

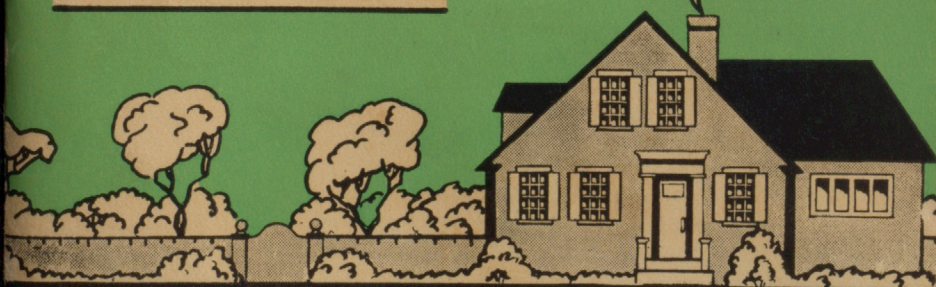
SEVENTH EDITION

The
HANDY HOME DOCTOR



**A COMPACT GUIDE
TO PERFECT HEALTH**

PRICE \$1.00



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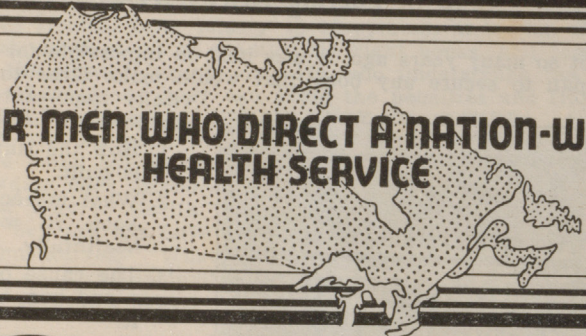
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FOUR MEN WHO DIRECT A NATION-WIDE HEALTH SERVICE



J.B. GOLDSTONE, M.D., P.D., L.C.M.A.

Editor-in-Chief of the "Handy Home Doctor" and Educational Director of the Health Supply Centre, Dr. Goldstone is well known as a writer, lecturer and radio speaker on health topics. Much of his valuable experience in natural healing science was acquired while he was assistant to Julian P. Thomas, M.D.



REV. HENRY HUDSON, M.D., D.D., D.I.Sc.

Is Assistant Director of the Home Health Service Dept. Here we find a minister who firmly believes that the welfare of one's body needs as much consideration as the welfare of one's soul. His friendly, helpful letters to health-seekers have been the means of bringing good health and good cheer into many a home.



As Director of the Health Supply Centre's HEALTH SERVICE CLINIC, Dr. Hall has won the gratitude and appreciation of a great host of patients. Formerly associated with Cleveland's largest drug-less clinic, Dr. Hall specializes in Electro-therapy, Dietetics and Manipulative treatments. (Photograph of clinic, page 51.)

HENRY C. HALL, D.C., D.E.T.



He ably fills the position of Business and Personnel Manager for the Health Supply Centre; supervises the office staff and also the shipping and warehouse departments. Efficiently looking after a thousand and one details, and directing a large staff of employees, certainly keeps this energetic young man fully occupied.

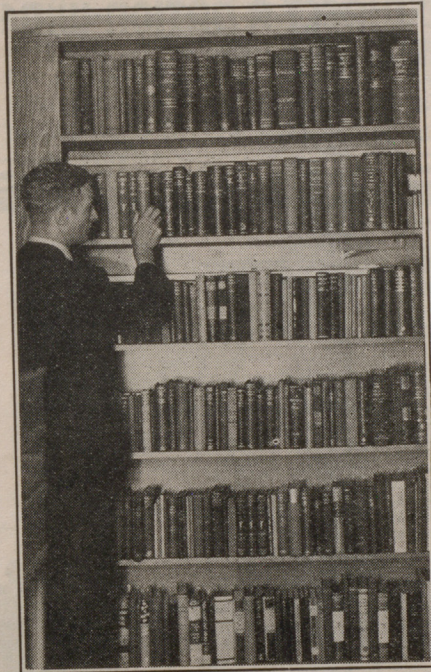
S.A. GOLDSTONE, P.S.D., L.C.M.A.



1937

SOUND KNOWLEDGE . . . Points the Way to Lasting GOOD HEALTH

Not so many years ago, it was next to impossible for the average man to secure any book that would make clear to him the vitally important facts he should know about:—



Showing a section of the Medical Reference Library at the main office of the Health Supply Centre, Winnipeg. Containing hundreds of the world's most authoritative health writings, this library was used in the preparation of the "Handy Home Doctor"—and the Home Health Service Dept. also draws upon this valuable storehouse of helpful knowledge for the practical hints sent to customers.

gives the reader the highlights of Modern Health Science in a few hours reading time. When the present (Seventh) edition is distributed, the total number of copies will exceed the quarter million mark.

1. How the Human Body is built.
2. What is necessary to keep it working healthfully.
3. The cause of Disease—and how to prevent it.
4. How to overcome Disease—by natural methods.

To create this booklet on the subject of Healthful Living, the Health Supply Centre placed every important modern health book at the disposal of its editors, with these instructions: "Make it clear. Make it helpful and interesting." Nor is it to be forgotten that, in addition to consulting their extensive Medical Reference Library, the editors have also drawn upon their long experience in private practice, and sanitarium and clinic practice.

The fact that 210,000 copies of this "Handy Home Doctor" have been distributed in less than three years indicates that the editors succeeded in creating an interesting and practical work—one which

HEALTH BOOKS EVERYONE SHOULD READ

It is amazing how many people have changed their lives from Disease to Health, from Misery to Happiness, and from Failure to Success—as a result of reading the right books, and therefore knowing the right things to do. He who understands the inner workings of mind and body can avoid the penalties and tragedies that go with ignorance. KNOWLEDGE IS POWER! And no knowledge can be more valuable than health knowledge. Thousands have found the secrets of good health and radiant personality in reading such splendid books as “Vital Facts About Foods,” “The Fast Way to Health,” “How to Win Friends and Influence People,” “Sex and the Love Life,” “Happiness in Marriage,” “Outwitting Our Nerves,” “What to Eat and Why,” “Mastering Fear,” etc. You are cordially invited to send for our price lists and descriptions of health books.

WHAT ABOUT MEDICAL TREATMENT OR SURGERY?

We have no quarrel whatever with the sound and sensible idea that anyone who is seriously ill should, no matter how great the sacrifice, secure the very best medical or surgical skill available. After all, life is a very precious possession—and the technique and knowledge of how to save it when great emergencies arise has cost the specialist or ordinary physician a great deal.

The treatments outlined in this booklet are suggested as simple and inexpensive home measures for chronic disorders. They are not intended for acute conditions, nor in any case where the individual is under the care of a medical doctor. In such cases, we do not suggest the use of any of the formulas described in this booklet, except with the doctor's approval. And we do suggest that the doctor be given the fullest co-operation, and the patient should follow his instructions to the letter.

