, gain in flexibility by the use of my baths.

Here I will give you three more interesting reports of cures, which, though the patients had not been wounded in war, show very plainly, that no real cure is properly achieved by antiseptic and clinical treatment, but only temporary relief.

It happened that two girls injured their forefingers in one and the same machine, and in just the same manner. The bone of the tip-joint was splintered and broken in several places, whereas the other joints had sustained no injury. The ages and constitutions of the girls were likewise similar. One went to a physician, and underwent antiseptic treatment, while the other came to me. The doctor immediately removed the separate bone-splinters by an operation, and did not spare iodoform. The girl had to suffer much pain, till at last, after eight weeks, the finger was healed enough to allow of her making shift to work. Unhappily, however, the tip-joint had been crippled by the removal of the bone-splinters, and the whole finger deformed thereby, while a scar disfigured the place. Besides, at every sudden change in the weather, the girl for years experienced racking pains in the old wound — in other words, *rheumatism* in the finger, occasioned by nothing else than the foreign matter (iodoform) directly introduced by wrong treatment. From the same cause there was a partial insensibility of the finger-tip.

My patient had better fortune. I refrained from anticipating Nature by extracting the splintered bone, but devoted exclusive attention at first to thoroughly subduing the pain, succeeding in the course of the first day. This was performed as described above. I thus placed the finger in a position to gradually eject a splinter of bone as early as the third day. This splinter passed out by suppuration without any aid whatever within 48 hours, and without causing the patient great pain. The first splinter was followed by the second and

larger one on the sixth day. As the girl's health, besides, was not very good, I prescribed friction sitting-baths from the second day, which decidedly accelerated the process of healing. In only thirty days she could again go to work, and when, after six weeks, the finger was perfectly healed, it was perfectly free from imperfection or insensibility, not even a scar was to be seen. Nor have any pains been experienced at a change of weather. Hence we perceive which was the better physician, Nature, or the unnatural antiseptic treatment, which strews poison in the wounds and thus brings about a diminution of the vital powers, while the wound, though healing, heals imperfectly, so that it looks as if the representatives of this antiseptic method feared to work with the full vital power of the organism.

The other report of a cure relates to a man who, in the year 1879, had torn and overstretched several sinews and ligaments at the left ankle. The patient had been obliged to pass eight weeks in a lying posture, being treated with ointment. After the foot was healed, a weakness remained behind, rendered especially noticeable by the fact, that when walking, it often turned over to the outside, which was always very painful, and had not changed or improved in the least even ten years later; a swelling was also observable. In March, 1889, this man took to my treatment for other reasons, and continued it, as it did him good, for some time. At the beginning of February, 1890, the foot again became inflamed in exactly the same place as before, when he had to stay in a reclining posture during eight weeks. Considerable pain also set in, lasting for three days. On the fourth day the inflammation and pain were subdued. But there disappeared, from this day onward, the former feeling of weakness and the annoying turning over of the foot. In this case we can also see very plainly, that the injury received eleven years before was first properly healed by my method, fully eleven years later.

The same occurred in the case of a soldier, who had shivered his knee-cap by riding against a wall, and despite the use of all imaginable remedies for restoring the old suppleness, had retained a leg which, although not perfectly stiff, was decidedly impeded in its freedom of motion. This case is the more remarkable, because it had been treated for 20 years according to the principles of the old natural method, without the desired results being obtained. Twenty years after the accident the man took to my method, in order to test its value, and without calculating on any material improvement in his knee. In some months inflammation of the knee-cap again set in; and it soon turned out, that the leg grew more and more supple, and finally as well as it had ever been.

### **Fractures.**

What remedies are known to medicine? Plaster splints and plaster splints, though such a rigid bandage gives far more annoyance than the broken bone itself. In point of fact, there is no more unnatural treatment than by plaster splints. This again bears witness to the fact, that modern school medicine

has hitherto but scantily recognized and understood the nature and essence of life, else it could not display such poverty in point of remedies. My treatment of fractures is just the same as that of any other injury. At first constant cooling, until all pain and swelling are subdued, together with friction sitting-baths whenever possible, which have a peculiarly favorable influence on the healing of fractures. Moreover, if the limb cannot be kept in the desired position by means of water compresses, a firm bandage (splints) of pasteboard, wood, bark, or the like, must be employed, but never plaster, because the latter does not permit of treatment with cold water compresses. With this method of treatment, such fractures heal in an incredibly short time without any great pain, as an example from my practice will show.

A gentleman, thirty years of age, had broken his right upper arm close to the elbow by a fall. On reaching home he, as an adherent of the natural method, immediately applied cool water compresses and cold arm-baths until the pain disappeared and the swelling subsided. The physician consulted wished to apply plaster splints, at the same time acknowledging that the arm would probably retain its stiffness. This being no very pleasing perspective for the patient, he came to me to ask my advice. I advised him to bandage the arm with wire netting and pasteboard, to cool the fracture with compresses after my method, and besides to employ my alleviating baths. A simple, non-irritant diet and great moderation were enforced as necessary conditions. The result was astonishing. In 24 hours the pain and swelling were completely subdued. In 7 days the patient was already able to write, and a week later could lift a chair without difficulty, so that a full cure ensued within from 2 to 3 weeks.

### **Open Sores without External Injuries.**

Wounds received in war, or in some other way by external injury, bear an honorable character and can be healed as quickly as they came. It is otherwise with those open sores which, continually suppurating and disgusting in smell, invade all members and parts of the body, and are nothing less than putrefaction going on by inches, whether the wounds are, according to the diagnosis of school medicine, of a cancerous, tuberculous, syphilitic, or other nature. Hitherto they have been incurable as far as allopathy was concerned and will continue so for ever, exactly like mental diseases and other final stages of disease. Even though allopathy may succeed in arresting the process of decomposition of the body in such sores by means of powerful medicaments, or in bringing about another stage by thus forcing back into the body the foreign matter working its way out by fermentation, the condition is only rendered worse thereby, and at the next opportunity the sore breaks out anew in another place. Such sores frequently have not the painful character of other injuries, but everyone knows that their appearance is due to a more deeply seated chronic disease (a heavy encumbrance of the system with foreign matter), which drags on for years

until death, or often requires years for a complete cure, if this be possible at all. Mankind has felt terror of such sores ever since it has known these disgusting companions for life. Innumerable suicides have been and are daily committed, the cause of which is to be sought in such diseases. These sores have become a scourge to man — a scourge and a plain-spoken witness to his systematic opposition to our all-wise mother Nature in his daily actions and mode of life. Now, if we inquire the cause of such sores, the only answer will be, that they arose simply from the encumbrance of the system with foreign matter, but are invariably an advanced stage of earlier and different stages of disease. In many cases these final stages have been brought about by the pestilent inoculation with so-called medicinal remedies, which are always vile poisons for the system, and which have been employed in earlier years to suppress some other disease. Such diseases, against which all medicaments are powerless, are the necessary consequence of such unnatural regulations as the vaccination for small-pox, and of the employment of all other poisonous remedies supposed to effect cures. Through such remedies, regarding whose abiding-place in, and real effect on, the system the learned profession is still much in the dark, the germs are laid years beforehand of such an extreme poisonous permeation of the system as these open sores indicate. It is, in particular, the so-called protective vaccination for the small-pox which operates to poison the whole human race, and the effects of which often appear only from 20 to 40 years later, for which reason they have quite escaped the notice of the modern school. Should many object, that since vaccination we have had no more small-pox epidemics, this is only partially true, because the latter recur annually on a smaller scale in the form of scarlet fever, measles, chicken-pox; and, on the other hand, the vital powers of the body are so permanently weakened by vaccination, that it can no longer react in such energetic sanitary crises as the smallpox, for in order to occasion these the undiminished vital power of the body is requisite. The consequence is, that the morbid matter long slumbering hereditary in the human race, now no longer exhibits itself in smallpox epidemics, but in far more disgusting, lingering, incurable diseases like tuberculosis, cancer, syphilis, epilepsy, and mental disorders. Unhappily, the very nature of the vital power and vitality is a new field still too little explored by the modern school, and the latter therefore learns nothing of all the ruinous effects brought about in the organism by those poisons given as medicaments — not showing themselves on the day when the same are given, inoculated, or rubbed in, but years and decades afterwards. The most unobservant spectator must be struck by the circumstance, that modern medicinal science is continually seeking after bran-new medicaments, disinfectants, and antiseptica, each more powerful and poisonous than the last. The natural reason for this is, that at the *first* occurrence of a disease (sanitary crisis) for instance, the vital powers of the system could be so diminished by antifebrin or some such thing, as to become

incapable of carrying out the sanitary crisis (the disease in question) in the system. The phenomena of the disease vanish in consequence, and allopathy is content to believe that a cure has been effected; but the morbid matter, the true cause of the disease, still remains in the system, only in a yet more chronic, latent condition. Now, if after a time the same or some other disease attacks the same person, when the vital power of the system is reinvigorated, we see that the vital power, which is changed as compared with its earlier state, no longer reacts against the antifebrin, but requires a stronger and more poisonous remedy to attain the same effect as the first time. The reason is, that the stronger the vital power of the system is, the easier it is to be turned away from a sanitary crisis; but the Weaker and sicklier it is, the more powerful and poisonous are the medicaments required to divert it from its original purpose. Whoever considers the matter will readily comprehend this impregnable principle, especially if he reflects, that every medicament is a poison, a foreign substance, highly inimical to the system, and on being taken into the system causes efforts of the entire vital power to counteract it, which are the more intense and rapid in effect the greater the vital power is; the foreign medicament being covered and held fast by mucus, like any other foreign substance. If the vital power is still great, it will suddenly and energetically desist from the sanitary crisis proper, and go to work to neutralize the medicinal poison; if weakened, on the contrary, a small dose, a weak poison, no longer suffices to arouse its resistance; it is blunted, and will not react unless forced by strong measures. But this neutralization of the foreign substance will proceed far more slowly than before, just as a steam-engine will work more rapidly and powerfully with a pressure of four atmospheres than with two. Whoever understands this can also perceive that modern medicinal and clinical science can never reach its object by such tactics, but must continue as hitherto to search further and further after new medicaments until it finally becomes bankrupt. Of this only one example from my practice.

A physician had discovered an admirable remedy for open sores on the legs, and thus won great celebrity. The medicament operated so admirably, that the sores usually healed up in a very short time, because the morbid matter was forced back into the system. Thus one gentleman was very rapidly cured by this remedy, who had had deep ulcers eating their way into the entire shin-bone. But as after two years the old sores broke out again, the patient went once more to the same physician, to be cured afresh. The old approved remedy was again applied, but without the slightest success, despite increased doses. This so startled the doctor that he declared the sores to have taken on a different character; that they were not caused by the same disease, but by another one, and that the remedy therefore no longer operated, and there was nothing for it but amputation. A pitiable science! — which is far surpassed and thrown into the shade by the performances of even uneducated naturists — which is fain to protect itself against diseases like the small-pox by vaccination, because it

is unable to cure them, — and which stands in such dread of vital power, and the influence of Nature, that in every disease (sanitary crisis) all that it can do is, to weaken the vital powers themselves till they cannot work with energy!

Anyone knowing the nature of these open, consuming ulcers, and knowing that they have one uniform cause in common with all other diseases, namely, the encumbrance of the system with foreign matter, well knows the appointed method for their cure. Probably no one will deny, that the offensive pus continually discharged from such sores consists of foreign substances issuing from the body.

But the stage at which this foreign matter is observable is a far advanced one, and always dependent upon abnormal temperatures in the body. This much has actually been proved by the very costly investigations of bacteriology, that the capability of development in every bacillus, spirillum, and coccus depends upon very definite degrees of temperature. But these various abnormal degrees of temperature first bring about a state of fermentation and decomposition in the system, as the product of which the bacilli arise. I must, however, take it for granted that each reader will find out for himself how substances are changed in form by a state of fermentation (such as we see in every process of fermentation), which in turn is dependent on a difference in temperature, and how it is these changes in form, in living beings, that appear just as bacilli. If we hold fast to the statement that the bacilli, which are injurious to the system, originate only under various abnormal and excessive degrees of temperature (in our sense *fever*, in its different chronic and latent conditions), and need these for further development, it follows thence conclusively, that in order to do away with these conditions and kill the dreaded bacilli, we need do nothing but regulate these abnormal internal degrees of temperature. Simple, as this sounds, so important is this truth. Whoever knows my method also knows, that my alleviating baths (for fever, internal heat) have this as their sole aim, and that my whole method chiefly consists in a constant study of this regulation of the temperature, for whose measurement we possess an infallible thermometer in my science of facial expression, and for whose regulation water alone furnishes a reliable instrument. It is indifferent, whether these sores are of a cancerous, tuberculous, or syphilitic nature; as long as the vital power of the body under consideration is sufficient, they are all perfectly curable by the application of my method and a consistent carrying out of my treatment under conscientious guidance. I have had countless patients with such sores under treatment and from among, all these cures I will further acquaint you with the course of an especially serious case, which required treatment lasting from three to six times as long as most of the others.

A gentleman between fifty and sixty had suffered for years from open suppurating sores on the legs, between the ankle and knee and on the feet, and had tried all methods of treatment unsuccessfully. The left leg gave him particular trouble. One sore followed another, varying in size from the

smallest up to five inches by three. From the ankle up to the middle of the shin-bone the color of the skin, wherever the latter was still intact, was dark brown, whence it follows, that the whole end of the bone was already gangrenous. Individual sores were already so deep that the bone was laid bare.

"When all remedies had been exhausted, and the patient was confronted by the alternative, either to have his leg amputated or to die, necessity drove him to me, although he was not particularly fond of my method. I shall never forget the sight of that leg. On the left leg, from knee to foot, there were at least thirty sores, the largest of which covered more than three inches by five, having a depth of at least one-half to three-quarters of an inch, with an irregular under-surface. The sores were continually discharging watery, offensive matter, Formerly the patient had occasionally succeeded in healing up these sores by the use of medicaments, but the former sore places then began to itch so violently that the patient could not bear it, and could not give over scratching until he had again opened them. This unbearable itching was caused simply by the strong internal fermentation of the foreign matter shut in beneath the glossy skin, and the excessive heat occasioned thereby in the leg. As soon as the sores broke out anew, the foreign matter had free course, and the itching ceased. Only those spots still itched unbearably in which no open sores had been formed. If one sore healed, another broke out in another place; in short, the patient was in a thoroughly wretched state. The patient could bear nothing on these sores; he could stand no plaster and no bandage. Such was the state of the left leg. The digestion, which the patient had never thought of much consequence, was totally out of order, and besides, the lungs were affected. Indeed, the digestive apparatus, which should and must continually supply new material for the constant renewal of the body, was so completely prostrated, that it was no longer able thoroughly and sufficiently to digest the lightest food, whence it follows that the body was no longer able to manufacture normal blood, Further, the lungs were in such a condition that they, too, could no longer properly perform their functions, namely, the purification of the blood from unhealthy elements. After this explanation the reader will be able to comprehend, where the enormous and ever-increasing quantities of foreign matter in this body came from. The stomach and lungs provided enough such day by day. On beginning my treatment the patient had not yet sufficient confidence in my method; in particular, he could not conceive why other parts of his body, such as the stomach and lungs, should be diseased. He assured me a hundred times, that the rest of his body was perfectly well, his legs only being affected. He could eat whatever he liked, having regular motions every day. He little thought that I, by means of my science of facial expression, could ascertain with certainty and exactness all the symptoms of disease hitherto hidden from him. Thus it was no wonder that he was likewise unable to conceive why my treatment was mainly directed to the entire body, and not specially to the legs. For the leg-sores I

had prescribed merely light wet linen compresses covered with woollen cloth, while laying the principal stress on a thoroughly non-irritant and simple natural diet, plenty of fresh air, four friction sitting-baths and the creation of perspiration daily. But my patient had, from the beginning, laid principal stress on the compresses upon the legs and their continual renewal, because he considered this to be the main point, while neglecting the diet and baths, the effects of which he could not comprehend. The consequence was that for half a year things did not improve. He was finally persuaded by my remonstrances to follow *my* directions exactly, and not *his own* notions. By a regular use of the friction sitting-baths and strict observance of diet the patient made great progress within the next half year. The greater sores had already decreased by half, and many of the lesser ones were completely healed; the troublesome itching had also ceased, while the suppuration was almost entirely stopped. The general condition had become far better than before. The digestion was also decidedly improved, and the affection of the lungs had ceased to advance. Encouraged by these favorable signs the patient now vigorously pursued my course of treatment throughout the second year, with the speedy result, that the sores retreated from below the knee, appearing above it, and nearing the abdomen and point of friction. Below, the state of the leg grew more and more normal. When the first open sore broke out above the knee, where one had never appeared before, and soon attained a size of some five inches by three, the patient reproached me bitterly, complaining that my cure was also useless, as the sores were now rising into his body. I explained to him that this was, on the contrary, a great improvement, for the foreign matter which had been formerly forced down into the lower extremities was now in process of retrogression, with renewed vigor, toward the abdomen whence it had come, in order to be secreted by the natural organs of secretion. He saw the truth of this, and continued the regular course of treatment. It lasted three full years before his digestion and lungs were so far strengthened and improved, that the sores healed permanently, and as soon as they were healed, the normal color of the skin returned. It took nearly four years to cure this serious case, which celebrated physicians had pronounced incurable. From a medical standpoint this view was entirely correct, for the sores were not only of a tuberculous, but of a cancerous character.

Not only tuberculosis bacilli were found, but others which the investigator held to be cancer bacilli. Unfortunately, the specific cancer bacillus was not positively ascertained to be present, and this point therefore remains undecided. We see, however, how little influence this circumstance — the fact of its not being known which bacillus was really at the bottom of the disorder — exerted on the cure of the patient. Whoever knows the nature of bacilli, and all diseases and their oneness, also holds the key to their cure, without having to know the names of the bacilli in question in this or that disease.

## **Stings of Poisonous Insects, Bites of Mad Dogs and of Snakes. Blood-poisoning.**

Everyone knows how readily a mass, e. g. dough, that ferments easily, is set in fermentation by adding a trifle of yeast, and exposing it to the suitable temperature. I have already mentioned this when discussing the danger of infection, and must now return to this subject. The blood of the body is a mass still readier to ferment than dough, though in a different manner. Suppose that a man perfectly healthy in our sense were to be bitten by a very poisonous snake, his blood would then, despite his perfect health, suddenly pass into a state of fermentation (fever) which, considering the general helplessness and ignorance of the nature of this process, might quickly cause death — perhaps even in case it were known how the deadly effect of snake-poison may be successfully weakened and neutralized, because of inability to apply the suitable remedies in time. When the system is already encumbered with foreign matter, the working of the poison is of course a much more active one. The foreign matter itself is composed, as remarked before, of substances readily set in fermentation, called fever, by any cause. Now, if the blood of a system so encumbered is set in fermentation by any poison, as of an insect, a snake, the saliva of a mad dog, pus introduced into the blood during some operation of carbuncles or sores, etc., a great quantity of the foreign matter present in the system will also take part in this fermentation, whereby the danger to the body is materially greater, than when no foreign matter is present in the same. Now, according to the different amounts of foreign matter in different systems, the effect caused by such blood-poisoning will differ. Thus I have noticed, that a bee-sting, for instance, would cause an immense swelling in one person, and hardly have more effect than a mosquito-bite on another. I have also seen, how one person went mad after being bitten by a mad dog, whereas another, who had been bitten far more seriously by the same dog in his bare hand, escaped without further injury. Snake-poison, too, will cause death in one case, and merely a violent fever in another. The danger does not always lie in the bite, but in the state of the person bitten at the time. It is the same thing with blood-poisoning, which is of so frequent occurrence after "highly successful" operations, one patient falling a victim to it and another escaping. It should be remembered that all these cases arising from the introduction of a poisonous substance into the blood by the bites of snakes and dogs and the stings of insects, are nothing more nor less than blood-poisoning, and consequently all belong to the same class. In connection with this I will merely observe, that blood-poisoning through operations can also be caused without the introduction of pus into the blood, when, if the system is surcharged with foreign matter, as it almost always is in such cases, the operation, together with the dread and the unpleasant feeling everyone experiences before an operation, have a sufficiently powerful effect upon the system to set the foreign matter in fermentation; — a direct cause of the fever

to which I have already alluded, and to which I return here. The term "Blood-poisoning" is therefore not at all pertinent in many cases, and where it is pertinent, it so imperfectly expresses the true state of the case and the course of the entire process, that we would expunge it as inappropriate, had it not already been too widely popularized.

My theory of fermentation likewise affords an explanation of the peculiar effect of the bites of mad dogs, the poison of the saliva first inducing a latent preliminary stage of disease in the system until the acute symptoms appear. This happens because the poison first of all influences the abdominal nerves and organs in a very peculiar manner, not becoming noticeable until after weeks have elapsed, by the abdomen's transmitting these effects through its nerves to the head and brain. Thus we first recognize what is called hydrophobia in convulsive symptoms, calculated to conceal from us the real seat of the disease, which is to be sought in the abdomen. But anyone who has observed a mad dog cannot possibly remain in doubt that the seat of his disorder lies in his abdomen and in the consequent disturbances of his nervous system. The digestion and appetite of such dogs are utterly prostrated, and it will always be noticed that they hold their tails anxiously between their legs, pressed against the belly.

I will now submit an example of the effect of a snake-bite.

A boy was bitten in the head by an adder, just as he was about to stretch himself at full length in the woods. The immediate result was a convulsed condition of the abdomen, which manifested itself in the circumstance that the boy was unable to pass water. For 15 hours the patient could not urinate, life being greatly endangered thereby. After he had been made to perspire profusely, he could pass water again, and the danger was over.

In this case the importance of the abdominal nerves is again most palpably shown, a subject on which I made some brief remarks on pp. 173 — 174.

If we now cast a glance on the entire round of the so-called cases of blood-poisoning, whatever may be the cause by which they are brought about, we shall find throughout that they begin with a swelling of the injured part of the body, which is always accompanied by great heat (fever), even though only local at first. The subduing of this fever is the first task, which must be accomplished as soon as ever possible by local cooling. Slighter injuries, like bee-stings, remain swollen for a time, and then lose their hurtful effect without leaving further consequences behind. In these cases my cold water compresses as already described are a sufficient remedy. The system succeeds in neutralizing the poisonous matter either by secreting it, or by covering and healing it with mucus. When the swelling spreads, and threatens neighboring parts of the body, danger is imminent, and there is not an instant to lose. In this case it is also best to put the part affected in cold water, cooling it thoroughly; or, should this not be possible, to apply wet compresses in the way described before. First of all, the part should be made to perspire. When circumstances admit, remarkable success may

be obtained by the use of my steam-baths (see pp. 103 — 108), local or full, followed up by friction sitting-baths or hip-baths. In these cases the very utmost must be done to diminish the fever heat. When there is great danger, a friction sitting-bath of half an hour, should be taken every 2 hours, and one or two steam-baths daily. The patient must also fast, or partake of very little Graham bread and fruit. There is no harm in drinking water. After the alleviating baths one should never neglect to warm the body again, where possible, until perspiration makes its appearance, in fresh air well warmed by the sun. Through this mode of treatment the swelling will be most easily subdued, together with the dangerous fever. Should the injured parts of the body have become hard as well as swollen, a rapid and normal softening can be attained by no other means than by local steam-baths. For a large quantity of the poisonous foreign matter is thrown off together with the perspiration brought on by the steam-bath. Of course, the treatment must be continued until all danger is past.

On summarizing the foregoing we find, that the effect of these injuries is merely to bring about a different kind of fever, they thus having the very same cause common to all other forms of disease. Excessive heat, preceded by cold and chilliness, that is, fever in its various stages, are again the first symptoms confronting us. We therefore again have to do with an old acquaintance whom we know how to treat.

For the plainer illustration of this, an example from my practice is worth mention.

At mid-summer, at the hottest time of day, a young man hardly twenty years of age was stung, while in the fields, by a poisonous insect in his left hand. The sting was not very painful, but only itched a little, and the spot was only swollen as after a mosquito-bite so no further attention was paid to it. But as early as four o'clock the chills set in, and the entire hand began to swell. Soon the whole arm was swollen, and the physician called in declared it a case of blood-poisoning, ordering immediate transportation to his clinic, as an amputation of the arm appeared unavoidable. Happily, the doctor's directions were not followed, as an expert in my method happened to be at hand; consequently my method was employed. First of all, local steam-baths followed up by body-baths were administered, by which means the further spread of the swelling was arrested the very next day. Five hip-baths or friction sitting-baths, seconded in the intervals by two local steam-baths and compresses, were taken daily during the ensuing four days, - until the patient was out of danger. Besides the baths, the patient was made to take advantage of the glorious summer warmth, taking energetic exercise in the open air, during which he repeatedly perspired. Within six days all traces of the bite had vanished, and the patient's general condition was better than ever before.

Here I must also observe, that such insects do not sting human beings in any spot at random, but usually select places where much foreign matter has collected. Our patient was one

who was very heavily encumbered with foreign matter, and therefore the sting of a nearly harmless insect produced effects endangering his life.

## Poverty of the blood. Chlorosis.

Rich and poor, young and old, all classes of society in short, complain of chlorosis; even little children already suffer now-a-days from both disorders. The well-to-do classes are the most afflicted with it, although in these circles there is no want of what is supposed to be the most nutritious nourishment (eggs, meat, broth, wine, and beer), and ample means, besides, to call in medical assistance in time. Modern medical science is said to have made such great progress; — chemists boast of having exactly ascertained the nutritive value of all articles of food, and of having prepared them in the form best adapted for the human stomach; — ease and affluence are widely spread; . — and yet the above-mentioned complaints spread further and further, and in their train nervousness, debility, physical and mental incapacity, want of vigor, lack of milk in motherhood, etc.

Let us first examine what has hitherto been done on the part of school medicine to cure these disorders. In the first place, iron in the most various forms has been prescribed as a medicine, without knowledge of how the same works in the system, together with an abundant and nutritious diet, even aided by the use of extracts which, according to chemical analysis, are supposed to contain all the elements most required by the body for its formation.

According to our experience, all artificial extracts are the most difficult things to digest. Most easy of digestion are all articles of food in their natural form unchanged by cooking and condiments.

Then, on examining the results of this mode of treatment, we find to our surprise that just the contrary of that has been attained, which was proposed and ought to be attained; namely, increased chlorosis, more poverty of the blood, and other disorders owing their origin solely to unnatural treatment. Indeed, the matter has been carried so far, that now-a-days even new-born babes suffer from poverty of the blood.

From this observation we must draw the momentous conclusion, that the modern method of treatment and nutrition hitherto followed cannot be the right one, and further, that the performances of chemistry, where the processes in the living body come in question, are either inadequate, or give rise to mistakes and disappointments.

My new science teaches an entirely different treatment of this disease. In all cases of chlorosis we notice a pale, withered, inactive skin, in cases of poverty of the blood often the precise opposite of this — an apparently fresh complexion and blooming appearance coupled with complete incapacity, and a lack of strength and vigor. This is the sickness often designated as an imaginary disease by the modern school, because the latter cannot recognize the patient's true condition by means of its inadequate diagnosis. The external forms of these complaints afford us no sure clue for recognizing their

nature. On the other hand, we always notice as symptoms excessive inner heat, with an outer feeling of cold. These are, as I have repeatedly explained, the symptoms of an inward, latent condition of fever regularly recurring in all chronic diseases. How the same are brought about I have described in detail on pp. 14 — 34. — Hence we perceive that the sole cause of this disease is *imperfect digestion*, together with *insufficient activity of the skin and lungs*. In consequence of imperfect digestion — for the skin and lungs, and also the kidneys, have a share in the digestive process, — worn-out matter (foreign or morbid matter) remains in the system, which would otherwise have been expelled through the bowels and kidneys, the lungs and skin. This foreign matter causes tension and increased heat in the body, penetrates the entire system in a fermenting, gasiform state, and accumulates particularly in the extremities, both beneath and in the skin. Thus the minutest blood-vessels of the skin are gradually clogged by this matter, so that finally the blood can no longer circulate into the exterior skin. In consequence. the outward appearance of the skin grows paler and more wrinkled, and the normal warm feeling of a healthy skin is lost. A normal skin should never show the pallid color of chlorosis, nor be too red, yellow, or brown, and ought always to have a *moist, warm feel*. Healthy blood is bright red, and highly fluid even in the veins; while blood laden with foreign matter is dark, almost black, thick, and sluggish. Besides, the blood-vessels are in part expanded when heavily encumbered with foreign matter, actual sacks being formed for the reception of the thickest masses of blood. This expansion sets in gradually in consequence of the continuous tension and inner pressure accompanying an encumbered state. In all cases of chlorosis and poverty of the blood we therefore notice, besides the pallid skin, peculiarly conspicuous dark veins. Normal veins, filled with highly fluid, healthy blood, shine but faintly through the skin, but at all events never exhibit the blue color and distension of chlorosis.

Imperfect digestion is chiefly to blame for these complaints as stated above, they are partly engendered too by insufficient activity of the lungs, i. e. the want of fresh, healthy air for breathing, a want we unhappily meet with almost everywhere in our imperfectly aired parlors and bedrooms, on account of our fear of taking cold, pampered as we are by the doctors.

The modern school knows, that the lungs are those organs in which the blood is essentially cleansed, as long as they are enabled to do so by breathing fresh air; nevertheless, in cases of sickness, that is, precisely when a cleansing of the blood is absolutely necessary, the patients are anxiously kept in their chambers and told to avoid all contact with the fresh open air, so that it must become quite impossible for the lungs to perform their functions properly and naturally. But this fact, too, so clearly characterizing the imperfection of the modern school, has its subtle reason.

The healing method of allopathy consists, as I shall show in detail in the article on "Sexual Diseases", not in removing

the cause of disease from the system — for it does not know the true cause of disease — but only in the suppression of the symptoms of disease; that is, in the endeavour to transform every disease into a latent — i. e. hidden, invisible — state, which it then terms a cure, without fear or compunction, lest by this sham cure they are guilty of practising deception not only on the patient, but on their own inviolable science as well. Hitherto, unfortunately, no one has possessed a certain and infallible method for discovering these sham cures, such as I have in my science of facial expression, through which it is easy for one who understands it to ascertain the deception.

Fresh, natural air, such as we find only outside of our dwellings, or in them only when the windows are opened, possesses, like water, the power of aiding the sanitary crises prepared by Nature in our systems, and of promoting them in accordance with Nature. Hence arise the phenomena familiar to us all under the name of "colds". — "Be very careful not to catch cold, and avoid everything that might lead to it, above all cold water and fresh air!" This the modern school preaches rightly enough, when the matter is viewed from its standpoint, for it does not understand the nature of colds, and cannot transform them into a latent (invisible state), without seriously injuring the organism; and must therefore above all things take care, that such colds do not occur — to which end its remedies are, indeed, well adapted.

On the other hand, whoever has learned my theory and its practical application sees "colds" in an entirely different and pleasing light; he may be liable to them, but no longer fears them, for their influence in the sense of modern medicine is strange to him, and the effects of colds are in his view something quite different and advantageous. When a thoroughly healthy person really catches a severe cold, his body is in a condition to immediately produce so much warmth as to neutralize the cold, and make it harmless to the system. But in his case a fever cannot be brought on by the cold, no foreign matter being present in his system. One who is encumbered, on the contrary, but lives in a natural way, knows that by a suitable use of cold water, with fresh air and a non-irritant diet, he will be enabled to promote his health and to attain a stability, hardiness, and inner purity of which he was not possessed before. He knows above all, that colds, caused by the fresh air, especially in sudden changes of temperature, can only have been brought about by the fact, that the fresh air has so strengthened the vital powers of the body as to lend it vigor for a sanitary crisis manifested in a cold in the head, etc., thus enabling the system to expel a part of its foreign matter; so that these cold crises conduce, quite in accordance with Nature, to the improvement of the body and not to its harm, as the modern school has unhappily and erroneously assumed and still assumes. A cold crisis can work the body harm only when its cure is not understood.

We cannot, therefore, too earnestly urge that fresh, pure air should be provided by day and night in rooms. All who can possibly do so should sleep with open windows, so as not to cause a draught.

But let us return to our subject, and examine the chief cause of poverty of the blood and chlorosis, namely, imperfect digestion. Where shall we find certain signs of a normal digestion, and of its import for the system? The modern school gives us no adequate information concerning this weighty point; the phenomena of digestion, excepting its outward manifestations, being a sealed book in its eyes. By a scientific terminology for the several parts of the digestive apparatus and its functions it has succeeded in veiling itself from the profane gaze in a deep, impenetrable, mysterious gloom, into which as yet no ray of the true nature of these processes has fallen. It knows hardly anything about the influence of assimilation on the system, or in what relation the various kinds of food stand to the digestion — in a word, about the principal effects of these processes on the *living* body. It only knows the proportions of nutritive matter shown by chemical analysis, and the chemical constitution of the body, and upon these infallible analyses bases with apparent logical correctness the further conclusion, that elements wanting in the sick body can be furnished it by means of artificial chemical remedies and food extracts, — that is, foods judged of solely according to their chemical composition. But in so doing it entirely forgets, that chemistry, as at present pursued, is incapable of truly judging of life and its imponderable, impalpable and invisible forces and conditions, on the nature of which I may speak in detail later. These forces cannot be ascertained by the aid of weights, retorts, and other chemical apparatuses. The incompetency of chemistry in the sphere of life has aided in fostering the fallacies of medicine, from which arises the bad success of its methods of treatment.

What are the nature and manifestations of a normal digestion? The digestion itself is a process of fermentation in the body. Through this process lifeless articles of food are transformed into living human body, and the body assimilates as much of these substances as is assimilable. All food, however, becomes assimilable only through adequate digestion, or in the proper stage of fermentation. Now, all foods whose fermentability we lower by our mode of preparation — and this is done regularly by salting, sweetening, and cooking — become harder to digest, i. e. less easily assimilable. Their fermentability is lessened, and they need longer than usual to reach the stage of fermentation proper to digestion, and therefore remain, in order to reach this stage, longer than necessary in the digestive canal. This prolonged stay is accompanied by a peculiarly advanced state of fermentation in the body, causing in turn an increased temperature. If timely relief is not provided, this increased inner heat renders the faeces in the bowels firmer and darker to begin with. To make this clearer, I will briefly sketch the process of digestion.

The process of digestion begins in the very mouth with mixing the food with saliva. All foods which, from their preparation, are not so thoroughly mixed with saliva as they would be if eaten in a raw state, therefore come into the

stomach insufficiently prepared for digestion. The best preparation of food for the stomach is not cooking and spicing, but a thorough mixing with saliva in the mouth. When food enters the stomach thus prepared it mingles with the gastric juice, is worked up with it, and then passes into a state of decomposition (fermentation) which essentially changes it. In the bowels it further mingles with the secretions of the pancreatic glands, by which the process of fermentation is rendered still more intense.

During this process the system assimilates as much of the food as is assimilable, or as it needs, until finally the unserviceable remnant is removed from the body through the bowels and kidneys. We see how the lower animals, for instance, fully digest in a very short space of time substances apparently quite indigestible, such as bones, or small stones and bits of plaster, like those found daily in the stomachs of hens. On examining the ordure of such animals, bits of bone or small stones are never found therein. In the case of human beings, however, we can often enough observe that food stays for a week or more in the digestive canal. This always gives rise to a peculiar state of fermentation. The gases arising during this process have no share in the formation of body, and are carried to the skin and given off as perspiration and in the form of bodily exhalations, or pass off as wind. The retention of this wind is sure to injure the body, for if these gases cannot pass out at the natural vent below, they force their way upward to the head, producing headache, restlessness and discomfort in the body. In all persons who accustom themselves to retain this wind — a frequent occurrence now-a-days, such is the general ignorance concerning the import of these processes, — the system gradually accommodates itself to this constraint, and no longer seeks to get rid of these gases in the natural way below, but carries them upward immediately; especially in the case of persons leading a sedentary life.

In a normal state of digestion the excrements always form a *light brown*, soft mass, still plainly showing the slipperiness of the various digestive juices, being covered as with a layer of slime.

They ought to part from the body in the form of a sausage, and in such a state of consistency that a soiling of the body does not occur. In the case of all healthy animals we see, that they can expel their ordure without soiling the body. It is just the same with healthy human beings. The end of the rectum is so admirably arranged, that it expels the faeces, formed by normal digestion, without soiling the body. Toilet papers are, as I showed before on p. 12, an acquisition of sick humanity. *Healthy* countrypeople do not need them, as I have frequently had occasion to notice in agricultural districts. Furthermore, the faeces ought never to have an *unpleasant, disgusting*, smell. Whenever this is present, it arises from an insufficiently advanced process of fermentation in the body, and is abnormal.

Whenever foods are made harder to digest by improper preparation or insufficient mingling with saliva, they produce

heat in the body, as aforesaid, by the prolonged process of fermentation, which heat tends first by degrees to dry up the slimy secretions (i. e. the slipperiness) of the bowels, and in an advanced stage burns the faecal masses themselves to a darker color, and also robs them of all slipperiness, i. e. dries them up. Thus the condition is brought about which we term constipation; the faeces cling hard and dry within the bowels, dried up as they are, and can move neither up nor down. It must not be supposed that these faecal masses quietly remain unchanged in the bowels until expelled — this is never the case. The process of fermentation continually advances, constantly changing their form, so that they are transformed from their hardened condition into gases, and are borne in this portable state throughout the entire body, being forced by the inner pressure or tension, consequent upon the state of fermentation, into the most distant parts, the extremities and the skin. Whenever the function of the latter is hindered — and this is often the case because of our clothing, the prolonged stay in rooms that are insufficiently ventilated, and inadequate bodily exercise — i. e. when the gasiform foreign matter no longer finds a proper vent through the pores of the skin, it first accumulates about the pores, and then spreads further beneath the skin. The latter thus becomes still more inactive, and assumes a cooler temperature than the normal one. Its minutest blood-vessels, too-become so filled and clogged with foreign matter, that the healthy blood, which alone warms the skin, can no longer make its way to the periphery, whereby is caused not only the cooler temperature, but also the sickly hue of the skin, so often seen and so varied in tint, which plays so prominent a part in my science of facial expression. The skin usually takes on a pallid color, resembling that of a corpse, though this may differ greatly, because it depends on the color of the foreign matter clogging the skin and on the quality of the blood; thus it happens, that when very many urinal products are in the blood, they may render the color of the skin red, or in other cases yellow, brown, or gray. The cooler outer temperature, in contrast to the inner heat, now reconsolidates the gasiform foreign matter, which, rendered dense and compact by the inner pressure and outer cooling, fills out the external parts of the body. Now the condition has set in which we call "encumbrance with foreign matter", and which is always attended by an alteration in the form of the body hitherto not recognized and consequently not noticed. In this manner, too, all disorders of the head are produced, such as diseases of the eyes, ears, and brain, mental disease, headache, etc. Thus these problems are solved, which no one could solve before; moreover, the uselessness of any merely local treatment is proved.

Fæces which are not, as described above, expelled without any trouble, and which exhibit no visible slipperiness, are not a product of *normal* digestion. However opposed to hardness and darkness their consistency may be at the outset, whenever they remain longer than necessary in the body, they will be changed abnormally by advancing stages of fermentation, and

the formation and accumulation of foreign matter will be always going on in the body. Whenever the skin operates perfectly, and can fully expel the foreign matter pressing against it, this condition may be borne for a great length of time without special injury.

But a normal digestion requires, besides prompt action of the skin, that of the kidneys and bladder as well. In case of excessive inner heat and tension in the body these organs are always more or less affected. Urinal substances, in particular, are carried into the entire system in case of insufficient secretion, and, as observed above, play an important part in changing the color of the skin, and bringing about disorders.

Now we often hear the remark: "My digestion is an admirable one, I can eat so and so many beefsteaks, and drink so and so many glasses of wine, without noticing any irregularity in digestion. I relish everything I eat and have my regular daily motion". All this may be matter of fact. But just as one man may smoke ten cigars daily, and assert that it agrees with him splendidly, it is the same thing with the digestion in this case. Tobacco is and remains a poison for the system, however long the latter may bear it. At first a healthy stomach invariably revolts against it, and not until it has become weakened and blunted by reason of daily maltreatment does it quietly put up with smoking, the system then being continually harassed with the duty of ejecting the nicotine poison, and being, of course, injuriously affected in its normal functions and capacity. It is just the same with eating and drinking. An entirely healthy stomach will not bear the least unsuitable nourishment, but immediately shows by disturbances, like eructation, heartburn, pressure, etc., that too much is required of it. On the other hand, a weakened stomach apparently bears everything, i. e. it no longer has the strength to remonstrate against unsuitable or overmuch food, which affords the body too little assimilable matter. In a word, it has lost its natural instinct, and the food leaves the body insufficiently digested, and without having fulfilled its purpose.

Only he can ascertain and comprehend this truth, who has become so healthy by the employment of proper treatment as to be able to compare his former, worse condition with a better and more normal one attained through self-exertion. Men who have grown up amid, and are fully spoiled, by the refinements and effeminacies of fashion, will scarcely be able to comprehend this. They have already deviated too far from the path of Nature.

In my method of treatment, which aims first of all at reinvigorating the digestion and the skin and lungs in their functions, we daily observe the attendant circumstance, that the patients very soon cannot bear foods which they had previously eaten apparently without ill results, because the stomach now revolts against them. Many very wrongly conclude from this, that their digestion has grown worse, while the very opposite is the case. — But let us return to our subject.

Poverty of the blood and chlorosis, as I have shown, arise from imperfect digestion (in our sense) and the accompanying encumbrance of the system with foreign matter, their cause thus being that common to all other diseases. This encumbrance always brings about an alteration in the normal state of the body, which is so clearly exhibited in the complaints just mentioned, that no one need have studied the science of facial expression beforehand in order to ascertain this fact. When unnatural medicaments are employed for the purpose of curing this disorder, the stomach is then burdened with still more indigestible stuff, and the condition rendered worse. Chlorosis can be cured only by ejecting foreign matter from the system, but never by medicaments, for then it does not last long till the stomach is so weakened by iron, etc., that the patient speedily feels his appetite stimulated only by strongly seasoned, *piquant* dishes, which according to our conviction are as good as indigestible, and operate solely to irritate the system. At last, all normal appetite ceases. Then the modern scientific physicians recommend highly nutritious, "nourishing" wines, meat, dishes composed of eggs, etc., as the thing, aided by yet stronger medicaments. Soon the patient gets into that desperate condition, when nothing does him any good, appetite quite disappears, discomfort and dissatisfaction rule supreme, and doubt arises as to the wisdom of the family doctor hitherto held to be infallible. This is frequently the state of matters when patients throw out their last anchor, and place themselves under my treatment. The first week of treatment usually suffices to open their eyes as to the efficiency of the modern school without my saying a word on the subject, and to make them true adherents of my method, which is effected only by its visible success.

As soon as the foreign matter, clogging the pores and impeding the flow of blood to the skin as it does, is removed, the blood again circulates to the surface of the body, renews its warmth, and restores to it its normal color and normal moist warmth. Cold hands and feet, and excess of warmth in the head, then gradually disappear.

The manner of removing this encumbrance has been sufficiently discussed before.

By my treatment the disease is forced into gradual retrogression. To this end, a reinvigoration of the digestion is first needful. This we attain through my alleviating baths, a simple non-irritant diet, and my other regulatives. Through my treatment the patient very soon regains the long-lost craving for food, so much so that it can hardly be appeased, especially at first. The easily digested and non-irritant food prescribed by me brings about a steady improvement of the patient's digestion, till within a certain time he can digest it perfectly. The nutritive value of the different kinds of food depends, therefore, *simply and solely on the digestive capacity of the stomach and the capacity of the system for assimilation* — not on the proportion of their nutritive contents. Thus it happens that Graham bread, raw fruit, vegetables and puddings cooked only in water without fat,

sugar, and salt, contain far more nourishment and substances assimilable for the system, than the best wine, the finest meat, eggs, and cheese. True, these articles of food also contain, *according to chemical analysis*, those elements of which the human frame is apparently composed. But are chemists able, with all the resources at their command, to measure and estimate the capability of assimilation of the human digestion, or to ascertain the *digestibility* of the several kinds of food? Are they able at all to form a just conception of the process of fermentation going on during digestion, not one of them having observed the digestive apparatus when at work, and the digestive process being rightly observable only in the *healthy living* body, which we cannot open during this process?

After all that we have seen and heard of the performances of chemistry in this department and the application of its conclusions by our medically trained physicians, we are obliged, with sorrow, to answer in the negative. For the human body is not a retort, and the decomposition and transformation of food by the digestion is not a mere chemical process; it is doubtless influenced by other unknown and hitherto unmeasurable forces. In this matter chemistry and practice are opposed. In thousands of cases my practice has revealed just the contrary of what chemistry asserts to be correct, as undeniably and indisputably true, so that I can confidently express these opinions on chemistry and medicine. And if not to-day, the time will come when this will meet with full recognition. In connection with this I call attention - to only one fact. All processes of and in the human body — like the digestion and attendant assimilation of food by the system, together with all forms of disease — can be rightly conceived and understood only when one has studied the processes of life, of the formation of the frame, its wearing-out and decay, and takes into consideration its relation to the influence of the sun, of water, and of the air. All these are processes which, although *not* ascertainable by means of chemical instruments, can be well understood and judged of merely by the aid of sound common sense. In other words — without questioning the admirable performances of chemistry in other departments — the explanation of all vital processes is far simpler than many think. In any case, a true insight into these processes is unattainable with such complicated appliances as chemistry employs for this purpose, and with the mysterious means, often not understood by the users, such as the modern school customarily employs for solving these problems.

Whoever understands the doctrines of the new science of healing will comprehend that this matter of digestion plays the very first part in the *living* body, and that consequently a proper understanding of it forms the first requirement for every capable physician. He who has followed my elucidations will also understand why I could not speak of the sciences of medicine and chemistry with greater forbearance. The truth must be spoken.

To return to our theme.

By a more vigorous and normal digestion the system is enabled to avoid any further encumbrance with foreign matter, and with the stimulation of its vital powers gains strength to begin ejecting the earlier accumulations of foreign matter. The inner tension, which forced the foreign matter into the extremities of the body, now yields, and at the same time the inner cooling attained by means of the friction sitting-baths produces a condition, which is the opposite of the former one. While heat inside was formerly accompanied by cold outside, inner coolness and outer warmth now set in, and the foreign matter collected beneath the skin can retreat into the abdomen, whereby a cure is effected.

The daily success of my treatment affords most striking proofs of the truth of the foregoing.

A case from my practice will show this still more plainly. A girl of nineteen had been under allopathic treatment for chlorosis since her fifteenth year. Her doctor had at first prescribed iron in pills, and then in fluid combination with pepsin and other medicaments, and advised her to take only the most nutritious food, above all things meat and broth every day, aided by one or two glasses of nourishing Hungarian wine, to eat eggs and raw ham for breakfast, and to drink good boiled cow's-milk instead of coffee, and that would surely help. Instead of water, which might contain many evil miasms, she would do better to drink a little beer. His directions were followed to the letter for months and years, but without success. Though the girl's condition before this treatment was bad enough, it was made far worse by it. Her digestion became much more disordered; despite the strengthening diet the girl was literally starving, for she gradually grew weaker, paler, and more discontented in mind. She plainly felt that her doctor's prescriptions did no good, yet laid the blame not on them, but on her own system, believing that she was incapable of regaining health. The strengthening food of which she partook passed through her body, it is true, in spite of constipation, but afforded no nourishment for the system, because the power of digestion was wholly inadequate. From its beginning her menstruation had never been normal, but always irregular in its course. Thus, after four years of allopathic treatment, her condition was to wretched excess. Melancholy and weary of life, wasting away and suspicious, tormented by thoughts of suicide, excessively nervous, loathsome to others and herself, this poor misguided girl came under my treatment. I immediately changed her diet, giving her an entirely non-irritant, easily digestible vegetable diet, prescribing as a beverage only unadulterated water, and recommending, besides, abundant exercise in the open air. Further instructions were, to sleep with the window open, and to take three alleviating baths daily and two steam-baths weekly. In a week the patient's frame of mind was already completely transformed. Her pessimistic and sickly temper had changed to joy and delight in life. Within four months both menstruation and digestion had become fairly normal, and the girl herself as if born anew. Her skin, which before could not

be made to perspire normally, now took on a normal feel of moist warmth. In six months more the girl developed in a truly astonishing manner, which throws a most peculiar light on the so-called strengthening diet of the modern school. This testifies clearly enough that the body is nourished only by that which it really digests. Within a year she was the healthiest little body imaginable.

## Lung Diseases. Asthma. Inflammation of the Lungs. Tuberculosis. Lupus. Pleurisy.

Probably no other diseases are so widely disseminated to day as those of the lungs, more especially tuberculosis in its various manifestations and stages. The external symptoms of these dreaded diseases vary so greatly, as hardly to agree in any two patients in all respects. One complains of difficulty in breathing, asthma; another of headache; a third of bad digestion; a fourth notices nothing until, a fortnight before his end, he is suddenly seized with inflammation of the lungs, which carries him into the grave; a fifth also notices nothing until a short time from his death he is attacked by "galloping" consumption, and dies within a few days. A sixth suffers from caries (of the bones), not dreaming that this complaint is tuberculosis. Many persons whose lungs are affected, get pains in the shoulders, the original cause of which I shall speak of further on, while others have an attendant disease of the eyes or ears, which conceals the real cause; with many others throat disorders, pharyngeal catarrhs, bronchial catarrhs, colds in the head., etc., veil and hide a lung disease: others again have a continual foot complaint, open sores on the feet and shins; while others suffer from lupus or disfiguring herpetic eruptions, which deceive one not proficient in my science of facial expression as to the true seat of the illness. It is characteristic of nearly all lung-sufferers, that they keep their mouths more or less open both by day and at night when asleep, for the purpose of drawing breath more easily. The reason of this is, that the excessive inner heat of the body constantly seeks for coolness through a more rapid conveyance of fresh air to the inside.

It is the function of the lungs constantly to cleanse the blood circulating in the body by the agency of fresh air. When this cleansing cannot be thoroughly accomplished in consequence of the encumbrance of the lungs with clogging foreign matter, that matter which this process would have expelled as useless, remains in the system, at first in part, then in continually increasing amounts, and, as this process goes on in the lungs, burdening them in particular. The consequence is, that the entire blood becomes highly abnormal, giving rise to a drying, devouring heat within, coupled with a feeling of chilliness without, as a result of the abnormal temperature prevailing in the system. The foreign matter thus collecting in the body may differ in outward effect according to its various states of fermentation; hence one person is affected in the bones, and others in the eyes, ears, nose, or cheeks. Of the original cause of lung diseases I shall speak further on pp. 254 — 257.

At present there prevails a boundless fear of lung diseases, and with reason; for the modern school cannot diagnose them with certainty until they have reached such an advanced stage, that the interior of the lungs is partly destroyed; then they can only be ascertained by the aid of percussion, a

thoroughly unreliable and inadequate means of investigation, for which reason the diagnoses are in many cases incorrect. The preliminary stages of lung diseases, going back for years, have unhappily been hitherto quite ignored by the modern school, because its imperfect diagnosis does not suffice for their discovery, and because it is impossible to restore a destroyed lung, even with the tuberculin of undeserved celebrity, or by means of surgical operations like the recently attempted excision of lung cavities. In point of fact there is no remedy, which is able fully to neutralize the process of destruction in the lungs, excepting one which should cause this process to retire on the same path by which it has for years been gradually advancing. By my method I have first succeeded in bringing about this retrogression of the process of disease in a manner hitherto impossible with like completeness by any other means. Further on I shall speak of the curability of lung diseases by my method, but, first of all, shall now mention what appears to me to be of most importance in the treatment of all lung diseases — and that is, the timely recognition of their preliminary stages, which are visible and recognizable by the aid of my science of facial expression often for many years in advance, in early childhood. For the modern school this timely recognition, too, was on the whole a matter of indifference, it not being in a position to cure tuberculosis either in its earlier or later stages. For my method of treatment it is of incalculable importance to recognize lung disease as early as possible, it then being feasible to cure more speedily and with more certainty of success. For this reason my science of facial expression is of really incalculable value in all lung diseases, for we are thereby enabled to observe them in their very first stages. These first stages are states of which the patient himself has not the remotest idea, therefore it is often very difficult to convince the patient of his or her being subject to any complaint. Thus I once happened, animated by the best intentions, to tell a nice-looking domestic servant of mine, that she had a serious complaint in the lungs and ought to submit herself to my treatment, otherwise she would probably die within the year. The girl indignantly assured me, that she was perfectly well, and desired to know how it came into my head to make such an assertion. Well, I held my peace; but four months before her death I repeated the warning, yet with the same result as at first, although I told her that it was her last chance of recovery. Three months later she took to her bed, and within four weeks fell a victim to galloping consumption. This and other cases have taught me that it is not always advisable to volunteer information on disposition to disease, but that it is better to wait until one is asked, especially as my science of facial expression is an art so new and inconceivable to many, that they cannot judge of its scope; and because many believe in such new methods only when they are taught in universities. The time will come when my science of facial expression will be so taught, but for the present it is the property only of myself and my pupils. But this science is of peculiar importance to all parents who

have their children's welfare at heart; for solely by a knowledge of it will they be enabled to watch exactly the state of their children's health at every age and every hour, and immediately to recognize and observe every approaching disease in its earliest latent stages, which often begin years before the actual outbreak of the disease itself. In this manner everyone will be enabled to prevent all diseases so early, that such a destructive complaint as tuberculosis can never arise.

I will now proceed to the origin and cause of all lung diseases. All affections of the lungs are final stages of other preceding forms of disease, mostly of sexual diseases; — either in direct succession, that is. in one and the same individual, he having first contracted some sexual or other disease previous to the lung illness, — or indirect succession, by hereditary transmission of predisposition. This occurs when the father or mother have suffered from a sexual disease in former years, or any other diseases, which were not really cured, but forced back into the system by medicaments, thereafter merely slumbering in both parents, or in one of them, in a latent chronic state; but at generation the true seat of the diseases cannot be veiled, and they appear in the children as a predisposition to scrophula and tuberculosis, because the products of generation are always the resultant products of the entire organism, i. e. a quintessence containing to nicety the properties of the entire constitution of the person in question, and transmitting them (comp. p. 60 — 61.) I have noticed, in particular, that scrophula without exception passes into tuberculosis in later years, so that the former must be viewed as a preliminary stage of the latter. It can be plainly seen, that at the beginning of scrophula the system still had vigor enough to force the morbid matter mainly outwards, and to keep it away from the vitals, but gradually loses its power to do this, and is no longer able, when tuberculosis sets in, to prevent the destruction of the internal organs by foreign matter. It is quite impossible that persons who are *healthy* in our sense should be instantly attacked by any kind of tuberculosis in case of temporary encumbrance with foreign matter, however many tubercle-bacilli they may inhale. He who is somewhat initiated into my theory of encumbrance and fermentation knows, that for the development of tuberculosis very high destructive inner temperatures must prevail, tubercle-baccilli being capable of development only in such abnormal temperatures; a fact discovered at great cost. Such high, abnormal temperatures of the body are possible, however, only under certain conditions of encumbrance or disease inherited through preceding generations, or in cases where a wholly unnatural mode of life has been led, capable of ruining the entire organism in a short time.

*The main thing is, dearly to perceive the point, that all lung diseases, like all other diseases, have their original source in the abdomen, that is, are attended by a digestion that is growingly abnormal.* For even though inheritance is the usual cause of tuberculous disease, this cause is to be viewed in many cases from the standpoint already discussed

on pp. 158 — 159, not as a direct permeation and destruction of the lungs with foreign matter, but that as a consequence of hereditary predisposition the lungs of the younger generation are developed, in comparison with the other organs, more weakly and delicately, and are less capable of resistance, and must therefore become the seat of the deposits of foreign matter. The foreign matter collecting in the system in consequence of imperfect digestion is chiefly deposited, guided by the tension, where it finds least resistance, in this case in the lungs. It is therefore of high importance for all having hereditary predisposition to lung diseases to prevent any further encumbrance of the system with foreign matter. As I explained before when expounding my fever theory, the cause of *all diseases* is to be sought in the abdomen, which will be the case more especially in those diseases that are in a measure the final stages of preceding acute and latent sicknesses. We find a very evident explanation and reason why this fact should still appear inexplicable to most people in the circumstance, that what a normal digestion is, is known to but very few. Most think that, when the food they eat simply passes through the body easily and smoothly, their digestion is fully normal. But very few consider, that the process of digestion is a process of fermentation, and that this fermentation may and does take place under very various conditions and temperatures, and that only one fixed temperature can lead to perfect digestion in any given organism, while every deviation from it gives rise to disturbances — neither does the modern school know anything of this important matter. In my article on "*Poverty of the blood and Chlorosis*" I have spoken in detail on the digestion, and reserve further consideration of the subject for the future.

The more normal the process of digestion is, the more perfect will be the nutrition of the individual. Thus it comes, that thoroughly healthy persons require *but little* and very simple food, and yet extract from the same sufficient strength and invigoration of the vital power to support life; whereas other persons, who are encumbered, often partake of enormous meals consisting of the finest dishes, but without receiving any essential benefit for their systems, or rather burdening the latter with such a heavy task, that they usually become incapable of any other labor, especially of one that requires endurance. Thus we now-a-days find a great many people who, despite the most carefully selected diet, are physically starving, and who suffer mentally in consequence; a surprising fact to most people. It is said of such that "Nothing agrees with them". But we also frequently see the contrary, when persons despite apparent moderation grow more and more corpulent, while losing in ability to act and think. In these two cases the organism could not digest and properly assimilate either the larger or the smaller quantity. In my practice I see daily that persons, who formerly ate three times as much as in their later healthy condition, and of the very best, so-called most nutritious, diet (meat, wine, beer, eggs, etc.), yet continually lost in ability to work; after

following my treatment for some time, when their digestion was decidedly improved, eat only one-third as much non-irritant, easily digestible food, while their physical and mental capacity continually improved. Thousands of patients who have thus increased their working capacity are and will be for all time living witnesses to the faultiness of the dietetic regulations of the modern school, which wrongly lays chief stress on the use of meat and other stimulating food and drink, thus furthering in an unheard-of manner the growth of disease in the digestive organs.

The same cause which, in our zoological gardens, occasions the rapid death from consumption of the tropical apes, — namely, their not getting the same food as they eat in their native lands — also bears the blame of man's being so soon attacked by consumption. The colder climate, upon which the sole blame has hitherto been laid, contributes thereto only inasmuch as cooler temperatures everywhere render the process of fermentation in digestion slower and more sluggish, more especially when the animals cannot even have the food designed for them by Nature. In this case two factors injurious to their health combine against them. I have had frequent opportunities of watching the various stages of health in apes after their change of climate, and have been able by means of my diagnosis to ascertain exactly, that from the outset only the digestion was abnormal, until other disorders set in. With human beings it is just the same, except that the conditions are usually more favorable, as we are acclimatized, and therefore spoil our organs of digestion only by a wrong diet and mode of life.

My science of facial expression first enabled me to set up a reliable scale for measuring these abnormal states of digestion, which we can almost always observe only in the condition of the body which is their result, since we cannot witness the process in the abdomen.

In the case of lung patients we frequently notice that the system is not in a condition to nourish itself even from the most carefully selected food, but is quite dried up inwardly on account of excessive inner heat. For the nutritive value is not found in the composition of the foods, or in the circumstance that they contain all those substances — likely enough in the form of extracts — which chemistry and the modern school regard as necessary for the formation of the human frame, but simply and solely in their digestibility for the system under consideration. But how much the digestive capacity differs, particularly in the sick, can best be judged of by one who has had much to do with sick people. Now, given a system already heavily encumbered with foreign matter, the lungs are specially endangered on account of their size and extent, because the foreign matter pressing up toward the head is often obliged to take its way through the lungs. When the latter themselves are once heavily encumbered by this means, they frequently become a favorite place of deposit for foreign matter, which then no longer seeks the head as before, and the patients then notice nothing until they are at death's door, the

head and neck showing as good as no encumbrance in such cases.

When destructive processes begin in the lungs, the tips of the lobes are usually destroyed first. This happens because the foreign matter in the system, in its fermenting decomposition, always presses upwards, precisely as is the case in the bottle (page 36.). The tips of the lobes end in the shoulders; when the state of fermentation (decomposition) sets in, the fermenting matter presses up into the extreme tips, and as it can go no further, the shoulders opposing a barrier to its progress, this very extreme point must bear the brunt of the worst and most aggravated states of fermentation and friction. This is the cause of the pricking pain in the shoulders felt by lung patients as long as the lungs are not destroyed. I now come to the explanation of the origin of tuberculous tumors and of such tumors in the lungs as are either quite petrified, or in part petrified only from without and which are still soft within. To this end I will use an illustration. Everyone knows how dough, when mixed with yeast and exposed to a suitable warmth, begins to ferment, thus changing its form and rising. Now, if dough thus prepared for fermentation be placed in a closed vessel, the process of fermentation will proceed, but in a different way. An expansion of the surrounding sides of the vessel, and consequently of the dough, is now impossible. Thus a tension will arise inside of the vessel, which will suffice to force those substances, that do not join in the fermentation, or are already so essentially changed by the process of fermentation (burning) as to have become unsuited for continuing it, together. The mass thus formed grows firmer and denser under the constant pressure, at first outside, and then gradually inside as well. The process of fermentation proper is then checked by the formation of these lumps, and the latter, though at first soft, harden in time. The formation of tumors in the lungs and in all other parts of the body proceeds in quite a similar fashion. This comparison is of course not exact at all points, forces being present in the living body which tend to lessen the fermentation going on inside. Here the foreign matter is the fermenting mass which seeks a vent in the limited space of the body and, when it finds none, gives rise to all acute diseases, or in advanced stages of encumbrance to the formation of tumors of every description. As soon as the process of fermentation is thus checked, the pains felt until then by the patient cease. Thus it happens, that lung patients have to bear great pain in the shoulders and chest during the earlier stages of their illness, whereas in the later stages they usually feel nothing but a decline of strength. By reason of the peculiarity of the vital powers and of the conditions of existence such tumors, even in a petrified state, may be dissolved by retracing their former course and may be completely secreted and expelled from the system, a process which often requires the continuance of my treatment for years.

The ways taken by the processes of fermentation in order to reach the head are, as said before, not invariably the same; it therefore occurs that in one case the lobes of the lungs are

first affected, while in another the fermenting masses have risen more toward the middle or in front, causing, asthma, catarrhs, and all kinds of inflammations in the air-passages. In fact, most lung patients suffer from an inflammation of the air-passages. even if often in a latent stage. Hence arises the diversity in lung diseases.

The different chronic, latent states of encumbrance in the lungs also lead to acute inflammatory disorders, as *inflammation of the lungs*, and *pleurisy*. These are always feverish sanitary crises brought on by the system in an attempt to eject foreign matter, and apt to terminate fatally, when their treatment is not understood. These acute feverish diseases are generally devoid of all danger, however, if immediately combatted by means of my alleviating baths. We thus have the illness well in hand, so that it can never endanger the organism, and the cure of all these acute crises is usually surprisingly rapid with the aid of my treatment.

For instance, toward the end of 1890 I was called in to a family where a nine-year old girl was prostrate with severe inflammation of the lungs. The family doctor (an allopath) had already unsuccessfully administered creosote for two months, and so impaired the digestion with this poison, that the parents had given up all hopes of saving their daughter. This was the state of things when I had been sent for. I told the parents that if they would disregard the family doctor's directions, and follow mine strictly, improvement would probably ensue in a short time. And so it did. As early as the second day a visible turn for the better set in, each following day showing more marked improvement, so that within a week all danger to life was past, and after a few weeks the girl could again run about out of doors. Had my treatment been adopted from the outset in this serious case, instead of two months' unnatural treatment with creosote, the cure would have been effected in a few days as completely as then in a few weeks.

The peculiarly high temperatures obtaining in all lung diseases in the interior of the lungs have a very natural cause. Within the lungs, during inspiration and expiration, there takes place at any time a very rapid process of decomposition of the atmospheric air. At the moment in which we breathe it in and out, our lungs resolve this air into its constituent elements (oxygen and nitrogen), the oxygen remaining in the body, while the nitrogen is again discharged, mingled with the gasiform waste of the system. Thus our system carries out an uninterrupted process of decomposition (burning) in the lungs, which for a long time greatly puzzled our chemists and which in itself causes high degrees of temperature, that increase and become abnormal whenever there is an encumbered condition or a state of fermentation inside of the lungs.

As I have explained before, the bacilli are merely products of the fermentation of foreign matter in the system, and their capability of development always depends, varying with their variety, on certain temperatures. Tuberculosis being, as shown above, invariably attended by very high degrees of

temperature, the capability of the tubercle-bacillus for development also depends on these; this the modern school likewise knows. Unhappily, it does not know how to turn its knowledge to account, but continually seeks unnatural remedies against the bacilli, whose nature it quite ignores.

To him who has rightly comprehended my remarks the cure appears so natural and simple, that he cannot conceive how anyone should seek it in any other way. If the disease is attended by too high a degree of temperature, in order to do away with the disease nothing more is required than a constant, proper, and suitable regulation of the abnormal temperature, together with stimulation and invigoration of the vital powers, to be kept up until a completely retrograde movement of the abnormal conditions in the system has set in. For attaining this end my alleviating baths, hand in hand with my dietetic and other directives, are of eminent value. The most difficult matter is, to apply the baths in right succession. The excessive temperatures in the body do not at first admit of a diminution for a considerable time, so that not only the period, but also the succession of the baths must be regulated in exact accordance with the state of the patient, which can be learned only under the guidance of myself or of my pupils, the knowledge of this important point not being at all general. Fresh air warmed by the sun, and a long stay therein, are factors of great moment as adjuncts, and should never be lost sight of.

Now, with regard to Koch's vaccination (inoculation) for tuberculosis, my readers will not be surprised that I utterly reject it, despite the general transient outburst of joy occasioned by it towards the close of the year 1890. Its effects are very easily explained. The poisonous matter with which the tuberculous patients are inoculated works on the foreign matter, under certain conditions, much like yeast in dough, producing fermentation (fever), in consequence of which a change may take place in the original state of fermentation of the foreign matter, with a corresponding change of temperature and the possible result that the tubercle-bacillus, which was capable of development only in the former temperature, passes into another stage hitherto termed extinction. But in no case does a complete expulsion of the foreign matter from the system come to pass, or a thorough removal of the prime cause of disease. Inoculation is and ever will be — however often and decidedly the contrary may be asserted — an *apparent remedy*, the ruinous effects of which will surely come to light sooner or later. After only a few months the outburst of joy called forth by Koch's process has given way to intense disappointment. On all sides we hear from the initiated, and principally from independent thinkers among the physicians of the modern school itself, almost wholesale condemnation of it. So and so many patients inoculated with Tuberculin die daily, and the hopes and expectations at first excited to the highest pitch sink lower and lower. In this case the familiar saying again holds good:

"The mountains are in labor, and bring forth a ridiculous mouse".

Whoever has observed, like myself, how a real cure of *advanced* lung disease can only be, and no doubt in many cases has been, brought about by an intelligent employment of my method for years, knows the deep significance of such a cure. The modern school now strives to explain every disease as caused by the presence of a particular bacillus, which again is capable of development only in particular temperatures; quite losing sight of the fact, that, just as one and the same plant develops and looks different in different climates, or the plumage of one and the same kind of bird likewise differs in different climates, all bacilli; too, have only one common origin (as products of the fermentation of decaying matters), depending in form, kind, and character merely upon differences in temperature (climate).

A cure (in our sense) of all lung diseases is possible only through the retrogression of the conditions of disease in the body. Their curability depends upon very various factors; the cure may be surprisingly rapid, even in advanced cases, whereas in others it requires years, and is sometimes quite impossible of attainment, even though the condition of the patient may be rendered more endurable down to the last moments. Thus the curability of lung patients depends not only on the patient's vital powers, but also on the degree of improvement of which the digestion is capable. If we succeed in improving the latter permanently, and rendering it more normal in our sense, a turn for the better may set in surprisingly soon, while without success a cure is impossible. I have had many patients under treatment who were set free of their lung disorder in an incredibly short space of time, because their digestion was open to rapid improvement. On the other hand, in the case of patients with hard tumors of matter in the lungs, I have observed that the retrogression of these tumors lasted for years, and that every time such a tumor was dissolved, a considerable expansion being an accompanying symptom, a violent crisis was brought about, which, although not dangerous, often had a very painful course. With the exception of some cases which are so far advanced, that only an improvement, but no cure, can be attained, a complete cure of all lung diseases can be effected by my method under expert direction; whereas the time needed for a cure depends on the way in which the system responds to my treatment. I begin, as I said before, with a regulation of the internal temperature, which, when properly conducted, forces the destructive processes to retrace their steps until a cure is effected.

For the sake of illustration I will acquaint you with a few cures of various lung disorders in my practice.

### **Asthma.**

A lady of 65 was so asthmatic, and suffered from such great difficulty in breathing, that the physician in attendance, whose creosote pills and powders had only made her condition worse, especially her digestion, prescribed as last resource a stay in the South, there being no remedy which

could be of any aid in such an advanced stage of asthma. But he who knows the remedies of the modern school, is aware that sending the patient to a warmer climate is equivalent to saying: "Nothing can help you! We give you up for our part — now try whether Mother Nature can aid you!" This patient also took it in this sense, and therefore put herself under my treatment at a friend's recommendation, declaring to her doctor that she would rather die here, than in some strange country. At the beginning of December, in bad, foggy weather, she placed herself in my hands. In this weather she could take hardly ten consecutive steps without resting, such was her difficulty in drawing breath. The upward pressure of the foreign matter in her body was very strong. She followed my instructions to the letter, and in a short time the upward pressure grew less. The secretions of foreign matter set in abundantly in the form of perspiration and evacuations, and I was consequently enabled to improve her digestion in a satisfactory manner. She took daily three alleviating baths, of half an hour each, and one steam-bath weekly. Thus in a few months the retrogression of the disease began precisely on the same track over which it had advanced. All the symptoms, which had become apparent from time to time during the progress of her disorder, now reappeared, though the retrogression proceeded about twelve times as fast as the disease itself had done. Each month of treatment removed very nearly an encumbrance, which had been twelve months in gathering, so that within three months she was completely freed from asthma. Not every sufferer from asthma following my treatment has had the same *rapid* success as this lady. Others have required twice or thrice as much time for equal success. This depends, as aforesaid, firstly upon the encumbrance and the vital powers of the individual, and secondly, upon the responsiveness of his system to my treatment. By far the worst case of asthma ever under my treatment was that of a gentleman of about sixty, who had been suffering from asthma for several years, and was quite given over by his doctors. In consequence of the medicaments he had been taking for years, his state was so bad, that I was not at all desirous of undertaking his treatment, having little hope of success; but was nevertheless moved to do so by his entreaties. The very first baths brought the patient relief, and he, perceiving this, followed up the treatment with a persistency and energy far exceeding my instructions, and such as I have observed in no other case. The dread of death alone lent him this energy. Every bath brought new relief from the high fever within, and from the strong upward pressure of foreign matter; now, as this relief at first continued only during the bath and a short time following, the inner fever then again gaining the upper hand, the patient bathed, although I had recommended only three baths daily, much oftener, even during the night, the tormenting cough not admitting of sleep. After bathing for half an hour he could sleep quietly for an hour, until with the increasing fever the cough became so violent as to prevent further slumber; then he would bathe again, etc. During each bath his system

gathered so much vital power as to eject great masses of suppurating matter by coughing, this always bringing relief. From month to month this living corpse grew more vigorous, lively, and fond of life, so that to-day this man, who seemed marked for death when he came to me, after strictly carrying out my cure for a year and a quarter, is a living miracle of a successful cure.

### **Tuberculosis (Advanced).**

Two years ago a woman of thirty put herself under my treatment, who was suffering from advanced tuberculosis. She breathed and slept habitually with open mouth. Her mother had died at the age of 54 of tuberculosis of the lungs, the predisposition to which she had left in all her children on their way through life. The mother had lived more in accordance with Nature than the children, consequently the latter were attacked still earlier by the deadly disease. In childhood both my patient and her brothers and sisters had been very scrophulous. As a girl of 20 she had a face like a full-moon, with cherry-coloured cheeks, which became bluish red in winter, and was puffed up like a confectioner's bun, being already quite corpulent and stout. During the twenties she lost her corpulence and cherry - coloured cheeks, taking on a more normal habit of body. But towards the end of the twenties the lung-tuberculosis became more and more apparent. The digestion grew irregular, constipation alternated with diarrhoea, and color and smell of the excrements plainly showed how various and abnormal the digestive processes of the system were becoming. Besides frequent headache and toothache she felt transient pain, and pricking pains in the chest and shoulders. Such pains are felt only during the process of destruction. As soon as parts of the lungs are destroyed, pain ceases therein. Her menstruation, in particular, was always very painful and irregular, often ceasing for months, and then appearing too frequently. All this was attended by general lassitude, physical weariness after any slight exertion, and a feeling of great anxiety and discontent. Anyone unacquainted with my science of facial expression would have considered this woman, when she began my treatment, a picture of perfect health. Beautiful red cheeks, and complete fulness of form, deceived the uninitiated as to the perilous state of this patient, though it was not hidden from me. The patient began my treatment with open eyes, and fully aware of her serious condition. I directed her to take from two to three alleviating baths daily, and from one to two steam-baths weekly, coupled with a thoroughly non-irritant diet and prolonged stay in the open air, also leaving the window open at night. By this means her general health was so far improved within half a year, that going up stairs and long walks, which had formerly completely worn her out, cost her no exertion whatever; a satisfactory digestion and a much more contented temper had been attained, while all headaches had quite disappeared since beginning my treatment. It could plainly be seen, that

the encumbrance had begun retrogression into the abdomen. This fact was made painfully apparent to the patient in her teeth. During an entire year, until the principal encumbrance of the head had been drawn downward, ulcers and abscesses formed in unbroken succession on the teeth, taking their way downward a few days after their first appearance, and thus causing a continual painful drawing sensation from above downward. On either side of the neck, proceeding from the inner side of the lower jaw, a regular vein was formed, visible from outside and painful to the touch, being a pus-channel through which the foreign matter found its way downward. Twice during the first year of treatment violent crises occurred, when tumors in the lungs were dissolved. During these crises, which lasted two or three weeks, the patient could hardly move, every movement being attended by exquisite pain in the chest, and outside of the bath had to keep in a lying posture; she could not even fetch a deep breath, and experienced at these periods great difficulty in breathing. During the second year of treatment the patient's condition showed decided improvement. In this year, to be sure, she suffered from disquieting dreams in consequence of the retrogression of the foreign matter through the brain; but the toothache had entirely ceased, and her general health became far more normal. Only two crises occurred during this year, one like the former ones, and the other with cramp in the calves. Though I cannot regard this patient as wholly cured in our sense after the two years' treatment, her serious lung disorder has at least quite disappeared, and there is a reasonable expectation of her state becoming still more normal. One less exacting than myself in regard to health, or anyone not knowing my science of facial expression, would now really consider this woman to be the picture of health, and never dream that two years ago she was surely nearing her end (within a year at most), had she lived as before and not begun with my treatment. (For further cases see Reports of Cures, Part. III, 42., 44., 46.)

In another case four years ago a gentleman in the forties came to me, who in the opinion of several celebrated physicians was tuberculous, and had been advised by them to reside permanently in the south of Italy. His condition was such, that he might probably have lived another year in the South, but would then surely have been carried off by the tuberculosis; this I ascertained through my science of facial expression. This patient used my treatment for a year and a half, and is now fully cured of his disorder. After only four weeks' treatment, while his general health was steadily improving, a catarrh of the bladder and bowels appeared, from which, nine years earlier, he had suffered severely for years, but which was subdued in a far milder form by my method within a fortnight. This plainly shows that both disorders had not been healed formerly by medicaments, as the patient had supposed, but were merely suppressed and reduced to a latent state, now recurring in an acute form with the strengthening of the vital powers. Later the clap appeared temporarily, from which the patient had suffered repeatedly

in the twenties, but which had always been suppressed by medicaments. This latter also being quite cured in two weeks, the lung complaint had likewise taken on an entirely different appearance, so that the patient thought himself quite well. By my advice he continued the treatment for a considerable time, and in a few months was completely cured.

In my practice I have had very many such and similar cases, from which it is clearly evident, that tuberculosis is always a final stage of other preceding diseases, and can, in fact, usually be traced back to sexual diseases.

I have also treated cases of tuberculosis in which a complete cure was no longer possible, but in which the patients were enabled through my treatment to live some three times as long as they otherwise would have lived. First and foremost, from the very outset of my treatment they experienced a relief of their suffering previously unknown, besides an improvement of their general condition, and finally passed away tranquilly. This is a great comfort for the relatives, who in other cases are long unable to forget the heart-rending end of those dear to them. — In the above cases the process of internal destruction was already too far advanced to at all admit of cure.

### **Bone Tuberculosis.**

Very many patients afflicted with the above have undergone my treatment with highly favorable results. In nearly all these cases the patients had had the rickets in childhood. From infancy their bones were unsound, carious, and easily fractured — in the case of most this could be ascertained with certainty. At the period of puberty, or even earlier, caries appeared, the bones of the legs or arms then suppurating in part and swelling like sponges, while the joints were also greatly enlarged. In most cases members — leg's or arms — had been amputated by representatives of the modern school, which can heal wounds only by making deeper ones (comp. Treatment of Wounds, p. 211.), and the patients were declared incurable before submitting themselves to my treatment. Then the retrogression of the process of disease immediately began. But amputated limbs can not be replaced.

For instance, I had under treatment a boy of 14, both of whose shins were perfectly open from the knee nearly down to the ankle-joint, and half in suppuration. The doctors proposed to amputate both legs, whereupon the parents brought the boy to me. After only four weeks' treatment the bared bones began to be covered over from within outward, the skin arching exactly over the eight-inch long sores, as when on a tree the bark grows over an injured spot. In six months both legs were quite healed, excepting two small trifling scabby places, which likewise disappeared within two months further. Moreover, the boy's general health was completely transformed, and his obstinate melancholy had yielded to true childish mirthfulness.

In another case a boy of ten had a tuberculous knee, which became incapacitated in consequence, and was to be

amputated. This time it lasted over three-quarters of a year before the morbid matter was all drawn up from the knee-joint into the thigh and abdomen, where it was expelled at a sore on the thigh-bone suppurating uninterruptedly for three months. This boy then needed more than three months longer before he could walk and run like other children.

The duration of such cures depends solely, as observed before, on the amount of encumbrance of the patient.

### **Lupus.**

Whoever has become acquainted with the successful cures of lupus through my treatment is quite unable to conceive, why such patients should be exposed to experimentation by so doubtful a method as Koch's inoculation. Years before Koch called public attention to his remedy for tuberculosis, I cured lupus by my alleviating method in a manner which must appear inconceivable to the medical profession, simply because they have never had an opportunity of observing such a cure. For example, I had some time since a case of lupus which is of general interest, and shall therefore follow in brief. The patient was a girl of 19. Until vaccinated she had been perfectly healthy; from that time dates her misery. The first result of vaccination was in her case an obstinate scrophulous tumor of the tonsils, which was finally brought to suppuration after long treatment with family medicines. From the fifth to the fourteenth year epileptic attacks occurred. After their disappearance, lupus developed on the left side of the nose. Zinc, mercury, hyper-manganic acid, and alum, were of no avail; an operation had to be performed. Half the nose was cut and scratched away without thought or care, with the happy result that the disorder was checked for a time. The operator had again celebrated a brilliant triumph. The nose had been cut off, and the lupus with it. Had the head been cut off too, the lupus would have been cured still more radically. In the girl's nineteenth year the old lupus reappeared with inexorable might. The modern school strained every nerve — the cankered places were cut, cauterized, smeared with mercury, scratched, and burnt, while the nostrils were prevented from closing by the introduction of rubber tubes. The girl was now incredibly disfigured, so that all averted their gaze from her. Her menstruation had never been regular, but almost always omitted, it having shown itself only during the period between the fourteenth and sixteenth years. The modern school could not make head against this case; the lupus steadily advanced, despite all burning, and on the entire face suppurating pimples continually formed, which were regularly burnt out. The patient had been given up as hopeless, when she came under my treatment. Her system responded readily to my method, so that her altogether enfeebled digestion, to which strangely enough no attention had hitherto been paid, improved daily. From early childhood she had suffered from abnormal, imperfect digestion, which laid the foundation of the ensuing disorder. On the very day, when my alleviating baths were

begun, the destruction of the face stopped as if at the word of command, and a reaction set in. Within a week the rubber tubes till then quite indispensable, could be removed for ever, while menstruation appeared painlessly, and has continued regularly ever since. The spots on the nose and cheeks where the skin had been destroyed healed rapidly from within outward, without leaving scars, so that within eight weeks not a trace of them could be seen. The body, which was hard and lumpy before, grew soft and normal; the whole frame of the girl became daily fuller and rounder, so that after half a year, apart from her operated nose, she looked fresh and blooming, and was entirely cured of disease.

While writing the above I received the following letter from a lady who had been a sufferer from *lupus of the face* for nineteen years, and could no longer show herself to anyone. She always wore a thick veil, in order to conceal her disfigured face. All the remedies at the command of modern medical science had been tried unsuccessfully for nineteen years by Miss Sch., until she came under my treatment. Through my method she straightway attained improvement and cure. She writes concerning her cure:

Stettin, January 29, 1891.

Dear Mr. Kuhne,

My condition renders it a duty for me to express ray warmest thanks to you for the good effects of your method in my serious disorder. I employ it with perfect *success*, and now feel strong and well again, and am again able to attend to my duties without difficulty. I feel all the happier, because all the doctors whom I had consulted within a period of nineteen years were unable to help me or even to afford relief.

For this reason I recommend this method to all sufferers from what ever cause, in the firm conviction that it will aid them, and beg, Sir, you will publish this for the benefit of the cause and of the sufferers.

With sincere gratitude I remain,

Jours respectfully

A. Sch., Stettin.

## Cancer.

Like tuberculosis and dropsy, this disease is regularly a final stage of other uncured, merely suppressed diseases preceding it, these being for the most part sexual diseases, generally syphilis, either in direct or indirect (hereditary) succession. Whatever part of the body is attacked by cancer it is always the foreign matter alone which brings about the extuberances and new formations and gangrenous conditions, just as in all other diseases. The predisposition to cancer may be ascertained years in advance by the aid of my science of facial expression, because long before the actual cancer appears, lumps and swellings are always to be found on the necks of such subjects, which positively point to a widespread formation of tumors in the body, and in particular to extensive hemorrhoidal tumors in the abdomen, which in turn prove the digestion to have been abnormal for years. These hemorrhoidal tumors can attain to such a size in the intestines, and so choke the digestive canal, that the faeces can no longer be expelled in the natural way. In various serious cases of cancer, which I treated for a considerable time with success, I have observed that the digestion was unnaturally impeded, often for years, so that without purgatives and enemas these patients would have been without a motion for a long time. But I have likewise observed that after a long use of purgatives, especially pills, a gangrenous state is always brought about within, leading to tuberculosis and particularly to cancer. For years the system bears the use of pills and purgatives, and the irritation of the digestive and abdominal nerves caused by them. Gradually, however, these nerves become so excited that they are incapable of operating without ever-increasing stimulation, whereby such disorders as cancer are brought on. Just as in tuberculosis and dropsy and all the various final stages of other diseases preceding, the prime cause has always been a very unnatural mode of life, great pampering, overfeeding, and especially an over-irritation of the nerves through refined means of enjoyment, or medicaments, it is the same thing in the case of the dreaded cancer, against which the allopathic modern school is just as powerless as against all other final stages of disease. But it makes a truly doleful impression to see how this school strives to treat and cure cancer solely by local cauterization and operation of the extuberances and fetid new formations, as shown in such a striking manner in the case of Emperor Frederick, while quite forgetting and totally unable to explain whence these new formations arise. . The nature of the disease would appear to be quite unknown to this school, otherwise it would not, in treating this disease, select as the object of its observations and the sole field of its active treatment merely the extreme ramifications of the same, merely the gangrenous froth, as it were, of this fermentation of foreign matter — the new formations, but must necessarily have reflected that the latter must also have

an original cause and that only the doing away with the cause would lead to their removal.

The case is similar to that of the dreaded and injurious phylloxera, which often ruins the entire grape-harvest. There is no poisonous remedy of external application for the extermination of the phylloxera. Anyone acquainted with the nature and origin of the phylloxera knows that it can exist only where it finds a congenial soil. But a healthy grapevine never affords the insect such a soil. It will not afford it until itself rendered diseased by unnatural manuring and treatment on the part of man, who, ignoring the nature of its conditions of existence, and bent only on pushing its productivity to the utmost for his own benefit, overloads it with manure, till it is inwardly diseased with tainted juices, and affords a congenial soil for the phylloxera, as soon as suitable weather lends a favorable opportunity. Just as lice and mites attack only diseased cattle, the grape-vine is attacked by the phylloxera only when it has become diseased from some reason or other. The vermin are therefore to be done away with, not directly by killing and poisoning them, but simply by withdrawing their nourishment. This is the inward disease of the grape-vine, caused by the unnatural administration of too much manure; in other words, the grape-vine must be reset in virgin soil, wherein lies a natural strength uninfluenced by the hand of man, thus putting it on a natural diet. The unbearable pains and unpleasant sensations arising in the body in all gangrenous conditions, and therefore not in cancer alone, have been resisted by the modern school until now with morphine injections, more especially for the purpose of aiding the patient to sleep. The quite natural motive herein is, that these great pains and unpleasant sensations clamor with vehemence for a narcotic. Morphine is a remedy which deadens the nerves, but which unhappily at the same time deadens and injures the entire vital power, and is therefore worthy of utter rejection. In my alleviating baths a far more efficient means has been found for quieting the nerve-pains in a natural way, which does not deaden the nerves, but steels and strengthens them, Dipsomania too, as I have often observed, is brought about only by gangrenous conditions in the body, which continually clamor for a narcotic, so that the drunkard is most at ease in the state of stupefaction brought on by drinking. Whenever the body is offered, in my method of cure, a lasting and better substitute and strengthener instead of the narcotic, and one which relieves the inner gangrenous condition in a natural manner, the desire for drink is immediately removed. It is just the same with morphiomania. I have had such wide experience with morphiomaniacs that I can make this assertion with positiveness.