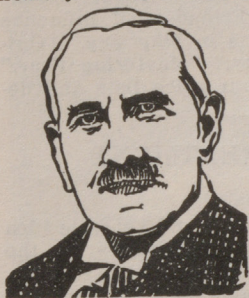
NO TREATMENTS ARE OFFERED FOR THESE COMPLAINTS:

No treatments are offered, nor will any correspondence be answered, concerning such disorders as Appendicitis, Arteriosclerosis, Blood Poisoning, Bright's Disease, Cancer, Diabetes, Dropsy, Epilepsy, Erysipelas, Gallstones, Kidney Stones, Bladder Stones, Gangrene, Gastric and Duodenal Ulcers, Goitre, Heart Diseases, High Blood Pressure, Infantile Paralysis, Influenza, Lockjaw, Locomotor Ataxia, Obesity (Overweight), Pleurisy, Diphtheria, Pneumonia, Ruptures, Scarlet Fever, Small Pox, Spinal Meningitis, Sexual Impotence, Trachoma, Tuberculosis, Tumors, Typhoid Fever, or any of the Venereal Diseases. The laws of Canada (and rightly so) forbid home treatments to be offered for any of the above named diseases; some of them are of a contagious nature, and the others require the personal attention of a medical doctor or surgeon.

10 RULES FOR PREVENTING DISEASE (and also for Restoring Good Health)

By Sir William Arbuthnot Lane, M.D., Bart., C.B., M.S., F.R.C.S.,
President of the New Health Society, London, England

To prevent is easier than to cure; it is also infinitely cheaper. It is no exaggeration to say that the majority of hospital cases could have been avoided by timely attention to simple rules of healthy living. The tragedy is not one of carelessness so much as of sheer ignorance. Many people would regulate their lives if they had the knowledge.



Sir William Arbuthnot Lane,
M.D., Bart., C.B., M.S.,
F.R.C.S.

I have framed the following ten rules, which, with appropriate modifications, are adequate for maintaining the health and efficiency of the vast majority.

1. Reduce your meat ration to an absolute minimum, and if possible cut it out of the diet altogether. Fish is a sufficient substitute. Where exercise is strenuous and constipation absent, meat provides in highly concentrated form body-building elements which in any case must be furnished from other animal sources, such as dairy produce or fish.

The objection to meat is its rapid putrefaction in the intestines, and the consequent absorption of toxins into the blood-stream. One meat meal a day is, as a general rule, sufficient.

2. Never fail to include in your daily diet wholewheat bread or rye bread, some citrus fruit (oranges, lemons, grapefruit) and other fruits; green vegetables, potatoes, dairy products (including milk).

3. Aim at having a regular motion of the bowels after each substantial meal. This should be quite normal on such a diet as the above, and if all over-refined manufactured foods like white bread are strictly avoided. I desire to emphasize that in constipation we have the root cause of most of the diseases of civilization.

Do not attempt, however, to change lifelong habits too abruptly. Reduce your ration of meat and white bread by degrees, gradually substituting cheese, fish, and wholewheat bread. Increase your intake of milk, green vegetables and raw fruit salads. You should also avoid over-seasoned sauces, fried foods and heavy cakes and pastries.

It needs no profound medical knowledge to realize the effects of poisons carried into the blood-stream from the putrefying (rotting) waste matter in the intestine. What is less readily understood, is the mischief caused by the less extreme forms of constipation.

4. Drink at least six glasses of water a day—two on rising, two on retiring, and others between meals. Cold water first thing in the morning is only for those of robust digestion, and very hot water is not suitable except in special cases. Warm water or extremely weak tea will serve to cleanse our cells from accumulated impurities.

5. Work and sleep as far as possible in well-aired rooms or in the open air. The ideal at which to aim is that the air should be moving without causing draughts. Avoid the too rapid chilling of a perspiring or overheated skin.

6. Take every opportunity of allowing the fresh air and sunshine free access to your skin for regular periods. The sun is our greatest natural healer, and in wearing clothes we definitely deprive ourselves of some of the most vital elements in nature. I would urge everybody to utilize the privacy of their garden or roof, whenever possible, for sun-bathing.

7. Wear only light underclothing, and put on heavier outer clothing in case of colder weather. All clothing, however, should be sufficiently porous to enable free action of the skin to take place. It must be realized that, in order to keep healthy, our bodies must breathe, and that the wearing of clothes in any case tends to clog the pores. Tight and excessive clothes reduces the natural resistance of the skin to rapid changes of temperature, and in the absence of a satisfactory reaction to such changes we tend to develop "chills" and muscular pains.

8. Equally important to the functioning of the skin is the daily bath. Hot baths should be taken only in the evening. Some people are liable to catch cold after hot baths, and it is therefore advisable, first, not to take too hot a bath, and, secondly, to have a sponge down and a thorough towel frictions after the bath. Cold baths do not suit everyone, and should be taken only after consultation with a doctor.

9. Brush the teeth at least night and morning, particularly before retiring. No food should be taken after the nightly cleaning of the mouth. Keep toothbrushes clean and dry.

10. Take out-of-door exercise every day. Also practice daily exercises for a few minutes every morning or evening, especially such as will bring into play the abdominal muscles. This strengthening of the abdominal muscles promotes easy evacuation. Most of us, through defective posture and breathing, carry vitiated air in our lungs and make them into breeding places of disease. Breathing exercises at the open window on rising are a fine preventive of respiratory trouble.

In this article Dr. Lane has outlined the TEN LIFE-LENGTHENING HABITS. On Page 31 of this booklet Dr. Arnold Lorand tells about the TEN LIFE-SHORTENING HABITS.

LEARN HOW TO EAT—AND KNOW HOW TO LIVE!

"More people are killed by the platter than by the sword," states an ancient Roman proverb.

"What we put into our stomachs determines how we shall feel," remarks a modern writer.



DEATH AT THE DINNER TABLE!

The continual, excessive use of devitalized, wrongly prepared, wrongly combined foods is the chief means by which Humanity "digs its graves with knives and forks."

There is no question of that.

Too much of one kind of food, or too little of another, soon creates a chemically unbalanced blood supply.

Unbalanced foods lead to unbalanced health.

"Our health is either made or unmade at the table."

Your knife and fork can become "grave-digging" instruments, if you leave food selection to carelessness or to chance.

Knowing how to eat, what to eat, and when to eat—is knowing how to live.

Such knowledge makes all the difference in the world—so far as your health is concerned.

Then your knife and fork cease to be instruments whereby you place potential disease into your system, and become instruments with which you daily renew life and vigor.

"Chickens with Shell-less Eggs and Children With Twisted Limbs"

In his startling book, "The Science of Eating," Alfred W. McCann, famed food analyst, uses the phrase which our artist has pictured below. McCann dramatically brings home the fact that



a chicken with a defective, soft-shelled egg, or a human child with soft, twisted limbs—are both suffering from the LACK of one single element, CALCIUM (lime), which they failed to get in their daily food supply!

But Calcium is only one of the 16 (or more) absolutely essential organic, chemical food elements (food-salts, minerals) which our bodies MUST have if they are going to keep functioning normally, healthfully.