Below I give two reports of cures in my practice, intended to prove the correctness of the foregoing still more plainly, and shall now say only a few words on the curability of cancer by my method.

I shall forbear to speak in detail on the original cause and the nature of cancer, having treated of it, if not in particular,

at least in general and at some length under the Treatment of Wounds in the section on "Open and spreading sores". Whether the cancer appears upon the tongue or the nose, in the breasts or in the stomach, or in some other part of the body, depends only upon the encumbrance of the subject with foreign matter, and also upon what parts of the body have been chosen by the foreign matter, as the chief places of deposit, and how and whither the chief pressure and advance of the fermentation takes and has taken its way. This does not materially affect the curability. (Comp. Rep. of cure, Part. III, 22.)

All cases of cancer are curable through my method in which the digestion can be more or less perfectly regulated, and the patient's vital power suffices to surmount the crises unavoidable in such serious disorders.

Cancer is also one of those diseases, which can be cured with my method only by those who are thorough experts in applying my treatment; it is the same with tuberculosis, dropsy, and the other serious forms of disease which, as I have said before, are only final stages of other diseases preceding them.

In proof of the foregoing I will now submit two cases of cancer from among those successfully treated by me. — A gentleman at the end of the forties was suffering from cancer of the nose. He had consulted the most celebrated physicians of the modern school, who were able, indeed, to tell him that he had cancer of the nose, but could not cure it, not knowing its nature and cause. The representatives of this school had without exception employed sharp and poisonous medicaments for the nose in order to get rid of the local manifestations of cancer. But just as in the case of a tree a rotten bough is not rotten merely where it issues from the stem, and is visible to us, but is decayed into the core of the tree and even below it, often down to the very root, in the case of cancer, too, the external, inflamed, ulcerating and visible sign — precisely as in the case a decayed, hollow, aching tooth — is not the disease itself, but its most advanced post. When the tree is felled, we see immediately that the rottenness of the bough is no local disease of the tree; we can then trace the rottenness of the bough into the core of the stem, and often to the root itself. On dissecting a body, too, the physician can ascertain (if able to recognize the fact) that the system of the cancer-patient was altogether diseased. It is better for the patient to recognize this beforehand. —

My patient had been suffering for years in an excessive degree from imperfect digestion, the true source of cancer. Curiously enough this had quite escaped the attention of the modern scientists, who occupied themselves exclusively with the patient's nose. Had they had the slightest notion of my science of facial expression, the inflammatory degeneration of the nose would have afforded them unerring information concerning similar internal conditions in the patient's abdomen. The patient was fond of life and luckily soon recognizing the uselessness of all local treatment came to me. The nose and upper lip were completely undermined, the tip

of the nose on the point of collapse, and the skin of the nose gangrenous in color. Obstinate constipation was another symptom. Urination was irregular and defective; it was often attended by frightful pain, which fortunately had not spoiled the patient's good temper for a permanency.

The patient's constitution responded very readily to my treatment, his vital power, and consequently his love of life, still being strong. His digestion in particular improved rapidly, and also his entire condition as a consequence. From week to week the cancerous inflammation of the nose abated without any direct application, first assuming a flaming red color, the normal color of the skin being restored within four months. The nose itself, together with the upper lip, healed during this time from within, without leaving scars, so that the patient could be regarded as cured in four months. To improve his digestion still further the patient continued the treatment for some time longer.

Now, how was this cure brought about? There were employed, besides a wholly non-irritant, dry diet scrupulously adapted to the patient's condition and digestion, seconded by the usual natural mode of living already described, nothing but my alleviating baths (hip- and friction sitting-baths) in suitable alternation and with due attention to his state, with from one to two full baths, or steam-baths for the head, each week. The number of the alleviating baths each day, and the interval between the same, was regulated solely by the patient's condition, and had therefore to be carefully adapted to the latter. When the pain and inflammation became unbearable, he often had to bathe every two hours. While bathing the pain would always abate, the bathing-time thus sometimes being the most agreeable and endurable for the patient. As early as the second day the cancerous inflammation began to move downward, this becoming apparent after the second friction sitting-bath at the point rubbed. This caused the patient great anxiety, this condition being naturally attended by severe pain. I explained to him, however, that the cancerous inflammation within his body was now drawn downward by the baths, that this was an unavoidable process, and that he simply had the choice between quietly going through and bearing this process, and certain death. I also called his attention to the fact, that in the same degree in which the inflammation had appeared at the point of friction, it had disappeared from the nose; this he perceived, and then quietly followed my further directions. His only way to free himself from this unpleasant state of things was frequent bathing, and he soon had the pleasure of attaining his purpose.

This peculiar drawing-off of inner, latent inflammation is unfortunately a matter hitherto understood and properly grasped, by but few, excepting my patients; in particular, it has been utterly misunderstood and misconstrued by the representatives of the modern art of healing, who approach my method in a wholly unscientific and prejudiced spirit; and similarly with regard to the appearance of certain crises and the recurrence of phenomena of such diseases as had

previously not been cured in the patients, but merely suppressed by medicaments, and which then reappeared transiently in the course of my treatment. In many cases these peculiar phenomena have been used as a weapon against myself and my method, especially by allopaths, ignorant as they are of the truth, for which reason I here advise everyone to question, about the value of my method, only such representatives of the method as are quite clear concerning its real nature. It is a very wrong view and gives proof of great ignorance, when anyone asserts — as has actually happened — that the skin at the point of friction must grow sore from the constant washing in cold water in the friction sitting-bath. A growing sore at this point during the friction sitting-bath possesses a plain, but deep significance for the initiated, and appears only in very special cases and in very definite forms. Whoever has no inner latent inflammation in his body, or whose bodily system expels the foreign matter in another way, will never become sore at the point of friction. I have had patients who bathed from an hour and a half to two hours daily for two years, yet were never troubled with soreness. Others were only temporarily affected, during the transformation of their chronic, latent diseased state into an acute one, i. e. during critical phenomena, and only for such a time as the inner acute inflammation required, so as to be drawn out below. The soreness then disappeared during the bath, exactly as it had come. In many cases there are formed, and not seldom far above the point of friction, open suppurating spots of various sizes, which continually throw off pus (foreign matter in an acute form, in a state of fermentation). This pus does not come, as many foolishly suppose, from the pure water, but simply and solely from the body of the patient, and is originated merely by the inner latent or acute inflammation which is brought about by the foreign matter being in a state of fermentation; being therefore nothing more nor less than the cause of the crisis, the foreign matter itself. It is therefore quite wrong when patients, in employing my treatment without my guidance and instructions, grow anxious and perplexed at these phenomena. There is nothing bad or that may be considered as properly giving rise to anxiety in them, but on the contrary they convey the certainty that the body in question readily responds to the treatment, and allows of the removal of the internal inflammation downward. Beneath this guise, occasionally painful though it is, is frequently hidden the very first bud of promise of the beginning of a real improvement and cure. In cases where the inner the inflammation has already reached such a degenerative final stage as in cancer, a growing sore at the point of friction, and the formation of suppurating spots there, is in nearly all cases significant, requiring a specially expert treatment of the point of friction itself. In all such cases, during the intervals of bathing, the patient should wear a wet linen rag laid in several folds or wound round the point of friction, keeping it constantly wet when possible.

To return to the report of the cure I now will remark that during treatment the patient suffered at first temporarily from the return of an old kidney complaint, and then from a sexual disorder, but both in a far milder form than the previous time, because both had not, as the patient imagined, been healed at their first appearance, but only forced back into the body by medicaments. They were the preliminary stage to cancer in the nose, but led to it only when combined with the medicaments given for their cure. The critical periods of secretion during the treatment for cancer of the nose admitted no doubt of this. The pus thrown off by the patient smelt at times exactly like the medicaments previously taken for his kidney and sexual disorders, the smell being so pungent that there could not be the least doubt regarding its connection with the said medicaments. As observed in another place, this comes from the fact that the system envelops the medicaments poisonous to it in mucus, and that these mucus-covered lumps remain in the body, which, by means of its inner heat and peculiar tension, gradually transforms them to cysts and quite dries them up, so that they become as hard as bone. Under proper treatment with water these firm and hardened masses of mucus dissolve in just the same way (in reverse order) as they formed, and are secreted from the system if the vital power be continuously augmented. During my practice I have ascertained this fact in many thousands of cases, and likewise that the taking of (burdening the system with) quantities of medicaments is a great hindrance to the real cure; furthermore, that it is the critical secretion of old medicaments from the system which is the most painful of all critical processes of secretion. This my patient experienced in his own person. But his steady improvement did not allow him to rest or to suspend my treatment until he had become perfectly free of his serious disorder.

The following case of cancer from my practice will probably also be of general interest. A woman in the beginning of the fifties was suffering from cancer of the breast. Her left breast was operated with apparent success in Berlin by the same eminent authorities, who had formerly officiated at the bedside of the Emperor Frederick. Soon after, the right breast was also attacked by cancer. The "highly successful" operation therefore proved quite useless: indeed, the patient's general condition was decidedly worse than before. She then presented herself for the second time before the above-mentioned authorities of the modern school, to consult them again concerning the reappearance of the cancer; after a long period of examination she was told, that in order to effect a cure, the right breast would also have to be operated, if a cure was to be effected, but that her body was too weak to bear it, — and that she could not survive the operation; but could be aided in no other way. Thus she came, given over by the "first" physicians, to me, and asked if I could still help her. Her state was pitiable. The right breast was gangrenous, and beside the same, reaching up to the armpit, were several hard tumors as large as a hazel-nut, walnut, or hen's egg, the skin over them also being of a dark,

gangrenous color. The abdomen, too, was lumpy, and far too large and hard. Digestion was bad, motions occurring every third or fourth day by means of enemas. Hard balls of fecal matter, rendered black by heat, formed the entire evacuation. Urine was passed insufficiently. Low vitality gave rise to great anxiety, especially as it was daily diminished by excessive headache. This woman took up my treatment with great perseverance. The headaches soon abated. The digestion also began to improve slowly from week to week. The daily number of alleviating baths had to be most carefully regulated according to the patient's condition and strength. The treatment itself was somewhat painful during the first six weeks. During its course the effect of the highly successful operation performed in Berlin became very plainly manifest. In place of the old, deep scar on the left breast there formed, during the very first week of treatment, an open gangrenous sore, which constantly grew in size and depth in the course of the first four weeks until it measured about five inches by three. Then, for six weeks longer, this sore slowly healed. In this process one could very clearly observe how the gangrene in the right breast decreased in like measure, as that in the left increased. By operating the left breast the cause of the cancer had by no means been done away with, but merely the most advanced post of fermentation, so that the system was forced to divert the progress of cancerous fermentation, and to turn it off into the right breast, after hard tumors had formed about the right breast up to the armpit. By my treatment the disease was constrained to retire, which could take place in no other manner than by the reappearance of the morbid matter in an acute condition in the left breast, from which it had been forcibly and unnaturally removed at the time of the operation and repressed within the system. A striking proof that Nature does not submit to the violence offered her by the modern school. Every operation simply affords reiterated proof of the inadequacy of the modern medical school, and of its extreme poverty as regards all true curative remedies. Operations are still more unnatural than the use of medicaments. And now my readers will understand why I speak on the title-page of the science of healing not only "without medicines", but also "without operations".

By bathing regularly, the pain inseparable from this transfer of matter grew bearable; success was also obtained in the immediate drawing off of the inner gangrenous inflammation to the point of friction. Upon the exterior sexual parts large, suppurating, open sores formed, which during bathing continually gave off matter of inflammation. Within 30 days the tumors below the right armpit softened and divided, and retreated down further and further towards the abdomen. For the first two months the patient subsisted only on dry Graham bread and fruit. This strict diet alone rendered it possible for her to get so much better in three months, that the open sore in her left breast was as good as healed, and that she could return to her home. In the two following months her condition improved still further.

In other cases of cancer, particularly that of the tongue, where the tongue was already gangrenous, and covered with gangrenous pea-sized tumors in the most dangerous spots, there were present in the patients' throats hard cancerous swellings of considerable size, dangerous to life and a hindrance to swallowing. When treating such patients I have often been enabled to observe the astonishing results of my method. In a few weeks these hard tumors softened, resolving into matter, and thus always losing their dangerous character in swallowing. After each friction bath a brownish coating regularly scaled off the tongue, and the tumors on the latter disappeared far sooner than the lower ones, the tongue becoming smooth and normal. The most dangerous matter in all these cases was, as I have noticed, the immense hemorrhoidal tumors in the abdomen. In some such cases, where the patients were no longer able to partake of solid food, I was able to banish the unbearable pains within a few days after beginning the treatment, to obviate morphiomania and starvation, to rid the tongue of gangrene, to dissolve the tumors in the throat, and to remedy the tormenting and intolerable sleeplessness — and nevertheless the patient had to die, because the tumors in the abdomen did not allow of normal evacuations. Hence we again perceive the importance of the abdomen. Although tongue and throat had caused the patient very great pain and annoyance, they were not the occasion of death, but the tumors and gangrenous state of the abdomen, and the digestive apparatus.

The effects of the friction sitting-baths were most striking in attacks of suffocation. I have had patients who have had as many as four attacks of suffocation in one day. In all these critical cases friction sitting-baths were immediately applied, and danger of suffocation was always averted in a few minutes. Whenever a tumor in the throat was dissolved, and poured its matter into the wind-pipe, or threatened to strangle the patient by swelling up before dissolving, these attacks of suffocation occurred. They were instantly averted by the friction sitting-baths, because the matter was then immediately drawn downward, thus diminishing the size of the dissolving tumors. These processes are of great significance, for the prevention of which only tracheotomy has hitherto been known. In these desperate crises my friction sitting-baths have the same infallible effects as with attacks of suffocation in diphtheria, so that operations are thereby rendered wholly superfluous.

When my treatment is followed, the further use of morphine becomes superfluous even in the most serious cases of cancer.

In connection with this I will mention a fact too important to be left unnoticed. Here and there, physicians have already introduced my method into their practice, but only from study of this book, and without a thoroughly practical course under my direction. That has led to its natural results. So far as my method can be practised without further study, and so far as it is available for anyone after reading this handbook, so far did the physicians acquire it. But wherever more complicated

cases came in question, especially in all such where a proper commencement of the treatment and a preparation for all the later unavoidable critical phenomena required an exact knowledge of my science of facial expression, in order to call the patient's attention to all which would take place in the course of the treatment and what crises would probably have to be gone through — for all this the superficial study of my method was quite inadequate. The practical experience toilsomely gained by me during twenty years' practice, is needed in order to carry out my treatment in all these cases with intelligence and success. It is the inexpert use of my method by wholly uninitiated physicians which has led to frequent misunderstandings and misapprehensions of my method and doctrines, for the simple reason that "the egg thought it knew more than the hen." I therefore warn all patients against the application of my method by the uninitiated, all such, as have not thoroughly learned it practically and theoretically. This warning I feel to be all the more necessary, because, in view of the inadequate comprehension of my method still often exhibited, I am obliged to maturely consider everything that can injure its credit or pervert general opinion concerning it. Anyone proposing to submit himself to the treatment of a physician of the modern school who knows my method only from my book, will do far better — if he can consult no other and better informed representative of said method — to see how he can get on with the aid of this handbook alone; for it has been my experience that most nonprofessionals learn and apply my teachings much more readily and correctly than the representatives of the modern school, entangled as they are in a thousand prejudices. But without a thorough knowledge of my science of facial expression — a study requiring years of practice, even when seconded by natural intelligence — an invariably apt and intelligent application of my treatment is not to be thought of. This is a circumstance, too, which secures me against a misuse of my method by such doctors as may be too proud to accept of further teaching, and to widen their knowledge.

## Heart Disease and Dropsy.

What is the true cause and real nature of heart disease? "Foreign matter!" our readers will immediately exclaim. The encumbrance of the heart with foreign matter is indeed the cause of this disease. But how does it happen, that in this disease the foreign matter went straight to the heart, there being so much room in other parts of the body for it? This depends upon the encumbrance. When the foreign matter has risen mainly in the left side of the body, and the left side is therefore encumbered, there will be more or less predisposition to heart disease, the heart lying rather to the left. Now if the heart is, besides, weakly organized in comparison with the other organs of the body, (and this may come from hereditary predisposition), the foreign matter will meet with less resistance from the heart than from the other organs, and in the course of years an encumbrance of the heart and parts connected therewith will be brought about, causing various kinds of heart disease according to its various character. In the section on "How to attain easy and successful parturition" I have already observed, that difficult and painful parturition is caused merely by the encumbrance of the abdomen with foreign matter, because this matter has likewise permeated those muscular tissues which have to bear their part in the action of labor. It is just the same with the encumbrance of the heart. Not only the surrounding parts discover an increased encumbrance with foreign matter, often in the form of fat, but the heart-muscles themselves are frequently so permeated with foreign matter, that they cannot possibly perform their normal functions. Nor is it necessary in every case that the size of the heart-muscles should be markedly increased; the encumbrance of the muscular tissues is often shown in their becoming harder, denser, or more tense. On the other hand, fatty degeneration is often seen, and by this the functional capacity of the muscles is likewise lowered. Everyone knows that when the skin is puffed up, the stretching and tension of the same hampers and hinders the free working of the entire body. With the heart this encumbrance of the muscles shows itself in irregular operation. Now, whenever increased exertion is required of the heart, e. g. when any shock or other unexpected or exciting occurrence comes upon us, thus causing an unusual quantity of blood to flow to the heart, this causes a special depression in the functional capacity of that organ, which may be manifested very variously, as in palpitation, anxiety, checking of the circulation, paralysis, difficulty in breathing, etc. This is usually not attended by special pain, but by a constant or only temporary dull sensation and pressure, and a feeling as if there were something about the heart and its region which ought not to be there. In the same way come about the disorders in the valves of the heart. When encumbered to a certain extent, these valves can no longer properly perform their function of closing, their surfaces

being so deformed by the deposits of foreign matter as no longer to fit the openings of the ventricles. But a disturbance of the valves may also be brought about by a deformation of the contact surface of the ventricles. In either case the cause is the same.

Regarding nervous heart disorders, they must really be termed a most original invention — - as if an organ could be diseased without its nerves being diseased too.! It shows an utter misconception of Nature and her intentions, to imagine — as we can hear people talk daily — that the nerves are perfectly healthy, while only this or that organ is diseased, or that the whole body is quite healthy, except the nerves. In my article on Nervous Diseases I have already spoken on this point, and shall only add here, that such imperfect knowledge of the nature and character of the human body contributes little to raise the authority of the medical profession. As for me, this difficulty is surmounted. The question is rather, to show whether the organ itself and *therefore* the nerves, or the nerves themselves and *therefore* the organ, first became sick or encumbered, or both together. Later I may speak more in detail on the nature and importance of the nerves; let it suffice to-day to add, that no organ can be diseased without its nerves being likewise diseased. Thus you see, that the many different heart diseases with their hundred different names, their different appearances and their different outward manifestations, have — just as the various plants and flowers of a meadow, despite their variety, have but one single common condition of existence — but one common cause, namely, the encumbrance of the system with foreign matter, which, however, can and almost always does differ in its form.

How can the appearance of dropsy be explained? The same frequently appears, when the left side is encumbered, in conjunction with some heart disorder, so that one is fully justified in saying that the latter is then only a preliminary stage of the dropsy, precisely as the grub is only the precursor of the May-beetle. Dropsy is always simply the final stage of other uncured diseases preceding it, whether arising from an encumbrance of the right or left side of the body. The presence of foreign matter in dropsy must be evident to anyone, for the water found in the bodies of all afflicted by it, is assuredly a product, which no one will assert conduces to the welfare of the latter. Here we see plainly, how the blood and other elements of the body, especially the fat, gradually decompose to water, and how the body is in no wise capable of producing normal blood, firstly, because it can make no new blood, and secondly, because it can no longer sufficiently cleanse what it has. Thus the juices pass more and more into decomposition, and then change form and figure. In no other disease can we so plainly trace, as in dropsy, the process of the origination and degeneration of the tissues in the body, and of those changes of form thence arising, which belong to the sphere of my science of facial expression. These processes are then so clearly visible that all, even the quite uninitiated, can see and observe them. Some time ago I had a

dropsical patient who was so full of water, that his body was like a bloated india rubber tube. The inner pressure of the water was so strong, that it continually oozed through the skin of the legs, and everywhere where the patient seated himself, he left regular pools behind. But. the most remarkable fact of the case was, that the patient had been a butter-dealer all his life, and had to taste a great deal of butter every day. Now the water ejected through the legs smelt so strongly of butter, that there could be no doubt as to its origin. In the course of years his stomach had become incapable of digesting sufficiently the comparatively large quantities of butter, which he had formerly been in the habit of eating every day without bread or anything else; the butter was gradually left less and less digested, becoming foreign matter in the body, in which it first made itself felt, since the man slept on the left side, as an encumbrance of the left side, accumulations of fat then appearing in and about the heart, and in all the rest of the body as well. The first result of this was a disorder of the heart, continuing for years. Finally, the foreign matter passed over into a further state of decomposition or change, and then became visible as water. The heart disorder had passed through all phases and stages. At first it was called palpitation; then nervous disease of the heart; then fatty degeneration, soon attended by disorder of the valves. Then dropsy in the pericardium set in, ending with general dropsy. The patient had tried all methods of cure, and finally, when it was far too late, came to me for relief; but he was already incapable of carrying out my prescriptions. This patient had been treated in the most various manner with medicines and poisons, each stage of his disease receiving, strange to say, a new name and likewise a new remedy, It is inconceivable how it could have occurred to none of the scientists in charge of the case that they had to do simply with a single disorder, or a single disease in its different stages. For just as the process of decay in a corpse changes in the impressions it makes on the sight, smell and feeling, and as it enters into different stages, the same takes place with the foreign matter and its process of decomposition, or, what is the same thing, with disease in the body. This also continually changes its guise, as I already showed you in my second and third lectures, appearing in the most various forms and stages, although it has but one cause. Further on I shall take occasion to speak of the difficulty of recognizing that all diseases have their seat — or, if hereditary, their capacity for development — in the abdomen. It is a fact, that we perceive the effects of most disorders in the head or through the nerves of the brain and their disturbances, although their origin is always to be sought in the abdomen and its nerves. The reason is, that the brain contains the nerves of thinking and of free, independent volition, and hitherto it has been vouchsafed to no mortal to throw light on the relation of the head nerves to the abdominal nerves and the greater importance of the latter, supported by irrefutable facts. Thus it has come about, that the seat of disease has generally been supposed to be and has been treated as being in the place where the disease was

visible and sensible, this mistake making it impossible to find out the truth. For the abdominal nerves are so constituted, that we do not always feel their diseased state directly: we are usually reminded, by the transmission of the sick feeling to the head nerves, that we are not well, and then, in our ignorance of the action and importance of the nerves in the system, suppose the seat and cause of the trouble to be at just the opposite extremity. Many find it equally hard to comprehend, though they know well enough that our bodies draw their conditions of existence only from the food partaken of and from the fresh air, that they are dependent solely upon these two factors, and that health and sickness are solely dependent upon the fully normal condition of the digestion, which in turn, however, remains normal only with proper natural food and the right measure of care of the body, of the proper constitution of which very wrong opinions are unhappily disseminated. Concerning the digestion, its importance and normal state, I have spoken in another place. Years of experience are necessary in order to comprehend aright, that all diseases arise from the digestion; for one's digestion may be abnormal for years, before real digestive disorders set in. But as soon as the least sign of irregularity appears in the digestion, the system is no longer capable of digesting properly, and consequently of producing fully normal juices, etc. Then the formation of foreign matter in the system begins, which is the beginning of all disease.

Here I have again shown that all heart diseases, and dropsy, have the same cause as all other diseases; I will now add a few words on the cure and curability of these two forms of disease. Whenever we succeed in removing the encumbrance with foreign matter, both disorders are subdued. Heart disease, as remarked above, usually includes an encumbrance of the left side. But all encumbrances of the left side are, as I have noticed in my practice, much harder to cure than such of the right side, or at least more time is usually required. Moreover, persons encumbered on the left side perspire far less readily than those encumbered on the right. Dropsy is in many cases incurable, because in advanced stages the vital powers of the system are so far exhausted that they no longer suffice to expel the foreign matter and, above all things, the digestion cannot be permanently improved.

Dropsy is really curable only when the patient, while strictly observing my treatment, can perspire freely and unaided in the parts affected by the dropsy: for thus the water and other foreign matter can be secreted and expelled; — the restoration of normal digestion is of course essential,

Now, as often said before, my science of facial expression affords us an unfailling means for observing the approach of dropsy many years in advance, so that, equipped with this new science, we are not obliged to wait until diseases are so far advanced as to be incurable, but can begin radical treatment at so early a period, that the stage of disease admits of a thorough and easy cure.

Proofs of the correctness of the foregoing can be given only by practical demonstration and the course of cure; I

therefore submit below an interesting case of serious heart disease combined with dropsy and leprosy, to furnish proof of my statements.

M. J. F. R. of Batavia, Java, had for 24 years conducted an export business at that place, and had enjoyed during this time, according to what he said, satisfactory health, only suffering occasionally from fever, and oftener from sore eyes and legs. These symptoms suffice to inform us, that the system was *not* healthy, but heavily encumbered with foreign matter, which accumulated now in this and again in that part of the body, and in the tropical heat prevailing there was more readily set in fermentation than in our temperate zone, i. e. an acute state of disease was more easily brought about. For the correctness of these assertions the further course of this highly interesting report gives us most striking proof. In November 1879 Mr. R. was troubled with a thick cloudy swelling on the occiput near the left ear, and after this was cured — i. e. suppressed by medicinal poisons or forced back into the system — the morbid matter in the body sought another vent, one of his fingers swelling up badly and suppurating abundantly, so that even a bit of bone festered out.

The finger was hardly healed, when an abnormal loss of blood through the bowels set in — a sure sign, that in the interior hemorrhoidal tumors had burst. Shortly after this, an open sore broke out on the left foot, which stayed open and festered for a long time.

The annoying accompaniments of any heavy encumbrance of the system, such as cold hands and feet, *cold* sweats, and frequent feverish attacks, were constant attendants of Mr. R. In February, 1882, a higher fever than usual set in, which continued several days with undiminished violence. The patient's family physician declared his condition to be a very dangerous one, as he held the disease to be leprosy, and advised him to undertake a journey to Europe, in order to seek cure in a bathing place. On the 13th of April, 1882, Mr. R. left Batavia; on arriving at Basle he consulted Prof. J., who diagnosed inflammation of the blood, and sent him to Bad Krankenheil near Tölz in Upper Bavaria, recommending him to Dr. H. During this treatment a red spot appeared on Mr. R's right forearm, which remained in spite of rubbing with corrosive sublimate, and was a plain indication of the highly feverish, chronic internal condition. On ending the course of treatment Mr. R. felt more vigorous and elastic; but in autumn more red spots appeared on his body. The chronic feverish condition also grew upon him. In April, 1883, he set out on his return to Java, and as soon as he reached the tropics the red spots disappeared, because his body perspired more freely under the influence of the heat, thus expelling a part of its foreign matter. Soon after arriving in Batavia a derangement of the heart made itself felt, at first in palpitation, later attended by such high fever that he again sought medical assistance, and in May, 1885, was once more obliged to go to Europe for a considerable time.

From the above it is clearly evident, that the cause of Mr. R's disease had by no means been removed from his system by the treatment in Bad Krankenheil. The morbid matter collected in his system still remained after said treatment, as was plainly proved by the fresh outbreak of disease on his return to the tropics. Through his sojourn in the cooler climate of Europe the disease had, to be sure, passed into a chronic, more latent stage, of which he was less sensible and which more seldom caused acute outbreaks, but grew acuter as soon as he returned to the heat of the tropics. (Comp. p. 26.) He and his physician regarded this apparent improvement of his condition, caused by change of climate, as a cure, and not as what it really was, namely, another stage of the disease.

On arriving in Europe, Mr. R. settled in Freiburg (Baden), devoting himself wholly to the task of getting well, and guided by his family physician and Dr. N., Physician to the court. In autumn the red spots again appeared all over the body, and far worse than in the year 1882; a sure sign that the encumbrance of the system with foreign matter had still further increased. The doctors in charge finding the scarlet-feverlike eruptions and other doubtful and mysterious symptoms, they informed Mr. R. that the cure must be left to Nature; for a visit to Soolbad Rheinfelden in the year 1886 at their recommendation had had no marked results, and their embrocations had always been followed by a highly malignant aggravation of the patient's state, for which reason he had confined himself chiefly to warm baths in his bathing apparatus in his house at Freiburg. His disease now gradually became more and more chronic. The advance of his physical disorder was naturally attended by corresponding depression of spirits. He had reached that condition of chronic misery which is now-a-days looked upon as health by many, and the effect of which is and must ever be the source of all melancholy, despondency, hesitation, lack of courage, and weariness of life. As a natural consequence, his frame of mind, after the unsuccessful treatment of his disease down to the end of 1888 by celebrated doctors, steadily grew more desponding, and from a vigorous man in the prime of life he was changed into a weary, soured, and broken down old man. Urgent business forced Mr. R. to journey back to Batavia on Jan. 19, 1889. His disease had by this time grown so chronic that even the tropical sun could do but little to make him perspire, which he had been laboring to do for 3 years. His back and chest perspired somewhat, while the rest of the body remained quite cold and dry. An extreme encumbrance of the system with foreign matter had therefore now taken place. The red spots also grew paler and paler. On reaching Batavia the disease took an acute turn. The earlier derangement of the heart reappeared with increased violence, and grew worse week by week. The fever constantly accompanying it visibly diminished his strength. In November 1889, the feverish condition became unendurable; water already showed itself in the legs, and the heart-action grew more and more abnormal and alarming. Besides, the Batavian doctors positively

declared his disease to be leprosy, the doctors most famous for leprosy on the European continent having found, during his last sojourn in Europe, quantities of lepra - bacilli in the patient. On account of the great dread of infection from lepers prevailing there, the Batavian doctors were therefore induced to take energetic measures to expedite Mr. R.'s departure, as they otherwise held it to be absolutely necessary to declare him a danger to the general health, and to exclude him from all communication with the outer world. On December 19th, 1889, Mr. R. once more set sail for Europe, proposing to make another attempt to preserve his life for his family's sake for a time. His travelling companions thought it hardly possible that he could reach Genoa alive. However, the cooling sea-air stimulated his vital powers, even though but slightly, and he arrived safely in Europe, where the disease again passed over from the acute state into the more chronic one. His medical attendants at Freiburg were indeed able to ascertain that his case was hopeless, and could give him no further advice. By chance, Mr. R. was now told of my method of treatment by his old friend W. of Leipzig, with whom he had formerly lived together for years in Java. On March 20th, 1890, Mr. R. set out for Leipzig, and on the 24th placed himself in my hands, though nearly a hopeless case. There are few patients who confirm, as strikingly as Mr. R., all my teachings and theories by the story of his disease and his outward appearance, in a manner evident to everyone.

For my science of facial expression Mr. R. was a model such as one seldom sees. For this reason I present the two following illustrations taken from life. His body was enormously altered by the foreign matter. At the throat he had a goitre, which was larger on the right side than on the left. There was actually but little neck to be seen, it being sunk, as it were, in the body, and no proper neck boundary being visible (comp. Fig. 1, p. 303). Over the brows there was a pad an inch thick. The parts around the eyes were so bloated with foreign matter, that the eyes themselves were most remarkably small in proportion to the rest of the body. The whole head, in fact, showed a most abnormal padding of foreign matter, which lent it a very peculiar expression. The right leg was already decidedly gangrenous in the middle of the calf, and contained water both in the foot and ankle, below the gangrenous spot, and above the same, so that Mr. R. could use the leg only with difficulty, it being too stiff. The accumulations of foreign matter in the body were in proportion to those in the head and neck. The digestion was quite prostrate. For years the patient had had no normal evacuations through either bowels or kidneys. The heart disorder allowed no rest at night, and gave rise to a feeling of uneasiness and oppression.

His feet and hands were icy cold, and of a dark blue color.

Mr. R. immediately began with my treatment, and its effects were not slow in appearing. The first changes were shown in the digestion, stool and urination becoming regular as early as the third day. Whereas formerly he had a motion with the aid of enemas only every two or three days, it now

came twice or thrice daily in the consistency of porridge, by far exceeding in quantity food consumed. The urine was now cloudy and turbid, evidently containing a quantity of foreign matter. Even on the second day the patient felt himself relieved and fresher, though with a constant sensation of weariness. This was caused by the fact that his system had taken up with all its strength the task of expelling the foreign matter, which was such an arduous undertaking, that little strength remained for any other purpose. Mr. R. also began to perspire every night and in the daytime as well, so that the skin likewise secreted a great deal of foreign matter. Now, as he took in no new foreign matter in his food, and his digestion had been regulated, the old accumulations of foreign matter could be continually expelled, by which means a very gradual, but always perceptible alteration in the form of his body was brought about.



The manner in which the leathery, dried-up gangrenous girdle of dark brown, 4 inches in breadth, around his right calf was dissolved, was really peculiar. While at first it had looked dark brown, it gradually turned to a bluish red, until at last the color changed to a brighter red and the girth of the limb increased at the same time. The gangrenous girdle was completely dissolved, and this in the form of water. The right leg thus became so stout as to be quite unshapely, at least twice or thrice as thick as before, and inflexible, causing the patient great anxiety and trouble. In this process one could clearly and distinctly observe the capabilities of foreign matter as regards alteration and decomposition. Whereas in its dried and gangrenous form it required scarcely a space of three or four cubic inches, it now needed more than two cubic feet. Furthermore, one could plainly see in this process that the gangrene had been nothing but this same matter dried up by the former permanent and excessive internal latent fever heat; for by my treatment the morbid conditions of the system are sometimes rolled back on themselves, as it were, for which reason earlier diseases not cured, but only suppressed by medicaments, not seldom reappear, so that my method forms a sure test of all other methods.

In the severe crisis, which the patient was now going through, his extraordinary vital power stood him in good stead. Although not able to move about much, my baths

always made him perspire freely at the dropsical parts of his body, so that within hardly four weeks all the water was expelled from his body. No sooner was this accomplished, than he could again walk about more readily, and the cure took a highly favorable turn. He daily felt younger and fresher, and after four months' treatment was so changed in external appearance, as Fig. 2 shows, as to be hardly recognizable. The heart derangement and dropsy had quite disappeared, and were really cured, while his despondency had given room to a cheerful and quite different mood and good spirits.

In Batavia they could not credit this happy result, but wrote that the patient would not be received there before examination showed him to be fully free of the lepra-bacilli. For this reason Mr. R. after four months treatment with me, again submitted himself to the inspection of a celebrated specialist for lepra then residing in Hamburg, who had formerly examined and treated him; after this examination, which lasted nearly four weeks, he received the assurance that he was entirely free of all these plagues.

In this manner, before his treatment by myself, Mr. R.'s perfectly hopeless condition, and after it his really marvellous improvement, were confirmed by the testimony of celebrated physicians.

For my science of facial expression this case affords an extremely plain and instructive example. Whoever studies Figs. 1 and 2 will perceive the very considerable changes undergone by the body during the four months of treatment.

## Lepra, Leprosy.

This disease may be termed with good reason a scourge of the tropics, and one so fearful that in our temperate climate we can form no conception of it. For not only have those affected almost always been lost hitherto, that is, doomed to death, because no remedy had been found capable of curing them, but, on account of the great dread of infection, they have been quite shut out from the rest of mankind, and thus deprived of the sole support and consolation left on earth to their misery. It is not my mission to portray the thousands of heartbreaking scenes occurring between such patients and their relatives, especially when the former, as often happens, are removed by order of government at the instance of sanitary boards to remote places, usually solitary islands, to prevent any transmission of their disease to healthy persons, all communication with their relatives being of course prohibited. There they live with the certain prospect of an agonizing death, and are as good as dead on their arrival; they therefore die in a measure twice over — once with and once without consciousness. Lepers are thus, in the true sense of the term, outcasts from all human society, and the dread of leprosy, as is reasonable, knows no bounds. But this disease creates such a panic only because its nature and cure have hitherto not been understood. For this sole reason has leprosy till now been a danger, from which no one could protect himself, or avert when once attacked. Through my discoveries this danger has now been obviated for ever, and to-day, when I can look back on a succession of successful cures of leprosy in serious cases, I consider it my sacred duty to communicate my experiences to all those unfortunates who suffer under the curse of this disease and the prejudices concerning it. A curse, it is true, which each has drawn down on himself by his own hitherto unconscious wrong-doing, as I shall show, and the dreadfulness of which ceases when its true cause is known.

This disease again strikingly confirms the theory stated by myself of the unity of all disease, or the uniform cause of all diseases, as I shall show further on. First I shall consider the symptoms of disease in lepra. We distinguish between wet and dry lepra. In wet lepra the extremities — hands, feet, ears, etc. — become clubbed and partially or wholly insensible, then decaying alive and passing into a state of decomposition with a very offensive smell. Open sores form, from which putrid, mattery water continually flows. Then the extremities, beginning with the ears and the tip-joints of the toes and fingers, fall off as if sloughed away, followed by the next in turn, until death occurs. This sloughing-off of members is generally preceded for weeks or months by another manifestation, that is, more or less dark or light, red or brown spots are formed on the skin. Thus the body decays, often in an unbroken agony of years, until the disease reaches its limit, and death ensues.

The dry leprosy appears at first, as does the former kind, while digestion in our sense gradually grows worse, in the gradual formation of dark (gangrenous) spots in the extremities, the hands and feet; a sure sign of very high internal fever. Then the flesh begins to disappear from between the finger-joints, followed by that of the other parts of the body, so that only the bare bones and joints are left. The body dries up precisely like a tree. The bones and joints remaining usually seem to be somewhat bloated. The flesh continues disappearing until the unfortunates resemble mere skeletons, and die of exhaustion. The weight of such dead persons is often not more than that of a chair.

The hitherto unknown nature and original cause of this dreadful plague are well known to me and to all who have carefully studied my doctrines; and also the reason why it is the hot zones which are afflicted, while our cooler regions enjoy immunity. On page 26 I have explained why it is that in the tropics these acute fevers are more prevalent than in colder regions, which are mainly the home of all chronic, latent diseases.

The cause of lepra is the encumbrance of man with foreign matter (comp. pp. 19 — 22); in many cases an hereditary encumbrance, but frequently acquired by an unnatural mode of living. The true seat of the disease is in the abdomen or the organs of digestion, which operate abnormally in our sense. (Comp. pp. 238 — 244, and 256 — 259). Considering the greater heat, which decidedly aids all processes of fermentation, the processes of decomposition of the foreign matter in the system are especially intense in the tropics. The foreign matter is forced to the extremities with peculiar energy, firmly accumulating there in great density on account of the internal pressure. By such excessive accumulations the nerves — the transmitters of life — in these extremities are quite choked, so that their functions are in part impeded, which is shown in the insensibility of these members in lepra patients. Within such patients there prevails high fever heat, which is also apparent externally to all who know my science of facial expression. Within there is, to a certain extent, a gangrenous condition, attended by external chilliness. In dry leprosy the extremities are literally dried up by this excessive inner heat, especially with the customary so-called *strengthening* nourishment, which, as in the case of consumption, renders a real nutrition of the patient impossible, because the digestive organs are no longer able to function normally in our sense. The food, it is true, still goes through the body, but the patient starves in spite of all he eats. Here we again plainly see, that it is not what one eats, and what contains according to modern views all the substances which chemical analysis shows the human frame to be composed of, which nourishes and sustains the body, but only such food as the system can still really digest. From this abnormal, gangrenous heat arises, in wet leprosy, that disgusting process of decomposition and decay of foreign matter in the body through which the latter perishes. The transient red and dark spots on *the* skin of leprosy patients are

an infallible sign of internal, gangrenous heat. This process of decomposition resembles that in dropsy, for in the latter the formation of water must also be preceded by an internal, gangrenous process often lasting for years, the stage of decomposition itself being merely in a measure the final stage of these processes in the living body. In wet lepra a watery decomposition also takes place, though differing in form from that in dropsy. The course of disease in the gentleman from Batavia, described by me in the foregoing article, who was affected at once with heart disease, dropsy, and leprosy, is therefore very interesting, in that it so clearly exhibits these processes. The main point is, that we should plainly perceive that leprosy springs from the cause common to all other diseases, namely, the encumbrance of the system with foreign matter, which in turn arises only from the abdomen or rather from the digestion; and consequently, that the seat of this hitherto incurable disease is likewise to be sought in the abdomen, which fact again proves the uniform cause. Although leprosy does not occur with us in the tropical form, we can observe cases very similar; consumption, in particular, is undoubtedly much like it in character, only that in this latter the system does not always, especially in colder regions, force the foreign matter with such intensity into the extremities as in the case of leprosy in a hot climate, but that the destructive process begins in the lungs or other internal organs.

Only he will ever be infected with leprosy who is already heavily encumbered with foreign matter, it being also simply a final stage of heavy encumbrance. An adept in my science of facial expression is enabled, however, to ascertain years beforehand and with unfailing accuracy a state of encumbrance so heavy as surely to lead to such diseases as leprosy or tropical and malarial fevers. We are thus enabled to begin in time with a preventive mode of living certain to avert the disease, which I shall describe in detail farther on. And it is doubtless far better to prevent such a disease as leprosy in time, than to let it come to an outbreak.

For, even if my method of treatment affords a sure remedy for leprosy, the earlier one begins my treatment the more easy, rapid and painless will the course of treatment be. But the very cause which favors the origination of leprosy, namely, the great heat of tropical climates, also favors the process of healing.

This plague cannot be cured by medicaments which are revolting to the system, but would be simply decidedly aggravated. Whoever is once affected with leprosy, and attempts to cure it in the hitherto customary method with quinine, mercury, and other potent poisons and medicaments, attains no improvement thereby, but merely renders his condition worse than it was before, by adding still more foreign matter to that already collected in his system. The outward form of the disease may, indeed, be changed thereby, the original symptoms of leprosy being partially suppressed, but a far worse chronic, latent state is the result. Real improvement and cure of leprosy can be obtained only by

getting rid of its actual cause, the foreign matter. An example will make this clearer. We know that in an offal pit myriads of worms are developed, which form excellent food for fowls, for which reason such pits are often met with on large farms. Now, should we attempt to get rid of the worms by strewing poison in the pit, no doubt a great many of them would die, but more would constantly come, because the putrifying offal is still present. We should arrive at the conviction that the worms could be got rid of only by removing their breeding-place, the rotting offal. It is the same with disease in the body. The body is the pit, the foreign matter is the putrifying offal, and the worms (bacilli) arising therefrom are the disease: in order to do away with the latter we must not try to poison them with medicines but simply seek to rid the body of their breeding-place. The difference between my new science of healing and the traditionary medical treatment is simply this: That I understand how to rid the body of the cause of all disease, the morbid or foreign matter, and thus remove the soil proper for the growth of any disease; whereas the modern school attacks it with poison, and would no doubt attain very fair results by this means if the body were merely an offal pit in itself indifferent to any poison. But as it is, the body being able to bear no poison without sustaining injury, the treatment with medicaments does yet more harm than the disease itself could do. There can be no more striking proof of the correctness of these statements than the report of the cure, given on page 302, of Mr. R. of Batavia. This plainly shows, that the inactive lepra-bacilli in this patient, the presence of which was ascertained beyond doubt by medical authorities themselves, could in no wise be got rid of by the remedies they employed, neither by poisonous medicaments nor by other means, but that Mr. R.'s condition grew more and more wretched in consequence of these remedies. — With what healing power and brilliant success did my method operate, and how thoroughly did it remove all lepra-bacilli by withdrawing their nourishment — a fact likewise confirmed by medical authority! (Comp. p. 305). Success can be obtained in such cases only by a natural watercure, and that only when it is applied at the seat, the starting-point, of the foreign matter, namely, the abdomen. And such a method of treatment is mine.