"I HAD TO LOSE A CHILD . . ."

"I had to lose a child before I could be turned from the path of error. Only the shock of a terrible grief had power to arouse me from my folly. Wrong feeding and wrong treatment took that little life from before my eyes. I was an ignorant spectator of the tragedy. I saw the effects, but did not know their cause . . . food so unsuitable as to be impossible of digestion . . . a tiny frame forced with nourishment by which it was only starved . . . purgatives and enemas racked the hapless body of my infant son until the intestines were displaced. I saw the end brought nearer through each day and night; I watched, and knew not what I saw."

The writer who is relating this tragic experience is Reddie Mallett, famous British author, who wrote, "The Gospel of Feeding," in which he tells how the sad loss of his son set him to studying the diet question, how he saved his own life by correct eating when threatened with the need of an operation.

This entire booklet could be filled with the testimony of many others, who realized the importance of proper eating at the expense of tragedy and suffering. It is our hope that this message reaches you in time to save you from such experience.

HOW TO HEALTHFULLY REGULATE YOUR DIET

AVOID (as much as possible) all white flour products: bread, pastries, etc. Use only whole wheat bread. Avoid the use of refined cereals, tapioca, white rice. All of these are **Carbohydrate Foods**, an excess of which produces gas and over-acidity. Therefore, be very moderate in the use of starchy foods such as: corn-flakes, puffed rice, etc. Avoid all refined and ready-cooked packaged cereals. Use cracked whole wheat, rolled oats or groats, brown rice. Some dietetic specialists consider **WHITE BREAD** the greatest curse of this age.

A WORD ABOUT WHITE SUGAR: It is condemned by many dieticians as an acid-making, gas and fermentation producing food. Today the average person uses 112 lbs. of white sugar per year; 100 years ago it only came to 5 lbs. per person. The most natural sweeteners are honey and maple syrup. Next best: brown or Demerara sugar. Avoid candies, chocolates.

MEAT: "Meat is a constipating food. It digests to a jelly, and contains no roughage to help the peristaltic action of the bowels." (Dr. J. Maxwell). Meat is definitely among the acid and gas-forming foods. Therefore be moderate in its use—not more than once a day at the utmost, better still just 2 or 3 times per week. And always "balance" its use by including plenty of vegetables. Meat is a safer food during the winter than during the hot summer months. The best meat-substitutes are: fresh fish, eggs, cheese (preferably fresh cottage cheese).

ACID FOODS—Avoid Using Them In Excess

Such **PROTEIN FOODS** as meat, fish, eggs and cheese—and such **CARBOHYDRATE FOODS** as white flour, sugar, cereals, etc., are all **ACID-REACTING FOODS**. So are tea, coffee, cocoa.

ALKALINE FOODS—Use More of Them

The basic **ALKALINE** (balancing) **FOODS** are: fresh fruits, green leafy vegetables and milk (especially sweet, unpasteurized milk). Canned tomatoes or tomato juice, lemons, oranges, or bottled unsweetened lime juice can be used to help maintain alkalinity during the months when a variety of fresh fruits and vegetables are impossible to obtain. Potatoes are alkaline, when baked and eaten with their "jackets" on. When fresh milk does not agree, try using soured milk (clabber), buttermilk, or fresh cottage cheese. When fresh fruits are not available, the use of stewed prunes, raisins, figs, currants, is highly recommended.

THE ACID FOODS

- Should make up only 20% of diet.
- Are constipating and mucous-producing (catarrh-forming).
- Irritate the nerves.
- Lower your vital resistance.
- Are lacking in Vitamins and essential Mineral Elements.

THE ALKALINE FOODS

- Should make up 80% of diet.
- Are laxative, anti-toxic, and anti-mucous.
- Soothe and strengthen nerves.
- Greatly increase vital resistance.
- Are rich in Vitamins and Minerals in proper proportions.

“ALKALINITY IS LIFE—ACIDITY IS DEATH”

The most ACID-PRODUCING FOODS—in the order of their percentage of acidity—are as follows:—

- | | | |
|--------------|----------------|--------------------|
| 1. Oysters | 8. Oatmeal | 15. Peanuts |
| 2. Egg Yolk | 9. Lean Pork | 16. Plums, prunes |
| 3. Chicken | 10. Fish | 17. All Bread |
| 4. Rabbit | 11. Whole Eggs | 18. Rhubarb |
| 5. Lean Beef | 12. White Rice | 19. Factory Cheese |
| 6. Haddock | 13. Crackers | 20. Refined Sugar |
| 7. Veal. | 14. Dried Corn | |

The most ALKALI-PRODUCING FOODS—in the order of their percentage of alkalinity—are as follows:—

- | | | |
|----------------|-----------------|----------------|
| 1. Lima Beans | 9. Muskmelon | 17. Oranges |
| 2. Dried Beans | 10. Lettuce | 18. Peaches |
| 3. Raisins | 11. Potatoes | 19. Cabbages |
| 4. Almonds | 12. Dried Peas | 20. Radishes |
| 5. Beets | 13. Currants | 21. Turnips |
| 6. Carrots | 14. Bananas | 22. Apples |
| 7. Celery | 15. Lemons | 23. Cow's Milk |
| 8. Chestnuts | 16. Cauliflower | 24. Asparagus |

NEUTRAL FOODS—Butter, Cream, Lard, Cornstarch. These, being considered neutral, are compatible with all other foods at any meal.

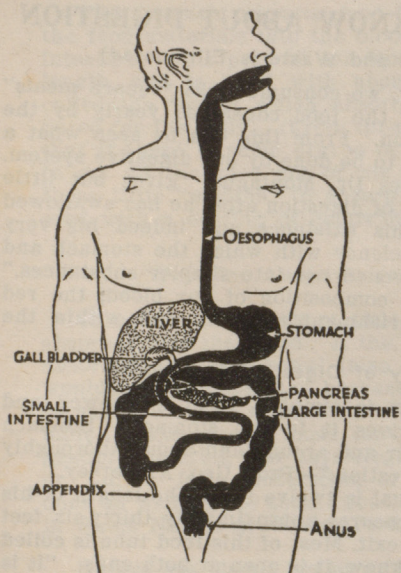
ARE ACID FRUITS ACID-FORMING? While acid to the taste, the citrus fruits (oranges, lemons, grapefruit, etc.) do NOT add acid to the blood. On the contrary, they are invaluable as alkalizers. “They form into alkalis in the body, although they are acid outside the body.”—(R. G. Jackson, M.D.) Taste is deceptive in regard to the acid or alkali producing values of foods—as, for instance, in the case of white sugar and white bread, two of the most acid-producing foods known. “Too much cannot be said about the value of fruits in a diet, for in addition to their alkalizing effect, they have a high food value and contain an abundance of the minerals and vitamins.”—W. D. Sansum, M.S., M.D.

IMPORTANT—How to “Balance” Your Diet

Do not worry particularly as to whether any given food is classed as Acid or Alkaline. All that is necessary is to so arrange the diet that, each day, about 80% of the foods eaten come from the list Alkaline Foods. The 80% Alkaline, 20% Acid diet is particularly recommended for those whose systems are highly acid. For normal good health, and the maintenance of resistance against disease, most dieticians are now agreed that the “60-40” diet will suffice—that is 60% alkaline foods and 40% acid foods.

TEN IMPORTANT RULES OF EATING

1. Chew your food well. Starches that are not well masticated tend to ferment and cause gas, "heartburn," etc.
2. Do not eat beyond your needs. "Eating to full capacity is one of the greatest of all dietetic errors. Most people eat one-half to two-thirds more food than the system requires. The surplus means overcrowded nutrition, lowered vitality, and subsequent disease. An intense craving for food is often caused by acidity in the stomach." (Geo. S. Weger, M.D.) Adjusting the diet, so that the alkaline foods predominate soon corrects this condition.
3. As a rule, use only one starch food at any one meal.
4. Use only one article of protein food (meat, eggs, fish, cheese) at any one meal.
5. Remember: the hardest kind of foods to digest are FRIED FOODS. Fried and greasy foods are considered mainly responsible for liver troubles.
6. Never have too great a variety of foods at any one meal. Two or three different foods eaten together are obviously easier to digest than a dozen. Get your variety from meal to meal, but don't strive for great variety in a single meal.
7. Drink at least six glasses of water daily. You may drink with meals, but must not use fluid in order to wash food down, in lieu of sufficient mastication. A simple but valuable health habit is: to drink one or two glasses of hot water into which is squeezed the juice of half a lemon, and sweetened with honey or brown sugar, first thing on rising. Those suffering from constipation must make sure they drink plenty of water.
8. Always be in a cheerful frame of mind at mealtime. Worry, fretting or anger destroys digestion. It is better to skip a meal than to eat when in a greatly distressed or worried state of mind.
9. Remember that the too liberal use of highly refined and over-cooked foods not only produces hyperacidity or acidosis, but, in addition to this, the lack of the vitamins and organic mineral elements that have been refined out, or destroyed by excess heat, ARE ONE OF THE BASIC CAUSES OF CONSTIPATION and AUTO-INTOXICATION. Many chronic ailments are traceable to acidosis and constipation—and these, in turn, can be traced to an unbalanced diet.
10. Be sure to thoroughly masticate your food because digestion starts in the mouth. Avoid pepper, catsup, vinegar, mustard and all other harsh, irritating condiments. Avoid using table salt in excess. Salt is an acid-maker, a kidney irritant. VEGETIZED SEA SALT is the latest idea in a healthful condiment—as the addition of such highly alkaline substances as powdered celery, kelp, etc., to evaporated sea salt neutralizes the natural acidity of the salt. Tea, coffee and cocoa are acid-reacting beverages. We recommend that they be replaced by substitutes such as Peppermint Tea, Alfamint Tea, Yerba Mate, fresh fruit juice drinks, and coffee substitutes.



Our Digestive System

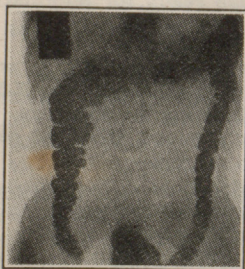
Here You See X-Ray Evidence
of Internal Neglect



Prolapsed Bowel

This X-Ray photo shows how the colon falls, loops and prevents normal bowel action in cases of Constipation and Colitis. Note the abnormal amount of waste matter in the rectum—a condition that often leads to Piles.

This Chart shows the Alimentary Canal—a continuous tube over 30 feet long—in which food is digested and from which wastes are eliminated. The Large Intestine is often called the Colon.

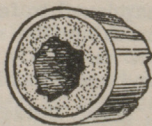


Normal Colon

You will notice that the X-Ray photograph of a Normal Colon is interesting on account of the fact that an X-Ray specialist usually has to take hundreds of pictures before he can find one of a person with a colon that is practically normal.

Bowel trouble and indigestion are best treated, not by drugs, but by proper foods and herbs.

Cross section of an iron pipe, in which a thick coating of rust has gathered. In the human bowel, a similar crust of hardened waste-matter gradually gathers in long-standing cases of constipation, sometimes leaving a passage no thicker than a lead pencil.



FACTS YOU SHOULD KNOW ABOUT DIGESTION

(How Food is Digested and Waste is Eliminated)

At the rate of three per day, we consume 1,095 "square meals" per year. The total weight of the food consumed yearly by the average person is nearly one ton. From this can be seen what a stupendous amount of work has to be done by our digestive system.

"The average person," writes Dr. Montague, "gives but little thought concerning the wonders of digestion after he has swallowed his food, yet the comfort of his existence and indeed his very existence depends upon the efficiency with which the stomach and intestines digest the food and convert it into simpler substances." Substances that enter into the composition of our blood; the red liquid stream that carries nourishment to every cell within the body.

How the Machinery of Digestion Functions

"The mechanics of digestion is simple. Food is chewed and swallowed. The esophagus drives it to the stomach. Stomach kneads it. Intestines roll it over and around and about, thoroughly mixing it with the juices of digestion."—Prof. Geo. A. Dorsey.

Man's Alimentary (food) Canal is twelve times the length of his body from head to trunk. It measures approximately thirty-six feet from mouth to anus—the bowel exit. Most of this food tube is coiled up in the abdomen; and, as we know, it is open at both ends. "It is lined with mucous membrane and coated with muscle which contracts and relaxes, forcing food forward."—(Prof. G. Dorsey.) The muscles lining our intestines move in a series of ring-like contractions often referred to as "peristaltic waves." Peristalsis means the continuous work of these muscular waves, which keep food going forward as if it were on a moving belt—until all the nourishment is extracted and the wastes are ready for elimination.

The X-Ray Solves the Mystery

For countless centuries, man had not the faintest idea of what happened to food after he swallowed it. Today, thanks to the X-Ray machine, the scientist has been able to clear up the mystery. So let us quickly trace the journey of a meal through the food canal and see what happens.

Prof. Dorsey explains the beginning of food's journey as follows: "Food is sampled in the mouth. If O.K.'d, it is chewed fine and mixed with saliva, a secretion of the salivary glands. This breaks it up, aerates it, moistens it, and makes it go down easily: first step in reduction. That step signals the stomach, 'Get ready, food coming down'; the stomach begins to secrete gastric juice."

In our three-pints capacity stomach, while the gastric juice is at work, the muscles of the stomach assist it by a churning motion until it is reduced to a liquid form. From there, the food moves on into the duodenum or "second stomach," where it is mixed with such secretions as bile from the liver and enzymes from the pancreas, etc.

The stomach prepares food for digestion, but the absorption of the food materials into the blood is mostly completed in the small intestine. This part of our food canal measures about 27 feet in length, and is lined with about four million tiny little mouths, called the "villi," which absorb the food that digestion has prepared for the body. (From these facts, one can readily understand that if there is some degree of catarrh of the bowel, he will fail to get all the good out of his food, because it is impossible for these little "mouths" to absorb food material when they get covered with a coating of catarrhal slime—mucous).