A drawing-off of the fermenting matter by my alleviating baths, together with steam-baths for opening the clogged pores of the skin, and the observance of a diet and nourishment which the patient can really digest — these are the means with which leprosy can be combated with sure success, and with which it has been successfully combated in my practice. It may, however, again be added, that only such patients can still be saved, whose digestion and skin-function are capable of restoration, and whose vital powers are still equal to some exertion.

By my process, as observed in another place, the morbid matter is led back again and out of the body on the same way by which it proceeded out of the abdomen into the extremities; so that my method is nothing more nor less than

to force and conduct the retreat of the disease on its own path. No disease, especially no chronic disease, can be cured in any other way than by this retrogression; for when one has, for instance, a natural entrance into a house and a natural exit from it, one can as a rule come out by the latter only, unless by ruining the house, and so it is with the morbid matter. There is but one way in which it can be brought out of the body, and that is, like its way of entrance, a natural one, as I shall illustrate by a few examples from my practice.

With my method of treatment it has also been plainly shown, that all danger of contagion from lepra is excluded. This is of the highest importance, particularly for those who dread infection; they need only follow a natural mode of living, and pursue my alleviating treatment, which strengthens and invigorates the entire system in every way — it may be called an inner method of cleansing, the body being thus cleansed from within of its foreign matter, — and they will be not only safe from all danger of infection, but will promote their general health and physical and mental capacity in every way.

The medical profession designedly confine the patients in sickrooms with closed windows, and take the greatest pains to keep away all fresh air from outside from the patient, particularly at night. In cases of leprosy it is therefore unavoidable that the air in sickrooms should become so permeated and tainted with the exhalations of disease, and with fermenting morbid matter, that it is no wonder, when such air spreads the infection by transmitting the morbid matter to other persons. Comp. pp. 60 — 69 on danger of infection in general). He who knows that a person remaining longer than two hours in a room containing some sixty cubic metres, must then begin to breathe over again the air already inhaled, if fresh air be not continually supplied from outside, will also comprehend that patients in closed rooms are forced to lie in their own "excrements", so to speak; for that, which persons, especially sick persons, give out from their lungs, is not by any means beneficial to them, but secreted matters poisonous to the system.

With my treatment all danger of infection is obviated for the reason that I always, and especially in the case of diseases which diffuse such a putrescent odor as lepra, give, strict orders for keeping the sick-room windows open day and night, and for exposing the patient as much as may be to air warmed by the sun. As the outside air thus constantly replaces the air of the room, the latter can never become so infected, as in other cases, with gases exhaled by the patient, nor can it ever take on such an unclean, tainted character as to endanger those persons who practise my treatment — not even when they are predisposed to infection, i. e. when their systems are heavily enough encumbered with foreign matter, which alone (as shown on p. 62.) can render them liable to infection. For through my treatment all predisposition to disease is constantly drawn off, and therefore never develops into disease. Thus the danger of leprosy infection, or that

from any other disease, ceases in the case of all who submit to this treatment — a fact undeniably proved by my practice.

Before considering cases of cures of lepra patients from my practice, I will here briefly describe the manner in which everyone can surely protect himself against leprosy and all other diseases, e. g. malarial and local fevers at any rate, so that if the worst comes to the worst, the course of the disease will be attended by no danger and little derangement. As said before, only he can be attacked by such diseases who is predisposed to them, or, in other words, who is so heavily encumbered with foreign matter that the latter will ferment readily, so as to create disturbances in the functions of the entire system and endanger life, if the fermentation (sanitary crisis) cannot be rendered harmless and helpful, as I have often remarked before. This predisposition can be recognized years in advance by the aid of my science of facial expression. But even those who have not studied this science, are well able to feel this predisposition to a certain extent. Our all-wise Mother, Nature, has provided us with a defensive arm for this purpose, of which most people unhappily do not understand the use — our Instinct. Natural instinct instils into all, who are still near enough to Nature to be in possession of it to a certain extent, an involuntary dread, a secret horror of infection from such diseases, which is quite unknown to the healthy and all those who have adopted my mode of living; because in such cases a danger of infection no longer exists in the sense hitherto accepted.

Whoever has ascertained, in either of these two ways, that his system is not free from foreign matter and consequently from a predisposition to disease (which is especially important in the hot zones, where acute fevers arise more easily and rapidly than in colder regions), should without delay take to a natural mode of living and the use of my alleviating baths. A natural mode of living consists, firstly, in a carefully selected, non-irritant diet, and secondly, in a proper care of the skin and a constant supply of fresh air by day and especially at night, together with suitable bodily exercise in the open air. As regards my dietetic rules, I am admittedly in opposition to the modern school, which circumstance, however, does not trouble me in the least.

For I venture to assert, that the prevailing science of medicine is still quite in the dark concerning the effects of nourishment on the system and its relation to the digestion, and concerning the digestive process of fermentation, i. e. concerning the most important conditions for the preservation of life — concerning the sole source which affords us sure clues to the nature of life and vitality, and is therefore the main point in the *living* body. Articles of food like meat, broth, alcohol, extracts, *eggs*, spices, narcotic and alcoholic beverages, vinegar, which according to chemical analysis are supposed to contain those substances of which the human body chiefly consists, are not the foods which in this case give to our bodies the strength needful for their preservation, and to sustain their natural health, but only such foods as the body really digests in our sense, being a vegetable diet and all

fruits of the fields and trees which agree with us. Graham bread (bread of unbolted wheat, rice, maize, rye, and other meal — see page 136) must form the foundation of this nutrition, together with all fruits afforded by the climate and season. First and foremost, I must warn all dwellers in the hot zone against the use of meats, especially when smoked or corned, and all meats preserved in vinegar, such being peculiarly difficult of digestion, and giving- rise to the formation of foreign matter in the system. Most sorts of cheese have the same effect. For, as remarked already, our digestive process is simply a process of fermentation and decomposition going on in the body. The more easily and quickly food ferments, the easier it is to digest; the more reluctantly and slowly it ferments, the harder it is to digest. But all kinds of food ferment most readily in their natural condition, and are therefore most easily digested and healthiest in this condition.

But when the same are made more capable of "keeping", i. e. harder to ferment, by cooking, corning, smoking, salting, spicing, or preservation in vinegar or alcohol, all these articles of food thus changed harden, and are often impossible to digest, and therefore, as people unwittingly eat them exactly like other articles of food, usually even in far larger quantities, give rise to the formation of foreign matter in the body, i. e. to encumbrance, or a predisposition to disease. Meat and all meat-dishes, all alcoholic and narcotic beverages, such as wine, cognac, bitters, liquors, beer, coffee, tea, are to be eschewed entirely, as well as all animal fats, and vinegar. Pure, unadulterated water is the healthiest beverage. No one need be afraid of noxious miasms or bacilli in drinking-water. Whoever is acquainted with my doctrines knows that such can never injure the digestion, being forthwith rendered harmless by the process of fermentation performed in digesting. Furthermore, avoid boiled or dead water and tainted water, especially such as has stood for some time in bad air and, owing to its power of appropriation, has absorbed much noxious matter in consequence. It will be unpleasant to all on account of its disgusting smell and taste, so that our own instinct will plainly tell us that it is injurious to health. Had I not tested and incontestably proved the truth of these statements in my practice in thousands of cases, I could not dare to publish them openly; but the truth must be spoken.

All plants and vegetable foods (all vegetables, fruits of the fields, trees, bushes, and berries) are proper in this situation, especially those which grow and nourish in the regions and zones under consideration; for fruits from foreign countries and hot climates may be easily and readily digestible for the dwellers therein, but by no means so digestible for the inhabitants of other countries and colder zones. E. g. bananas are readily digested by dwellers in the tropics, but less so by us of the North, and it is the same with other fruits. Hence it follows, that the products proper to each country agree best with, and are most easily digested by the inhabitants of the respective countries. The reason for this is, simply, that every

climate, and the greater or less degree of cold peculiar to it, exert in all cases a very definite influence on all processes of fermentation, development, and decomposition, and consequently on the process of fermentation in digestion.



The care of the skin consists in keeping its pores open by cleanliness, so that the inner matter of secretion may leave the body unhindered in the form of exhalations and perspiration.



Special stress must be laid on the body's being made to perspire daily in the most natural way by means of open - air

exercise or lying in bed under carefully adjusted blankets, or at least on the skin's being warm and moist.

Provide for fresh air simply by continually renewing the air of the rooms from outside, particularly at night, which can be accomplished only by opening the windows. When the entrance of troublesome insects is to be feared, protect the windows with gauze or wire netting.

All may learn from the report of a cure now following in what way my alleviating baths are to be used and applied.



Three boys of 9, 13, and 15, all three the sons of one father, who were attacked by lepra, and who had previously tested the resources of the celebrated clinics of the modern school at Berlin and other cities, and also consulted various private physicians, all without success, were put under my treatment, after their father had been everywhere informed that this disease was incurable and the poor patients past hope of recovery. The medical profession had openly admitted their impotence when confronted by these cases, and thus an opportunity was again afforded me for proving, in these patients, the superiority of my method and the correctness of my discoveries. As these cases afford positive testimony to the truth of my assertions, and can hardly fail to be of general interest, I had seven engravings of the 3 patients taken from life (comp. pp. 318 — 325). Their state when I began their treatment was miserable in the extreme. On the hands the tip-joints and in part even the second joints of the fingers were wanting, having rotted off, and the remaining stumps of the fingers were much swollen and in part nearly ready to fall off, as Figs. IV and V show. The right hand knuckle-joint of the youngest child's forefinger was already rotting away. The feet of the two older brothers were in an almost still more horrible state (Comp. Figs. VI and VII). They were mere shapeless masses surcharged with foreign matter with several deep,



consuming sores going down to the bone and discharging bloody, putrid water. Arms and legs had lost all sense of feeling below the elbows and knees. In one of the Berlin clinics, in order to ascertain the insensibility of the members, one of the boys had been pierced through the hand up the arm with a long needle to a point where pain was felt, which occurred at the elbow. A very eminent achievement! The patients' exhalations were positively unbearable, the true odor



of putrescence. Their digestion was utterly prostrated. The boys' condition was so wretched, that the pictures from life could be taken only after 3 weeks' treatment, when their state had already essentially improved, and various open sores on the feet were healed. It was therefore impossible to illustrate the worst stage of the disease. The treatment began with three half-hour friction sitting-baths daily, followed by re-warming through exercise in the fresh air. Indeed, fresh air had to be supplied constantly day and night, for though the boys' exhalations were fetid at first, their smell during treatment grew more and more unendurable, the bad matter in their bodies then being set in motion and striving to get out. This was notably the case while they were bathing. The diet, with but three meals daily, was Breakfast, dry Graham bread, wheat-meal bread baked in the house, with a few apples; Dinner, farinaceous foods such as rice, grits, pearl-barley,

oatmeal, prepared thick with fruit and water, but little salt and no seasoning; leguminous fruits, like peas, lentils, beans, and all sorts of green vegetables and carrots, turnips and potatoes, but all boiled only in water as thick as possible, without being scalded off or having the water poured away. These articles were put on with very little water, so that when done all the water was boiled down. (By pouring off water from vegetables while cooking, or scalding the latter before cooking, the most nutritious elements, the natural plant-salts, are usually poured away too. Besides these dishes, raw fruit was also given both in the morning and evening. The only drink was pure water.

The patients' beds were warm enough to make them perspire, despite the open windows. Within a fortnight the open sores on the feet ceased to emit water, and healed partially from within outward, so that only a sore of considerable size was observable in the case of each of the older boys, which did not heal completely until during the course of the following month. The hands, especially the fingers, grew somewhat thinner during the second month of treatment, as might be plainly seen by the folds formed by the skin. The foreign matter now commenced retrogression towards the abdomen in just the same manner as that in which it had formerly forced its way into the hands and feet, which the patients felt distinctly by drawing pains in the hands, arms, feet, and legs, but most markedly in the joints. A constant and almost painful drawing sensation from the extremities towards the body had been felt from the outset by all three. When beginning my treatment the oddest boy could not wear even a shoe made on purpose for him on his sore foot, like those worn by his brothers. After four weeks' treatment he was able to wear leather shoes on both feet *without any inconvenience*. The sense of feeling, too continued to return into the previously insensible members, so that within only six weeks the boys distinctly felt objects when grasped. But above all things, the children's digestion had become entirely different from what it had been, and was almost normal at the end of two months, as their appetite abundantly manifested. Whereas on coming to me they had

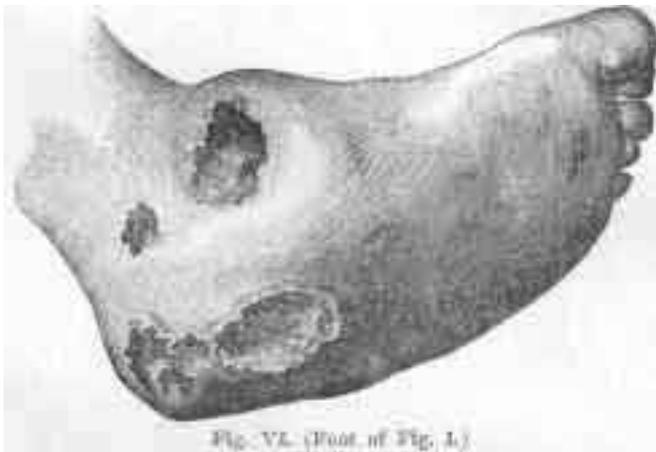


Fig. VL (Foot of Fig. I.)

hardly any appetite, and showed no disposition to touch even the best and most tempting food proffered them, after a week of my treatment they could hardly get enough to eat. Their digestion, in other words, was as if quite revived.

To-day, while I am penning these lines, the boys' condition is improved beyond all comparison, and anyone who had not seen and smelt how unspeakably wretched and half rotten these poor children were, would now never dream it possible. These unfortunate human beings, doomed, as it seemed, to certain death, have now been made happy and cheerful. Though I cannot declare the three boys to be completely restored as yet, because the duration of the treatment (three months) has been too short, their improvement until now has nevertheless been so marked and decided, that a radical cure may be confidently expected from a continuation of my treatment.



But the success and improvement already realized, brought about in just the same way and under the same conditions, and with the same symptoms and manifestations, as in the case of all my other patients, show the curability of this disease, which was hitherto notoriously incurable; as for instance the report of cure from Mr. R. of Java (on page 298), whose lepra was completely cured by my treatment. These cases again most incontestably confirm my theory of the oneness of all diseases, as well as the correctness of all

measures I have taken in accordance with it, so that I can positively assert, without hesitation, that lepra is completely curable by my method. and that only those lepers are hopelessly ill in whom the disease has made such advances as to have destroyed vital organs. In such cases my treatment can, indeed, alleviate suffering in a greater degree than any other, and secure a tranquil end; but important organs, once destroyed, cannot be replaced.

## Local and tropical Fevers, Malaria, Bilious Fever, Yellow Fever, Fever and Ague.

These forms of fever, so feared in tropical regions, furnish another confirmation of my theory of fever and the oneness of all diseases in a striking manner manifest to everyone.

Whatever name these fevers may bear, and under whatever form we may meet them, their original cause is always the same, for which reason their cure is possible only in the one mode discovered by me. These fevers, answering to our fever and ague, are native to all tropical countries. In a very few localities in the tropics, in such as are distinguished for great dryness, that is, on heights, these fevers occur rarely or not at all; whereas all the lower and moist regions are their own domain. Anyone understanding my theory of fermentation, and who has followed my explanations of the danger of infection on pp. 65 — 66, is aware that in tropical climates, where the extremes in temperature between day and night are the greatest on our globe, all processes of fermentation are most rapid and intense in their operation. In such regions, especially where it is moist and swampy, the air is continually filled with vegetable products of putrescence and fermentation (bacilli, spores of fungi). In those hot climates these germs operate precisely like yeast in dough, as ferments in the foreign matter contained in our bodies. For there are the conditions most favorable to the bringing about of fermentation, and it therefore always goes on even when but little foreign matter is present in the system, in cases when an acute or feverish disease would never occur in temperate zones. Hitherto, however, people neither knew anything about this state of encumbrance or latent state of fever, nor were they able to recognize it in any way so closely resembling perfect health as it does. This first became possible with absolute certainty by the aid of my science of facial expression, so that neither I nor my followers can be misled by the universal and mistaken notion, that perfectly healthy persons can be attacked by malaria and local fevers; this would be possible only in regions where such matter of fermentation and putrescence in the air could affect healthy blood, like snake-poison, as a ferment. To-day we know that the old idea, according to which no constitution enjoys immunity from these fevers, is based on inadequate knowledge of the true state of the case. On the strength of my investigations we now know, that these fevers, like other complaints, attack only such persons as are encumbered with foreign matter, i. e. are suffering from latent disease. My discoveries first threw full light on the nature of these forms of fever, and cleared up their connection with the climate. Not the climate alone is to blame, as was hitherto supposed, but the encumbrance of individuals with foreign matter, or their latent state of disease.

The main point is, to *prevent* these diseases, which can be accomplished by a very moderate, wholly non-irritant

vegetable diet selected from the products of the country in question, seconded by a thoroughly natural care of health as described in the foregoing article, together with my alleviating baths. Though one cannot obtain water for these baths quite as cold as one can in Germany for instance, the proportion of the water-temperature to the air - temperature in the tropics will probably be nearly the same as it is here; moreover, the same heat which gave rise to the forms of fermentation (disease), likewise favors the process of cure, because the re-warming and perspiring after the baths ensues more rapidly than here. My alleviating baths, by reason of their interior cooling effect, exert a truly astonishing influence on all fevers or internal processes of fermentation in the foreign matter in the system. Supposing the patient to have a high fever of 40 ° C, this temperature will fall, with an half an hour hip-bath or friction sitting-bath, by at least 3 ° or 4 °. Whenever the fever, and with it the temperature of the body, again increases, the latter is again reduced by a second bath, and so on, so that we can thus check the fever — this internal fermentation of foreign matter, — as surely and firmly as a skilful horseman checks his steed, while the patient's condition can never become so unpleasant and tormenting with our method of treatment as with that formerly employed. The fever patient hardly feels serious uneasiness, and never has a sensation of dangerous illness.

In various tropical countries my treatment has been tested for such fever cases, according to the rules laid down in this handbook, with most surprising success, concerning which I here submit a few original reports. Mr. R. of Batavia, the report of whose cure I communicated on page 298, writes from Genoa, among other things:

"I have just learned, that my wife and book-keeper in Batavia (Dutch East India), to whom I sent your book, have also employed your treatment with extraordinary success in the climatic fever prevailing there".

The Rev. Mr. M. in P. L. (Brazil) writes me on the 16th of December, 1890, among other things, as follows:

"Concerning myself, I can gratefully inform you that by the employment of the baths prescribed by you the climatic fever and my digestion have decidedly improved within a short time. In this Land of Coffee the diet gives us some trouble. We must eat instead of wheat-meal bread our maize bread, instead of German vegetables our beans and rice, manioc, etc., instead of pears, apples and plums our bananas, sweet potatoes, melons, oranges, figs, dates, maroons, and other things".

I have discussed the matter of diet in the tropics on p. 317.\* In connection with this I will add to the information previously given, that in case of sickness fruits *naturally sour*, even if not quite ripe, are.. preferable to the more indigestible *sweet* fruits.

\* Rev. Mr. M. was at that time not acquainted with the information subsequently furnished in the 3 edition.

From B., Accra, Gold Coast, West Africa, the missionary J. S., one of my numerous followers on the Gold Coast and in Cameroon, writes as follows:

"As far as possible, guided by the writings sent us, we have tried to apply your treatment for fevers, especially for bilious fever. To our joy we can report that your treatment greatly mitigates the attacks of fever that occur so frequently".

Mr. M. H. writes, besides other things, as follows:

"Stann Creek, Belize (Brit. Honduras), Central America, July 3, 1890. Having received your handbook "The New Science of Healing" I beg to thank you for your kind advice, which I have followed as far as existing conditions permit. Every year I have had to fight our tropical fevers and other disorders — *this year I am freed from all these troubles by the employment of your method of treatment*".

In a long letter to me from Otjimbingue (Hereroland) South-west Africa, Mr. Fr. M. writes, after describing the serious illness of his wife, which was held to be incurable: "All remedies which I had tried for 30 years could not check the progress of the disease. The digestion was also utterly prostrate. Then came your letter, and opened my eyes. Now my wife takes steam-baths. The malarial fever which had been recently added to her other complaints has already disappeared, the swelling in the feet is subsiding, and the fingers are growing thinner and suppler".

It would have been more advisable for the lady's health, and more advantageous if, besides the steam-baths (1 — 2 per week), hip-baths and friction sitting-baths had been administered, as no permanent results can be obtained with the steam-baths *alone*. \*)

The missionary G. in Dar-es-Salaam (East Africa), who had followed my method of treatment according to my handbook, in his own case, reports in the "Nachrichten aus den ostafrikanischen Missionen", Berlin, Sept., 1890, concerning the good effects of the treatment in his nephew's case, as follows:

"Sunday, June 22, 1890. Last week my nephew Daniel E. was also sick for five days with violent malarial fever; no quinine, no antipyrin or antifebrin, neither peppermint tea nor compresses according to the earlier Nature-cure, afforded any relief; the fever remained at the same height, or even rose a few points. Yesterday noon, after all our exertions, our resources were at an end. Only one thing could save the patient — change of place and air — but how? In this extremity I bethought me of the new method of treatment by Louis Kuhne of Leipzig, whose book, "The New Science of Healing", I had just ordered. We placed the patient, glowing with fever heat and unable to perspire, into water, i. e. administered hip-baths lasting three minutes. As soon as the thermometer rose above 39 C, the bath was repeated, and we soon observed that the fever was beginning to sink. Over

\*) It is necessary to say that during the menstrual period of women all baths are to be interrupted..

night improvement set in, and in the morning perspiration came quite naturally. Thus he was saved in a few hours by this simple process!"

If the persons in charge had kept up the patient's body-baths 20 instead of only 3 minutes, improvement would have set in much more quickly and surely. The longer or more frequently the baths are given in such cases, the better and more advantageous they are for the patient.

On his own case the missionary G. of Dar-es-Salaam\* reports, on Dec. 22, 1890, as follows: Not to repeat what I already wrote you respecting my cure of various climatic fevers through your method, I will only mention briefly that your water cures have had most surprising results, in my case. I now employ them with the natives, of course with great trouble and sacrifice of time, and the results have always been good.

Since last June I have used no medicaments either for myself or my family; nothing but water according to your instructions. We are in the best of health possible in tropical regions renowned for their unhealthiness. Would not these water-cure methods of yours be a good remedy for "yellow fever" in West Africa?"

Mr. Gr. has apparently not quite fully grasped the idea of oneness, of the uniform interrelation of all diseases, discovered by me, else he could hardly have put this question. But from West Africa I have also received information of the success of my method. But for want of room I am unable to print the numerous favorable reports received from Australia, Hither India, The Cape, West India, West Africa, etc.

\*) A representative of my method of treatment will probably soon settle in Dar-es-Salaam.

## Typhus. Dysentery. Cholera.

### **Typhoid or Nervous Fever.**

This dreaded disease is dangerous only when the treatment is incorrect and the patient too heavily encumbered. My treatment completely strips it of its fearful characteristics. If we succeed in making the patient perspire in a natural manner after the alleviating baths, he will hardly feel himself seriously ill; so that in treating serious cases of typhus according to my method it has repeatedly occurred, within a few days, that during further treatment such patients could take constant exercise in the open air.

In all such acute sicknesses as typhus my steam-baths, applied at the proper time, but not too often, frequently have a really miraculous effect, though always in conjunction with my alleviating hip-baths and friction sitting-baths. The frequency of the steam-baths depends upon the patient's physical vigor. Those thoroughly skilled in my method can always readily judge of this.

Typhus patients with whom a medicinal cure would last for weeks and months, will improve within a few days, if they follow my treatment from the outset and are not too heavily encumbered, to such an extent as to be out of danger and able to move about in the open air.

The fact that typhus, with medicinal treatment, has like the small-pox become so dangerous and often so tedious a disease, results from the imperfection of allopathy.

While writing this I receive information from an old adherent of my method, that she has treated two serious cases of small-pox with one steam-bath and three prolonged hip-baths and friction sitting-baths so successfully, that the patients could leave their beds and move about in the open air, and that within six days all traces of disease had vanished without leaving a single scar.

But the course taken by many typhus cases treated by me has been precisely similar, where the system had not been too much weakened and injured beforehand by the use of medicaments.

### **Dysentery. Cholera.**

The above holds good in dysentery and cholera. Both are diseases which cause vast disturbances in the digestion, attended by high internal fever. In cholera this internal fever is so high, that the body burns quite black inwardly, as may be plainly seen in the black discoloration of the lips, nose, and eyes of dead cholera patients.

A precondition of this disease is, in the first place, a heavy encumbrance of the system with foreign matter. Dysentery and cholera do not attack this or that person at random, but only those bearing within them a predisposition to these illnesses. Long before these sicknesses appear, their victims have been suffering from abnormal digestion. Thus it

happens, that costiveness and constipation usually precede cholera and dysentery. Moreover, some days before the outbreak of these diseases, a certain discomfort, a heaviness as it were in the body, is felt, which simply marks the beginning of the state of fermentation in the interior of the body. The foreign matter begins a forcible retrogression towards its former starting-point, the abdomen. Within the latter, during the feverish fermentation of cholera and dysentery, peculiar processes take place, not met with in this form in any other case. At the same time the inner fever heat concentrates itself often only in the innermost organs of digestion. We then notice a devouring heat inside, accompanied by a chilly feeling outside. Dysentery is generally less dangerous than cholera.

In treating either disease we must aim simply at drawing off the excessive internal heat to the outside, and making the patient perspire in a natural manner. When the system still possesses great vital power, and is not too heavily encumbered, we notice regularly in cases of cholera that the system strives solely to conduct the inner inflammatory dangerous heat to the outside; which effort is rendered apparent by the feverishly heated condition of the external body that replaces the earlier chilly feeling. All such patients overcome the cholera far more easily than those who, retaining the outer chilliness, are, as it were, inwardly consumed. Many scarcely notice the external chilliness on account of the excessive internal fever. At any rate, the latter patients are in the greatest danger. In the years 1849 and 1866, during the ravages of the cholera, I watched various cholera cases. I exactly remember the course they took, and am to-day able to explain it. Those patients whose systems brought out the fever to the outside, mostly got over the cholera: whereas all who exhibited but little fever externally, died, nor did the latter feel the great annoyances and distress of the patients having the high fever, caused by the body's putting forth its utmost strength to neutralize the deadly conflict going on in its interior. For instance, I saw a woman quietly walking up and down the courtyard with her child at 11 o'clock in the forenoon; at 2 o'clock in the afternoon her corpse was carried out of the house. In her case the system had not shown the slightest attempt at reaction against the cholera fermentation by external heat, for which reason the inner fermentation very shortly brought about a gangrenous state of the abdomen, plainly marked internally by black discoloration. An adept in my science of facial expression perceives clearly enough, merely from the black color of the lips, eyes, and tip of the nose, that the condition of the abdomen is gangrenous in the highest degree. In view of the rapid course of cholera its curability depends solely upon whether or not one is quick enough in drawing out the internal deadly fever, and in making the body perspire. This end is attained most surely and rapidly by the friction sitting-bath. Through this latter the internal gangrenous heat is cooled, and the vital power so stimulated, that the system is

speedily enabled transform the state of merely internal fever and external chilliness into one of general fever.

It is therefore best to begin the treatment of cholera cases with a half-hour friction sitting-bath, during which preparations can be made for an abdominal or full steam-bath, in order that after the friction sitting-bath the patient may take a prolonged steam-bath to start perspiration; follow this up with another friction sitting-bath, afterwards re-warming the patient in the sun, or, if this be not possible, in bed, carefully covering him up. In most cases these three baths will quite avert all danger to life. When this is not the case, repeat the above operation several times in like manner, insisting that during the steam-baths the patient lie face downward over the steam. Those unable to construct such a steam-bath as that described on page 107, can bring about the desired result in case of necessity by means of the friction sitting-baths alone. Only take care that the patient perspires well after the friction bath.

In cases of dysentery a prolonged steam-bath of the abdomen, followed by a friction sitting-bath, frequently has the effect of stopping the illness.

No disease so strikingly proves the correctness of my theory of disease and science of facial expression as the cholera.

As I have repeatedly told my readers, it is only foreign matter which causes a predisposition to cholera and changes in the shape of the body. But cholera, as observed before, is a forcible process, wherein the foreign matter in the whole system retreats towards the abdomen. During its progress the system, in an astonishingly short time, expels its foreign matter. For this reason the changes in the shape of the body accompanying this process appear with surprising distinctness. In the case of all surviving cholera patients whom I have seen, I was struck with their altered looks and the changes in their outward appearance, especially about the head, after their illness. This struck me even at that time, although I had not yet recognized the laws upon which the science of facial expression is based. The cholera caused the disappearance of frequently quite considerable quantities of encumbrance within a few days. Hence we see that Nature often accomplishes in a few days what human art could never achieve so perfectly, or at least not in such a short time.

All who have survived the cholera declare afterwards, that they feel as if born anew, and thrice as capable both physically and mentally as before; that they almost feel as if a burden had been taken away which formerly encumbered them. This notion is entirely correct, for the whole load of foreign matter had been taken off them, hence their increased efficiency.

As in all acute diseases, it is of special importance in one that progresses so rapidly as the cholera, to prevent its appearance by taking suitable precautions. Hitherto the ways and means for attaining this end were unknown; my discoveries first placed us in a position to ascertain exactly and years in advance any encumbrance and consequent

predisposition, such as might bring about, under certain conditions, sanitary crises like the cholera. And on pp. 314 — 317 I have shown in what way one can free his system of this predisposition.

A non-irritant diet, in particular, in conjunction with my alleviating baths, will form an efficient protection against cholera, dysentery, and all other acute fevers in the hot zones and tropical countries. The inhabitants of such countries should therefore not by any means be afraid to introduce such a diet, even if they have never observed it previously. One must not imagine that a rational remedy cannot be employed without injuring a system unaccustomed to it. This idea is utterly wrong, and I would therefore advise all immediately to begin with a diet as advocated by me; no one will have cause to repent it. I am induced to make this remark by queries from Bangkok in Siam. (Concerning Dysentery, comp. Reports of Cures, Part III, 26. 27.).

## Sexual Diseases.

Whoever would cure the hidden ills of mankind must speak of them openly. Neither prudery nor affected reserve are, therefore, likely to prevent my speaking of a matter, which is one of the most delicate and disagreeable that affect the human race. For, on the one hand, the harm and mischief caused among men by these same sexual diseases are so wide-spread and considerable, that it would be a sin on my part, now that my method of treatment has given me such mastery over these diseases, if I were to keep silence regarding my experience. For such great misery is caused among mankind simply by the general ignorance concerning the nature of these diseases, and more especially by their treatment with medicaments, that for this reason alone it appears absolutely necessary to throw light on the matter. The sad fact, that these diseases are at the present time disseminated in an unprecedented manner, and that syphilis alone claims hundreds of thousands of victims annually, and makes them unspeakably wretched, has a deep-reaching origin and cause, as I shall explain in the course of this essay. The methods hitherto employed, except that of the Nature school, were powerless against syphilis; they succeed, by smearing the body with mercury, etc., in bringing about a temporary latent state of the disease, which many physicians, in their ignorance concerning the nature of disease, and in order to tranquilize the patient, look upon as a cure. But unspeakable mischief has been wrought by this very proceeding; for many patients thus pretendedly cured have married on the strength of the doctor's dictum, and soon found out in the sad results of such marriage, how deceptive it had been. In most cases the health and life of the wife are placed in great jeopardy after cohabitation with a man in whose system there is latent syphilis. The nature of sexual intercourse is such, that mutual compensation of the two bodies ensues in a certain degree, so that latent syphilis is very soon transmitted to the woman, causing her death from this or some other disease. The children issuing from such marriages are always incapable of living, because they can never be normally developed. Therefore I assert, and with reason, that the latent stage of syphilis is far more dangerous than the acute one for in the latter the person affected bears a sign that plainly shows the true state of affairs.

The modern school already recognizes *the latent stage* of syphilis, though only able positively to ascertain its existence, when acute syphilis again breaks out after a continued period of latency. Then, when unable to help doing so, it says that the disease has been latent in the system during that period. Though it is my belief that, if the facts did not tell so plain a tale, modern science would in this case, too, never admit the existence of a chronic, latent state of disease, of which I have had occasion to say so much, but would declare as boldly as ever, that the attainment of this stage was a cure, like all their

other cures. True, the medicinal school has not yet got so far as to ascertain and watch the workings of this ancient natural law not only in this case, but in all other chronic, latent cases as well.

But was it not formerly also impossible to calculate beforehand eclipses of the sun and moon to the minute, because the natural laws controlling such calculations were unknown? Now, after recognizing these eternal natural laws, such natural phenomena can be calculated to the second for years in advance with absolute certainty. The case is similar with my science of facial expression. With its aid I am in a position to recognize and define an eternal natural law, and to render it serviceable. For this reason the latent stage of syphilis cannot remain concealed from me, and from those who have studied my method of investigation, even in cases where such acute relapses have not yet occurred. But we are likewise enabled thereby to ascertain with certainty a predisposition to any sexual diseases long in advance, so that they can be obviated in every way. I forbear entering into details concerning the several sexual diseases — white flow, clap, chancre, bubo, syphilis, etc. — merely remarking, that the name of each sexual disease is quite indifferent to us, because we know exactly that all have one common original root, the difference in their form depending simply upon the difference in the predisposition, i. e. the difference in the encumbrance of the individual system with foreign matter, or upon its chronic, latent state of disease in our sense; whence it follows, that a cure can be accomplished solely in the manner already known to us.

Nature has partly combined the sexual organs of mammals, and consequently of human beings, with the natural organs of secretion. Now, the system strives to direct its products of secretion toward these vents, whence the same become a favorite seat of all foreign matter and deposits of products of secretion, which is most distinctly observable in women, and is therefore of importance in sexual intercourse, it being unavoidable that these sharp matters of secretion should be transmitted to the other body like an ointment, by reason of the capacity of the skin for absorption. Thus the worst matter present in the woman is transmitted to the man, and *vice versa*; if he is more heavily encumbered than the woman, his generative products, composed of his juices, will be taken up into the woman's system and make her more diseased than before.

But there is another circumstance, to explain which I must begin further back. Sexual desire itself is a fact which, although universally known, has been unsatisfactorily explained, and is somewhat obscure. The modern school has little to say about its nature, still less as to when it is normal, and least of all upon the causes rendering it abnormal. Nevertheless one finds in its text-books that next to the instinct of self-preservation, the instinct of propagation is the strongest in the 'animal body. It is therefore inconceivable, why the factor only second in importance to life should now-a-days be so disdained as to be considered, in a measure, as

something unnatural and extremely unæsthetic and indecent. Thus blinded mankind presumes to clothe Nature in a veil, because she no longer seems to them becoming, forgetting that Nature is always clean, and that everything unclean and improper, and thus all unclean and improper views, lie only in man and his ideas, but not in Nature!

Sexual desire, like all other desires, has its normal stage, or an abnormal, diseased phase resulting from a diseased condition, i. e. the encumbrance of the system with foreign matter. I have already partly discussed this point in the article: "How to insure easy and successful parturition" (p. 161), and only add here, that in the state of the sexual desire one has a very accurate thermometer for the condition of one's health, especially for the latent chronic stage of disease, and the irritation of the system through one's mode of living. This desire is forced from its normal state only by the increased pressure and tendency of foreign matter towards its natural vents, that is, by the encumbrance of the system with foreign matter and the increased irritation of the nerves resulting therefrom. This same pressure is exerted on the sexual apparatus, which is at first manifested by increased sexual desire, attended by a very gradual decrease of potency. Normal sexual desire leaves man quite free from any disturbing lust of sense or thought, and operates disquietingly on the organism, awakening a wish for appeasement, only when a natural opportunity for its gratification offers. This desire is therefore normal only in healthy individuals, and can be kept normal only by a thoroughly non-irritant diet and natural mode of living; finally, it becomes abnormal whenever an encumbrance of the system with foreign matter or a chronic, latent condition of disease sets in.

The sexual organs can become diseased only in case of encumbrance of the system with foreign matter or predisposition; otherwise sexual disease is impossible. In the light of this fact it is also explainable why the transmission of the poison of clap, chancre, and syphilis should infect one person and leave another well. I know of cases in which two men were exposed to the same danger of infection, and the one who was first exposed to it, in which case infection is usually most probable, remained quite well, while the second was infected. I also know of cases in which the reverse took place. On the other hand, cases have occurred in which a woman has had sexual intercourse with but one man for a length of time while his intercourse was similarly limited. On his removal to another place, his successor followed him in the possession of this woman among other matters. Now, although it could be proved that neither of them was sick or had had any intercourse besides, this man was attacked by syphilis in a short time, whereas the woman remained quite unaffected by it. Several similar cases have come to my knowledge.

As, already observed the foreign matter accumulated in the sexual parts of one party is directly transmitted by sexual intercourse, and operates on the foreign matter of the other like yeast in dough, creating fermentation, especially

considering the tranquillizing and strengthening effect on the system brought about by the equalization of mutual magnetism. Through this effect the system gains so much in vital power, that it is stimulated to an attempt to expel the foreign matter which it contains, by a sanitary crisis like the clap, chancre, or syphilis. These facts also throw light on those frequent cases in which a husband, for instance, after living for years in regular sexual intercourse with his wife, is infected with syphilis through chance intercourse with another woman presumably healthy. The intercourse between the married couple had not had this effect, their systems having found mutual compensation, whereas the new intercourse created an entirely fresh equalization, thus bringing about the aforesaid effect. I mention these cases only to show in what manner sexual diseases arise, and what part the direct transmission of matter of infection plays in the case.

It is not my aim to touch upon or elucidate the morality or immorality of illicit sexual intercourse in any way whatever; my discussion has to do solely with the disease — its nature, origin, and cure. I have brought up the subject of illicit sexual intercourse only where it was necessary for the purpose of illustration.

The main thing for us is to know, that sexual diseases are nothing more than sanitary crises of the system, in which the latter endeavors to expel the foreign matter burdening it. Thus, in order to effect a cure, we must properly second this endeavor of the system to regain health, and not carelessly fall in with the mistaken method of the modern school, which, by the aid of medicaments (outrageous poisons, such as mercury in its various forms, iodine, iodide of potash, iodoform, etc.), seeks with all its might to counteract and suppress it. Of course, this suppression can be effected only at the cost of the vital power of the system, which before was strong enough to bring about this sanitary crisis, and, is now diverted from its effort to regain health by the incorporation of poisons, whose neutralization is now the main point for the preservation of the organism and requires all its energy, this new task demanding more of the system than it can perform with the aid of its utmost strength. What the modern school calls a cure thus discovers itself to be a far more serious injury to the system, than was the actual state of disease; it is, however, clad and its true nature hidden in the tempting and deceitful garb of a painless and delusive, but chronic latency, which, as it no longer exhibits the acute symptoms of the earlier sexual disease, is unhappily calculated to deceive, as an apparent cure, all those who can neither observe nor think logically.

He who accuses a so highly esteemed school and science of such grave errors must himself be able to bring forward irrefragable proofs of his assertions, if he would not lay himself open to the accusation of a base mania for calumny and of being a boaster, and make himself a laughing-stock. Now let us see how my proofs appear.

I said above, that all sexual diseases are not cured, but only suppressed, by medicaments, i. e. forced back still deeper into the system, the apparent cure therefore being no improvement, but on the contrary a mischievous aggravation of the condition, this also being very distinctly manifest in a deterioration of the general health. Should we sooner or later, though it take years, succeed in revivifying the vital power in a suitable manner — in case it has not meantime been already strengthened and stimulated by some other means, e. g. by passing through some other minor sanitary crisis like a cold, diarrhoea, etc., through which the system is freed from a part of its foreign matter — it not infrequently happens, that all those symptoms reappear in reverse order which had been previously prepared and aimed at by the earlier and stronger vital power of the system, but which had to be discontinued, because the vital power was in the meantime diverted and prevented by weakness through medicaments from carrying them out. In other words, by this strengthening of the vital power all those symptoms of disease are made to reappear — even if not until after decades — which at an earlier period of life did not bring about a cure in our sense, but only suppression and latency, or passed over into a more chronic and latent stage; and this has been proved to be the case in thousands of cases in my experience. Unfortunately, both the nature and conditions of the vital power, and also the natural means for raising and strengthening it, appear to have remained a mystery to the medical school down to the present day, as I have often remarked. The insight and common sense of non-professionals first opened the way, in making use of water, the sun, and a natural diet, by following which I have succeeded in finding, in my hip-baths, friction sitting-baths, and steam-baths, a remedy adapted in a hitherto unparalleled manner for stimulating and strengthening the vital power of the system in the most natural way, and one till now impossible. My peculiar treatment became, without any effort on my part, an incontrovertible witness to the sham cures of the medical school. Hundreds and thousands of patients have come to me, who, after trying all the methods of treatment of the modern school without success, staked their last hopes on me and my method, and, cured by me, necessarily became in the course of time incontestable proofs of its efficacy. The majority of such patients had previously suffered temporarily from various other diseases, not seldom sexual diseases, which, they informed me, had in their opinion been thoroughly cured by medicaments, before they were afflicted with the disease which finally drove them to me. In all such cases they assured me on being questioned, that, although a perfect cure, as they called it, had been effected by medicaments, no such lasting improvement of the general health had occurred, as must needs occur in case of a perfect cure. During my treatment, however, it soon became evident in what the pretended cure through medicaments consisted in the earlier diseases. For, while the general health steadily and permanently improved, bringing about in innumerable cases a feeling of physical and mental, internal and external

contentment before unknown, all those diseases *reappeared*, which had formerly *not* been cured in our sense, but only suppressed, thus becoming chronic or latent; and being really cured, never again to return, by the continuation of my treatment.

These phenomena, appearing in uninterrupted succession with all such patients and daily observable in my treatment, are facts which revealed to me with unerring certainty the achievements of the modern school on the one hand, and the ruling power of Nature and the character of human vital power on the other. Hence it is that, after the toilsome experience and persevering study of years, and supported by unimpeachable evidence, I not only composedly and directly accuse the modern school of this great error, but likewise make the world acquainted with a new and better method, of whose efficiency everyone is at liberty to convince himself.

Cases have occurred in my practice, that men of seventy, who in the twenties or thirties had been sexually diseased, but then cured in their opinion by medicine, were again affected during my treatment by the same diseases in a milder form. However, my alleviating baths enable us to hold all such diseases in check and to conduct and govern them at will, so that they quite lose their mysterious and dreadful look, and we can treat them like a beaten enemy, knowing them to be in our power and that they can do us no harm.