Why The Large Bowel Must Have "Roughage"

Of course, not every particle of food taken into the stomach is absorbed into the blood. If the entire bulk of our food intake was absorbed, the large bowel (also called the colon or large intestine) would not be necessary because there would be no wastes for it to expel. But, as a matter of fact, our whole digestive system is built to take care of foods that contain a high percentage of indigestible material, that physiologists call "waste material," "residue" or "bulk." It is constructed to take care of the indigestible residues as well as the actual nourishment because that is the manner in which Nature grows our foods.

Nature has placed her own laxative element (cellulose) in every one of her foods. You will find it in the "thready" part of celery, in the skin of apples, in the bran of wheat—in short, in every food that is used as Nature grew it. But, nowadays, we refine the bran out of the wheat, and it leaves us with constipating white flour. Cooking softens the cellulose of fruits and vegetables, robbing us of their natural laxative effects. That is why we should consume the bulk of our fruits and vegetables just as they are—sun-cooked, and without further cooking on our part.

A few years ago the British Army tried an interesting experiment. The officers knew that "an army marches on its stomach," but they also knew that it could move faster into battle if the huge bulk of food it has to carry could be reduced. Knowing that so high a percentage of our natural foodstuffs contains so much "residue" in addition to the nutriment, they refined all the residue out of a regiment's rations to see whether the soldiers could be as efficient on concentrated foods lacking the bulk. The experiment was a decided failure. The men developed stomach disorders, severe constipation, couldn't sustain their energies; so the army officials went back to feeding them bulky foods.

Now you can see that the noted food specialist, Dr. W. D. Sansum, is surely on sound ground when he writes: "I believe that fully one-half of the sickness that has come under my observation has been due, either directly or indirectly, to the elimination of the bulky foods from the diet." (*The Normal Diet*, page 24.)

CONSTIPATION—"The Thief of Good Health"

By U.S. Senator Royal S. Copeland, M.D.
(Former Commissioner of Health, City of New York)

If there is one trouble more than another which is responsible for human distress, it is constipation. If there is one ailment more than another which is neglected by the human family, it is constipation.



Senator Royal S. Copeland,
M.D.

The funny thing about it is that many and many a person is constipated who has a bowel movement every day. Ask about this habit and the answer is, "Oh, I'm perfectly regular!"

Yet the fact is, the lower bowel may be packed with fecal matter. The fecal stream is sluggish. In consequence, the evacuation of today is intestinal waste which should have passed away several days ago.

Nobody can be at his best when the bowel is filled with a mass of fermenting material. There is sure to be absorption of poisons, which will lessen efficiency if they do not produce actual illness.

CONSTIPATION AS A CAUSE OF UNHAPPINESS

Dr. William McDougall, a doctor of medicine and also the author of many important books on psychology, makes the following statement on page 273 of *The Conduct of Life*:

"More unhappiness of civilized folk is due to constipation than to any other cause. It is not only that a very large proportion of them, especially women, suffer through it chronic depression of their health, with headaches, mental depression, general malaise, and early loss of beauty and youthful bloom, but also that these effects are so often destructive of all family harmony and happiness. Piles also, which are extremely common and which in their slighter forms are distressing and, in severer forms, make life almost intolerable, are due in the main to constipation. The person with chronically overloaded bowels, from which vile poisons are constantly absorbed into the blood, cannot play a normal role in life, cannot radiate happiness and goodwill."

And here is another very significant sentence by Dr. McDougall: "The body has a very great and wonderful power of recuperation and self-restitution, a power which enables us to abuse it for long periods before it begins to fail us seriously. But just this power is a danger, because it tempts us to continue abuses, luring us to a false sense of security."

CONSTIPATION—How to Correct It With Herbs

CAUSES OF CONSTIPATION—(1) The use of over-refined and over-cooked foods. (2) The use of powerful, unnatural laxative drugs. (3) Over-eating and under-exercise. (4) Failure to heed the calls of Nature—putting off the urge to empty the bowel when it comes at what we consider an inconvenient time.

Why Strong Laxative Drugs Should Be Avoided

In their splendid article on Constipation, Drs. Osler and McCrae have a section entitled "General Causes," where they state: "Under this heading may appropriately be placed that most injurious of all habits, **drug-taking.**" Irritating, drastic purgative drugs will never correct constipation. The colon resents the presence of such drugs, which if they remained, would poison the whole body. So it sends a flush of water into the bowels to wash them out, producing what is known as a "hydrogogic" or watery discharge instead of a normal, healthy bowel motion. The use of certain drugs, cathartics or "salts" can lead to as serious upsets of the general health as the constipation itself! The use of certain chocolate-coated laxatives, in which the active ingredient is phenolphthalein may cause the bowel to act—but at the same time phenolphthalein poisons the blood, causes nervous irritation, skin rashes, etc.

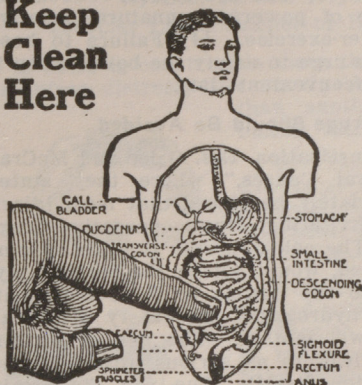
Why Strictly Natural Herbs Are SAFE To Use

More than 30 years ago the world-renowned Dr. L. Duncan Bulkley, of New York, declared: "I am not in favor of mineral waters, neither do I care for the salts so commonly used. But I do believe that the proper use of vegetable (herbal) laxatives conforms more to the processes of nature." Dr. Julian P. Thomas, who at that time was a personal assistant to Dr. Bulkley, never forgot these words, and did not rest content until he perfected a strictly natural laxative compound, made up entirely of dried and powdered vegetable herbs. He called this formula "**Stomach Ease.**"

Nature has placed her own laxative elements in every one of her foods. But you don't get the benefit of these laxative elements when your foods are refined, or the fibrous matter is softened in cooking. Dr. Benjamin Gaylor Hauser claims that the most chronic case of constipation could be overcome, if its victim would eat, each day, for about thirty days, two pounds of the coarse, bulky vegetables. It may be impossible for you to go on this sort of diet, except, possibly for a short time each summer. Yet there is a way out of this problem . . . herbs! A spoonful or two per day of sun-dried, pulverized vegetable herbs (as in **Stomach Ease**—the **Herbal Laxative Food**) will provide your bowel the missing laxative elements refined out of our everyday foods. With your order for the **Stomach Ease** (**Herbal Laxative Food**), you will also receive, without cost, the special Bulletin issued by our Home Health Service Dept. on "**What Foods to Use—and What Foods to Avoid—in Constipation.**"

HOW OFTEN SHOULD THE BOWEL MOVE?

**Keep
Clean
Here**



Specialists Say That Once Per Day Means Constipation

Sir Wm. Arbuthnot Lane, M.D., states: "We eat three times a day and sometimes more. Our bodies should be cleared as often as we eat. Animals do not need to be told this—but we need to be told."

"It is often assumed," continues Dr. Lane, "that after loading our digestive system with every kind of unnatural food one movement of the bowels each day will effectually rid us of accumulated poisons."

"This misconception, and frequent recourse to strong, irritating purgatives, are undoubtedly responsible for at least 80 per cent of avoidable disease."

WILD ANIMALS ARE BORN HERBALISTS!



After hibernating all winter, the very first thing the bear does is to seek certain berries that have a laxative effect.

being." Never forget, however, that animals seek these herbs, roots, barks and berries in their strictly natural form—and, instead of making some artificial medicine out of them, they eat them like any other food. The formula for Dr. Thomas' "Stomach Ease" is in complete harmony with both the wisdom of Nature and the latest discoveries of Modern Science.

Dr. W. J. Deason, in a recent article in "Popular Science," admires the instinctive (inborn) health wisdom of such animals as the bear, the moose, the caribou, deer, etc. The deer eats certain twigs for their medicinal value; the woodland caribou digs deep into the snowbanks to get the first green shoots of spring; cats eat green grass, and especially catnip if they can get it. Dogs will eat certain herbs when ill. "When an animal gets sick, it knows that it needs, first of all, a laxative. That is exactly what a doctor usually prescribes first when he is called to treat a sick human

DR. THOMAS REVEALS SECRET OF FAMOUS HERBAL FORMULA CALLED "STOMACH EASE"

Tells How He Conquered His Own Stomach and Bowel Distress

"Had I been able to find a better remedy for indigestion and constipation than 'Stomach Ease,' I would have used it in my sanitarium practice," wrote Julian P. Thomas, M.D., in 1931.

"In the past 28 years, I have seen it do so much good that I do not hesitate to recommend it for all such cases as are capable of home treatment."

Answering the question, "How did you come to discover this formula?" the head physician of the Thomas Sanitariums of New York and Winnipeg stated:

"Gas in the stomach and bowel troubled me for years—until I discovered a combination of herbs, roots, barks and berries, which I called 'Stomach Ease' because it gave me so much relief. It not only freed me from Gas, but overcame Indigestion and Constipation at the same time. I have tried hundreds of different formulas upon my patients, but never, so far, one that was better for them than the one that helped me so much. For this reason, my Stomach Ease formula is part of the treatment of every patient who comes to my institution."



J. P. Thomas, M.D.

THE SECRET OF "STOMACH EASE" EFFECTIVENESS—
is to be found in the fact that the herbs it contains are used in their natural form, scientifically blended, with all the natural mineral and blood-purifying elements left intact.

HAVE YOU EVER TRIED A GENUINELY NATURAL LAXATIVE?

How would you like to use a laxative, whose effects you could regulate like clockwork?—a laxative of which you can take a measured dose before retiring, sleep soundly through the night, then have an easy, natural movement of the bowel on rising, without the slightest griping, driving or force?

Is There Such a Laxative? Many people find it hard to believe that there is. But these people have never tried any botanical (herbal) preparations—made up of herbs, roots, barks and berries—in their natural condition—simply dried and powdered.

"Your Stomach Ease (Herbal Laxative Food) is a fine 'reliever,' so to speak," writes J. Brownsberger, of Deloraine, Man. "Taken at night, it relieves in the morning—regular. I never had anything to work on the bowel so nicely as the Stomach Ease does." This is the typical experience with this natural herb-laxative that Mr. Brownsberger shares with thousands of other users.

"STOMACH EASE" (The Herbal Laxative)

A Fourfold Formula:

"Stomach Ease" contains fourteen different herbs, roots and barks. Their effect is:

1. Tonic
2. Laxative
3. Nerve Stimulating
4. Blood Purifying

Price:

\$1.00 for the 32-Day Trial Size Carton.

\$2.00 for the 96-Day Constitutional Treatment. (Packed in the large ECONOMY CARTON.)

We pay postage on all mail orders.



Note:—Your first order for Stomach Ease will also bring you free of cost, full diet advice from our Home Health Service Dept., in an article on "What Foods to Use— and What Foods to Avoid— in Constipation."

"STOMACH EASE" MAY HELP YOU, TOO!

Try This Master Herbal Formula—At Our Risk

Get a real night's rest. Eat with a keener, healthier appetite. Overcome constipation, gas, acidity. Improve your complexion through purifying your blood. Stomach Ease will give you these results—or the loss is ours.

Try this Sanitarium-tested Formula at our risk. If you can use half a carton without noticing a tremendous all around improvement, you may send back the unused half and a full refund of your money will promptly be made. Get started on the road to better health today.

"Constipation is a disease of civilization. Wild men and wild animals do not suffer from this malady, which is perhaps responsible for more human misery and mental and moral disaster than any other single cause."—John Harvey Kellogg, M.D.

"The prime factor in any well-ordered life is a sound, healthy Alimentary Canal, always fit to function as Nature intended it. Whatever upsets it, upsets us."—Dr. Geo. A. Dorsey.

CHRONIC INDIGESTION (Dyspepsia)

SYMPTOMS—Here are some of the main symptoms by which chronic indigestion is recognized: The appetite is uncertain, finicky. Tongue is coated. Distress after eating. A sour, acid taste in the mouth. Headache is common. The sufferer feels always out of sorts, low-spirited, not inclined to exertion. Vertigo (dizziness) is sometimes experienced. Palpitation of the heart may be caused by the great amount of gas that bloats out the stomach. Constipation is usually present. Sometimes, after eating, there is a feeling of heaviness—as if the stomach were full of lead. The breath is usually offensive. Sleep is often greatly disturbed, and the nerves nearly always “on edge.” Not all of these symptoms will be found in every case, but the greater part of them are usually present in chronic indigestion.

TREATMENT FOR CHRONIC INDIGESTION (DYSPEPSIA)

1. **Indigestion Herbal Capsules**—These herbs tone, cleanse and sweeten the stomach, stimulate the appetite, strengthen the digestive powers.

2. **ALLIMELL is an Aid to Perfect Digestion**—Only recently has research revealed to what extent digestion depends upon the proper functioning of the thyroid gland. The metabolic rate—which means the speed of digestion and the speed of elimination—is largely governed by the thyroid gland. Dr. Edward McCollum states: “The hormone, thyroxin (produced by the thyroid), enables the body to balance correctly hydrogen and chlorine for the production of hydrochloric acid, which is a major portion of the gastric juice. This places the burden of protein or meat digestion directly upon the thyroid gland.” The thyroid gland cannot function normally unless it secures sufficient iodine out of which to manufacture its hormone—thyroxin. Thyroxin contains 65 percent iodine. The lack of food iodine makes it impossible for the thyroid gland to function properly, and thus slows up digestion, increases the accumulation of toxic and poisonous wastes, and starts a long chain of bad effects. As explained elsewhere, the food iodine that ALLIMELL contains is derived from Pacific Ocean Kelp, which furnishes the thyroid what it must have to function normally.