With my method all sexual diseases lose their frightful guise, even syphilis, which has been justly dreaded. I am not going too far when I assert that these diseases, which are incurable with medical treatment, can be radically cured by my treatment, and in such a way, that no injurious effects whatever on the patient's future offspring need be feared. Many cases in my practice prove this fact. At the same time I do not wish to say that every case, i. e. every syphilis patient, is curable, but merely desire to state that syphilis is completely curable in most cases, even though such a cure may last for years. There are many desperate cases of syphilis, in which the patient's vital power is by no means equal to achieving a thorough cure, and incurability is then due to debilitated vital power, to the patient himself.

But still further conclusions may be drawn from the above. On their appearance all sexual diseases are merely sure signs of a heavy encumbrance of the system with foreign matter, or, in other words, of disease slumbering latent in the body. Moreover, medicaments never bring about a cure, but simply a suppression of *these and all other* symptoms of disease, so that it may be asserted without hesitation, *that no disease whatever has ever been really cured by medicaments*. Now all sexual diseases are, if not cured, merely preliminary stages of other chronic and usually worse diseases, like asthma, lung disorders, tuberculosis, cancer, heart disease, dropsy, gout, etc., and even should these diseases fail to appear, for other reasons, in the patients under consideration, we find the above sad fact evidenced in all cases in the offspring. Hence it happens that mothers, who are in every respect innocent, grieve helplessly over children affected by

such diseases, especially the wide-spread lung diseases, tuberculosis, scrofula, and the rickets, because they are ignorant of the true cause of these complaints, and cannot accuse themselves, while they have never heard a word of their husband's secret sexual disease, and know nothing of its effects on the offspring. "By their fruits ye shall know them;" so it is written, and so it is; for sick and wretched offspring form a mirror wherein we, with the knowledge imparted by my new doctrines, can exactly recognize and judge of the physical health of the parents at the time of generation.

The latency of diseases, i. e. their chronic stage which is often hidden throughout many years, being what I term the encumbrance of the system with foreign matter, becomes directly apparent to everyone in the case of sexual disease. Unfortunately, however, this phenomenon which is so often unavoidable with my method of treatment — namely, that all earlier diseases suppressed by medicaments sometimes reappear, i. e. again become acute, although in a milder form, before being permanently cured — this phenomenon, I say, has caused many such patients to give over my treatment in terror, thinking it necessary, for some timid, foolish reason, to sacrifice their health, rather than to be visited for a time by their old disorders; and this, because they did not know the course and harmlessness of such recurrent diseases under my treatment, but were able only to conjure up the former course of the disease before their mental vision, thus judging by a standard which must needs lead to errors. But all who have employed my cure for a considerable time, have without exception observed and informed me, that in their cases all diseases formerly not really cured, but merely suppressed, reappear, often after the lapse of years and usually in a far lighter form, but never with such severity as the previous time, because the constant drawing-off of its cause deprives every disease of its dangerous and violent character. This is true not only of sexual diseases, but of all diseases to which flesh is heir; I gave a few examples of this under the *Treatment of Wounds* (pp. 213 — 214, 216 — 217).

On examining the course of the more harmless sexual diseases, like the clap, or the whites in women, we obtain fresh confirmation of my theories touching morbid matter from their symptoms — a steady or intermittent secretion of pus in its most various forms. The system then ejects fermenting morbid matter, pus, attended by local inflammatory fever. No one can maintain that these secretions are not foreign matter.

By this fermenting, feverish process the inner organs are directly attacked and inflamed, as I already explained in discussing my fever-theory. This attendant process of inflammation is the dangerous point in these diseases, and gives rise to great pain and destruction of organs, when one does not know how to render it harmless, and convert it into a sanitary process, in the true sense of the term, inasmuch as the system thus rids itself of foreign matter, without suffering injury. The more such matter is thrown off, the more favorable and purifying is this for the system in question.

Therefore, these secretions of foreign matter are good, and the main point for attaining a cure is, to render this process of secretion as painless as possible, by not disturbing it, and at the same time thorough, which end is eminently promoted by my alleviating baths. True, the duration of a cure through my method depends entirely upon the encumbrance of the patient, so that it may take a few days, or in other cases weeks or months.

Consider for a moment the remedies applied by the modern school in view of these symptoms of disease, the indicators of Nature's intentions — biting injections with solutions of lead, mercury, zinc, and iodoform into the urethra or vagina, aiming at the forcible suppression of the results kindly aimed at by Nature — and therein alone we can perceive the full perversity of these applications and the mistake of scientific medicine. It is surprising that no one has yet asked himself *where the pus goes to after the suppression of suppuration with medicaments*, and of what use this suppression can be, as Nature never does anything without definite reasons and aims. In my opinion it is not hard to understand that this foreign matter must remain in the system when its outflow is prevented, even though in another stage, whereby the latency (hidden stage) of diseases is occasioned. *Only by means of natural, not unnatural remedies, which latter are inimical and contrary to all conditions of life, can natural processes be cured, or, better, assisted:* for the idea of curing includes in a measure the intention of improving upon Nature, whereas we, being ourselves nothing but creatures of Nature, should only modestly venture to support and regulate her intentions in certain respects.

But whether this truly frightful and pernicious error of the modern school has led, is shown in the speaking and obvious testimony afforded by the insane asylums, hospitals, clinics, and sanatoriums springing up annually like mushrooms and filled to overflowing, which are generally regarded as a sign of great progress and perfection. Not progress, but a mischievous retrogression, a pitiable incapacity, unfolds itself for all who see clearly in the increase of such prisons. If scientific medicine were really efficient and beneficial in this respect, a steady decrease of these institutions would be the necessary consequence. It is doubtless the chief object of every true physician, in the first place to prevent disease, and only in the second place to cure it. Scientific medicine seems to know little as yet of predisposition, the cause of disease, which we can watch long in advance, in its various stages, by means of our method of examination — and it can therefore hardly fulfil the chief duty of a physician.

Before leaving this topic I will submit a case from my practice which more plainly illustrates the foregoing. Some years ago a man of fifty consulted me about a serious heart disorder. After a fortnight's treatment there appeared a former kidney disorder and, after this was cured, just a fortnight later, an attack of the clap, which he had had eighteen years before. Both disorders appeared in a far milder form than the first; within a week the clap was also healed, and the

gentleman's general health surprisingly improved, while his heart disorder had vanished completely. Now this patient told me, during the course of treatment, that he had formerly first suffered from the clap, to cure which he had consulted two of the most celebrated professors, whose remedies had also had the desired effect, all symptoms of the clap having disappeared. Some years afterwards he got it again, but again quickly got rid of it by using medicaments, when he was not attacked by the kidney disorder until two years later; this had given him much trouble, but finally, after consulting eight eminent physicians, it was so far suppressed by medicaments that the alarming symptoms disappeared. Not long after his heart disorder set in, which refused to yield to any remedy, but rather threatened to pass into dropsy, for which reason he came to me. I explained to him, that his clap had not been cured, but simply forced back into the system, and thus operated as a preliminary stage to his subsequent kidney disorder, which on suppression became in turn the cause of the heart disorder, which, without my treatment, would have ended in dropsy. He fully comprehended the connection of these phenomena, and the results thoroughly convinced him, that in the succession of his diseases one had formed the preliminary stage of the other. After four months of my treatment this patient was fully cured.

Very many similar examples might be submitted from my practice.

### **Impotence.**

This disease, at present ever spreading, is a most striking sign of the excessive latent unhealthiness of our generation. It is brought about simply by encumbrance with foreign matter, and disappears instantly when this is removed. I will therefore not enter into details on this point, but merely address myself to all in this predicament, telling them that the derangement will shortly vanish, if they will follow my treatment and the mode of living conformable to it. All irregularities in the functional capacity of the sexual organs are cured thereby, and sexual desire at the same time rendered normal.

Not only sexual disorders are cured by this treatment, but the persons so cured are enabled to live a thoroughly natural life as regards sexual matters. We know how often the firmest moral principles are powerless to guard against most unnatural sexual excesses, and I find comforting assurance in many warm words of gratitude from the lips of earnest youths and men of true moral character, because by my treatment they were enabled to lay aside ruinous habits. (Comp. Reports of Cures, Part III, 15).

Disorders of the bladder and kidneys.  
Stone in the bladder, and gravel. Diabetes.  
Uraemia. Bed-wetting. Catarrh of the bladder.  
Liver-complaints. Gall-stones. Jaundice.  
Sweaty feet. Dry scab.

From the heading alone my readers will see that all the above-named diseases are to a certain extent related. Although their cause is that common to all other diseases, the encumbrance of the system with foreign matter, and we therefore are again confronted by the uniform cause, the oneness of all diseases, I none the less defer to the numerous wishes expressed for a special explanation of the connection of these diseases from the uniform root of disease.

In the first place I shall discuss the original cause of all these disorders. During digestion all food received by the stomach is set in fermentation, and the elements which are useless for the system are then expelled through various passages and in various ways. The secretions through the bowels have been sufficiently discussed (Comp. pp. 19 — 21, and pp. 238 — 244). The equally important secretions through the kidneys and skin, on the contrary, have not yet been treated of in such detail.

Firstly, I must observe, that during the process of fermentation in digestion gases are formed in the body, which, together with the vermicular movement of the intestines, help in carrying forward the food in a certain degree through expansion of the digestive canal, and that in their volatile state these gases, in consequence of their expansive power, also pass through the walls of the digestive canal, directly into the whole body and the blood. I will give you an illustration of this. The water upon the earth is limited to definitely bounded seas, ponds, and rivers, which run through the land as the veins run through the body, are as exactly bounded in regard to space as the blood and the materials digested, and nevertheless the water fills, although in a gasiform state, the whole atmosphere and constituent parts of the earth. It is similar with the food and drink conveyed into the body; they are apparently limited to well-defined passages and organs, and yet they permeate the whole, body, in part in a gasiform state.

Hence alcohol (heavy wines, cognac) is felt very soon after drinking throughout the entire body, especially in the head. If the skin functions normally, these gases are then expelled again, partly as perspiration and vapor. The formation of perspiration is notably a peculiar process, for the gases may become condensed (fluid) on escaping from the body and reaching the air, thus forming perspiration. One may easily perceive from the smell how different this perspiration can be and is. It smells differently in the case of almost every person. Whenever it becomes abnormally burdened with old foreign matter it smells disagreeably.

Normal transpiration hardly effects our sense of smell unpleasantly. Inside the body a secretion of these harmful gases, previously taken up into the blood, likewise occurs in the kidneys. The kidneys in turn distil them out of the system, and conduct them as a fluid from the ureters into the bladder. Perspiration and urine are therefore two nearly equivalent and similar products of secretion, and also similar in constitution. as their smell shows. Periodically, as soon as the bladder is full enough, a desire to pass water is felt, which must be immediately gratified, if the system is not to suffer serious injury. I must elucidate this point more in detail, on account of its importance. The injury done the system when the fæces are not expelled at the right time, or cannot be expelled on account of constipation, was discussed on pp. 241 — 243. I will now explain the injurious effects of the retention of the urine. Through prudery, and often utterly preposterous notions, and above all things through general ignorance concerning all the functions of the body itself, it happens everywhere in society, that when a desire to pass water arises, it cannot always be gratified immediately. One must often wait for hours, until decency and modern customs allow of the gratification of this desire. Most people think that this does no harm, that it makes no difference whether one waits or not; this is a serious mistake, for which many have had to suffer in later years, without knowing the cause, from severe disorders of the bladder, etc. As soon as the desire to pass water is felt, the urine in the bladder is ready to be expelled. Should the urine be retained instead, it does not remain unchanged in the bladder until some later time, when it may suit our convenience to pass it, but, like everything in the living body, is subjected to constant further alteration. The urine, resulting as it does from a peculiar process of fermentation or decomposition, keeps on fermenting and decomposing, whence the temperature in the bladder is raised, and thus a gradual revaporization of the urinal fluid results, leaving the urinal salts behind. By this process, in the first place the further secretions of the kidney to the bladder are detained, and likewise forced into abnormal and constant alterations. He who leaves the desire to pass water or to go to stool ungratified for some length of time, loses the desire, and is later on often unable to gratify it. It is simply gone. But where, we then ask, is the urine which occasioned the desire? It is no longer in the bladder, for no water can be passed, or at most a quantity by no means corresponding to the former desire. Part of the urine has again passed into a gasiform state, in consequence of its constant process of decomposition, and has reentered the entire system and the blood, just as in the digestive process. In this process of evaporation the salts and matter found therein, like sugar on the evaporation of syrup, crystallize in the form of minute yellow granules remaining within the bladder and kidneys. To convince oneself of this, one merely need examine the sediment of the urine carefully, when a red sediment is left in the vessel after the urine has stood a while. If we rub this along the bottom of the vessel, it scratches just as if one scoured with sand. On

magnifying this sediment 200 times under the microscope, we shall find that it consists of minute, yellow, crystalline granular particles, which look yellow singly, but reddish when heaped together. This process, when the bladder is in an unusual state of encumbrance, leads to the familiar disorder called gravel. This forms only under conditions abnormal in the system, seconded by unnatural food. It arises in the same way as the incrustation of boilers, which forms only at a high temperature, when water impregnated with minerals is used, being much less ready to form when soft rainwater is used. The urine retained in the kidneys evaporates, and the little crystals unite. As long as they are very small, they pass through the ureters with the urine into the bladder without causing disturbance; but when they grow larger, they cause, during their passage through the ureters, the pains termed renal colic, because their sharp, crystalline surfaces irritate and injure the membrane of the ureters. In the bladder itself the same process takes place. Should the urinal vents be narrowed by heavy encumbrance of the abdomen, it may easily happen that, when stones of some size have once formed, they can no longer be expelled with the urine, and then become the chief point of aggregation for still more stone-crystals. By the continual turning-about of the stone in the bladder its outer shape becomes rounded, but it retains a crystalline fracture. In this way the stone arises in the body.

In another place I have explained how hemorrhoidal tumors arise, namely, from the retention of the faeces, or from constipation and the attendant state of fermentation and decomposition in the body. The formation of these tumors and of stone are therefore quite analogous phenomena, — here tumors, there stones. All other disorders of the bladder and kidneys are also derivable from these causes. (Comp. Reports of Cures, Part III, 16).

We cannot, therefore, too urgently entreat all parents and teachers who have the charge of the education of children to call the special attention of the latter to the injurious effects of the retention of the urine and of delaying to go to stool, and never to encourage this vice by laxity, as unhappily often occurs now - a - days from ignorance, in no way combatted by the modern medical school. Children should in no case be made shy of gratifying this desire quickly and naturally, for, considering their more active change of tissue and greater vitality, injurious consequences may ensue, perhaps for life, and the notions of modern society concerning custom and decency sufficiently necessitate us all more or less to place a restraint on Nature in this respect.

In another place I have shown that diarrhœa and constipation arise from one cause, the encumbrance of the system with foreign matter; it is just the same with passing water, only that then the *constipation* (clogging) is not directly perceptible, but merely indirectly, in an abnormal color of the skin, abnormal redness, the forming of scabs, headache, etc. The phenomena resembling dysentery in passing water, the so-called

## **Diabetes,**

are, on the contrary, directly perceptible. The interior inflammation, and the great heat unavoidably attending it, which causes the tormenting thirst of such patients, do not in this case occasion constipation, tumors, and the formation of stone, but a too rapid removal of the tissues accompanied by decomposition of the juices, so that urine issues from the body in a morbid, fermented, sweetish state. Unfortunately, the fact does not yet seem clear to scientific medicine, that the formation of sugar is due simply to the peculiar internal state of fermentation. My alleviating baths are a real boon for patients suffering from diabetes, the excessive inner heat being cooled and the abnormal thirst allayed by them better than in any other way. The stone and diabetes are therefore alike in character, differing only in external symptoms. Proof of the correctness of this assertion can be given only by the restoration of patients, and this is the case in my practice. The stone and diabetes have both been cured by my treatment in one and the same manner, by being made to retire on their own path to their original cause. The stone disintegrates into granular particles, in which form it is usually expelled with the urine. In treating sufferers from stone it is surprising, how often and in what quantities they are obliged to pass water, especially during the alleviating baths, it being a standing source of wonder to them, where all the water comes from. The explanation is very simple; the urine, which formerly had evaporated and accumulated as foreign matter in all parts of the body, is now brought back along its old paths, finally leaving the body as urine. I have had patients who for some time could pass water properly only during the baths, until their condition improved.

In the case of Emperor William I. we see how old one may become despite the stone, for he attained the age of 90, although reputed to be a sufferer from a large stone. This resulted solely from the encumbrance of the deceased monarch. This disorder, however, unhappily showed itself in a far worse form in the case of his son, the late Emperor Frederick. Should any one press the point that such an advanced age is surprising in view of so serious a disorder, and find it inconceivable, that it could be attained if such were the case, I would answer by a parable. Let us suppose a heavy storm passing over a forest containing trees of equal size, and we shall find that, despite this equality, trees are uprooted here and there, while others remain standing beside them. All the trees had to breast the storm, and yet not all were levelled by it. It is the same with diseases. They pass over mankind, attack many, remorselessly carry off persons here and there, and leave behind others standing close beside them. But whoever should assert that the stormwind does no harm because it leaves many trees standing, or that the drinking of spirits and smoking of tobacco does no harm because many addicted to these habits grow old, is sadly mistaken.

### **Uræmia,**

a condition in which urinal matter is found in the blood and the entire system, regularly accompanies bladder disease and stone. For experts in my science of facial expression this derangement does not remain hidden, even in the very first stages, when the patients themselves do not dream of it. There is, however, no remedy which so quickly cleanses the blood and the entire system inwardly of this foreign matter, as that recommended by me.

### **Bed-wetting,**

that unpleasant state, in which the patients cannot retain their water, is likewise owing merely to the encumbrance of the abdomen with foreign matter; a fistula has usually formed in the bladder, through which the urine escapes. This phenomenon is almost invariably owing to other, previously uncured diseases, forced back into the system by medicaments and unnatural treatment.

Both this form of disease and **fistula of the anus** have often been radically cured in my practice in a very short time, frequently in a few days or weeks, the cure lasting longer only when the disorder had already become highly chronic and deeply-rooted in the system, and the patient had been previously subjected to and injured by the employment of medicaments.

### **Catarrh of the Bladder**

is in a measure only an acute preliminary stage of serious bladder disease and stone, a critical, inflammatory state of the bladder and urethra attended by painful urination. Like all acute forms of fever it can be very quickly relieved by my method, its cause being the same as that of all other diseases.

### **Liver complaint, Gall-stones, and Jaundice,**

principally occur only in cases of an encumbrance of the right side of the body, with foreign matter, the liver lying mainly on the right side; predisposition thereto may therefore be noticed in childhood. The liver-secretion, or bile, which as we know is emptied from the gall-bladder into the duodenum, exercises an influence on the digestive process so as to diminish fermentation. Whenever the liver participates in an encumbrance of the right side, and its normal secretive function is thus impeded, I have noticed that a different amount and kind of perspiration is emitted from the body under consideration, than when the encumbrance is on the left side. By reason of the more abnormal liver-secretion in encumbrance of the right side, especially when it is somewhat hindered in consequence of said encumbrance, so that the digestive process of fermentation can no longer be *reduced* in the normal manner, this process develops greater heat and more gases than otherwise. Thus arise, in the same way as pointed out on pp. 357 and 358, gall-stones, and induration of the liver. All such patients suffer from profuse, often morbid

and ill-smelling, perspiration, and particularly **sweaty feet**. The evaporation, decomposition, and fermentation of the liver-secretion shows itself very plainly in a dark color of the skin, the familiar liver-spots, and leads in many cases to jaundice. (Compare Reports of Cures, Part III, 1). In treating such diseases I have observed, that with my treatment a remarkably rapid cure resulted, which circumstance is to be brought into connection with this same encumbrance of the right side. In such states of encumbrance my method often does wonders. (Comp. Reports of Cures, Part III, 16 and 49).

### **Sweaty Feet.**

As seen in the foregoing section, sweaty feet are very closely connected with liver-complaint, and occur, as far as I have observed, only in its train, thus often pointing in advance to the fact that an encumbrance of the right side is in process of development. Sweaty feet usually disappear in advanced stages of liver and gall disorders. The patient's condition then steadily grows worse, because morbid, fetid secretions of the sweaty feet then remain in the system, causing other and far worse states of disease, such as dry scab, cancer, etc., which are in turn much more difficult and require far more time to cure. The forcible suppression of foot-sweat by means of medicaments like chromic acid inflicts serious injury on the health of the patient, especially as the results of medicinal treatment do not appear for a long time, even for years, and are then heralded by the setting-in of some far worse disease. The suppression of foot-sweat by medicaments looks to me exactly as if someone should dry to stop up the branch sewers leading into the main sewer of a great city, because at the outlet of the latter a pestilential smell is diffused, in order to stop the smell. He would thus undoubtedly suppress the stench at the outlet of the main sewer, but this would bring about an infinitely worse state of affairs in the whole city; for the latter would speedily be overwhelmed, so to speak in its own ordure.

It is just the same with sweaty feet. Through the perspiration of the feet the body continually expels the foreign matter which would otherwise remain in it.

It is a great pity that our Army Administration, following the instructions of modern medical science, which is quite in the dark regarding the nature of these phenomena, recommends to all soldiers the use of chromic acid against sweaty feet. I urgently warn all against using this mischievous remedy. With my treatment the annoying manifestations of sweaty feet soon disappear of themselves, because their causes are removed.

### **Herpes, and Skin Diseases.**

Their appearance frequently marks only another, advanced stage of foot-sweat, or of the general suppression of the skin-function, or of other diseases.

There are two varieties of herpes, the wet and the dry. The dry is usually more tedious to heal than the wet. Children

often have herpes, which may be traced back to the same causes as before, arising from hereditary encumbrance, or being a direct consequence of suppressed children's diseases, and more particularly of vaccination. In herpes we always have advanced

heavy encumbrance; the cure often requires a considerable time especially in the dry state. (Comp. Reports of Cures, Part III, 23, 87 and 88).

## Disorders of the eyes and ears.

In my practice I have often enough had opportunities of treating cases of this kind with surprising success; below I submit my experience in the matter. First I must observe, that among the hundreds of eye and ear patients whom I have treated, there was not a single one who was not suffering from some other diseases, which, although not so annoying, were far more dangerous to the organism than the eye or ear disorder. In many cases previous diseases not cured, but only suppressed, by medicaments — such as scarlet fever, the measles, whooping-cough, and diphtheria, but especially the first-named — were the certain and assignable cause of these new disorders; or very frequently vaccination. Aided by my science of facial expression, this fact never remained concealed from me, nor the circumstance that all these patients were suffering from a very serious general encumbrance of the system besides that of the eyes or ears, so that I can positively assert, that disorders of the eyes and ears are neither possible nor conceivable without connection with other deeply rooted forms of disease or a predisposition to such, and never without a very heavy encumbrance of the entire system with foreign matter. True, the encumbrance of such patients with foreign matter is often peculiar in kind.

In these cases the foreign matter has directed its way, within and without, by preference to the eyes and ears, this being every instance distinctly visible many years in advance.

In the ears the delicate organs of hearing thus become thick and cartilaginous, the tympanum often bursting, or growing slack or incapable of vibration, i. e. unable to transmit the vibrations of the air in a normal manner. In this way, too, arises catarrh of the central ear, when the foreign matter accumulates chiefly there. It frequently happens that with such accumulations, if pressure from below is strong, an acute state sets in. Sore, suppurating spots then form in the inner ear, constantly emptying pus, fermenting foreign matter, outwards, and thus causing the well-known running of the ears. If this acute form is not cured in time in the natural way, still heavier encumbrance and often even destruction of the organ of hearing are the consequence, the worse in case this acute state is forced back into the system by medicaments.

On comparing running of the ears, cold in the head, the clap, and white flow, anyone understanding my former explanations will see that in all these conditions the same thing happens; — the latent foreign matter accumulated in the system passes into acute fermentation, mattery or watery mucus, always causing inflammation in the mucous membranes and parts of the body affected by fermentation, which in extreme cases may even show itself in festering open sores attended by small ulcers. This inflammatory state, resembling a cold in the head, may be observed in all places where the inner parts of the body have direct communication with the open air. Such a state of things is therefore highly

important for us, because it always shows with certainty that the system is, firstly, heavily encumbered inwardly, and secondly, that it still has vital power enough to **bring** about such acute sanitary crises. For it is better, at all events, that the system should thus bring out the foreign matter than that inner organs should be destroyed by it.

In the eyes the case is similar. The foreign matter fills the crystalline fluid in their interior, dims them, and thus weakens the power of vision. This is the cause of nearsightedness. In other cases the foreign matter permeates with its deposits the interior membranes of the eye, whence it may come that the yellow spot in the eye, and the ocular nerves, are displaced or covered over (**amaurosis**).

The formation of an opaque layer over the lens (cataract) is brought about simply by foreign matter, which, pushed in this form before the eye and into the lens. These are all conditions presupposing very long-continued encumbrance, and therefore usually occurring only at an advanced age.

**Glaucoma**, an intense tension of the eye-ball, is simply the result of tension caused by the fermentation of the foreign matter in the eye, taking place in the closed inner eye like a process of fermentation in a closed vessel. The modern school, when seeking to cure this disease by cutting out a piece of the iris, only diverts the vital power to the new and necessary task of healing, but mutilates the eye, and leaves the original state unchanged. However, an alteration in the condition of the eye may be effected by this manipulation.

Now, after hearing this explanation, my readers will also see how unmeaning these eye-operations are, which strike only at the outposts of the disease, but never extirpate the latter. As long as no new encumbrance of the eye sets in, the operation may be regarded as successful; but whenever new movements and changes in the foreign matter become apparent, which can hardly fail to occur, the earlier or fresh symptoms of disease reappear immediately, proving the unsuccessfulness of the "highly successful" operation.

All inflammatory diseases of the eyes, including the **Egyptian eye-disease**, are brought about simply by the fermentation of foreign matter present in the eyes.

**Seeing double** is caused by a deposit of the foreign matter between the lens and the yellow spot, or directly in or upon the lens or pupil. In curing it by my method it is unavoidable that, in consequence of the retrogression of foreign matter, frequent double sight should alternate with occasional partial or complete dimness of sight.

**Squinting** is caused by an encumbrance of the muscles turning the eye-ball. Here the foreign matter collects, or is stopped in its course, by preference in one of these muscles, thus rendering it firmer, tenser, thicker, and often quite incapable of functioning, it being robbed of all its elasticity; through the tension ensuing the muscle in question grows shorter than the similar muscles arranged in a circle about the eye-ball, which effect the turning of the eye. In this manner the whole eye is drawn aside more and more by the encumbered muscle and loses its natural position, because

this muscle can no longer stretch in the normal manner. When the modern school tries to remedy this difficulty merely by cutting through this little muscle, this again shows, how little it understands the true nature of the disease in these cases. Squinting, like all the other disorders of the eyes and ears, can be cured in the proper and natural way only by ridding the part affected of its foreign matter.

Now, as the visual nerves run together in a bunch and cross each other within the head, so that the left visual nerve passes over to the right side of the head and the right nerve to the left, it may happen, that with encumbrance of the left side the right eye is diseased, its nerve being affected by the encumbrance of the left side, and *vice versa*.

I will not enter into details upon all the different eye-diseases, so carefully distinguished by the specialists of the modern school; but I desire to point out, that considering the differences in the state of the encumbrance of the eye, almost every case of eye-disease must seem somewhat different from any former one; and that, in view of the advancing and gradually increasing encumbrance of the human race with foreign matter, new and different phenomena of disease must and will continually arise, so that modern school medicine can never reach an end, because diseases new to it will continually arise, which must receive new names and require new remedies. — The difference in the phenomena of disease in the eyes and ears is indifferent to us, because we know that all these forms, despite their diversity, spring from the one cause common to all diseases, and that consequently in each and every case the only one remedy, *that can-effect a cure of all these disorders*, does so by ridding the system of the cause of all these diseases, the foreign matter. And this remedy is the one already often mentioned, by which the foreign matter is conducted back on its own path and expelled from the system through the natural organs of secretion; namely, my alleviating" baths, seconded by a non-irritant diet and a natural mode of living. My local steam-baths may also occasionally be used effectively. (See p. 108 and Fig. C p. 106).

As regards the curability of eye and ear disorders by my treatment, I may add, that all acute conditions attended by inflammation are curable, so long as no destruction of the organs has as yet taken place, with great expedition, often in only a few days, or can surely be deprived of their dangerous and painful character within this time, so that a cure is effected after a few days or weeks. When partial destruction of the organs of sight or hearing has already taken place, a natural improvement is brought about equalled by no other method, the organs, even if injured, being retained for life in a partially serviceable state.

On the other hand, the cure of chronic eye and ear disorders requires a longer period and often great perseverance, they being almost always, as I have said before, connected with other profound disorders, and are traceable in nearly all cases to diseases suppressed, when the patients were children. According to the difference in encumbrance,

upon which the manner in which the different systems will respond to my treatment depends, the time needed for a cure varies, months or even years sometimes being necessary. As pointed illustrations a few cases from my practice follow. (Comp. also Reports of Cures, Part III, 35. 36. 37). First two cases of

### **Eye-disease.**

The nine-year old son of a business-man here had shown syphilitic derangement since his ninth year. The left eye was especially affected, and was threatened with destruction from severe inflammation. The boy was heavily encumbered with foreign matter, as his excessively large head plainly showed. This heavy encumbrance was what made syphilis possible, and in its train the acute eye disorder. In the hospital the disciples of the modern school had energetically treated the diseased eye with atropin, a very poisonous remedy obtained from the juice of the deadly nightshade, against the use of which I warn all most earnestly. The eye grew worse under this treatment, new foreign matter being thus conveyed into it from without, which in itself was enough to poison a human being. After six weeks' treatment with atropin, the eye became totally blind. This want of success caused the father to consult me. Within a week very decided improvement set in, and in six weeks not only the syphilis, but the eye disorder as well, had completely disappeared. No one was able to tell which of the boy's eyes had been blinded. His sight was perfectly restored, and his general health had become better than ever before.

### **Cataract.**

A lady of sixty had undergone operation of the left eye for cataract, and since this operation, which had otherwise been highly successful, was quite blind of this eye. For the right eye the same operation was proposed as soon as the cataract in that eye should be ripe for operation. This case again affords speaking proof of the imperfection of medical science, especially the deferring of the second operation until the cataract should be ripe. As if one should always wait till the whole house is ablaze! To extinguish the fire in its beginnings, when it can easily be put out — that is an art which the modern school has not learned down to the present day! However, the patient had lost all confidence in the prevailing method of treatment through the first operation, and therefore desired to try mine. Her visual faculty was so far weakened that she could perceive nothing but shadows, and could not tell whether a person standing close by was a man or a woman. Her encumbrance was very deep-seated, and traceable to the croup in childhood, which had not been cured, but suppressed. Since that time she had always been nearsighted, and the cataract gradually ensued. After following my treatment for four weeks she could already read large print. Besides, her general health had improved wonderfully. Her depressed and melancholy frame of mind

had given way to hopefulness and cheerfulness. She seemed fairly reanimated. Within a few days her digestion had improved in an almost unparalleled manner. The treatment being continued, the eye grew clearer, brighter, and stronger from week to week, a thorough cure being attained within half a year.

This surprisingly rapid cure was possible only because, the foreign matter encumbering the patient had taken its way *in front* from the abdomen up to the head, and left the back comparatively free. If the encumbrance had risen mainly from behind, the cure would have required as many years as it actually took months. But the operated eye remained blind, blighted by the operator's knife.

### **Deafness (one-sided).**

A gentleman of 33, who for many years had been quite deaf in the left ear as a result of scarlet fever, put himself under my treatment two years ago. To-day, not only his hearing is restored, but the treatment has also had excellent results in many other respects.

A report of this cure is calculated to awaken peculiar interest, because the patient followed my treatment not only with an unusual perseverance, but likewise with great discretion during the entire time. Here everything occurs which can occur during my treatment, and my theories are confirmed at every point thereby. I shall therefore give this report at some length.

Born in 1859, as a healthy, vigorous child, he was nourished by an excellent nurse, and weaned after a year and a quarter. Thenceforward his nourishment was conducted on the lines customary in the country; the food was simple but non-natural, boiled cow's-milk playing a leading part. For breakfast and supper, during the first nine years, he regularly partook of boiled milk with wheat or rye bread of bolted flour.

The child was vaccinated repeatedly, the lymph refusing to take properly. This was not a good sign, as the poison of vaccination always remained in the system, and tainted the juices. The boy's vital powers were evidently lowered by vaccination, for his fiery temperament suffered very decidedly from it, and his head also became far too large.

The boy's father was a great admirer of English cookery, with all its indigestible dishes, and had a special fondness for meats of all kinds, which likewise formed the children's staple article of diet. Both parents — as in many other families — understanding next to nothing about the characteristics of a healthy body, especially of a healthy digestion, and as the father, in particular, relied in all matters of health implicitly on the omniscience of the family homeopathic doctor, it necessarily came about that his children grew more and more encumbered with foreign matter. This increasing encumbrance first showed itself, in my patient's case, in mental depression (incapacity) during the hours of instruction. For hours he would sit zealously

poring over his books, yet never rightly knew what he had learned. The pressure of foreign matter incapacitated his brain for normal mental work. In the first sanitary crisis, the measles, in 1868, his system made an earnest effort to expel the foreign matter encumbering it. Unhappily, the measles were not turned to account for the system in a natural manner, but in part forcibly repressed by medicaments within the body, which fought desperately against them. Thus the child's condition remained much the same after the measles, though digestion was essentially weakened by the plentiful doses which he had been compelled to swallow, this being manifested during the ensuing years by frequent digestive derangements, and especially in an inability to retain the urine. His mother, not knowing the true cause of this disorder, or that it was not so much a bad habit of the child's, as a deranged state resulting from his heavy encumbrance and brought on chiefly by the unnatural medical treatment for the measles, reproached the boy bitterly for this disagreeable habit, without dreaming that she did him great injustice, and that she was far more to blame in the matter than her child. In January, 1870, after a sudden change of temperature following severe cold, the boy took the chicken-pox, and after the same had been forced back into the system by medicaments within five days, the process of fermentation turned mainly into the upper part of the body, and a very violent attack of scarlet fever broke out, especially endangering the left side of the child. The latter, like the other five children, had an hereditary encumbrance of the left side. His maternal grandmother had suffered for years and died of heart disease, which is caused by encumbrance of the left side. During his entire childhood he had slept chiefly on his left side, the hereditary encumbrance inclining him to do so, and this encumbrance therefore developed itself still more one-sidedly. In the scarlet fever it was, therefore, not an accident that the fermentation of the foreign matter within took place mostly on the left side. (Comp. pp. 78 — 80). For several weeks the boy's life hung by a thread, the danger being increased by the unnatural medicaments and other directions utterly opposed to Nature, which the ignorance of the family doctor imposed. In the course of this highly dangerous fever there was a very obstinate and abundant outflow from the left ear, which was very painful. A gangrenous open sore had formed inside the ear, suppurating copiously. Now a new field was opened for the helpful hand of the family doctor. Besides the other medicaments, he now prescribed caustic injections for the ear. Luckily the boy's organism was stronger than the physician's remedies. The running at the ear lasted for weeks, until, after the fermentation of the foreign matter had spent its force, it gradually subsided and ceased of its own accord. After the scarlet fever the boy felt weary and worn-out for months, and still more depressed physically and mentally than before. But his encumbrance had been essentially changed by the scarlet fever. The pressure of the foreign matter towards the abdomen was changed, so that the boy could again retain the

urine in the proper manner; the pressure, however, was now drawn upward mainly into the left ear and jaw.

In 1871 he was sent to board in a large town, to attend the grammar-school. The bad air of the town, and the unhealthy life in the over-crowded school, which was never sufficiently aired, however celebrated it might be, together with a nourishment that was both insufficient and quite repugnant to his taste, could not fail of an injurious effect on a child hitherto accustomed to be much out in the fresh country air. His body became more and more permeated with foreign matter, and consequently more and more incapable of physical and mental effort.

The boy himself felt the wrongness of this modern method of education plainly enough. The voice of Nature, or his instinct, made itself apparent enough in an unbounded yearning for his earlier country life; but who is able now-a-days to follow this voice? Thus this boy's health was ruthlessly sacrificed to the prejudices of the modern method of education. Incapable of learning properly because too heavily encumbered, he led a wretched, unworthy life, wavering between volition and inability, a keen sense of duty and absolute incapacity to live up to it. This was a painful situation of doubting and longing for the boy, endowed as he was by nature with extreme conscientiousness and a strict regard for duty. At the close of 1871 he had a severe attack of pleurisy, also in the left side, resulting from the ever-increasing encumbrance; this was again partly forced back into the body by medicines. In the summer of 1872 the boy's lungs, especially the left one, were consequently so heavily encumbered, that the doctor urgently advised his father to take him away from the grammar-school to the country for recovery there, otherwise he would assuredly die of consumption.

This unnatural way of bringing-up, together with continued wrong medical treatment, had thus brought matters to such a pass, that the father was placed before the alternative, either to continue this mode of education and see his child die soon, or to take the latter back to the country solely for sake of rest and the re-establishment of his health, untroubled by learning, which was temporarily worse than valueless. The doctor's advice was followed, and the boy, pursuing his wonted avocations in the country, speedily regained his health, so that after a year of this country life and freedom from mental work the lungs at least were so far disencumbered, that all serious danger and the chief predisposition to consumption were done away with. But, although the encumbrance on the one hand had been decidedly lessened and relieved, it had been constantly renewed in other ways by the regular meat diet and irritant foods, and thus a kind of Danaïdean labor had been performed. A tutor engaged for the boy's education during the second half-year of this stay in the country had his hands full. Excellent as he was as a teacher, his pupil's encumbered brain remained unresponsive, so that the tutor was often obliged to declare to the father that his son was quite unteachable. In

1873 the boy was sent to a grammar-school in a small provincial town. During a sojourn of five years there he had to cultivate his fondness for all bodily exercise and athletics, for which reason his physical development, in particular, was fairly normal in the modern sense of the word. His mental development, however, could not make much progress on account of the still serious encumbrance. All study was in vain, and thus, fortunately for the boy and beneficially for his health, permanent laziness protected him against the ignorance of his teachers. Had he followed the advice of the latter, he would necessarily have again undermined his improving health, and sacrificed it for scientific acquirements of doubtful worth for practical life; which was happily prevented this time by the ever-louder warnings of Nature, i. e. of his instinct. Only once, in 1875, the encumbrance of the left side made itself apparent in a crisis, the mumps, which was treated with linseed fomentations for a fortnight. Since that time, whenever the jaw was opened, a snapping sound was heard in the left side, as if bones had been bitten in two. This was brought about by the heavy encumbrance of the left side. The left ear, which after the scarlet fever had become weaker and deafer from year to year, was now affected by a gradually augmenting ringing. The deafness came on so gradually, exactly keeping pace with the growing encumbrance, that it was hardly noticed, especially as the right ear grew keener while the left grew duller. As the boy's encumbrance pressed mainly from behind upward, and from the atlas through the head toward the eyes, a steadily increasing catarrh of the pharynx now set in. The eyes, too, were so encumbered, that blindness would certainly have ensued in old age. This could be very distinctly perceived by my new method of examination, on his arrival here, from the inflammation that had settled in both eyelids. This encumbrance was hereditary. The grandfather and father had had the same, the latter being as good as blind of the left eye, though but 65 years of age. — In 1879, at the age of twenty, the patient wrenched apart various muscles and sinews of his left foot through an accident while jumping, and was confined to his bed or chair for eight weeks, the foot being cured meantime with salves, though remaining permanently weakened. (Comp. pp. 216 — 217). Early in the twenties the patient, despite his encumbrance, was athletic and capable; skilled in all bodily exercises, gymnastics, and horsemanship, and inaccessible to fatigue when out shooting or for a walk. While serving his time in the army, his physical abilities even excited general admiration. His left ear had now become completely deaf, and the ringing in his ears grew louder from year to year. During the eleven years succeeding, his encumbrance with foreign matter steadily increased despite his healthy occupation (he was a farmer), on account of unnatural and irritative nutrition. The ringing in the ears and the chronic catarrh of the pharynx grew worse and worse in consequence. He could no longer speak aloud without becoming hoarse and feeling pains in the throat. His physical efficiency was so far diminished by the encumbrance, as early

as his thirtieth year, that the athletic, adroit, and active youth had become an easygoing, rather nervous man. Whereas, ten years before, he had tramped about for ten or twelve hours when hunting, without being in the least fatigued, an hour's walk now tired him. Moreover, his general health was by no means in an enviable state. A feeling of discontent inexplicable to himself, a certain uneasiness, irritability, nervous exactness in the performance of his duties, coupled with pettish behavior to those about him, all this weighed upon him with mysterious pressure as the inevitable consequences of his increasing encumbrance. This latter rose mainly from behind, so that the former erect carriage of the head assumed more and more a bent attitude. This was peculiarly noticeable when he occasionally wore his uniform. His head fairly hung down on his chest. The coat-collar, too, had to be widened repeatedly, because the neck continually expanded under the increasing pressure of the foreign matter to the head. This was his condition at the age of 30. The allopathic physicians consulted by him, and other celebrated specialists, had examined his ear and found out, that the deafness of the left ear was connected with a cartilagenous formation in the left nostril, by which the Eustachian tube was choked, The tympanum itself was relaxed, not tense. One of the most celebrated specialists told him that "it might be possible to effect a cure by operating the cartilagenous formations, but that such an operation in the nose was dangerous and of doubtful success, and he therefore would not advise him to undergo it, the more, because the deafness gave him little trouble, the right ear being wonderfully good. Otherwise he was perfectly healthy, and would have to put up with the partial deafness for the rest of his life." — And not only the doctors, but everyone else, thought him perfectly healthy; only his aged father always wondered at his increasing sluggishness, and told him probably a thousand times that *he* had been ten times quicker and more active at that age, — that he really could not conceive what was the matter with him, especially as his faithful discharge of his duties and conscientiousness showed him not to be lazy in disposition. — Now we know what was the matter; then it was a mystery to everybody. The patient also supposed himself perfectly healthy, except as regarded his ear and the chronic laryngeal catarrh, because he did not understand the nature of true health. Early in March, 1889, chance brought him to Leipzig and made him acquainted with my discoveries. In order to test their truth on his own person, he submitted himself to a thorough course of treatment at my hands. On being consulted by him I had drawn an approximate picture of his state of encumbrance, and also told him, that he was predisposed to various diseases, consumption in particular, and had every reason to begin an energetic course of treatment. His own thirst for knowledge rendered him, from the outset, an objective patient, allowing himself to be convinced only by personal bodily experience, and his native scepticism finally gave him a deep insight into my discoveries. In the first year he took daily three alleviating

baths of from  $\frac{1}{2}$  to 1 hour's duration each, and two steam-baths weekly. In the second year he took only two or three daily baths on an average, of from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour's duration, and two steam-baths weekly. From the beginning he also of course adopted my non-irritant diet and followed my other instructions. On account of his encumbrance, which had risen mainly from behind, his system did not respond as readily as happens in many other cases.

The retrogression of the foreign matter caused, to begin with, a troublesome reaction lasting six weeks during which the same sensations and pains were felt in the entire body which we know under the name of muscular fever. All this time his whole body was as if racked, feeling weariness and lassitude alternately. This reaction was not only physical, but mental, in the same way. Together with continually increasing inner contentment of mind there arose, during these first six weeks, a certain worn-out feeling. In the same period the digestion passed from its former condition, which had been regarded as quite normal, into one essentially different and more nearly normal, and with it the entire condition of the patient. Proceeding from his left ear, a constant drawing pain toward the chest had set in; an elongated, veinlike, painful swelling had formed, reaching from the ear to the collar-bone, and supplying, as it were, a canal for the foreign matter. The ringing in the ears had steadily increased, a plain sign that the foreign matter in the ear was beginning to move. After these first six weeks, the unpleasant phenomena of reaction ceased, being replaced by a feeling of physical and mental health hitherto unknown, accompanied by a far different and much more contented frame of mind. From month to month the general health improved, especially the regularity of the digestion. The ringing in the ears still remained the same, though sometimes ceasing altogether. As long as foreign matter was being dissolved in the ear, the ringing continued; when it was drawn off for the time being, the ringing stopped entirely. His digestive organs became more and more nearly normal, and, in consequence, more nice and sensitive with regard to improper food. Dishes of which he could formerly have partaken without inconvenience now caused him the greatest distress from their unsuitableness for his system. Formerly his stomach had been weakened to such an extent that it quietly submitted to any task imposed. The most indigestible foods thus passed through his body, without doing him any good, only subjecting the system to a constant, toilsome task. This condition, however, had been regarded as a normal digestion. His stomach was already somewhat expanded by the former unsuitable nourishment, and it took some nine months to reduce it to a normal size. During this time the patient frequently suffered from a morbid appetite. His three daily meals hardly sufficed. After he had eaten enough, the still empty part of his stomach very soon made itself felt, by its continued craving for more food.

Here I will say a few words on this morbid state of hunger. I must again touch upon the inner counter-pressure of the

body against the atmospherical pressure mentioned before under the Treatment of Wounds, p. 204. Through the encumbrance and expansion of the stomach too large a hollow is formed in the body. Whenever this hollow is empty, or is only partially filled, this space, which is insufficiently filled with gases, can properly support the external atmospherical pressure only when its tension furnishes sufficient counterpressure. In an abnormal, especially an expanded condition, this compensation can be attained in no other way than by a constant, unnatural filling-out of this space with food or drink. Then, by the digestive process of fermentation, the needful counter-tension is brought about in the expansive power of the gases developed. For this reason it also happens, that such patients never know when they have eaten enough, and not until after eating discover that they have eaten too much. For the digestive process itself first develops the necessary counterpressure, which is absent during eating, because the digestive fermentation, and with it the tension, do not appear until some time after eating. A thoroughly healthy man, just like the healthy lower animals (e. g. deer and hares when the snow lies deep in winter), can bear hunger for a long time without inconvenience, and do without any drink whatever for days. His stomach is so constituted that even when he is hungry a counterpressure against the atmospherical pressure is never wanting. He therefore never has to bear the depressing results of this abnormal condition, which render the entire body unfit for work. Anyone observing how the lives of our modern epicures are passed with but slight labor in a round of feasting, and how, when the wanted meal is wanting, they become inefficient and in every way insupportable, will readily perceive the truth of my words.

In my patient's case this morbid feeling of hunger did not cease until his stomach had shrunk to the normal size, which required about nine months. Thenceforward his craving to partake of food and drink became far less than it had been previously, and to-day, after two years' treatment, this fact is yet more pronounced. Whereas with his earlier diet (the best English cookery) he had eaten heartily of meat, soups, broths, wine, beer, eggs, puddings, etc., he at present, on a strictly natural diet, eats hardly the third part of the former quantity, and has nevertheless become thrice as efficient both physically and mentally. To this, the experience of all of my other patients who have followed my treatment long enough, the opinion of the prevailing school, founded on the merest assumption, stands in glaring contrast; this school asserting, that on a non-irritant diet one must provide the body with a far larger amount of food in order to furnish it the same amount of nutrition as is found in meat, meat-soups, broths, wine, beer, eggs, milk, etc. Experience incontestably teaches just the contrary, and consequently this view of scientific medicine collapses.

But another fact was forced on my patient's attention during his two years' treatment. His skin, which had formerly been extremely tender and of a dazzling white, particularly on

the parts covered by clothing, gradually became, although no more exposed to the air than formerly, browner and browner. The reason for this lies deep. The dazzling white skin was nothing but a corpse-skin. i. e. it was so clogged and padded with foreign matter that the blood could no longer sufficiently penetrate to its outer surface. A healthy skin, in which the blood properly reaches the surface, is always of a brownish color slightly tinged with rose, the latter coming from the blood; precisely as the excessive whiteness of the skin is occasioned by the generally white color of foreign matter. He who knows a healthy skin-color can never mistake it. Now, the same standing in a certain relation to the constitution of the blood, which is often decisive for the color of the skin, an exact knowledge of the normal skin-color is of the highest importance in my science of facial\* expression; for it gives us an unfailing clue to the constitution of the blood and thus to that of the entire internal organism.

The patient's head, and especially the neck, was, in contrast to the pallid white of the skin, far too red and dark, and in the course of the cure took on a much lighter color, more like that of the rest of the skin, so that the entire body now shows a more uniform color of the skin. This is a sign of health.

In this patient's case (as in that of all who have followed my treatment long enough) this normalization of the skin-color was attended by a normalization of his bodily warmth. The circulation gradually extended again to the extreme surface of the skin, and thus the abnormal chilliness vanished. Whereas he had formerly been obliged in winter to wear very thick underclothing to keep himself warm, and still felt cold, he now went all winter long without any underclothing at all, with a simple linen shirt under coat and waistcoat, and never felt cold. He could now comprehend that wild animals not only need not be cold in severe winters, but can even feel perfectly warm.

As early as the eighth week of treatment the patient noticed, that his ear could hear again, even though but faintly. Before, he could not hear the ticking of his watch when pressed against the ear, while now he could hear it again. The hearing improved and the ear grew freer with each ensuing month, so that after two years he can now hear the watch distinctly at a distance of a foot. With his healthy ear he can hear the watch distinctly at a distance of five feet. His pharyngeal catarrh is also decidedly improved. These successes, however, could have been brought about only by the retrogression of the material of encumbrance on its own path. During this process it was unavoidable that all the diseases formerly not cured, but rather forcibly repressed within the system, should reappear, although in a far milder form, in order to be radically cured. First of all, the insufficiently healed injury of the left foot reappeared, of which I have already spoken (p. 204). Then came the mumps again, and were drawn off in three days, whereupon the snapping in the left side of the jaw also ceased. A few months later the old pleurisy made its appearance, during which the

patient could quietly go about his occupations, his condition being maintained on a bearable level by the steady drawing-off of the fever. In six days all traces of this crisis were removed. From Christmas 1890 to the middle of January 1891 a very severe crisis set in, corresponding to the earlier scarlet fever, during which he suffered great pain in the left ear and the whole left side of the head and neck. After going through this his ear became much freer, and, in particular, the ringing in the ear ceased almost entirely.

His general health is now utterly different from his former state. He himself declares that in his whole life, even in his much envied youth, he never felt so well both in body and mind as at present, and that, above all, his bodily and mental efficiency is thrice as great to-day as ever before. His frame of mind, in particular, is now completely transformed. He is now inwardly and outwardly contented in every respect, for he feels himself in full harmony and accord with Nature, and nothing, not even the most vexatious occurrences, can rob him of this feeling of inward equanimity, of unruffled calm and contentment.



This report of a cure affords the best proof of the correctness of my theories; it is plainly evident that the ear disorder was not a disease standing alone, but rather a final stage of other preceding uncured diseases, being brought on, moreover, by years of an unnatural, though generally customary, mode of living and nutrition. Anyone who has followed these explanations will understand how it happens, that so many aged persons suffer now-a-days from hardness of hearing and near-sightedness. With advancing age the system becomes less capable of resisting the assaults of foreign matter, and hence it comes, that an encumbrance of the system often dating back for decades, which the person in question may have carried about with him without really noticing it, being in fact perfectly healthy in the sense commonly accepted, finally proves its presence in hardness of

hearing and near-sightedness. People then say that age brings these calamities — that they form a part of the infirmities of age. Now we know better, having discovered the true cause of these disorders.



This patient was able to test exactly, in his own person, the correctness of my science of facial expression. During the two years' treatment his head changed very markedly, the occiput in particular becoming much smaller and more normal. The girth of his neck was reduced by at least 2 inches. This point being of general interest, I have given his picture here, both before and after his treatment, and taken from life, so that all can see the changes.

Many will probably take Fig. 1 to be that in which the healthier condition is intended to be exhibited, because it looks rounder and fuller. This is a mistake. In this case, to be sure, the signs are not so striking and so directly apparently to everyone. To all who have studied my science of facial expression it will be very distinctly apparent.

First of all, the entire proportion of the head to the body is far more normal in Fig. II; the head was decidedly too large before. Fig. II plainly shows that a quantity of foreign matter has already left the head. In particular, the demarcation of the face at the chin and ear has become much more nearly normal in Fig. II. As my pupils know, this very point is of eminent importance in this method of examination, furnishing weighty evidence concerning the state of the abdomen in certain respects.

In Fig. II both nose and forehead are also decidedly changed for the better. We see distinctly in Fig. I that the left shoulder looks higher and fuller than the right, in consequence of the encumbrance on that side. Fig. II shows a decided approach to equilibrium. Contrasted with Fig. II, the melancholy suffering gaze of Fig. I, and the attendant constraint of the eye, are very evident. The eyes in Fig. I. have a positively swollen and scrophulous look compared with those of Fig. II. At some future time I may elucidate the

significance of these apparently so slight changes for my science of facial expression.

## Diseases of the Teeth, Toothache, Cold in the Head, Throat Disorders, Agoraphobia, Intestinal Rupture.

I have already touched upon this topic in another place, and propose now to enter into details, on account of the universality of the disorders named. Hollow teeth, toothache, and diseases of the teeth are sure signs of a heavy encumbrance of the subject with foreign matter, for they arise only from the movement of the foreign matter to the head, and usually, too, in one definite state of encumbrance, when the foreign matter rises upward from the sides, and then meets with an impediment to its slow fermentation in the firm teeth. No enamel or bone is hard enough to resist; it softens under this constant pressure, mouldering precisely like a decayed bough. The pain then frequently felt is caused simply by the excessive heat and friction during this process of fermentation. Toothache is sometimes directly provoked by my treatment, the same states recurring during the retrogression of the foreign matter from the head as before while it was rising. Hence it happens, that even persons who have never had toothache before have temporary attacks during my treatment, because the expulsion of the foreign matter then proceeds much faster than its accumulation, this pain then ensuing just as in the case of rheumatism. It is folly to have the teeth extracted, thus only mutilating the body, and never removing the cause of toothache. In my method a sure cure for toothache is also found. There should be applied, besides the friction sitting-baths, frequent local (head) steam-baths, always followed by friction sitting-baths after which a long walk out-of-doors should be taken, if possible, to re-warm the body. In most cases one, or at most two local steam-baths with ensuing prolonged friction sitting-baths, suffice to banish the toothache for hours or days. Anyone continuing my treatment for some length of time will be plagued by toothache until the foreign matter has been drawn down from the head, passing downward by way of the teeth.

Here I will mention a circumstance which, unimportant as it seems, is of deep significance. This is the necessity of cleaning the teeth, because a yellowish whitey mucus is constantly being deposited on them, which even takes on a firm consistency (tartar). Only sick or encumbered persons need clean their teeth. Healthy persons need this just as little as healthy animals; yet we find that the latter, and healthy persons as well — as I have had frequent opportunity to observe out in the country — possess dazzlingly white, healthy teeth, on which not the least mucus or tartar is deposited. But he whose body is encumbered, i. e. in other words, whose digestion is no longer fully normal, will assuredly suffer from mucus and tartar on the teeth, because both are products of an abnormal digestive process of fermentation and are caused solely by such abnormal fermentation; in other words, both are foreign matter which

has risen upward out of the abdomen and collected upon the teeth.

The cure of this and all other diseases of the teeth can therefore be effected only when foreign matter ceases to form in the system. When teeth are already hollow and dead, i. e. destroyed, they can of course not be renewed, but it is a thousand times better to have an entirely dead tooth in one's jaw than to have it extracted, for Nature is far more skilful than human art in rendering it harmless to the system. Teeth which can still be saved ought to be filled, that they may remain serviceable for chewing as long as possible; let only loose teeth be pulled, which are a hindrance in chewing, and replace them if possible with artificial ones.

### **Cold in the Head. Influenza.**

This usually slight acute inflammation of the air-passages is often laid to "catching cold". What I think about colds may be found on p. 241. A cold should never occasion a disease; this happens only to encumbered persons, never to healthy ones. A cold in the head, like the toothache, therefore denotes a somewhat advanced stage of encumbrance, and probably proceeds in every case from a previous encumbrance of the lungs, and is therefore in a measure a cleansing process.

By following my treatment, staying long in the fresh air, and sleeping with the window open, such colds are stripped of their power and disagreeable characteristics. The same holds good of the influenza. This is yet fresh in the memory of all my adherents, after the surprising results of my treatment in influenza cases. (Comp. Reports of Cures, Part III, 45).

### **Throat Disorders.**

As already observed in my third Lecture, the neck is in a measure a narrow pass between the body, and head; and as the fermenting matter, starting from the abdomen, presses especially to the extremities of the body, the head of course included, the neck must necessarily be more or less affected, as I said before when speaking of diphtheria. I shall therefore not discuss this topic at length, but merely observe that throat complaints always presuppose a very heavy encumbrance of the system, and are generally stages of disease arising from other, suppressed diseases, or from hereditary predisposition, and that this is the reason why they appear so frequently and in such various forms. Their curability depends wholly upon the kind of encumbrance; they can never be cured by local treatment. (Comp. Reports of Cures, Part III, 81. 82. 83).

### **Agoraphobia,**

persons affected by which are unable to go across a broad, open place, is also due simply to encumbrance with foreign matter. The phenomenon is brought about by the fact that the inner tension of the body no longer supplies sufficient counterpressure to the atmospherical pressure, or exerts too

high a pressure on certain organs inside the body. The rarer and purer the air, the more distress is felt by such patients. I have had patients under treatment, who could only walk close to the houses without support and without falling down. This comes from the fact, that the air close to the houses is always densest, this alone affording such patients the needful support; though very slight differences in density come in question, they are sufficient to be felt by the sufferer. Whenever the air grows purer and rarer, the patients feel distressed and disquieted in the highest degree, their inner pressure then depriving them of support.

This disorder, like tuberculosis or cancer, is always a final stage of other preceding diseases, whether directly, or indirectly through inheritance. Its curability depends solely upon the condition and the encumbrance of the patient; it can, however, be radically cured only by my method of treatment.

### **Intestinal Ruptures.**

These arise, exactly like *prolapsus uteri*, simply from excessive morbid internal encumbrance and tension of the abdomen, which causes the irruption of intestines, and this always in a place where the peritoneum offers least resistance to the excessive pressure from within. The peritoneum then tears, and the intestines, yielding to the inner pressure, break out so far as is needed to compensate for this. The place of rupture may consequently vary, but the cause is the same in all ruptures. It is a great mistake to suppose that the cause of a rupture must be a blow, a fall, or some other shock; these may, indeed, aid in suddenly occasioning the rupture, yet are never the proper cause, but merely the accidental cause which brings to light a predisposition long slumbering in the body. The cause of all intestinal ruptures is simply the encumbrance of the system with foreign matter. My method, in expelling this foreign matter from the system, heals up these ruptures, and thus the wearing of a truss, which is an inadequate means for curing such disorders, is rendered superfluous by my treatment. Ruptures have been frequently cured by me; and a remarkably rapid cure may be attained if the patient immediately applies my treatment, not first allowing the disorder to settle into a permanent, chronic state by delaying for years to do so.

## Epilepsy (Fits).

This is always a final stage of other disorders preceding it, which were not cured, but only suppressed, and usually presupposes heavy *hereditary* encumbrance. In many cases it is traceable to sexual disease in the father, suffered by the latter during his youth, and re-pressed within his system by medicaments. In my practice I have treated very numerous cases of epilepsy with striking and speedy success. My observations show that sudden epileptic attacks are nothing more than sudden ebullitions of fermenting foreign matter, and that they are invariably first developed in the abdomen. In many cases these ebullitions of fermentation first strike down into the legs, afterwards rising upward. By the outbreak of fermentation many persons are first whirled round several times before falling; while others, as soon as the fermentation presses upward to the head, lose consciousness, sinking to the ground.

These processes are similar to the outbreak of a volcano, when the expanding gases and masses accumulated within the earth suddenly rush forth in tremendous eruption. After the eruption, quiet prevails for a time, until new tension is occasioned by the processes of burning, decomposition, and re-formation within the earth, and a fresh eruption takes place. The process is similar in epileptic fits and attacks. In these a peculiar form of encumbrance has formed within the abdomen, causing constant slow processes of fermentation attended by the development of gases and tension. Now, the seat of encumbrance here being limited in space by the foreign matter, and continual fermentation going on at the centre, the central seat expands as far as it can, and then, when the inner pressure grows excessive, bursts out in eruption, and brings on the fits while the pressure on the brain suspends its faculties. When the process of fermentation and the attendant pressure subside, consciousness returns, although the entire body still feels more or less debilitated after such a violent attack.

The modern school is yet in the dark regarding the cause of epilepsy, and has consequently been unable to effect real cures. It holds the disease to be a nervous disorder, probably because of its own inability to do much in such cases, and is not disposed to believe that all these (to it) apparently incurable and mysterious disorders are chiefly its own work, the fruit of misled science, wrong instructions for the care of health, and of the resulting perverse remedies for disease.

With my treatment the course of cures in epilepsy differs according to the encumbrance. With many patients the attacks gradually decrease very soon after beginning treatment; with others they at first appear oftener, as it is needful to expel all foreign matter from the system before a cure is possible, and then, as soon as the encumbrance is diminished, cease gradually or even suddenly, steadily growing weaker, until finally they are mere swoons, then mere weakness or a

sudden feeling of distress, which in turn quite disappear when the treatment is continued. In advising such patients it is therefore necessary to call their attention to the probable course of the cure, especially if this can be exactly discerned in advance by my science of facial expression.

The curability of epilepsy depends solely upon the patient's state of encumbrance, but in nearly all cases has been attainable through my method. Such cases are tedious or incurable only when the patient's condition is already too chronic and settled, or when the system and the digestion have been too seriously injured by the customary medicaments, such as bromine, whereby patients have been rendered wholly or nearly insane. In these cases destruction of nerve-connections and brain-substance have already been caused by the disease, and then there is no longer a remedy. Many obstinate cases have required an unremitting and scrupulous continuation of my treatment for years, before the attacks ceased. The patient's encumbrance, however, is not invariably quite done away with on the cessation of the fits; and for this end there is generally required a much longer course of treatment than was needed to stop the fits.

According to the report of the National Medical College the epileptic school-children of Saxony numbered at the end of 1889, the year reported on, 795, i. e. 13.6 in 10,000 children. It is therefore much to be wished, in the interest of suffering humanity, that the natural methods of cure should become better known. (Comp. Reports of Cures, Part III, 28. 29. 89. 90).

To illustrate the method of treatment I submit the following case.

A girl of 19 had suffered for six years from severe epileptic fits. Every week she had at least two attacks. On examining her I found that besides her digestion her monthly period was utterly deranged. Not once since the appearance of menstruation had she had the same in a normal manner and for the proper length of time. Sometimes it had ceased for months, and again appeared far too often. Furthermore, the poor girl was highly chlorotic, with marked predisposition to lung-disease, and had much too large a head. The state of her encumbrance was favorable, so that I could hold out a fair prospect of success. Not being able to watch over her constantly, I called her attention to the fact that the attacks would probably be more frequent than ever during the first fortnight, perhaps appear daily, then gradually diminishing in force, passing into swoons and sudden weakness, and at last cease entirely. My instructions — a non-irritant diet seconded by a natural mode of life, with three alleviating friction sitting-baths daily followed up by exercise in the open air, if possible till perspiration began — were exactly followed out and within three weeks the patient was thus freed from the attacks, which have not returned for two years down to today. (Steam-baths must not be employed in epilepsy during the first part of the treatment). The cure took the course which I had foreseen. From the second day onward two, three or even more attacks came on daily, which after 16 days

gradually passed into swoons, sudden weakness and a feeling of distress, and then ceased entirely. Such speedy success was attained, because the patient's digestion immediately improved most gratifyingly, and menstruation gradually became normal. In many other cases so rapid a cure was not to be attained, but demanded more time and perseverance. To expel the encumbrance completely my patient was obliged to continue the treatment for a considerable time longer.

## Concluding Observations on the Second Part.

In thus treating in detail of the most various diseases in the foregoing essays, I have simply deferred to a wish universally expressed. Strictly speaking, it was unnecessary to devote a separate article to each illness; for, as all diseases have one cause, frequent repetitions were unavoidable. But the separate elucidations may perhaps serve to aid in grasping the idea of Unity. From the moment when I proved incontestably on the strength of my practice that all diseases, whatever modern names the same may bear in deference to ancient opinion, are traceable to one uniform cause, and thus ascertained the uniform character of all diseases, all names and classifications of diseases, such as are taught by the modern school, of course lost all significance for us, because we no longer need them. For us they still exist merely to indicate certain forms or phases of disease.

For me, and for all my present and future adherents, there exists but one single disease, whether the same be manifested on the head, the body, the legs, or the arms. My whole method of treatment and all my discoveries are founded only on the recognition and turning to account of this hitherto unknown, but none the less eternal, natural law. The steam-engine is doubtless capable of improvement, but not steam-power itself, because the latter is based on a fixed natural law. It is the same with my method; it is also based on a fixed natural law; the method itself cannot be changed, but, at most, its forms of application.

I do not esteem it so necessary as modern medical science thinks it, to find out which organ is diseased. If the body is diseased we need not first ask, with my method, after seat and name of the disease for we know that all diseases have one original cause in common, and consequently one method of cure. It is my foremost endeavor, so to aid the patients by my treatment, that they shall feel nothing whatever in their body, and have no sensation of bearing this or that organ within them. Whoever feels how this or that organ functions, is already sick. A healthy person does not feel that he has a body. That is the goal toward which I strive in the treatment of my patients, and therefore I cannot too often call attention to the fact, that all names of diseases are indifferent and valueless.

The recognition of this eternal, though heretofore unrecognized, law of Nature has happily carried us a long stride forwards, and finally illumined the darkness covering disease. But, just as we no longer need the many thousand lamps of a great city after the sun has risen, because the single light of the sun far more potently illumines the scenes in which darkness had reigned before, all experts in the New Science of Healing no longer need the thousand remedies and names of diseases of the modern school. For my single remedy for the cure of all these diseases cures them far more quickly and surely than the myriad different remedies of the

modern school — the plainest proof, that the Unity of Disease is no mistaken notion.

But in order to make this idea of Unity, which just on account of its extreme simplicity is so hard for many to understand, still more intelligible and easy to grasp, I have taken up the most wide-spread and universal diseases in order to trace them back in each separate case to the uniform common cause, also taking the trouble to develop in each essay, besides the repetitions unavoidable therein, some novel points of view and new ideas; I trust, therefore, that even those who have for years been acquainted with my method may find much that is new and interesting.

Although as far as myself am concerned, after having shown the unity of all diseases in the first few articles, I was not very much disposed to enter into details touching the various forms and consequently the various phenomena, I was obliged, on the other hand, to admit to myself that if I would set something new in place of the old, I must prepare the way in such a manner as may be best adapted for the average reader.

The first edition of this book had hardly been published, when I made the discovery, that considering its novelty the idea of Unity was not, after all, expressed so clearly as to be understood by all in every case of disease. This difficulty is, I trust, obviated in the present edition.

As for myself, looking back upon an ever-lengthening practice, my chief reward is to see and hear daily, how the repeated testing of my theories and doctrines only confirms their truth. This feeling alone lends me strength to press forward incessantly; and I may truly say, that this satisfaction has been vouchsafed me in a measure that makes up for all the annoyances and ill-will I have experienced.

## PART III.

### Introduction to the Reports of Cures.

In laying before the public the following reports of cures and original letters of thanks and testimonials from a small number of my patients, I feel induced to preface them by a few remarks. I am well aware, that the publication of reports of cures may trespass, on the one hand, on the sense of propriety and social discretion, and on the other side may awaken in many minds a suspicion of charlatanism, which latter has been fostered to its present height solely by doubtful reports of cures and testimonials.

The heartfelt gratitude of all my former patients, together with the impulse innate in all generous souls, to aid one's fellow-men wherever possible — an impulse animating my patients above all other considerations, and making them warm advocates of my doctrines — these two factors rendered them forgetful of all other considerations, and from all sides more reports, letters of thanks, and testimonials poured in than I had dared to hope for, usually accompanied by the explicit instructions to make the widest use of them for the good of the cause.

The novelty of my discoveries and of my entire method, which often teaches the exact opposite of all hitherto brought forward in the domain of the healing art, imperatively demanded incontestable proofs before making its way into wider circles. And in order to reach this end, there was no other means than the justification of my new doctrines supported by evidence open to investigation, in the form of reports of cures and testimonials. Nor are these proofs superfluous in this third edition. I therefore call express attention to the fact, that I am ready to furnish the name and address of any patient mentioned in these Reports of Cures, and allow examination of the original letters.

Judged from a medical standpoint my reports of cures may seem almost valueless, although the facts cannot be got rid of; for they are all added solely as a supplement to my theoretical essays, and above all, to make manifest again and again the uniform cause of all diseases. The preparation of professional reports, written for professional men and unintelligible to the public at large, formed no part of my purpose. These reports are all intended for and supplementary to my New Science of Healing, serving no other purpose than the statement of facts. Anything unpopular in form, like the Latin of the modern school, has been avoided as far as possible. Many would surely never submit to treatment with medicaments, were the same noted on the doctors' prescriptions in English instead of Latin. The poverty and inadequacy of the prevailing school of medicine will not be clearly recognized, until this medical trick is done away with.

## REPORTS OF CURES.

No. 1. **Jaundice.** In the Spring of 1887 the thirteen-year old daughter of Mrs. L. (Leipzig) complained of great lassitude, distaste for work, general weakness, headache; in short, general discomfort; after some days the white of the eyes turned yellow, then this ugly yellow discoloration spread over the whole face and neck, and finally over the whole body. At the same time it was observable that in the body a high fever was raging, which had spread from the abdomen over the entire system, but which first made its appearance at the head, as was natural in the course of fermentation. Treatment: — Non-irritant diet, three alleviating baths daily for drawing off the fermenting matter and opening the pores of the skin. In a fortnight the jaundice had quite disappeared and the patient was cured.

No. 2. **Aggravated constipation.** Mrs. (Dr.) F. of A. had suffered for some 20 years from aggravated constipation. At length no remedy availed. When beginning my treatment she said in so many words that, judging from previous experience—she need have no hope of improvement. After following my instructions for a week, and, in particular, living in a strictly natural manner, the disorder was cured, together with a number of complaints resulting from it. As regards diet, the patient was obliged to content herself with wheat-meal and tart fruit for a time, until she could again digest cooked food and bread.

No. 3. **Chronic Catarrh of stomach and bowels, with aggravated nervousness, constipation, and formication.** Mr. B. in H. suffered from chronic catarrh of the stomach and bowels, and had in consequence become very nervous. On awaking in the morning he had a dull sensation of headache, darting pain in the head, pains in the small of the back and thighs. There were also symptoms of what is called formication. He stopped drinking beer, but then got a bad attack of constipation. The pills prescribed were apparently at first of use, but made his condition only worse later on. Of his own accord he now took up the natural mode of living, which somewhat improved his general health, though the chronic constipation was not yet relieved. In May, 1887, Mr. B. began treatment with me. An approximately normal stool was soon attained without enemas, as a result of the steam-baths and hip-bath, coming even twice or thrice daily after some months. Thus the matter of fermentation was expelled from the system, the result being that Mr. B. is able to write me: "Dizziness, fainting-fits, palpitation of the heart, loss of memory, depression of spirits, uneasiness and anxiety, have all disappeared since I began your treatment. My memory is already decidedly stronger, and the dull sensation of headache is quite gone. Following your good advice, I now sleep summer and winter with the window open. You see, therefore, that your method of treatment has done me

excellent service, and I wish with all my heart that many like sufferers may visit your establishment."

No. 4. **Constipation, nervousness, pain in the back, goitre.** Miss B. of Rostock had long suffered from aggravated constipation, pain in the back, and nervousness, accompanied by great weakness and very frequent headaches. She took three friction sitting-baths of from ½ to 1 hour daily, and one or two steam-baths weekly, lived otherwise in a natural manner, and after ten weeks' treatment achieved the cure of all her disorders. Besides this, however, she also got rid of the goitre with which she had been burdened until then. He who knows what disease is, will also folly understand the interconnection of all these forms of disease, and their simultaneous relief through one common mode of treatment.

No. 5. **Serious constipation.** Her own success induced Miss B. to send for her sister, the wife of Dr. G. of Berlin, to the same end. Mrs. J. had suffered as long as she could remember from constipation, and no remedy could now afford relief. For some months she had been following the former Nature-cure under the direction of a very able naturist in Berlin, but this, too, without the desired success. After Mrs. J. had taken three friction sitting-baths on the first day of her sojourn here, stool appeared to her great surprise of its own accord, without artificial aid. In a short time her disorder was completely cured.

No. 6. **Nervous disorder, constipation, sleeplessness, rush of blood to the head.** "Mr. Kuhne, what can you do for me? I have been swallowing pills and powders for years, have visited Carlsbad, Marienbad, and Kissingen, and have been undergoing a Nature-cure for the last eight weeks; nevertheless I never have stool without an enema, and cannot sleep at night — I am getting desperate."

Such was the tenor of the complaint with which Mr. X. greeted me on entering my office. I allowed him to go on for a time, while quietly observing him. This observation showed me that the condition of Mr. X. was by no means so desperate. He was suffering from abdominal inflammation, which extended from the left side to the middle of the body, and also from rush of blood to the head attended by nervousness and sleeplessness.

I reassured the gentleman in his state of nervous excitement, and prescribed as follows:

A wholly non-irritant diet. From 3 to 4 hip-baths daily at about 66 ° Fahr., taken as needed, and from 2 to 3 steam-baths every week.

The rush of blood to the head was relieved within a few days, and the first motion was on the second day, thereafter coming with perfect regularity every morning. Tranquil sleep gradually followed, a real boon for the harassed man.

After three weeks' treatment Mr. X. left my establishment, promising to continue the treatment, which had freed him of his obstinate disorders, for some time at home. — All my patients represent the discontinuance of the enemas to be an improvement, their employment always being troublesome.

No. 7. **Sleeplessness and constipation in a child of three months.** In the J. family a child of three months suffered from chronic sleeplessness, occasioned by constipation. This was so obstinate that not the slightest stool could be obtained without enemas or soap-plugs, even these aids finally becoming ineffective. It should also be mentioned, that the child's wet-nurse had latterly drunk a good deal of brandy to procure the child sleep.

Examination showed that the little creature's entire back was inflamed internally; and this condition could have come about only from tainted nourishment. On examining the nurse she was found to be decidedly scrofulous. Of course, better nourishment had forthwith to be provided for the child. It was now given unboiled cow's-milk or oat-meal gruel (strained), but *without addition of sugar*.

The inflammation, too, was now directly reduced by hipbaths. A large, round -wash-basin served as the hip-bath-tub, in which the child was given daily three hip-baths at from 72° to 77°, and of ten minutes' duration. In 48 hours the first voluntary stool appeared, and thereafter came regularly without further aid. In so young an organism the effect is happily reached in a very short time. Thenceforward the child developed finely, and became the pride of its parents.

No. 8. **Excessive nervousness. Sleeplessness.** Mr. A. A., a teacher in Z., expresses himself as follows concerning my method. "When asked the name of my disease, I was in the situation of a doctor called to a sick-bed — I did not know it. Otherwise my friends and acquaintances, who were always ready with their 'Imagination, nonsense, you are the picture of health'. Occasionally I allowed myself to be persuaded, and drank my glass of beer with the others — and behold, they were right, I felt better, and rejoiced at being at length rid of the idea of sickness. Unhappily, however, this pleasure never lasted long; the old wretched feeling soon returned. And, strange to say, the worse I felt the better I looked, so that it not seldom happened that comparative strangers complimented me on the evidently good state of my health at times when I should have been glad to avoid all exertion, so unwell did I feel. Indeed, I sometimes would have liked to return a rough answer to the friendly greetings, had the feeling of propriety and usage not prevented me. Occasionally it even seemed to me, on pondering over certain hints more attentively, as if others thought me a slothful, ease-loving man, making a mere pretence of sickness and ill-health. Of course, this only rendered my reflections the more dismal, and my condition the worse. By accident a paper fell into my hands, which called my attention to Mr. Kuhne. Mention was made of a science of facial expression in which the said gentleman claimed to be expert. Well, thought I, when I take my holiday trip I shall pay a visit to that gentleman. To be sure, it can do no good, but then it can do no harm. At the same time I reproached myself for proposing to countenance such a swindle in any way. Still, equipped with my travellers' manual, I visited Mr. Kuhne, intending to

take the next train for the South Harz after hearing his advice. After a few head-movements on my part he gave a positive statement as to the nature of my disorder and told me the means by which my health could be restored. I immediately gave up my journey, and took up quarters in Leipzig. I very well knew, that the journey would effect no cure. Here the hope of relief from constant suffering gained new strength. In the very first days of treatment most salutary sleep returned; the head became freer, the breathing easier, in short, I felt what rapid progress I was making under this treatment. To my joy I was now enabled to hear fairly well with the right ear, which till then had been rather dull. I hardly need remark how quickly my spirits rose during such steady improvement. I wrote to my wife, and prevailed on her to visit me at Leipzig, that she might also benefit by a similar course of treatment. She came, was examined in the same manner, and in her case, too, the course of treatment followed had like success. I frequently embraced the opportunity to speak with other patients concerning the result of the treatment, and their statements unanimously confirmed its success. Most then added, that they had long vainly sought relief, and that all remedies had proved inadequate. Following Mr. Kuhne's instructions, I continued the treatment at home after leaving Leipzig, and have grown healthier day by day. I feel so relieved and am so cheerful as to surprise those who knew me in my former mood. Life is now a joy to me, no longer a burden that has to be borne with whatever dignity it may. I shall persevere in the adopted course. I omit all suggestions for sufferers, for I know how greatly credibility is diminished by praise given in a business manner, and this I should regret in the interest of the afflicted themselves. I will only add, that among my intimate acquaintances three persons have at my instance submitted themselves to the same treatment with good results, and that two others will shortly follow their example."

No. 9. **Excessive nervousness, accompanied by rash of blood to the head.** Mrs. J. B. of Rochlitz had long been afflicted with rush of blood to the head, with the nervousness resulting therefrom. She came to regard her disorder as quite incurable, all medicinal treatment having afforded merely temporary relief, or none at all. In this state she began with my treatment. Only hip-baths and friction sitting-baths were employed, together with the customary diet. Care was taken to re-warm the patient after the baths until perspiration started. Mrs. B. soon noticed that her digestion steadily grew better and more vigorous under this simple treatment, and that with its improvement the rush of blood to the head and attendant nervousness gradually subsided, until now, treatment having lasted some time, they have quite disappeared. Now, on reviewing this case, what was it that caused this disorder? We know that it was not bacilli, but that the abdomen of Mrs. B. was heavily burdened with foreign matter, which tended towards the head with all its might. Any cause, even the slightest, sufficed to enhance this tendency, and the nervousness was only a result of abdominal disorder.

By means of the baths employed the foreign matter, the cause of this as of all diseases, was expelled from the system, and with its disappearance all the phenomena of disease gradually yielded to a feeling of health before unknown.

**No. 10. Extreme nervousness. St. Vitus's dance.**

Mrs. Gr.'s daughter Antonie of Leipzig, aged 15, was a sufferer from excessive nervousness. She could no longer walk, nor speak, nor sleep — could wear nothing, touch nothing, digest nothing. Her whole body twitched convulsively in the worst form of St. Vitus's dance. In this hopeless and helpless state the girl was put under my treatment on January 14.

All remedies and methods of treatment previously tried had been unsuccessful.

By three prolonged friction sitting-baths daily, fresh air day and night, and a non-irritant diet, a result absolutely unparalleled was attained in a short time. In one week the girl was able to walk again, and in a few months was so far restored that she could again accept a situation.

The nerves were so impeded in their voluntary function by the internal encumbrance of the system with foreign matter, that the child had lost the mastery over her limbs, thoughts, and speech. But before the nerve connections under the control of the will had been disturbed, the digestive nerves standing beyond its control had for a long time been deranged. In consequence, the girl's digestion had for years been insufficient; hence had arisen the heavy encumbrance of the entire system with foreign matter, which not until then brought about the disturbance of all other nerve-connections.

By my treatment the foreign matter was expelled from the system, and improvement instantly set in. Anyone, however, who tests this treatment in person, can watch and follow the secretion of the morbid matter.

**No. 11. St. Vitus's Dance.** Martha L. of Leipzig-Beudnitz was seized with St. Vitus's dance, came immediately to me. and was freed of her disorder within a week through energetic treatment with friction sitting-baths and a strictly natural mode of . . . .

[Note from Soil and HealthLibrary: pages 409 and 410 were torn out of this book; this text is missing]

. . . . the foreign matter was already in process of expulsion. The weekly number of steam-baths could soon be reduced by half, whereas the alleviating baths had to be continued in the same number and duration. The patient now improved visibly from day to day, and was speedily enabled to go about his occupations with pleasure and without injury, while pursuing the treatment. Before beginning my treatment he could not walk without torturing pains in the thighs and kidneys, passed nearly every night sleeplessly, and suffered extremely from fever, against which the doctors contended unavailingly. Now he enjoyed the best of health, good appetite, and a salubrious, quiet slumber. His sweaty feet, however, disappeared during treatment of their own accord, after his liver-complaint was

cured. To-day, three years later, the patient is perfectly healthy.

No. 17. **Tumefied Glands.** E. K., a girl of some nine years, was afflicted with a swelling of the glands on the left side of the neck, which in time grew to the size of a large hen's-egg. At first the tumor was dark red; later it turned dark bluish red. She was treated with 4 friction sitting-baths of ½-hour each daily, and 2 partial steam-baths, with suitable diet. Moreover, a few hip-baths were applied every week. After this course had been followed some three weeks the steam-baths causes the child inconvenience, her head being forced awry by the increased size . of the swollen tumor, so that she could not move it. The baths were therefore replaced by hot-water compresses. The latter were taken as warm as the skin could bear. Here the movement of the morbid matter could be plainly perceived, for the pus oozed through the skin and soiled the cloth wrapper, although no opening was present. The tumor then subsided rapidly. Behind it, however, a new one soon formed, which quickly disappeared again after discharging its contents through the first and its aperture. After four weeks the disorder was so far cured that the child could go to school again; in five weeks all derangements had disappeared, and head and neck were freely movable.

The entire process had given hardly any pain, because the latter had been held in check on the one hand by the partial steam-baths, and on the other chiefly by the friction sitting-baths. No scars were left.

Had the tumor been cut, scars such as disfigure otherwise pretty faces would certainly have remained. Furthermore, one would thus have anticipated Nature, and the morbid matter would never have been so thoroughly expelled as was actually the case.

No. 18. **Swelling of the glands. Scrophula. In**

November last I was summoned by Mrs. L. to her daughter, aged 11. who was suffering from serious swelling of the glands of the neck. The swelling showed itself only on the right side, and even extended into the face; the child was very scrophulous besides. I first convinced the mother that the entire swelling proceeded from the abdomen and was in the right side. At the neck it protruded in a large, purse-like bunch, and here the system sought to expel the foreign matter. The physician usually thinks an operation necessary, whereas Nature is fully able to accomplish it unassisted; she never errs in choosing the spot, neither do her operations leave disfiguring scars behind. A two-fold treatment was therefore necessary, for we had to cure the cause of the disorder, the abdominal derangement, and also to bring about the now inevitable expulsion of matter by a natural opening of the gland. The treatment was therefore at first the familiar one, whereby evacuations were soon brought about. At the neck local steam-baths were applied, alternating with warm-water compresses. In about a week the gland opened, and discharged pus copiously. The pain was now entirely gone. Within three weeks the sore was healed. To-day, half-a-year

later, no trace of a scar can be seen, and the scrophula has also vanished.

**No. 19. Obstinate swelling of the glands. Scrophula.**  
Mr. D. M. of Dewitz near Osterburg had suffered since 1880 from increasingly bad digestion. Owing to its complication with scrophula, the first consequences of this were continual swellings, ulcers on the teeth, and toothache on the left side, the encumbrance lying more to the left than right. The pains became so unbearable that in 1888 he had three teeth drawn at one sitting: although this operation effected a cessation of the toothache, it was likewise the cause that the morbid matter in the system, not having been diverted by the operation to the natural organs of secretion, now sought a new vent. Consequently, soon after the operation, the left tonsil swelled up formidably. When the swelling had reached the size of a hen's egg, and the pain had become unbearable, the family doctor cut the tumor, which discharged a quantity of pus, whereby relief and painlessness were attained for some days. Very soon, however, the tumor again swelled up in the old manner, and was repeatedly operated in order to assuage the pain, but always with a like result. Eighteen times did Mr. M. have the pleasure of feeling his doctor's steel. Eighteen times did one and the same doctor repeat the same operation on one and the same patient, without in the least doubting the efficacy of his art. In November, 1889, after the eighteenth operation, the tumor swelled so greatly that the larynx was pushed quite over to the right side, then coming to lie under the ear. This tumor was now prepared for operation with a plaster, and a quantity of matter was discharged, which brought relief for five days. After this term, in defiance of all science, the tumor again began swelling up to the former size, the patient then being obliged to become an inmate of the Magdeburg hospital. Here the whole tumor, eight inches square, was to be separated and cut off, no other remedy being known. Fortunately, Mr. M. could not make up his mind to undergo this operation, which would have endangered his life, but quitted the hospital, and had the tumor operated again by his family physician. The result was the same as before, five days later the swelling was as large as before. His condition grew worse and worse. Several open, suppurating sores formed over the left collar-bone and sternum, constantly discharging pus, and giving acute pain. Mr. M. had already given up all hopes of recovery, when he accidentally heard of the new science of healing, and put himself under my treatment about a year ago. He began treatment forthwith, with the result, on the Tuesday next-following, that the open sores ceased suppuration, and were perfectly healed in a week. His digestion improved wonderfully from the first day onwards, and the tumor immediately began to subside; the pain likewise subsided after the first baths. Mr. M. was overjoyed, and could not understand the secret of this rapid change for the better without an operation. In consequence of his otherwise powerful constitution and still undiminished vital powers, the morbid matter was directly drawn off to the natural organs of

secretion, the skin, lungs, bowels, and kidneys, as might be plainly seen in the secretions of faeces, urine, and sweat. Mr. M. did not understand the mystery until we called his attention to this. Continuing the treatment, his condition improved daily, so that in a few months he was radically cured. Down to the present his health has been excellent, and no trace is left of the scrophulous tumors of the tonsils.