ALLIMELL gets its effect by helping to strengthen the body's own digestive powers, and by feeding the digestive glands the elements they need to function normally, naturally.

ALLIMELL is rich in Potassium, Sodium, Chlorine, Vitamins A and B—all essential for perfect digestion.

3. **“STOMACH EASE”**—Even the best of foods will refuse to digest, if the Alimentary (food) Canal through which it must travel is clogged with foul wastes, irritated by bowel gases, acids or mucous. For this reason, this herbal cleansing compound is included as part of the treatment.

PRICE OF THE FULL COURSE TREATMENT, \$3.50

(Consists of the three remedies listed above. Free Diet Instructions will be sent by the Home Health Service Dept.)

ACID STOMACH (Hyperacidity)

SYMPTOMS—According to the Battle Creek Sanitarium experts, the main symptom that identifies Hyperacidity is "an intense burning in the stomach about two hours after meals." This is caused by the excess of acid in the stomach. "Heartburn," one of the symptoms of Hyperacidity, is the name people give to "the hot, scalding sensation in the stomach which is accompanied by the rising of an irritating acid fluid into the throat, causing an uncomfortable burning feeling." There is great discomfort from fermentation and gas in the stomach caused by the undigested food. Headache, loss of appetite, heart palpitation are also often present. Constipation, when present, will add a coated tongue and bad breath to the other symptoms. In fact, few cases of Hyperacidity can be overcome unless the bowel, as well as the stomach, are caused to function normally.

TREATMENT OF HYPERACIDITY

1. **Allimell Vitamin Food**—The food elements that biochemists have found particularly helpful for neutralizing excess acidity are: Potassium, Sodium, Calcium, Magnesium and Iron. ALLIMELL contains a sea-plant (macrocystis pyrifera) that is considerably richer in some of these elements than any land plant known. The alkalinizing elements which counteract the acidity are further assisted in their effectiveness by the five Vitamins (A, B, D, E and G) which Allimell contains.

2. **Alkaline Vegetables**—The value of the leafy green vegetables is well known, for their natural power to check acidity of the stomach. However, the one drawback to their use in many cases is the considerable bulk that has to be consumed in order to accomplish results. This problem has been overcome by the Alkaline Vegetables. A couple of these dehydrated tablets contain acid-counteracting properties equal to a half pound of fresh vegetation, with the added advantage that they are available the whole year around.

3. **Herbal Laxative Capsules**—When the bowel is sluggish and waste materials are delayed beyond their normal time for elimination, putrefactive bacteria in the colon manufacture acids, gases and toxins which affect the stomach and disturb its functioning. For this reason, these capsules are part of the treatment.

PRICE OF THE FULL COURSE TREATMENT, \$3.50

(Consists of the three remedies listed above. Diet instructions sent without added cost.)

GASTRITIS (Catarrh of the Stomach)

Gastritis means an inflammation of the mucous lining of the stomach, accompanied by the secretion of catarrhal matter.

SYMPTOMS—Many of the symptoms described in the section on Chronic Indigestion will also be found in Gastritis. In gastritis,

we usually find a gnawing or burning pain in the stomach about half-way between meals—followed, as a rule, by a heavy feeling in the stomach immediately after eating.

TREATMENT—The catarrh and inflammation of the stomach must be overcome by demulcent and cleansing herbs, and the diet must be carefully adjusted. Use the following:

1. Catarrh Capsules
2. Stomach Tonic Capsules
3. Allimell Vitamin Tonic

PRICE OF THE FULL COURSE TREATMENT, \$3.50

(Consists of the three remedies listed above.
Diet Instructions included—FREE)

DR. JACKSON—Amazing Youth at 78!

Do you want proof that healthful living and correct eating renders the body of the person practicing it immune from dozens of disabling and annoying ailments such as colds, catarrh, indigestion, rheumatism, headaches, etc.?

Take the case of Dr. R. G. Jackson, of Toronto, as an example. This 78-year-old human dynamo now defies so much as a common cold to attack him, and hasn't had one for the past 25 years! Why? Because he safeguards his vital resistance by a set of living and eating habits that are in harmony with Nature's unchangeable rules for health and life. At the age of fifty, Dr. Jackson's chances for life were considered slim by the greatest physician of the day.

If you will cultivate Dr. Jackson's living habits, you could achieve the same result: abundant Vitality.

Medicine is never a satisfactory substitute for Right Eating, Right Thinking and Right Cleansing.



Robert G. Jackson,
M.D.

"The tendency of a sick body is always toward health, provided it is not interfered with and not placed under unfavorable circumstances. When people are cured of their disease, they get well either by the grace of nature, or by having renounced and abandoned the bad habits that made them sick. This is the sum total of our philosophy of health. Bad habits must be removed before the sick can get well and stay well . . . There can be only one real cure, and that consists in the activity of the vital force itself."—
J. F. Baldwin, A.M., M.D., F.A.C.S."

GAS IN STOMACH OF BOWEL (Flatulence)

SYMPTOMS OF GAS IN STOMACH (Gastric Flatulence)—

Belching or bringing-up of gas or wind from the stomach, sometimes accompanied by loud sounds; difficult or labored breathing; palpitation; disturbed, restless sleep.

SYMPTOMS OF INTESTINAL FLATULENCE (Gas in Bowel)

—Abdominal distention with gas accumulating in the intestine under positive pressure. Colicky pains or cramps ("gas pains") often accompanied by gurgling sounds produced in the bowel, the underlying cause of which is sluggish elimination, as proved by the foul-smelling odor of the gas expelled. Palpitation, nervous irritability and disturbed sleep are among the bad effects of intestinal flatulence.

W. D. Sansum, M.D., F.A.C.P., a noted authority on internal disorders, writes: "If gas accumulates in the loop of the colon to the left of the stomach, the patient frequently complains of heart pains. Such pains are probably due to the gas which, since it is not readily eliminated by a spastic, contracted bowel, presses upward against the diaphragm, which in turn presses against the heart."

A coated tongue together with bad breath at the one end of the alimentary tract, and foul-smelling gases, at the other end, show how widespread the bad effects of auto-intoxication can become—as every vital organ that is situated between these two extremes is apt to be affected. And remember: the same bacteria that manufacture these gases, also manufacture the toxins that poison the blood stream, thus laying the foundation for many different symptoms and diseases.

When it comes to describing the widespread damage that is done to the human body as a result of chronic auto-intoxication, no physician in the world today is better qualified to do so than John Harvey Kellogg, M.D. Dr. Kellogg is superintendent of the great Battle Creek Sanitarium in Michigan, also a member of the Hygiene Reference Board of the Life Extension Institute of New York. In his book, "Colon Hygiene," Dr. Kellogg states that auto-intoxication is caused by the blood absorbing great quantities of poison manufactured by putrefactive gas-making bacteria in the bowel, as a result of chronic constipation. He then goes on to explain how this poisoning spreads to the rest of the body:

"At first the evil effects of this systemic poisoning do not appear. The reason for this is that the body is provided with means of defense. After a longer or shorter time these defenses break down. The liver, thyroid gland, and other poison-destroying organs become damaged by overwork and fail to keep the blood clear of poisons. The kidneys are enormously overworked in their

efforts to remove these deadly poisons from the blood and lose their efficiency. Now the effects of chronic poisoning begin to make their appearance.