No. 20. **Removal of an encysted tumor.** In May, 1887, Mr. S. of Circus Renz in Berlin entered my reception-room, and said: "Can you remove the tumor on the left side of my neck?" This tumor was about the size of a walnut, and had been there a considerable time. But, as it was not greatly indurated, I could give Mr. S. hopes of a rapid cure. I prescribed a suitable diet, three friction sitting-baths daily, and two steam-baths weekly. It could be distinctly perceived, that the tumor was merely the result and symptom of a more general disorder, but not the disease itself. In a fortnight the tumor had vanished. Nevertheless I recommended a continuation of the mode of living and the baths, for thoroughly cleansing the system, and the complete extirpation of the cause of the disease. No treatment whatever of the tumor itself was attempted.

No. 21. **Carbuncle.** Mr. S. of Halle-on-the-Saale reports: Early in April a hard tumor appeared on the nape of my neck. Great lassitude also set in. At first I took little notice of it, believing that nothing dangerous could happen to a vegetarian. But the tumor grew and grew. My general health was by no means satisfactory. My appetite was slight, and sleep light, with a strong-drawing pain in the small of the back. Gradually the tumor assumed the size of a hen's-egg, the pain grew intense, and sleep and hunger deserted me altogether. In their stead a violent fever set in. At last I decided to take up a vigorous course of treatment. To this end I took local partial steam-baths, for which Kuhne's adjustable steam bathing apparatus was a great help; each steam-bath was followed by a hip-bath. The steam-baths were repeated whenever the pains became unbearable, and relief was always obtained through them, the hip-baths, and the friction sitting-baths. Between the baths I covered the diseased part with a clean moist linen cloth held down by a woollen bandage, in order to prevent rubbing and soiling. But the carbuncle, which had assumed a violet color, at first remained very hard. The pains constantly returned. In 4 or 5 days little holes of the size of a pin appeared in various places. Their number increased to 20. They discharged blood and bloody water. The tumor was still very gangrenous and hard. In 4 days more the numerous little holes united to larger ones, from which matter flowed freely. All at once the whole surface collapsed, and the entire carbuncle formed one hole, from which flowed blood and matter. Now I felt relief; the pains disappeared, and in a short time a cure was effected. I now feel better than ever before, I have a feeling as if a great burden had been taken from my body, and my efficiency is far greater than formerly.

Everyone knows how dangerous a carbuncle is, especially on the neck, under the treatment of the prevailing school, and

how easily blood-poisoning may ensue upon an operation. Without cutting, without salves, merely by the aid of local steam-baths, hipbaths, and friction sitting-baths, without calling in the aid of any adviser, I cured my very serious disorder according to the method learned of Mr. Kuhne. Surely, anyone having such experience must, whether he will or not, become an enthusiastic supporter of the science of healing without medicines and without operations.

No. 22. **Cancer of the breast and nose.** Mrs. Sp., a butcher's wife, of Leipzig-Reudnitz, had tried all possible remedies for her serious disorder, cancer of the breast and nose, but all in vain. One day someone called her attention to my method of cure, and she sent to ask me to visit her. I did as requested, and found the woman in a pitiable state. On the breast a deep, putrescent, open sore had broken out, so large that it could hardly be covered by a large hand; half the nose, too, was already destroyed by cancer; and, finally, two thick red cancerous tumors had formed on the forehead, which were on the point of breaking out. After examination I forthwith issued directions for suitable treatment, which was attended with the best success. First the tumors on the forehead subsided, then the breast healed, and lastly the nose. When the woman came for the first time, after some months' treatment, to me in my room, in order to report progress, she still had a loathsome appearance, although already much improved. To-day she is transformed into a comely, one might say good-looking, woman. And this miracle — for so it must seem to all who had seen this patient at her worst — was brought about merely by a strictly non-irritant diet, friction sitting-baths and the starting of perspiration, without any local treatment whatever of the breast, nose, or forehead.

In not quite 9 months, by a consistent course of my treatment, Mrs. Sp. was cured of her serious disorder.

No. 23. **Herpes.** Ida H. of Thonberg near Leipzig, aged 9, was until vaccination a healthy child. After the vaccinating lancet had done its work, she grew sickly. Since her second year a dense herpetic eruption had appeared on the whole body, especially on the head, the hands and arms, and the back. The entire scalp was covered with a crust a third of an inch thick. The mother consulted homeopaths and allopaths — but all in vain. In the City Hospital, too, she was treated unsuccessfully, or rather, the morbid matter was forced back still deeper into the system by means of medicaments, making her condition steadily worse. After the child had been for weeks in the city hospital the herpes had disappeared, but a fortnight after her dismissal returned again. The child suffered the more from the disgusting disease, because other children were kept away from her on account of the superstitious belief in infection, or simply would not associate with her on account of her ugly looks. True, in this case superstition was brilliantly refuted. For not one of the brothers and sisters, who were in daily intercourse with the sick child, took the herpes, not even the sister who habitually slept in the same bed. The patient being attacked by diphtheria in June of this year, the herpes disappeared, but

returned immediately after the diphtheria had been got over — a plain proof that diphtheria and herpes are nothing different as regards their kind, but are only forms of a disease having a uniform cause. Finally, at the end of June of this year, my treatment was adopted, i. e. alleviating baths and a natural diet. Now the process of real cure began. The herpes lost its disgusting appearance, the crust decreased in thickness: at first it left the finger-tips and hands, then disappeared from the rest of the body, until the skin gradually became as normal as before vaccination, and the child, previously so sickly, felt well as she never had before. The serviceable-ness of my treatment was again exhibited in this case in a really brilliant light. The child's mother testifies, that improvement in its condition appeared only, when the friction sitting-baths were strictly employed, and came to a standstill whenever they were neglected.

**No. 24. Disorders in stomach and digestion, inflammation of the bowels, nervousness, poverty of the blood, pharyngitis, induration of the liver.**

Mr. N., not quite forty, whose occupation obliged him to stay constantly in rooms that were insufficiently aired, was attacked some years ago by catarrh of the stomach and inflammation of the bowels. As the cause he himself mentions: Fast living, excessive beer-drinking and smoking, highly seasoned food, and too little rest at night. He paid no attention to the first symptoms of the gradually growing disorder, and later, for more than ten years, he sought advice and aid from medical scientists in various German cities, Paris and Vienna. He often experienced temporary relief from some "remedy", but his general health continued to grow worse. Gradually, nervousness and poverty of the blood were developed; he suffered alternately from violent diarrhoea and obstinate constipation, while a high fever constantly burned within. This was a consequence of earlier disorders which had always been suppressed with medicaments. In Vienna the professor in charge introduced him to the students with the words: "Gentlemen, we need go no farther, This patient is our pathological museum. In him we can study all diseases."

In the hospital at Darmstadt lead, opium, and bismuth powder were prescribed for him. The diarrhoea disappeared, but the patient's chest swelled so greatly, that he was hardly able to move, and continually felt most violent pain. The professor treating him had already given up all hope of saving his life, when, without his aid, heavy night-sweats set in, causing at least a partial improvement. A lengthy sojourn in Carlsbad and Marienbad, where each of the numerous doctors gave him different advice, strengthened him only in appearance; a course of treatment later considered necessary, in the Charité at Berlin, only made Mr. S. worse. Early in 1887 he applied to me. My directions concerning diet and other care of the body, particularly the steam-baths and friction sitting-baths, gradually effected steady improvement in his entire physical health. As regards his condition, Mr. S. himself writes as follows: "With firm conviction I can state, that only the advice of Mr. Kuhne, which I have followed

implicitly, has restored me to health. True, I can no longer boast the abnormal fullness of habit of former years, but my nervousness is banished for good, and the old energy has returned. Digestion, stool, sleep, etc. are now perfectly normal. An old throat disorder (pharyngitis) is now completely cured; whereas formerly I could not speak continuously for several minutes without feeling pain in the larynx and dryness of the mucous membrane. An enlargement or induration of the liver, very painful when sitting, has also disappeared, and even a chronic stricture as well. Sound sleep, excellent appetite, real enjoyment of life, all which were wanting for years, have now come back."

No. 25. **General debility, obesity, lung disorder, great nervousness, deafness, throat disorder, high fever.** Mrs. A. E., a zealous adherent of my doctrines in St. Petersburg, writes: "Sir: — One must already be very far gone in learning to be unable to comprehend that  $2 \times 2 = 4$ ; for, simple as is this arithmetical problem, your new and truly infallible method of cure appears just as simple and evident after some personal experience of it.

"Formerly, despite daily gymnastics, I could not bear the least unusual exertion, while now I can do work in the garden and elsewhere for hours without tiring, and besides, am rid of my corpulence. Formerly I panted through my walks with my mouth open (sign of weak lungs), now I breathe quietly with, my mouth closed — as least as long as I walk by myself. My left ear was deaf for years; now I can at least again hear the ticking of a watch held close to it, the rolling of wheels, and to-day, to my unspeakable joy, I heard, although not quite plainly, loudly spoken words, so that I may hope that my hearing will in time be fully restored.

"The matter of fermentation accumulated in my system must have risen chiefly to the head, for I had headache very often, and continual throat complaints disquieted me, which neither doctors nor professors could cure (I experienced some relief, though but temporarily, in Bad Elster); now I have not for months felt the slightest discomfort in the throat. To tell the full truth, I also stood in dread of softening of the brain (imbecility). Since beginning this treatment the alarming symptoms have ceased, such as extreme weakness of memory, incredible nervousness, fits of rage on the least provocation, and increasing apathy concerning everything which could elevate or inspire me, or was dear and precious to me. Half a year ago nothing in the world could have induced me (only my husband knew the reason) even to mention the matter to anybody — talk of the devil etc. — for I felt that no one could help me; now my eyes are opened, and I feel as reborn!

"This admirable method rescued me from a sad dilemma some months since. I took a seemingly healthy servant-girl with me into the the country, but scarcely a week had passed, when she suddenly declared with tears in her eyes that 'she could do no more!' Her feet were so swollen that neither shoes nor stockings could be drawn on, while a raging headache and high fever so prostrated her, that she was

unable to stir. I could not think of transporting the patient to St. Petersburg, so I put her into a feather bed, and after she had perspired freely for several hours, gave her a hip-bath, exactly as directed, then giving her instructions for a friction sitting-bath, after which she immediately felt 'lovely'; 'it was such a relief, she said. The entire procedure was once more repeated that same day, the next day twice, and on the third day the girl was able to do without perspiring, and declares, that since then she has felt 'as well as a fish in water'. Of course she had not grown perfectly well so soon; but we were both relieved in twice 24 hours, without a doctor, without medicine, and without the least expense!"

No. 26. **Chronic diarrhoea, dysentery.** Mr. E. P. had suffered for 10 years from chronic diarrhoea, being obliged to go to stool 10 — 15 times every day, and his health never being firmly established in consequence. Mr. B. P. had tried all imaginable cures more or less unsuccessfully before placing himself in my hands. In a fortnight the disorder was completely cured by hip-baths and friction sitting-baths, together with a non-irritant diet carefully suited to the patient's condition,

No. 27. **Chronic diarrhoea for 4 years, dysentery.** Mrs. W. of America complained of a very weakening diarrhoea and dysentery lasting for over 4 years, against which the remedies prescribed by various physicians had proved ineffectual,

I advised an easily digestible diet suited to her state, alleviating baths three times daily, and three steam-baths each week.

In three weeks the disorder was completely banished.

These examples plainly show that constipation and diarrhoea are only different manifestations of one and the same disease, being traceable to the same cause and curable by the same treatment.

No. 28. **Epilepsy.** The son of Mrs. G., aged 11, was afflicted with fits, which so increased in frequency and violence as to resemble delirium. At last they appeared 3 or 4 times a day, and during the fits the boy tore out his hair, rent his clothes and the furniture, and bit at everything that came in his way. A white froth then issued from his mouth, and his bite might therefore have been attended by evil results.

The cause was again an abdominal disorder, in consequence of which high internal fever set in, while the arms and legs were icy cold, and could not be warmed even in bed. The boy himself felt, as he said later, that each attack commenced with a drawing and rumbling in the bowels. The treatment began late in October, 1884. At first all irritants had carefully to be avoided, and his bill of fare was arranged as follows: Breakfast, milk, or gruel of wheat-meal or oatmeal; dinner, vegetables cooked in water; supper, milk and Graham (wheat-meal) bread, or fruit and Graham. bread. Bathing had to be followed up with great energy according to the directions published by me; he took three body-baths of from 59° to 77° daily, and 2 or 3 steam-baths weekly. The fits at first appeared still oftener, but soon fell off in strength and passed through several transformations (one appearing as

hysterics); but in a short time a decided strengthening of the body was perceptible. After a fortnight Mrs. G. came to me all in a fright, begging me to visit the boy, as he had suddenly become so indisposed that he had to stay in bed. Directly after a severe fit, violent acute articular rheumatism had set in. This occurred as the blood began to circulate more freely in the feet. The hip-baths were continued energetically, often as many as 5 per diem. Thenceforward the fits lost in violence, though not in number, and the rheumatism was cured gradually and naturally. Finally, however, the fits occurred more seldom, and soon resembled mere slight fainting-fits lasting a minute, until at length they disappeared entirely. After three months' treatment I could dismiss the boy as cured, and till now not a sign of fits has been noticed again in him. Since then I have treated very many sufferers from fits with equal success.

No. 29. **Epileptic fits.** Miss D. of Leipzig came to me accompanied by her mother. The girl, aged. 20, suffered from severe epileptic fits recurring daily. Her whole disposition had been so altered thereby that she was incapable of acting for herself, and could not utter a syllable. Her disorder was plainly written on her face. She had the distressingly protrusive eyes and inflamed complexion characteristic of those afflicted with fits. I prescribed three friction sitting-baths daily of at least  $\frac{1}{2}$ -hour's duration, a natural diet, and perspiration by exercise in the fresh air and careful covering up at night, with one steam-bath weekly. The next time she herself came alone to report concerning improvement in her health. After continuing the treatment for 7 week's she could report, that in the beginning she had had one violent attack, since which the fits had ceased; she was so much strengthened that she could accept a position in a shop. Her head was now free, and she was happy once more to be her own master, and cured.

Outwardly the improvement was plainly perceptible. The color and expression of the face were completely changed, the eyes, though still protruding, far more nearly normal; in short, the morbid matter had been drawn off, and thus this frightful, dolorous disease, for which to the best of our knowledge no remedy hitherto existed, really cured. And this, again, by one and the same treatment, plainly proving the correctness of the theory upheld by me of the Unity of Disease.

No. 30. **Acute articular rheumatism.** Mr. B. of Wurzen was attacked by violent articular rheumatism. Unspeakable pain tortured him; and his hands and feet were quite paralysed. His critical condition making a sojourn in Leipzig impossible, I journeyed at his request to Wurzen with the necessary apparatus, and prescribed as follows: Two friction sitting-baths and one hip-bath daily, one steam-bath weekly on my adjustable chamber steam bathing apparatus, easily digestible food, careful covering at night, etc.

After three weeks of this natural treatment Mr. B. was perfectly well again. A naturist in Wurzen, who had assisted him. in carrying out the treatment, was converted into an

adherent of my method by the extraordinarily speedy result, which he saw with his own eyes and felt with his own hands.

No. 31. **Articular rheumatism.** For six months Mr. M., a cabinet-maker of Leipzig, who suffered from rheumatic swelling of the knee-joint", had been treated in vain by medical scientists. He, too, therefore came, or rather drove, to me, for he could not even stand upright. After I had explained the principles of my method of cure, he said that it was all very fine to listen to, but still he could not understand why I did not propose to "treat" the knee itself at all, but to begin with hipbaths. However, he made up his mind to follow my directions for a time. Within a week he could walk a considerable distance without inconvenience, which he had not been able to do for months. The man was fairly enthusiastic over the simplicity and success of my treatment, and only regretted not having convinced himself of it months before. In four weeks he was completely cured.

No. 32. **Inflammation of the joints. White flow.**

The daughter of the letter-carrier W. of Leipzig, aged 14. was suffering from a serious swelling of the ankle, which prevented her from walking. All remedies tried for it had proved unsuccessful, and hence her father consulted me. On examining the child I found that the cause of this disorder was again to be sought in a derangement of the functions of the abdomen. That the derangement was a serious one was evident, in that this girl of 14. who had not yet begun to menstruate, was already a sufferer from white flow! The father appeared to comprehend my explanation of the cause and effect; a steam-bathing apparatus was improvised with a chair in his house, and treatment begun. A hip-bath-vessel was fetched from near by, and used according to my instructions. In three days the girl could walk alone, which was impossible before, and in a week she could again attend school. The feet were restored to their normal condition without any direct local treatment whatever, and the patient was thoroughly cured of white flow.

No. 33. **Sciatica.** On May 11, 1886, I was called to Dr. D., who since February had suffered with sciatica, which grew worse and worse despite all medical treatment. Finally he could neither stand nor lie, but was obliged to pass day and night in a reclining position on the sofa. I prescribed for him 2 hip-baths daily of from 66° to 73°, with a steambath every other day, and suitable diet. As early as the fourth day one of my bathing-masters brought me the news that improvement had set in, and that Dr. B. could walk about the room. In a week the improvement was so decided, that treatment could be continued [without my help. In four weeks the disorder was cured.

No. 34. **Scrophulous inflammation of the hip-joint.** In the case of little Frida M. daughter of Adolf M. of Finsterwalde, afflicted with a scrophulous inflammation of the hip-joint, the Doctors of Medicine L. (of Leipzig), H. and von B. (of Berlin), and Gr. (of Halle), had tried everything which the so-called science of school medicine can perform, without the least success. At last the poor child had lain 30

weeks in the Diakonissenhaus at Halle. She had gone in on her own feet, but had quite lost the power of doing so by the time she came out. She was dismissed after being furnished with a 2-pound walking-splint on the shortened leg, and a go-cart. Of course, the first thing to be done according to the rules of the new science of healing, was to take off the splint. For these mechanical constraints, such as splints, shoulder-braces, stretching, and the like, torment the patient, and can at best achieve apparent success, as they never remove the cause of the disease. After two weeks' energetic treatment the go-cart could also be replaced by a parasol; in a week more the latter became superfluous, and the child could walk without any support. The leg is still too short; however, should the treatment be continued energetically, there is a certain prospect that the leg will attain its natural length, and the effects of the serious disorder be radically remedied.

No. 35. **A peculiar eye disorder.** A prominent merchant of Beudnitz-Leipzig called my attention to a child of 12, known to him, which had long been afflicted with a serious disease of the eyes, and been treated for months in vain by prominent physicians. He likewise signified his willingness to bear the expense of a possible cure, if I could hold out a prospect of success. The case aroused my interest, and I therefore sent for the child. Examination showed that the cause of the disorder was to be found in a seriously indurated abdomen.

When I first saw this child, it was not able to look at anybody, its eyes were constantly fastened on the ground, and on raising the head the eye-balls instantly rolled upward, so that hardly anything could be seen of the pupils. I informed the girl's parents that the disorder was curable. My first step was, to change her diet. All highly seasoned and irritating dishes, especially those prepared of meat, and also alcoholic drinks, were forbidden. They were replaced by easily digestible vegetables, puddings, and fruits. The actual treatment consisted in giving the child one steam-bath daily (later only two weekly), and two or three alleviating hip-baths. In view of the obstinacy of the disorder I from the outset considered a rapid cure improbable; however, an essential improvement was perceptible in a very short time. As I insisted on the strictest observance of my directions, and had the baths, in particular, given in the most careful manner, I had the pleasure within six weeks, counting from the beginning of the treatment, of seeing the child so far recovered, as to be able to use its eyes in a normal fashion and again attend school. In four months the child was thoroughly cured.

No. 36. **Heart disease. Mouches volantes** (black specks). It is a very unpleasant phenomenon, when black specks seem to be floating hither and thither in front of the eyes, where no object is really present to the latter. This phenomenon arises from the fact, that foreign bodies, cellular elements, are deposited in the eye, and cast minute shadows on the retina (*muscæ volitantes*). It is self-evident, that in a general cleansing of the system these foreign bodies are likewise

expelled. Thus Mr. F. H., a lawyer in B., reports that in a successful course of treatment, directed in the first place against a chronic disorder of the heart, his dancing specks have also been entirely removed.

No. 37. **Chronic and serious disorder of the eyes.**

The daughter of Mr. D. of Leipzig (Südstrasse) had been perfectly healthy, according to her mother, up to the time of her vaccination. Soon after this, a disorder of the eyes appeared. She was under medical treatment for seven years. After the child had visited the clinic for some weeks, she could see fairly well, but this lasted only a short time after each visit. The disorder reappeared every time. Finally, after experimenting with medicine for several years, the parents decided to try the new science of healing. When the girl, then about 10 years old, came to me, she was a picture of misery. Her whole body had acquired a bending posture, the head reclined on the chest, so to speak, the eyes closely veiled, being quite incapable of bearing light, redly inflamed, running, and tightly closed.

The disorder was the more serious, because the morbid matter, proceeding from the abdomen, had risen in the back and passed through the brain before coming to light as an inflammation of the eyes, as could readily be seen in the form of the back, neck, and head. My prescription ran: Entirely non-irritant diet, in the morning and evening Graham bread and fruit, at noon rice, oatmeal, groats, pearl-barley, and the like cooked in water, to be eaten cool with the addition of Graham bread; as a beverage, pure fresh water; meat, alcohol, tea, and coffee to be avoided; three friction sitting-baths daily, at first taking water at 59 ° Fahr., later at the natural temperature, by preference rain or river water; perspiration should then be produced in bed by means of careful covering; weekly one steambath followed by a hip-bath, besides some extra hip-baths of ¼ hour each; finally, pure air by day and night.

The result was apparent. After the first week the girl could see a little, and straightened herself somewhat; her condition steadily improved from week to week, from month to month. The burden pressing the head and upper part of the body forward evidently grew smaller and smaller; in 8 weeks the eyes were so clear and bright, and the body so straight and upright, that a pupil of mine who had not seen the child for 4 weeks did not recognize her at all. In 9 months the child was perfectly cured and so lively and cheerful as to be quite transformed.

No. 38. **Disease of the womb.** Another proof, that the cause of a disorder is not always to be found where the latter comes to light, is furnished by the following case. The wife of a Leipzig manufacturer came to me one day complaining that she always felt violent pain in the womb after reading only a short time, and therefore soon had to give it up. On examining her I saw from the appearance of the throat that the disorder arose from a severe chronic abdominal inflammation. I now treated the latter by the aid of steam-baths and hip-baths, with the result, that in a few weeks both

the abdominal inflammation and the disorder of the womb had disappeared. The lady could then read whole pages without the slightest inconvenience.

No. 39. **Serious menstrual disorder.** Mrs. W. of Leipzig had suffered for over eight years from omitted and irregular menstruation, attended of late years with abnormal losses of blood, which robbed her of all her strength. She first consulted a Leipzig physician, Dr. S., who treated her for a long time, but quite without success; the disorder rather grew worse. In her extremity she then applied to the Leipzig clinic for Female diseases, and was treated there for two years. Not to speak of the regular local examinations of the abdomen and the constant treatment of the uterus with instruments, necessitated by the method in vogue there, the disorder was not relieved, but rather aggravated. In this desperate condition the woman came to me for treatment. Following my instructions, she now took daily several friction sitting-baths with pure cold water, of half an hour each, seconded by the usual non-irritant diet, and this with such surprising success, that not only the uncheckable bleeding was shortly stopped, but, after employing this simple and inexpensive cure for some months, a regularity in her menstruation was brought about, such as she had never known before.\*) Moreover, her physical strength, formerly utterly prostrate, likewise returned. Let us hear what Mrs. W. herself says about my treatment in a letter written to me. "I cannot sufficiently recommend this treatment to all women and girls suffering from like derangements. I, who know from years of experience how disagreeable and distasteful all local examinations of the abdomen and womb, together with instrumental treatment, are to the female sex, have abundantly felt what an infinite advance your method of cure, above all your examination of patients by means of the science of facial expression, exhibits in contrast to all other methods. Through the science of facial expression you can tell, more plainly than the scientists with the help of local examinations, what is the true state of the patient's health in the abdomen. You dispense with all local examinations, whereby the female sex, in particular, is spared many annoyances." All treatment with instruments is quite precluded, when we once accept the doctrine of the unity of all diseases.

No. 40. **Erysipelas** (in the face). I have repeatedly had opportunities of testing the rapid working of my method in this so frequently fatal disease.

Two years ago I had under treatment a woman suffering from severe erysipelas of the face. In addition to my other instructions, the alleviating baths had to be precisely adapted to the patient's condition. When the fever and inflammation in the face became excessive, this patient often had to prolong the friction sitting-baths to 2 hours, renewing the water half-hourly, to abate the feverish heat. Furthermore, 1 or 2 head steam-baths were taken daily followed up by friction sitting-baths, this always affording the patient great relief. Within a week the disease was quite cured, and the woman healthier and stronger than before.

No. 41. **Severe Mood-poisoning. with ensuing-erysipelas of the head.** An elderly lady had long been troubled with a humid tetter behind the ear. It was not large, being hardly  $\frac{3}{4}$  of an inch in diameter. The sore was very annoying, as it caused constant itching, and the watery discharge was disposed to inflame and consume the adjoining skin. To ease herself from the itching, the lady occasionally scratched the tetter. Thus it happened, that she once scratched without thinking until blood appeared. The sore spot now itched worse than ever. Again she inadvertently scratched the spot, while her hands were covered with a poisonous substance which she had just been handling. It was thus communicated to the blood, as was very soon noticeable from an unpleasant burning in the sore. First, that side of the head began to swell formidably, giving acute pain. The most eminent professor in Leipzig was immediately consulted, and diagnosed blood-poisoning. This blood-poisoning, in any event dangerous to life in view of the heavy encumbrance of the lady, devolved speedily into a highly aggravated erysipelas of the head, attended by great pain. As remarked above, the lady was heavily encumbered with foreign matter; it was therefore no wonder, that this external occasion should set all the foreign matter in the upper part of her body in fermentation. The matter found no vent below through the natural organs of secretion, the lady having suffered from constipation for some time and therefore continually pressed toward the head. The patient always felt as if everything were trying to get out through her head, and the itching of the skin, and pain in the whole head, the neck, and chest, allowed her no rest. In this condition the patient came to me. The treatment was exactly like that described for No. 40. In this case, too, the disorder was greatly relieved by steam-baths for the head and upper part of body, followed by friction sitting-baths prolonged up to  $1\frac{1}{2}$  hours. Yet during the first ten days the digestion was hardly influenced at all, so obstinate was this disorder, for which reason the dangerous disease itself also remained unabated during that time. The upper part of the body, the arms, neck, and head, showed a persistent dark red gangrenous color; a thick, clear fluid continually oozed from the skin, smelling and looking just like that in dropsy. To prevent scratching, and abate the unbearable itching. Priessnitz' water compresses were regularly laid on the head, neck, chest, and arms after the baths. On the eleventh day the digestion began to improve. Stool came abundantly without artificial aid, and the patient began perspiring in bed of her own accord. Thus the foreign matter was expelled from the body through its natural outlet, so that thenceforward the derangement abated daily. During this improvement the gangrenous redness of the body, head, neck, and arms decreased visibly. But now other phenomena appeared which gave the patient much annoyance. Small and large tumors continually formed, at first in the left armpit, then on the head, and finally on the arms, then developing into ulcers and discharging a quantity of matter. Another fortnight's treatment sufficed to dispose of this difficulty, and the patient

now feels well and vigorous as never before, having soon forgotten her disease. But this is due simply to the fact, that her heavy burden of foreign matter was in great part got rid of during treatment.

In view of its violence, the disease would undoubtedly have soon caused the patient's death, had she not, in her knowledge of the danger to which her life was exposed, most energetically employed my alleviating baths. Despite this unusually favorable course, the cure lasted far too long in her opinion.

**No. 42. Sixteen years' lameness from cartilagification and stiffness of the knee, accompanied by tuberculosis.**

Minna Sch. of B., now 25 years old, was pushed from a stair in 1874, laying her right knee open. The wound healed, and all was apparently well. But, probably promoted by an hereditary lung disorder, the knee swelled up again after a fortnight. The swelling bore a tuberculous character, as the doctor, called in from Wurzen, ascertained, and it-proved obstinate. The nature of the difficulty was unknown to this modern physician; nevertheless, he had the knee put in plaster. After the knee had lain in plaster for 4 weeks, the latter was removed; the knee, however, had become quite stiff. Such was the outcome of this irrational treatment. A second allopathic doctor was consulted, who knew as little about the difficulty as his colleague. He prescribed a salve — of course without success. A third allopath, also groping in the dark, now prescribed that an 11-pound weight should be hung to the leg for 10 weeks; — after which the leg was still worse and more sensitive. This having failed, the same doctor directed, after the lapse of the ten weeks, a swathing of the knee in water-glass. This likewise effected a change, for after it the girl could no longer walk; For years the poor maltreated child had to creep about in the room on all fours. At the instance of an old woman, soap baths were now applied for a considerable time, but did little good. Three homeopathic doctors consulted one after the other relieved the girl so as to enable her to walk a little, though with great difficulty, with a crutch. By the aid of homeopathy the girl had been kept up in this state for three years, without a change, when she heard of my name, and came to me. Her condition was truly wretched. Digestion and menstruation were quite prostrate, a fact quite unnoticed by the doctors formerly treating the case, as the girl complained only of her leg. Moreover, the lung disorder had developed strongly, especially on the left side; the right leg was thinner than the left by nearly half, the knee badly swollen and thicker by half than the left knee, quite cartilagified, and stiffened. The girl had staked her last hopes on my treatment, and therefore took up my course of treatment with all imaginable energy and confidence. She followed my instructions to the letter, and had, in consequence, very speedy success. After only three weeks' treatment she could walk half an hour without a crutch, and in four months was well enough to go up and down stairs and out of doors in the same manner. At the same time her digestion had become much more nearly normal

within the first fortnight, and menstruation was also more regular. The lung disorder had also ceased to progress from the moment she began my treatment, and gradually grew better. Anyone seeing this girl to-day, ten months later, would not believe in what a pitiable state she was when I began her treatment.

No. 43. **Complete lameness from a shortened leg. Chronic inflammation of hip-joint.** Mrs. H, in a letter of thanks, writes as follows on the former complaint of her daughter:

"My daughter Elsa, aged 4¼ years, was seized with inflammation of the hip-joint in Oct. 1889, which at first was treated allopathically, but without permanent success; for early in February 1890, the leg affected became shorter than the other; indeed, the child had not for a long time been able to walk. A plaster bandage was used for three weeks and a stretch-bed for four, but also without success, the child being besides subjected to much pain. Several weeks' treatment from Professor Sch. of Leipzig, including continuous lying in bed and the application of embrocations, could not be strictly carried out, as the child was unable to lie quiet for weeks, and was therefore unsuccessful. At length I took my daughter to the Leipzig Hospital, where she was also treated unsuccessfully for 3 weeks longer. The hip, which until then had always been soft, grew quite hard and stiff after this treatment; the comparative shortness of the leg steadily increased, and she had been unable to walk for 9 months. But, worst of all, my child was the victim of settled depression since she had been in the hospital, so that I lost all hope of a cure; besides, before treatment there she could at least stand, which it was now quite impossible for her to do. In this condition I put my Elsa in your hands on Aug. 1, 1890. I scrupulously followed your instructions, and to my unspeakable joy the depression vanished after the first three friction sitting-baths, and my daughter was again able to stand; in three days, to my extreme surprise, she could walk again, and was so much improved in a fortnight, that she could mount the four flights from the street up to my flat without assistance. During the same time the hardened muscles about the hip again became soft and flexible; and to-day, after four weeks' treatment, one can distinctly see that the shortened leg has grown longer." — "To-day, 3 months later, all traces of the earlier disorder have disappeared, and both legs are equal in length and efficiency.

Leipzig, Aug. 25, 1890. Mis. Minna H."

**No. 44. Cure of six years' complete lameness from knee stiffened by a fall. Cartilaginified knee. Tuberculosis.** Oscar B. of Leipzig, aged 9, fell from a carriage when a child of 2½, striking his knee so badly that it swelled immensely, soon rendering him quite unable to walk or run. Various doctors applied plaster bandages and then pasteboard splints without avail during two years, causing the child many unhappy hours and his mother unspeakable trouble. The suspension for a long time of a heavy weight to the leg was equally unsuccessful. Then, during half a year, morphine

injections and other medicaments were employed with no better result, and the same may be said, of warm baths later employed during three months.

Lastly, the child was treated for half a year in the Leipzig University Clinic, where he had to undergo unspeakable torments from iron splints. The leg became less and less serviceable, and had already assumed a twisted posture.

After this last unsuccessful treatment the parents were convinced that their child had no aid to expect from the sciences of medicine and surgery; thus the boy had no further assistance, and his condition steadily grew worse, until my treatment was begun on Aug. 7. 1890. His digestion was disordered, and the boy also suffered from tuberculosis, which likewise affected the injured knee. After only a fortnight's treatment the boy could again walk, without a bandage, better than he had ever been able to walk even with a bandage during the previous treatment. The posture of the leg, too, was no longer so twisted, but far more nearly normal. In 8 weeks the cartilaginous tumor in the knee had decidedly subsided, so that the boy could already bend the leg slightly. To-day, after 5 months, he has made such progress that he can not only walk and run alone, but has begun to do gymnastic exercises, and is much livelier than many comrades of like age. The posture of the right leg has improved steadily, so that a complete cure is to be expected in a short time. The cartilaginous tumor has disappeared, and with it the tuberculosis.

The boy's general health and sleep are also much better than before, and his digestion in particular, which was by no means normal previous to my treatment.

No. 45. **Influenza.** A great many of my friends inform me that they have rapidly and thoroughly overcome light and serious cases of influenza by the aid of steambaths and friction sitting-baths, without any subsequent or attendant disorders. Some, at the first signs of uneasiness and chill, acted exactly in accordance with my views, taking a full steam-bath followed up by a brief wash in the hip-bath and prolonged friction sitting-bath, likewise continuing these baths for a time more energetically than usual, thus successfully preventing the full development of the attack. Others at first paid no attention to the slight symptoms, allowed the fever to augment before interfering, and consequently had to suffer more. But one or two steam-baths, followed by a suitable cooling process in the prescribed manner, alternating with energetic friction sitting-baths always followed by a re-warming which, if possible, was made to lead to perspiration, sufficed to dispose of the disorder in 12, or at most 24, hours. Coughs, inflammation of the lungs, pleurisy, all the subsequent disorders of the influenza feared by scientific medicine, affected none of those who applied my method. Thus my theory of the unity of diseases has received new confirmation in cases of influenza.

No. 46. **Tuberculosis. Hip disorder.** In April, 1885, Mr. M. of Leipzig-Beudnitz came to me and told me, that his son of 15, who had long lain sick at home and had lost the use of

his legs, was not getting well, in spite of treatment for months by a renowned professor. This physician, he said, had diagnosed tuberculosis, and had made a long cut in the boy's thigh, through which the morbid matter was to be drawn off. This not having had the desired success, the professor proposed to take the boy into his private clinic, to treat him more conveniently. The father pressed me for a definite opinion concerning the curability of the boy through my method. On my telling him that I could give no opinion concerning the boy's condition and curability without first seeing him, the father brought him to me. The boy was fetched in a carriage and presented a picture of misery. The thighs were greatly swollen, and showed a cut about four inches long, with a so-called antiseptic bandage (carbolic and salicylic acid). I expressed my regret to the father that this operation had been undertaken, telling him that such forcible interference with the vital functions never occur in my natural method of healing, because Nature, if only rightly led, herself always finds the proper place for bringing about a secretion. Mr. M. then confided his son unconditionally to my treatment. Simple and natural diet, together with steam-baths and hip-baths, were the sole "medicines" by which the boy could be restored to health. I immediately took off all the bandages, bandaging only the long cut in simple fashion, that the heat might not force its way in too much, and began with one steam-bath daily, to be followed up by from 2 to 3 hip-baths. I directed my bathing-master to observe scrupulous care in the application of the baths, as the poor patient was unable to stir. The effect of the baths was surprising. After only a few days the boy felt marked relief in his legs. The tuberculosis ceased advancing, and began retrogression. Not long afterwards a sore broke out on the buttocks, just opposite to the cut, and discharged matter abundantly. This discharge having continued for several days, the pains that had hitherto tormented the boy ceased, and on the fifth day of treatment the patient — which I had hardly ventured to hope — was already able to go home on foot, a distance of three-quarters of an hour! I still continued his treatment for a considerable time, and was at length able to return him, completely cured, to his occupation as an apprentice in a mercantile house.

## ORIGINAL LETTERS.

(No. 47).

### **Bruise.**

Jüterbog, May 16, 1890.

. . . . "Your friction sitting-baths have had a truly astonishing effect in my case.

While on a business trip I slipped from the step of a railway-carriage, bruising the knee and thigh-bone of the, same leg so badly, that I had to lie in bed for four weeks, and, above all, was unable to sleep **at** night.

The physician in charge proposing to consult another doctor, the affair began to make me uneasy, and I decided to make trial of your friction sitting-baths. After taking only a

few of them, sleep again returned, unattainable though it had been before, besides now there is relief from pain, abatement of the disorder, and similar advantages.

I wish your method the widest popularization imaginable.

M. Str.

(No. 48).

**Chronic catarrh of the stomach, and abdominal disorder.**

Mürzzuschlag (Steiermark), July 23, 1889.

Dear Sir,

Now, after my wife's health has stood the most searching-test, I shall no longer hesitate to describe to you, as well as I can, both her case and the miraculous cure of her disorder, in order to furnish new evidence of that, which the method of treatment discovered and employed by you is capable of performing, and how many millions of sufferers it could make healthy and happy, were it but more generally known and recognized!

I myself, for many years an adherent of the natural method of cure, joyfully hailed the great triumph gained through you for this true science of healing, in the form of application based on the discovery of its elementary secret, and was astounded at the well-nigh miraculous success attained by my afflicted wife after following your treatment for a short time. It became my firm conviction that, simple as it is in form of application for all diseases, which can be understood and made use of by anyone, or any child, the final victory of the Nature-cure was at last assured, and that the same would now begin its triumphal progress through the world, to become the common property of suffering mankind!

My wife, like nearly all civilized human beings leading an unnatural life, had suffered for many years from chronic catarrh of the stomach (dyspepsia), to which operative interference in the case of two deliveries added an inflammation of the uterus, which finally spread through the entire abdomen and caused the sufferer continual distress and vomiting, so that from loss of strength she could hardly walk a few paces without feeling sick and retching. This disorder at length augmented in a really unbearable degree, and as my wife would not consent to a course of home treatment, I sent her directly to you in Leipzig, whence she returned, after only three weeks' treatment according- to your wonderfully simple method, vigorous and healthy to her joyfully surprised family. To firmly establish her health she regularly continued at home the course of treatment prescribed, consisting of friction sitting-baths and diet.

Yesterday, the 22nd of July, I made a 15-hour foot-trip with her to a mountain 5000 feet in height; on the way home she even carried our four-year-old son, who weighs 37 lbs., part of the way, and nevertheless reached home without the least difficulty and without being tired.

This fact, I think, speaks louder than words, and many witnesses can testify to the truth of my statement. Hail, then,

to the New Science of Healing, and to its Founder, Louis Kuhne! It is destined to become the common property of all mankind, and the future and the world are its own! Louis Kuhne, Esq. F. B.

(No. 49).

**Rheumatism, Liver-complaint, Hemorrhoids.**

Barmen, Oct. 20, 1890.

Dear Mr. Kuhne.

Nearly two years have passed since my restoration to health by your treatment, and nothing whatever having been the matter with me since then, I seem to myself and to all who knew me before and with whom I have lived from that time like a walking miracle. You know in what a critical condition I first came to you. I had never been really healthy; rheumatism, colds, and other disorders of all kinds followed one another in constant succession, until finally, on account of hemorrhoids and a bad liver-complaint, I for ten years sought advice of many doctors, homeopaths and allopaths, the last being a celebrated professor at Bonn, during which time I grew so ill that I could scarcely follow my vocation, and had, so to speak, settled accounts with life. Though the wonderful success of your treatment in my case has induced many other sick persons to seek and find help from you, and I have already often informed you of the gratitude which myself and my family will always feel towards you, the purpose of this present letter is simply to ask you, in the interest of the good cause and of other sufferers, to give the widest publicity possible to this my successful cure. I could say much more of the successes which I have had an opportunity of observing in my family and others in consequence of the use of your baths and a natural mode of life; but this would lead me too far. I am now 51 years old, have been for 16 years the superintendent of the Evangelical Mission in this town of 115,000 inhabitants, and details are therefore obtainable at any time. Your ever-grateful Louis Kuhne, Esq. Ernst F.

(No. 50).

**Fever.**

Müllrose, May 16, 1890.

Dear Sir,

I take the liberty of informing you, that I cannot sufficiently recommend and popularize your method of treatment, the same having in my totally inexperienced hands proved most excellent, and done myself and family a world of good. On returning from a journey four weeks ago I found my wife sick; I am not able to state the name of her sickness, but she had not eaten a mouthful for two days, had only drunk water, and was almost exhausted by a fevered heat. Having no confidence" in medicine and doctors I employed your method. It must also be observed, that my wife was very weak, and could do nothing whatever by herself. I made her take four friction sitting-baths that same day, and placed

steam-jugs in the bed for the purpose of re-warming her. The following night she was some what quieter, but still unable to sleep. During the night I laid water compresses on her body. which also did her good. The next day, three more friction sitting-baths, with re-warming in bed, and the fever had disappeared. Appetite likewise soon reappeared, and was appeased in the most frugal manner; and now, thank heaven, my wife is well again, but still continues the baths for the inward cleansing of her system. In January last I gave the friction sitting-baths to my youngest daughter of 4, at first tentatively; she had apparently spoiled her stomach thoroughly, and danger was imminent — she complained, and cried for her bed. In about two hours she became very restless and feverish, making us very anxious. The perusal of your book had given me great confidence in this natural method of treatment; at the most critical moment, when we could hardly keep the child in bed, I gave her a friction sitting-bath of ten minutes, which really, worked wonders; the child was quieted immediately, fell asleep in her warm bed, and evinced uneasiness but once during the night. We continued the baths for several days, and our daughter is healthier than before.

Last February a woman came to me, complaining that she had been a sufferer for three years, had no appetite, and a fever in her body. I replied, that she probably lived in a mistaken manner, drinking much coffee and the like, that did her stomach very little good. I urgently advised her to take to a simple mode of living, and the friction sitting-baths, though not supposing that she would follow my advice. Six weeks later I again met this woman; on seeing me she approached, pressed my hand, and said that "she could not be grateful enough for the advice that I had given her". The woman is 51 years old; since three years her monthly period had ceased, and just so long she had been sick. To her great surprise, her period had reappeared normally since her employment of the friction sitting-baths. She was overjoyed, not having felt so well for many years as at present.

Yours respectfully

L. Kuhne, Esq.

J. F. L.

(No. 51).

### **Whooping-cough.**

Dear Sir,

Having employed your method of treatment, on the repeated recommendation of acquaintances, with surprising success in the case of my three children, who were taken at once with that dangerous disorder, the whooping-cough, and having thus completely cured them of it in three days, must send you, dear Mr. Kuhne, my sincerest thanks together with those of the others. May your method of treatment prove, as I cannot doubt it will, equally beneficial in similar and other cases, and may the great value of this new Nature-cure be more and more widely recognized.

Leipzig, Jan. 5, 1891.

Mrs. Therese B.

(No. 52).

### **Chronic Lead-poisoning.**

Unrequested, solely from thankfulness to Mr. Louis Kuhne. 24 Flossplatz, I testify herewith, that I have been cured by his new method of treatment in a comparatively short time of a serious disorder of several years' standing (the physicians diagnosed chronic lead-poisoning). The homeopathic and allopathic medicines taken for this disorder proved, the former an aggravation and the latter useless. The non-irritant diet then tried also brought no relief. A subsequent course of treatment by a naturist, though teaching me the great advantages of this method over the medical, especially the allopathic treatment, merely succeeded in diminishing my pain and so far improving my condition, that I could resume my occupation. But not for long. Despite continued treatment and strictest attention to diet the disorder reappeared, and I was obliged to give up work again. After four weeks' treatment in one of our largest sanatoriums I perceived, that the money expended there was wasted. At home I continued the treatment prescribed by the physician of the establishment, but it did no good. My weight steadily decreased, weakness increased. In desperation — I avow it — I now applied to Mr. Kuhne, who took my case in hand. After certain critical processes, secretions, etc., the nature of which Mr. Kuhne readily explained, I saw that my condition was improving. To-day, thanks to the Kuhne treatment, I am so much better, that I can again take my stand in the struggle for existence, and can even bear considerable exertion and fatiguing work. I recommend the Kuhne Method to all sufferers, especially to many in the same business, for their own good. Any further information gladly given by

Probstheida, Nov. 11. 1890.

Hermann K., Book-printer.

(No. 53.)

### **Tumor in the Uterus.**

Dear Mr. Kuhne.

Herewith I express my sincerest thanks to you, for curing me of a tumor in the womb of the size of a child's head.

Since October, 1886, I had been treated for this disorder by the celebrated physician for female diseases, Dr. S., and various other doctors. Late in 1888 and early in 1889 I was treated by Dr. M., who despite my 45 years declared me pregnant. After this I consulted the doctors of the Trier'schen Clinic. Dr. T. also declared me pregnant. Dr. Zw., who was likewise consulted, immediately said that I ought to stay in the clinic. I left it however, and went again to Dr. S., who also diagnosed pregnancy, and even showed the foot of the child. But some time afterwards Dr. S. changed his opinion, telling me that he had been mistaken, that it was a tumor in the blood of the size of a child's head. His assistant informed me later that an operation would be necessary; whereas Dr. S. had always spoken against it, as the tumor lay too near the

heart. Finally, in desperation, I came to you. From the very first day the treatment prescribed by you afforded me real relief, whereas the hot baths and injections ordered by Dr. S. had given me frightful pain. As early as the third day, after the eighth bath, the tumor emptied itself, not of blood, but of water.

On May 5. last Dr. S. declared me well.

**Thus your treatment cured me in three days of a disorder which the most eminent authorities in Leipzig could not master in three years.**

Furthermore I will remark, that there is hardly anything more repugnant to a woman than to submit to the examination of the professors and their assistants and pupils, when no positive result can be obtained through such examination.

You, on the contrary, by means of the science of facial expression, rightly judged my condition without the slightest annoyance, and prescribed the proper remedies.

I can but recommend all poor girls and women afflicted with female diseases to place themselves in your hands.

Leipzig, Sept. 15, 1890. Mrs. Clara Sch.  
L. Kuhne, Esq.

(No. 54).

**Serious chronic Nervousness, Sciatica.**

Dresden, Oct. 10, 1890.

Dear Mr. Kuhne,

I have had repeated occasion to report to you orally my wonderful success with your method of treatment, and to express my gratitude. Nevertheless I feel it my duty to express the same in writing, various morbid phenomena having meantime wholly or partially disappeared, and my restoration to health, of which I had no hope whatever half a year ago, at present seeming much nearer at hand than two months since.

As you are aware, my condition deserved the appellation of chronic or latent in the fullest sense of the term: and I have experienced in person how difficult it was to cure such disorders before your discoveries. I will not speak of the years of my blind belief in medical science, preferring to forget them altogether, but for years thereafter I was a zealous and sincere believer in the natural method of cure, without becoming well. All the naturists I consulted within five years, uttered different opinions, especially in regard to diet, temperature of water, and physical exercise. Though far from wishing to deny the great successes of the Nature-cure, particularly in acute diseases, I must say that it did not cure me, a chronic nervous patient.

You may perhaps remember that last February, quite unable to work and wellnigh desperate, I asked your advice, and that your friction sitting-baths brought about an improvement in my condition the very first day. This improvement has been continuous, so that now I begin to excite the astonishment of my relatives and friends, who,

during the first months of the treatment, when the baths, together with a vegetarian diet, led to a decided, though beneficial, reduction of my weight, incessantly expressed grave doubts concerning your mode of cure.

To-day I only need to glance back over my troubles last winter in order to gain a clear idea of the transformations which have taken place in my system. My nerves are extraordinarily invigorated, and consequently my restless and often broken sleep with its vivid and disagreeable visions has given way to peaceful and refreshing repose. Appetite and digestion are satisfactory, and the pains in the back and hips (sciatica) have disappeared almost entirely. Formerly I was often afflicted with a stuffed head, which now occurs but seldom; the same is the case with colds in the head, catarrh, etc., and my sensitiveness to elementary influences and to the daily occurrences of life is greatly lessened. In short the success is far greater than I could have expected, for which I shall always be grateful to you.

I am, dear Sir, your obt. servt.

Aug. T.

Louis Kuhne, Esq.

(No. 56).

**Serious nervous disorder, Constipation, Goitre.**

Kl. M., Jan. 12, 1890.

Dear Mr. Kuhne, — Once more my heartiest thanks for the successful cure which my wife attained in your establishment.

Her condition previously was indescribable. She was unable to do even the lightest house-work. After the slightest exertion she had to sit down, and without warning, would go off into delirious raving. "Usually I could restore her to consciousness within 20 minutes by means of cold compresses on the head. These attacks occurred several times a day. In the middle of November of last year they became so bad, that she lay for several days in delirium and quite unconscious, without partaking of the least nourishment. In my anxiety I fetched Dr. F. of Lt. He was quite at a loss, and concluded that it must be mental derangement. He prescribed a purge, and for the neck a Spanish fly. the blister afterwards to be cut and the sore to be smeared with a salve to continue suppuration. I carefully followed his directions, and in two days a slight improvement set in. though the disorder was by no means cured.

The Rev. Mr. B. of Sch. drawing my attention to the excellence of your method. I sent my wife without delay to be treated by you. After 1 ½ weeks she returned in an unexpectedly good state of health and spirits. Outwardly, too, her appearance is entirely changed: the whole body, previously icy cold, is now warm, and the bowels, which responded only to artificial means, work daily with regularity. For three years she was not a day free from headache, but that has now vanished. Everyone who knew my wife before, thinks that a miracle must have taken place. And indeed,

when I think of her former state. I cannot comprehend her present condition after such a brief course of treatment, and cannot find words to thank you, Mr. Kuhne. **I can only regret that I did not hear of you sooner, for then I should have saved a deal of money, and my wife and the whole family would have been spared much pain.** Only one having personal experience of your method can appreciate its infinite value, and no sick person should delay placing himself in your hands, for none will be disappointed.

I remain, dear Sir,  
Your obt. servt.  
G. Sch. (Teacher).

Louis Kuhne. Esq.  
(No. 56).

**Chronic nervous and abdominal disorder.**

Leipzig, May 5, 1888.

Dear Mr. Kuhne, (Curative Bathing Establishment,  
Leipzig.

A troublesome abdominal disorder, attended by nervousness, from which my wife had (suffered for some 14 years, refused to yield to the treatment of several physicians.

In the course of years her condition grew so much worse, that general debility set in, and she could therefore not even perform the lightest household work. The attendant weakness of the eyes rendered it next to impossible for her to read. But since March 17, 1884, when my wife began to take your alleviating baths and follow your instructions, I have observed improvement, and now declare that the above-mentioned disorders of my wife are cured, and warmly recommend this treatment to all patients similarly afflicted.

Faithfully yours  
Grustav F., Pianoforte-maker.

L. Kuhne, Esq.  
(Nr. 57).

**Chronic catarrh of stomach and bowels,  
accompanied by nervousness.**

H. in Moravia, March 18, 1888.

Dear Mr. Kuhne, — I am happy to have only favorable intelligence to send you on the result. From the reports of the case sent you before treatment you were doubtless well acquainted with my condition.

My disorder was very serious, and my nerves had suffered extremely from insufficient nutrition during many years, which readily explains the fact that I could not be fully restored in a few weeks or months.

I must also observe, that my memory has already become much stronger, and that I again enjoy life, all thoughts of suicide have vanished, nor do I suffer from the dull headache, which has quite disappeared. I likewise follow your advice, and sleep with the window open summer and winter, which is especially beneficial.

As you see. your method of treatment has done me excellent service, and I sincerely trust that many such patients may visit your establishment. I am positively certain, that I should have needed many years to attain the same progress in any other way that I have made in ½ year with your treatment.

Wishing your establishment all success in the future, I remain

Your grateful  
Hugo B., (Imp. Austr. Postmaster).

L. Kuhne, Esq.  
(No. 58).

### **Inflammation of the lungs, Diphtheria.**

Leipzig, Feb. 15, 1891.

Dear Mr. Kuhne, — I cannot resist expressing my heartiest gratitude for, and admiration of, your wonderful method, first of all in the case of my nine-year-old daughter.

My former family physician having diagnosed inflammation of the lungs, and having treated the child without success for nearly two months, my wife and myself expected the worst, having lost all hopes of her recovery. Only in this extremity did I think of you, although I had previously heard of your method of treatment," one of my relatives, Mr. Adolf Egli of Zurich, and also a family in Plauen with whom we are acquainted, having employed it with entire success.

I forthwith sent you a card begging you would visit me. You said: "If you take heart, and no longer follow the directions of your former doctor, the child will be well again in a short time, provided that you exactly follow my instructions." This my wife and I promised to do, and the success was such that visible improvement began on the very next day, increasing on the second and following days. On the eighth day we were in a position to say: Our child is saved. To-day she is in perfect health, goes out walking, and is as merry and frolicsome as ever she was. I am firmly convinced that, but for your intervention, my child would now be in the grave.

At the same time an old enemy appeared in the family, against whom we had been contending for 14 years — the dreaded diphtheria, which had attacked my other five children one after the other. I can testify to the fact, that under your treatment the disease vanished and was cured in all five cases. I will therefore not fail, again to express my warmest thanks in writing, and beg you will make use of this letter as often as you may desire!

Your grateful.

Karl I.

L. Kuhne, Esq.

(No. 59).

### **Gastric and nervous disorder.**

. . . . I feel that I owe you deep gratitude, you having, by means of your new method of cure without medicines and without operations, brought relief in less than a fortnight to my serious gastric and nervous disorder of 6 years' standing.

In five days you performed what celebrated physicians and all imaginable medicines could not accomplish in my case, namely, the regulation of the stool. Formerly I always had to employ enemas.

Vogtentlial, Kreis Rosenberg, West Prussia, Aug., 1889.

Z., Teacher.

L. Kuhne, Esq.

(No. 60).

### **Constipation, Sleeplessness.**

Leipzig. June 21, 1885.

For 17 years I was afflicted with abdominal derangements and sleeplessness: I visited Carlsbad, Marienbad. and Kissingen without finding relief. Since about three weeks I have been in Mr. Kuhne's establishment at Leipzig, during which time great improvement has set in. and I expect to be completely cured shortly.

C. O.

(No. 61).

### **Hereditary nervous disorder.**

Dear Mr. Kuhne, — I feel it my duty to express my unbounded gratitude to you for having, by means of your not only simple and uninjurious, but likewise thoroughly efficient treatment, which can be readily employed everywhere by anybody, completely cured me of a chronic and in part hereditary nervous disorder, which the scientifically educated doctors of medicine, so favored by the State, could not even *recognize*, much less cure. I can now pursue my vocation with a physical and mental vigor formerly unknown to me.

Your steam-baths and hip-baths, together with the peculiar friction sitting-baths invented by you, have evidently effected — and this without any unfavorable resulting effects — not merely a radical removal of all morbid conditions, but at the same time a decided invigoration and cleansing of the entire system, so that I now feel far more capable of resisting all injurious influences attacking the body from without, than formerly.

As similarly favorable results of your treatment, even in profound and obstinate chronic disorders of the most various description, have frequently come to my knowledge in the case of friends, I feel justified in asserting that your treatment, which can scarcely be excelled for simplicity, cheapness, and efficiency, and absolutely precludes all injurious secondary effects, must be regarded, when contrasted with the poisons of medical science, which are destructive alike of mind and body, as a blessing to suffering humanity.

Your method can therefore not only triumphantly look down on the daily multiplying failures of the medical profession, solely recognized and protected as it is by the State, but is also decidedly preferable to all other methods of cure in vogue, nearly all of which I know from experience.

I only hope that your great services to suffering humanity may finally be rewarded, not only by the gratitude of your patients, but by proper and efficient recognition, promotion, and support from both municipal and State authorities; for nothing can, in fact, be more worthy of general public interest than your good cause, which has already transformed so many patients given over as incurable by celebrated medical scientists into happy and capable men and women. Your method of cure, conscientiously and practically tested, must disarm prejudice, and such a test you may claim of every rational, unbiassed, and upright man venturing to pronounce final judgment in your case.

Universal recognition will assuredly not be wanting at last, for experience teaches, that though truth can be forcibly suppressed for a time, it can never be put out of the world, but always breaks its thorny way afresh — through night to light!

I remain

Your obedient servant

Carl S., Manufacturer

Nuremberg. February. 1890.  
L. Kuhne, Esq.

(No. 62).

### **Nervousness.**

Leipzig, Nov. 27. 1886.

Dear Sir.

I testify herewith, that for about nine months I have regularly taken your steam-baths, hip-baths, and friction sitting-baths, all with success. I am firmly convinced, that by regularly continuing the use of these baths my health will be restored, i. e. my chronic nervousness will be cured, which formerly, despite medical treatment, was not improved, but more and more aggravated.

The steam-baths, which are agreeable and easy of application — for the head remains quite free during the bath, and the air in the room is good, the window being open — are decidedly recommendable, which view will be shared by all taking these baths for a time.

I strongly desire, and feel it to be my duty, to recommend the bathing establishment of Louis Kuhne at Leipzig most warmly to all fellow-sufferers.

Hermann Sch., Correspondent.

L. Kuhne. Esq.

(No. 63).

### **Serious nervous disorder.**

Dear Mr. Kuhne, — My very serious nervous disorder, which had tormented me for years, refused to yield to any remedy. I had often asked advice of physicians, but their

prescriptions and medicines had utterly ruined my system. At the urgent desire of my parents I consulted Prof. W. of Halle. Through the medicines and diet prescribed by him, the latter including meat thrice a day, heavy beer, etc., my condition grew so intolerable, that inward heat, and feelings of uneasiness and vexation made me almost beside myself. I should long ago have given up the ghost, had I continued this treatment a while. I then went to three other doctors, in Bernburg, Alsleben a/S, and to Dr. P. in Cönnern a/S; the latter called my attention to the milk-cure, but I soon perceived that he, too, was injuring me with his drugs, so that I finally stopped taking them, and set myself a diet consisting chiefly of milk, bread, and fruit, also continuing the brine-baths ordered by Dr. W. of Bernburg.

In this way my condition visibly improved, so that in half a year I could again take a situation. But I speedily perceived that this regimen did not suffice for room-work.

It was therefore a blessing for me that I came to Leipzig and became acquainted with your treatment, by the aid of which I was enabled to continue labor in my vocation.

The difference between your method of cure and that of the physicians is, that by following the prescriptions of the latter I should have been ruined, whereas with the aid of your method I am fully equal to the exigencies of my occupation as a merchant, for which I shall ever feel grateful to you.

Yours respectfully

O. N., Merchant.

L. Kuhne, Esq.

(No. 64).

#### **Nervous disorder.**

L., Nov. 28, 1888.

Dear Mr. Kuhne, Herewith I beg to inform you, that your method of treatment has been of for more service to me than others hitherto tried.

During late years I had paid no attention to certain irregularities in the renewal of tissue, such as imperfect perspiration, derangement of the digestive organs, etc., with the result, that the level of my physical and mental capacity sank noticeably. Outwardly I was not ill, never having fever or the like, but still I did not feel well. My nervous system having suffered a momentary shock in the winter of 1886 — 7, serious nervousness soon developed, keeping pace with a progressive weakening of the digestive organs. This disorder speedily became intolerable. After indulging hopes for several months that it would disappear of its own accord if my strength were but husbanded, and seeing these hopes disappointed, I began to strictly follow your directions. I can assure you, that your predictions have been fulfilled to the letter. My nervousness is gone, and all organs have gradually gained new vigor. I now again enjoy life and a capacity for work such as I have not felt for years. To me my cure proves the correctness of your theory, that disease is merely a result of imperfect digestion, and that the organs can recover their

health as soon as the morbid matter is expelled from the system.

Respectfully yours

Karl L.

L. Kuhne, Esq.

(No. 65).

**Nervous disorder.**

Leipzig, Nov. 20, 1888.

Dear Mr. Kuhne. — I feel urgent need of declaring to you, that your method of cure is of incalculable value as contrasted with all those that deal in poisons, which latter, as numerous examples attest, bring misery and destruction on suffering humanity, even at the hands of the "scientifically educated". Almost everyone has experienced this in his family or his own person; and it would be wilful blindness, in view of this fact, still to daily endanger one's life or the lives of dear ones for the sake of prejudice or habit, by knowingly avoiding Nature; I cannot close this letter without again repeating to you what I have asserted often and loudly, that I consider the method discovered by you for -healing the diseased body to be a stroke of real genius; that this my opinion is not founded merely on a favorable prepossession, but on the experience of years and the brilliant success which you have attained in my family, where we unhesitatingly call you the saviour of my sister's life; and finally, by reason of the wonderful effect of your treatment of my children, whom you have cured of most various disorders in the shortest time possible, so that I regard your acquaintance as one of the most valuable acquisitions of my entire stay in Leipzig. Rest assured of my grateful remembrance wherever I may be, and of my zealous support of your doctrines!

Very respectfully yours

Mrs. Olga L.

L. Kuhne, Esq.

(Nr. 66).

**Serious nervous disorder.**

Leipzig, Nov. 18. 1888.

Dear Mr. Kuhne, — I cannot help thanking you once more in these lines for that which you have done for my life and health; without your aid I should now hardly be able to put in a word, for countless witnesses know that the most eminent physicians consoled me with the customary phrases, and then — left me to my suffering; herewith be it loudly proclaimed, that you alone restored me to life at a time when I had given up all hope. That you may overcome all impediments, and that your simple and therefore grand discovery may become universally known for the good of all nations, is the wish and hope of

Your grateful

Emma P.

L. Kuhne, Esq.

(Nr. 67).

**Nervous pains.**

Leipzig, June 15, 1888.

To Mr. Louis Kuhne of Leipzig I herewith tender my heartfelt thanks for the relief which I have attained through the employment of his natural method of cure; the same has freed me from continuous and violent nervous pains, and exerted most favorable influence on my general health. I therefore most warmly recommend to all sufferers the curative bathing establishment of Mr. Louis Kuhne, Leipzig, Flossplatz 24.

E. F., Artiste.

L. Kuhne, Esq.

(Nr. 68).

**Serious nervous disorder.**

Leipzig-Reudnitz, May 5. 1888.

I regard it as an imperative duty to express my gratitude for and admiration of the doctrines of Mr. Kuhne, for to him I owe my health, which was in great jeopardy through a serious nervous affection. I shall lose no opportunity of seeing justice done to Mr. Kuhne's admirable natural method of cure, to which I owe so much, and shall warmly recommend the same wherever possible.

Mrs. B. L.

L. Kuhne, Esq.

(Nr. 69).

**Nervous disorder.**

Leipzig, March 29, 1890.

Dear Mr. Kuhne. — I cannot find words to express my gratitude for the truly brilliant, I could almost say miraculous, success of my treatment in your establishment.

Being excessively nervous from continuous mental exertion during years, I felt at various times late in January and early in February of this year such serious symptoms of hampered circulation in my body, that I was in dread of a speedy end from a stroke of apoplexy. A quiet sojourn of several weeks away from business, together with baths and a prolonged stay in the open air, improved my condition somewhat, though not so much so that I felt sufficiently invigorated for business-life.

Toward the middle of March my attention was drawn to your method of treatment by a gentleman known to me as having been nervous for ten years, who had been cured only by you within three weeks, and I instantly decided to visit you.

In opposition to the treatment of my former doctors, you laid the chief stress upon the treatment of my digestive organs, and your very first hip-baths attained an effect on my system such as I had never dreamt of.

To-day, after a fortnight's treatment, I feel so well and easy in my entire body, all inner tension and rush of blood to

the head having disappeared, that I may assert, that since my military time — i. e. for some 20 years — I have not had my health in a like degree.

I must also mention, that in the years 1881-2 I was obliged by almost the same disorder to leave the business for ten months, and at that time sought relief in numerous baths, recovering but slowly.

And by your most simple method of treatment I have been delivered from my disorder within a few weeks!

I gladly give you leave to publish these lines for the good of my suffering fellow-creatures, many of whom are doubtless yet seeking for true relief.

And should these lines aid in showing only a few patients the right path, they will not have been penned in vain. —  
Once more let me utter my heartfelt thanks!

I am

Your obt. servt.

R.W.

Louis Kuhne, Esq.

(Nr. 70).

**Nervousness, fits, Gastric disorder.**

L., Nov. 24, 1884.

Dear Mr. Kuhne, — I feel in duty bound to send you my sincere thanks for the faithful care with which you tended me in my severe illness. Quite hopeless, wellnigh desperate in fact, I submitted myself toward the end of last April to treatment according to your directions, and only a few weeks thereafter my condition was so much improved that I felt new energy and renewed pleasure in work. The success which you attained in my aggravated gastric and nervous disorder by means of your peculiar and not at all exhausting baths, combined with a wholly non-irritant diet, was truly wonderful. After only a few days' treatment my condition was so greatly improved that I should have considered it incredible had I not experienced it in my own person.

Soon afterwards you attained a no less favorable result by your natural method of treatment in the case of my sister, on whom throughout ten long years a whole series of doctors of medicine had tried their art, but without effecting the slightest improvement in her wretched condition.

Both my sister and myself owe you profound gratitude, having first received at your hands what we had long sought in vain from the physicians — our health. We therefore can and shall advise all sick persons, with a clear conscience, to apply to you, and trust that many other sufferers may benefit by the blessings conferred by your method of treatment.

I remain, Dear Sir,

Your obedient servant

Georg Sch.

L. Kuhne, Esq.

(Nr. 71).

### **Neurasthenia.**

H. (in Württemberg), Feb. 20, 1890.

The undersigned was afflicted for many years with physical disorders of various kinds, which his physicians termed in part catarrhal. in part rheumatic. In January, 1887, the same grew more intense; asthma and sciatica, later on attended by dizziness, headache, etc., set in, until finally, in October, 1888, cerebral neurasthenia with its attendant evils developed fully and violently. He was obliged to ask for sick-leave. He sought aid from various doctors, allopaths and homeopaths, and also in two institutions, but all in vain. Even if relief was occasionally felt, the old derangements reappeared in a few days — headache in its most various forms, violent and intolerable ringing in the ears, twitching of the face-muscles, of the arms and feet, beating in the abdomen, in the head, palpitation of the heart, abdominal derangements, regular loss of blood at stool, bloating of the belly, eructations after eating anything whatever, sleeplessness lasting for months, depression of spirits verging on melancholy, exaggerated fears for the future of his family, of his occupation, general disgust with life. In a word, his life became a torment.

In December, 1889, he learned by accident the use of the Kuhne baths from a medical friend favoring the Nature-cure. — He made cautious trial of the same, and in only three days he experienced incredible relief; the annoying ringing in the ears disappeared, sleep and stool became regular, etc. Then in order to attain permanent relief, he himself went to Mr. Kuhne from the 12 th to the 20 th of February, 1890. During this period he took the Kuhne steam-baths and hip-baths in the appropriate forms, seconded by a strictly non-irritant diet, with such success, that not only the torturing pains diminished with striking rapidity from day to day, but in a few days he could again resume his occupation after a long and painful interruption of 15 months, and believes he may declare with full confidence that, by continuing the Kuhne baths and diet, he will also be able to regain his former health. — For all these reasons he can urgently and warmly recommend the Kuhne treatment to all sufferers, and herewith expresses to Mr. Kuhne himself his hearty thanks for the wonderful relief afforded him within a few days.

Professor Fr. R.

L. Kuhne, Esq.

(No. 72).

### **Acute articular rheumatism.**

L., May 2, 1888.

Dear Sir, — I cheerfully testify, that by the repeated use of your steam baths and hip-baths I was speedily cured of my violent acute articular rheumatism, so that after only the second bath I could again walk without assistance, and desire at the same time to recommend your baths to all suffering from like disorders.

Very respectfully yours

G. E.

L. Kuhne, Esq.

(No. 73).

**Stiff knee.**

Groitzsch, Nov. 24, 1888.

Dear Mr. Kuhne, — Herewith I send you the agreeable intelligence, that the condition of my son's leg has improved, after my treating the same for about 5 weeks according to your instructions. For 1½ years I had my son treated by various physicians, during which time no change for the better had been visible.

In future I shall also endeavor to follow your directions strictly, and hope with your help to be able to render the leg-sound again.

For this reason I already desire to express my warm gratitude for your efforts, and remain meantime,

Very respectfully yours

Albin L.

L. Kuhne, Esq.

(No. 74).

**Lame arm.**

Dresden, March 5, 1888.

My youngest son Augustus von B., at that time 12½ years old, complained early in December, 1886, of violent pain in the right arm, a feeling, as if it were heavier than before, which shortly increased so much that he was unable to use the hand and arm, having to carry the latter in a sling. Various remedies tried proved ineffective. — By chance I heard of Mr. Kuhne's treatment, and that he had already treated similar cases successfully, and decided to place my child in his hands.

Mr. Kuhne's instructions were strictly followed by me.

Although a considerable time elapsed, and our patience was put to the proof, a turn for the better at length appeared in the boy's obstinate disorder. — Not only was the lame arm quite cured by these friction sitting-baths and the non-irritant diet (this, too, exactly according to instructions), but both the utterly prostrate digestion and the appetite were restored.

Mrs. K., wife of lieutenant-colonel K.,  
formerly widowed Edle von B..  
*nee* Edle von F.

L. Kuhne, Esq

(No. 75).

**(Serious abdominal disorder.**

L., Nov. 18, 1888.

Dear Sir, — On my departure from this place I feel the need of expressing to you, the benefactor of mankind, my sincere thanks for the cure vouchsafed me through your

treatment. After consulting the best physicians for years, and receiving more injury than benefit, they all insisting upon an operation, I am now recovered without anything of the kind, by your aid, from my disorder. The brilliant successes attained by you in all diseases shall be proclaimed by me to all the sick, and that it is possible to regain health without doctors and without operations.

With the renewed expression of my heartfelt gratitude for your kind treatment, I remain

Very respectfully yours

Mrs. E. L.

L. Kuhne, Esq.

(No. 76).

### **Chronic diarrhœa, dysentery.**

Gohlis, Nov. 20, 1888.

My dear Mr. Kuhne, — I am happy to inform you, that after following your treatment, my youngest son has improved markedly within one week, and now feels well and in good spirits, with no unpleasant after-effects. Before this he had been under medical treatment for 8 weeks without success, whereupon I took refuge in your method, which, thank heaven, proved effectual.

In the case of my mother-in-law I can also report excellent progress, she being already able to walk about in her room.

Yours faithfully

O. F.

L. Kuhne, Esq.

(No. 77).

### **Digestive disorder.**

Kirchhain N/L. Oct. 7, 1889.

I thank you in the name of my wife for your prescription of the friction sitting-baths. My wife's health having been quite prostrated for 4 years, during which she found relief neither from allopaths nor from homeopaths, and with death staring her in the face, we applied in our despair to you. Now, after employing your friction sitting-baths for 5½ months, my wife is restored to vigorous health; before coming to you she weighed 104 lbs., and now weighs 126 lbs.

With best thanks we remain

Sincerely yours

Th. W. and wife.

L. Kuhne, Esq.

(No. 78).

### **Digestive disorders, Sleeplessness.**

L., Nov. 22, 1888.

Dear Mr. Kuhne! — With great pleasure I am now able to inform you, that my health, after using the friction Seat-baths in conjunction with the steam-baths for some time, is greatly improved.

The digestive derangements from which I have suffered for years are cured. I feel invigorated, and my spirits are also much more cheerful. I must observe, besides, that I sleep very well, which I could not do before. With heartfelt gratitude I remain

Very respectfully yours

Amalie F.

(No. 79).

### **Gastric Disorder.**

Reudnitz-Leipzig, May 24, 1888.

Herewith I certify to Mr. Louis Kuhne, Proprietor of the Bathing Establishment, Flossplatz, Leipzig, that after consulting various celebrated physicians with reference to my disorder, but in all cases in vain, each of them distinctly forbidding the employment of steam-baths as injurious and dangerous for me, the steam-baths, friction sitting-baths, and hip-baths taken under the eye and according to the directions of Mr. Kuhne have brought about an essential improvement in my debilitated condition, and that I hope to regain complete health by the continuance of these baths and the observance of the advice so disinterestedly given by Mr. Kuhne.

I certify to the truth of the above.

C. F. J.

L. Kuhne, Esq.

(No. 80).

### **Podagra and Gout.**

Dear Sir,

Herewith I take the liberty of sending you my heartiest thanks for your treatment. My disease had been chronic so long, reaching back into my school-days, that I scarcely hoped for recovery. As a boy of 12 I already had pains in the great toe, which developed into real podagra and gout. In the course of years my condition continually grew worse and more intolerable, especially as all the numerous doctors consulted were unable to help me. My hands and feet were so tumefied and indurated at the joints, that finally I could use neither hands nor feet. For over 1½ years I led a hopeless life, perfectly inactive and immovable, my misery being all the harder to bear from the fact that no physician could bring relief, and that I was quite helpless, even having to be fed by another person. I was as helpless as a new-born babe, and perhaps more difficult to be waited on and cared for.

Immediately on coming under your treatment 6 months ago my gouty system began improving. My feet and legs, in particular became so movable in from two to four weeks, that I was able to move about and walk for the first time since a long time. But my hand and fingers, which were bent and tumefied throughout, also became daily more movable, supple, and normal.

Only he who knew my wretchedness can conceive the gratitude which I feel when I send you these lines.

Leipzig.

Emil W.

L. Kuhne, Esq.

(No. 81).

**Chronic Throat disorder.**

Leipzig, Nov., 1888.

I certify herewith, that I have been cured of a chronic throat disorder, which refused to yield to the treatment of an eminent specialist of Leipzig, by the Naturist Mr. Kuhne, also of Leipzig. For 2 years I have employed the baths prescribed by him, and feel so greatly invigorated by them that I give 30 singing-lessons weekly without over-exertion.

Clara Cl., *née* Sch.  
Singing Teacher.

L. Kuhne, Esq.

(No. 82).

**Throat disorder.**

Magdeburg, Nov. 12, 1888.

For years my wife had been suffering from hoarseness, which often continued for months; by means of the water-cure she frequently succeeded in obtaining relief, but the complaint always returned, therefore, to make assurance doubly sure, I had my wife examined by Physician-general (ret.) D., M. D., of Hanover, who ascertained that the lungs had nothing to do with the difficulty. Later she was again examined by Dr. M., of Leipzig Univ., who carefully examined the throat, ascertained that there was a chronic affection of the vocal chords, removed a polypus from the nose by electric cautery, and remarked with reference to the hoarseness, that it would disappear by itself, that nothing should be done. This same year the disorder grew so much worse, that my wife could not speak above a whisper, even this being difficult. Water-treatment with compresses for some months did no good, not being radical enough for a chronic difficulty of years' standing. Then L. Kuhne's curative establishment in Leipzig was recommended to me; my wife stayed there last August during 4 weeks, and continued the treatment at home. The result is admirable, as since then her voice is permanently strengthened, and speaking no longer inconveniences her. Alleviation is more energetic than in the treatment previously followed. Mr. Kuhne asserted that my wife would fall a victim to the same disease as the Emperor Frederick's, in case the most energetic remedies of the natural method were not employed. Mr. Kuhne's method is so simple and easily intelligible, and above all so directly effects improvement, that the latter was observable in my wife's case in only five days. Of course, the employment of this curative method embraces not the shadow of a risk for the system in any other respect! Indications of goitre, against which the doctors had prescribed and for a time applied iodine, a dangerous poison, have abated decidedly since we have

employed Mr. Kuhne's method, so that we have reason to expect an entire disappearance of it.

W. B., Engineer and Manufacturer.

L. Kuhne, Esq.

(No. 83).

**Headache, Fainting-fits, Throat disorder.**

Leipzig, Nov. 23, 1888.

Dear Mr. Kuhne, — In consideration of your admirable curative method, by which I have been freed from headache, fainting-fits, and throat disorder, I feel in duty bound to send you herewith my warmest thanks for the successful result.

With the wish, that you may long be spared to labor, with God's blessing, for suffering humanity, I remain

Yours truly

Karoline K.

(No. 84).

**Headache.**

Königsberg in Prussia, Jan. 27, 1880.

Dear Sir, — I feel induced to write you, how much good your cure has done me. Though my head still often throbs, I nevertheless hope to be fully restored to health by continuing the treatment for a time.

For this I send you my heartiest thanks. May God long spare you for the good of mankind — this I wish with all my heart.

Sincerely yours

Friederike H.

L. Kuhne, Esq.

(No. 85.)

**Headache.**

Leipzig, March 23, 1890.

Dear Mr. Kuhne, — On my departure from Leipzig I feel the need of expressing my heartfelt gratitude to you for the careful treatment received at your hands. I ascribe the cure of my chronic head disorder, of years' standing and finally intolerable, solely to the truly wonderful effect of your friction sitting-baths. I shall therefore continue the latter to the end of my life. Wishing you a long and untrammelled exercise of your beneficent invention for the good of suffering humanity, I remain

Yours respectfully

Mrs. M. W.

L. Kuhne, Esq.

(No. 86).

**Catarrh of the Pharynx.**

Leipzig, May 2, 1888.

In this testimonial I certify to Mr. Louis Kuhne, that through some months' employment of his baths, together with

a conformable diet, I have been cured of a very obstinate catarrh of the pharynx and an eruption in the face.

I shall be happy to furnish information at any time.

Emil P.

Louis Kuhne, Esq.

(No. 87).

### **Moist tetter of the head.**

Leipzig, Aug. 15, 1887.

Dear Mr. Kuhne, — Having been fully cured of my chronic, frightful, severe disorder — which almost excluded me from all human intercourse, and from which our most eminent professors and doctors could not free me despite all medicaments, the latter on the contrary simply aggravating my disorder — by your simple and natural, cleanly and pleasant, treatment, which to my surprise eschews all medicines and operations, I feel it my duty to send you my sincere thanks, and shall not fail to call the attention of all sufferers to your truly wonderful method of treatment, and to recommend your admirably conducted establishment most warmly.

You are at liberty to use this letter as you see fit.

I remain

Gratefully and sincerely yours

P. K., Merchant.

Louis Kuhne, Esq.

(No. 88).

### **Chronic inflammation of the skin.**

With the present I beg to inform you, that after employing your friction sitting-baths, I have experienced essential improvement of my disorder (chronic inflammation of the skin with eruption), and expect shortly to be fully restored by this treatment. Herewith I desire to express my sincerest thanks.

Otto Schw.

Louis Kuhne, Esq.

(No. 89).

### **Epilepsy.**

The undersigned testifies with pleasure that Mr. Louis Kuhne, Propr. of a curative bathing establishment in Leipzig, has radically cured a boy named Golle, a former pupil of the undersigned, of obstinate epilepsy.

The epileptic fits finally occurred several times every day outwardly resembling genuine delirium. After the completion of the cure not a single fit has occurred, indeed the boy has become the picture of health.

The undersigned feels also constrained to make special mention of the fact, though contrary to the express desire of Mr. Kuhne, that the latter not only refused all remuneration for the entire course of treatment, lasting four months, but over and above this gave the boy's widowed mother, Mrs. Ida

Golle, pecuniary assistance, that she might care the better for the welfare of the patient. This fact has hitherto been known to no one but the undersigned, with the exception of Mrs. Golle.

"Whoever can so disinterestedly care for a patient from pure benevolence, will under all circumstances prove a faithful adviser to the sick.

Ernst H., Teacher.

(No. 90).

### **Epilepsy.**

Dear Sir, . — Permit me most humbly to express my gratitude for all that you, thanks to your discovery, have in such a disinterested manner done for my daughter, of whose recovery we had lost all hope.

All that physicians and dearly bought medicaments failed to accomplish, has been performed by water, a "product of Nature".

Permit me now to describe my daughter's disorder in a brief sketch, in accordance with the facts.

When the first signs of the disorder appeared, she was about nine years of age; in the beginning we took little notice of them. Slight fainting-fits set in, which bore, however, only a transient character. But as they began to occur oftener, we sought advice of a gentleman known as an able physician. He told us, that the patient was a sufferer from poverty of the blood, and nervously weak.

He prescribed powders and medicines, which, instead of improving matters, made them worse. The fits became more frequent and violent. We consulted several other physicians, but always received the same medicines.

One of them at last told us that the disorder was incurable, and we therefore put everything aside except bromide of potassium. We were firmly convinced that this was the sole remedy for this disorder, until you explained the state of the case. Now all trouble is over, and you will ever be revered and esteemed as a saviour and benefactor by my family and myself. Permit me again to lay at your feet the homage of my heartfelt gratitude, while I shall ever be

Most respectfully yours  
Gablonz in Bohemia,  
Nov. 9, 1890.

F. H.

Louis Kuhne, Esq.

(No. 91).

### **Colds.**

Dear Mr. Kuhne, — I too wish to confess, that I cannot sufficiently thank you for the services which you have rendered my mother and myself. A violent cold, attended by high fever, induced me to test the operation of your method of cure on my own person. The extremely favorable result surprised me very much indeed. I have the firm conviction, that a grand future is in store for your method.

Very respectfully yours

Chr. B. W., Ph. D.

Louis Kuhne, Esq.

(No. 92).

**Tumor on the leg of the size of a fist.**

Borwitz-Str. 22, Reudnitz, April 12, 1890.

Dear Mr. Kuhne, — I cannot resist taking occasion to express herewith my heartfelt gratitude to you, as I, too, have experienced the blessing of your science of healing without operations.

While under medical treatment, my left leg was operated eight times; first the toes were amputated, and then the whole foot, so that I must now move about on crutches.

But, in spite of all these operations, the leg refused to get well; a burdensome heaviness made itself perceptible therein, and a new, painful tumor formed of the size of a fist, making me fear that I should have to undergo another operation.

My attention having been directed to your new treatment, I sought your advice early in March; after four weeks' treatment with the friction sitting-baths and according to the other instructions given by you, the tumor had entirely disappeared, and my leg was spared a further operation.

Had I submitted myself to your treatment at the beginning of my disorder, all operations would probably have been superfluous, and to-day I should be in full possession of my healthy limbs. Again thanking you heartily for the assistance afforded me, I remain

Very respectfully yours

Sophie W.

Louis Kuhne, Esq.

(No. 93).

**Nervousness.**

Gohlis, Nov. 25., 1888.

I very willingly certify to Mr. Kuhne, that for the space of six months I employed his method of cure with excellent results for an old chronic digestive disorder. In place of my former nervousness, excitability, and heaviness I feel a mental vigor, and a capability and pleasure in work, such as I hardly knew even in my younger years.

Prom others as well, to whom I recommended this system of cure, I have only highly favorable opinions as to the results.

Josephine F.

Louis Kuhne, Esq.

## Louis Kuhne, Leipzig.

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### ALL UTENSILS

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**Management Simple! — Perspiration thorough!**

All needful information concerning the employment of this  
apparatus will be found in the directions for use accompanying each.

Price of the apparatus without steam-pots 50 s. (M 50.—).

**Steam-pots** (3 are necessary) each 7 s. (M 7.—).

Packing of the apparatus in 1 box 2 s. 6 d. (M 2.50).

### Children's Steam Bathing Apparatus

(for children only) 12 s. (M 12.—).

**All prices to be understood net for cash.**

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**Hip-bath tubs** (best quality) Fig. D, are in stock in several sizes:

No. 1 for slight persons	No. 2 for medium-sized persons	No. 3 for stout persons	No. 4 for very stout persons
15s. (M 18.—)	16s. (M 18.—)	21s. (M 24.—)	30s. (M 36.—)

**Wooden seats for Friction Sitting-baths**, to Nos. 1—4,  
2s. 6d. (M 2.50) extra.

Packing for Nos. 1 and 2 in 1 box 3s. (M 3.—); for Nos. 3 and 4,  
4s. (M 4.—). Will be forwarded without packing if desired.

**Friction Sitting-bath tubs** (round) with wooden seat, best  
quality, (also suitable for traveling).

No. 30 small simple, No. 20 small, with overlap, No. 6 larger, with overlap.

9s. (M 9.—)	12s. (M 12.—)	15s. (M 15.—)
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Usually sent per post, without box.

**Traveling-baskets for Sitting-bath tubs**

No. 30	No. 20	No. 6
6s. (M 6.—)	6s. (M 6.—)	7s. 6d. (M 7.50)

**Woolen Covers**, best quality (6ft. 9in. > 5ft. 9in.) dark  
brown each 15s. (M 15.—); light brown 18s. (M 18.—).

**Camel's-hair Covers**, 24s. (M 24).

**Woolen abdominal sashes**, each 3s. 6d. (M 3.50); larger  
size 4s. 6d. (M 4.50).

**Bath towels**, each 3d. (M 0.25).

**Bath thermometers**, each 1s. (M 1.—).

**Handmills, Kibbling-mills**, to be screwed to the wall, with  
adjustment for grinding coarse and fine, working admirably.

No. 1	No. 2	No. 3	No. 4
9s. (M 9.—)	12s. (M 12.—)	14s. (M 14.—)	20s. (M 20.—)

No. 2 with fly-wheel, to be screwed to table, 30s. (M 30.—).

The most convenient size for families is No. 2 for 14s.

Packing of Nos 2-3 in small box 6d. (M 0.50).

**All prices to be understood net for cash.**

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References in all parts of the World.

Just published (4<sup>th</sup> German edition):

**Louis Kuhne**, "Am I sick or well?" (Bin ich gesund oder krank?) A Vademecum for everyone. 1892. Price 6 d. (s. 0.50).

**Louis Kuhne**, "The Rearing of Children" (Kindererziehung). A word of advice to all parents, teachers and educators. 1892. Publ. by Louis Kuhne, Leipzig. Price 6 d. (s. 0.50).