"The brain and nerves show evidence of depression or irritation, according to the nature of the dominating poisons. Headaches, neuralgia, neuritis, paralysis, mental dullness, neurasthenia, even insanity are the results. Skin diseases of various kind and every sort of bodily derangement are seen."

TREATMENT—The following combination treatment has been found effective for flatulence (gas) in stomach or bowel.

1. **Stomach Ease**—The carminative herbs in this formula sweep the gases out of the stomach into the bowel, and overcome gas pains.

The colon, often called "the great sewer of the body," behaves very much like any other sewer that is blocked up. Any wastes that stay in the bowel beyond the 24-hour limit of safety represents a menace to our health. No less than 36 virulent, ever-forming poisons and toxins, caused by intestinal sluggishness, have been analyzed by science. Among these are: Indol, Skatol, Phenol, Cresol, Leucin, Tyrosin, Ammonia, Uric Acid and Oxalic Acid.

2. **ALLIMELL Neutralizes Gas—Checks Acidity**—Its bland bulk and hygroscopic power stimulates the lazy colon to more efficient peristalsis, and helps it to do its own work in place of being whipped into action by drastic drugs. One of the sea plants in Allimell, the Japanese Agar, takes up ten times its own weight in water, correcting any tendency to dryness of the stools; while the Plantago Psyllium in Allimell secretes a lubricant that is now considered superior to mineral oil for softening hard stools. ALLIMELL not only acts mechanically as a gentle "bowel broom," but actually absorbs into itself the noxious gases and dangerous acids and toxins that it comes in contact with during its journey through your intestinal tract. Better tone to the power of the bowel muscles is provided by ALLIMELL'S abundance of Vitamins B1 and G. ALLIMELL checks over-acidity of the stomach through its high percentage in the neutralizing (alkaline) elements—Sodium, Magnesium and Calcium. Allimell contains demulcent and hygroscopic principles in the agar, psyllium and kelp, which are part of its formula. Their effect is to absorb vast quantities of gases.

FULL COURSE TREATMENT FOR FLATULENCE, \$2.50

Suitable for both Gastric and Intestinal Flatulence

(Consists of the Month's Size carton of STOMACH EASE, regularly \$1.00, and the Month's Size carton of ALLIMELL, regularly \$2.00.

Special Full Course price: \$2.50; and vitally important diet suggestions are sent without any extra cost.

FIRST AID IN CASE OF ACCIDENTS (What to do in an Emergency)

First Aid has been responsible for saving the lives of countless thousands. The wise individual will carefully study the following simple first aid principles, and every month will re-read these pages to make sure that he remembers the various treatments. Thus he will be fully prepared to act when an emergency arises.

When a serious accident takes place, SEND SOMEONE FOR A DOCTOR, while you stay and attend to the patient.

ASPHYXIATION (When Breathing Stops)

When breathing has ceased for some reason (drowning, stangulation, hanging, choking, poison, gas, electric shock, lightning, etc.), it must be attended to as soon as possible or the patient will surely die. In order to restore breathing we suggest the Schafer method of Artificial Respiration.

ARTIFICIAL RESPIRATION (Schafer Method)

(1) Lay patient on his stomach with arms extended above the head, and turn his head to one side. Make sure that there is no obstruction in the nose, mouth or throat that will prevent breathing.

(2) Kneel—straddle the patient—just below the hips. Place the palms of your hands over the lower ribs, one hand on each side of the body, thumbs about two inches apart.

(3) Keeping arms straight, swing forward slowly, so that the weight of your body is applied to the patient, forcing the air out of him. (This movement should take three seconds).

(4) Draw your own body up quickly, removing the pressure from patient's back (do not remove your hands). This movement draws air into patient's lungs. (Movement should take two seconds to perform.)

Repeat this method of pumping air in and out of the body, at a speed of twelve times per minute, and keep it up until breathing is restored. Breathing has been restored in some cases only after artificial respiration has been used for several hours.

Practice artificial respiration on your friends, so that you will be able to perform it when the occasion arises.

WOUNDS (Cuts and Scratches)

Wounds, such as minor cuts and scratches, not requiring the services of a doctor, should be made safe from infection by applying a reliable antiseptic such as tincture of iodine. When dry, apply a sterile dressing over the wound.

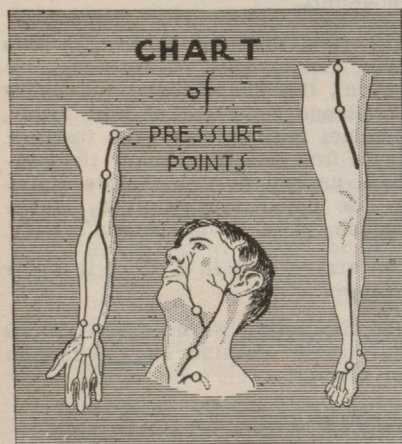
HEMORRHAGE (Bleeding)

BLEEDING should be stopped as quickly as possible; otherwise the patient may bleed to death.

Bright red blood that spurts out of a wound indicates that an artery has been cut. Dark red blood that flows out steadily means that a vein has been cut.

ARTERIAL HEMORRHAGE

Bleeding from an artery can be stopped by pressing at a spot where the artery crosses a bone. The main points or spots for stopping bleeding from arteries are indicated in the illustration.



REMEMBER that bleeding from an artery indicates that the blood is being pumped out from the heart—and to prevent it reaching the wound it must be stopped on a spot between the wound and the heart. This prevents the blood reaching the wound. When bleeding cannot be stopped by the pressure of the thumb on an artery spot a tourniquet should be used.

TOURNIQUET — Make a pad in which a small stone or cork has been wrapped, and apply it over the artery pressure point. Tie a 3 or 4-inch wide bandage, or a handkerchief or some similar article over the pad. This bandage is tightened by

inserting a small stick, pencil or similar object, under the knot and twisting it until the bleeding stops. Twist just enough to stop bleeding. **LOOSEN TOURNIQUET EVERY TWENTY MINUTES AND LET A LITTLE BLOOD ESCAPE**, then tighten again. If no blood escapes, leave tourniquet in place, but do not tighten again, unless bleeding starts in again.

Treat the wound with iodine and cover with a sterile dressing. Do not touch wound with your hand or apply unclean coverings.

VENOUS HEMORRHAGE

When there is bleeding from a vein apply a tight bandage around the limb (to stop bleeding) close to the wound, on the side furthest from the heart. Apply tincture of iodine all over the wound and surrounding skin and cover with a soft, clean,

dry absorbent dressing. Cover dressing with a soft pad, and over the pad a bandage. Loosen the restricting bandage. If bleeding has stopped, do not retighten.

In all cases of bleeding it is always wise to raise the injured part and thus lessen the flow of blood to the injured part.

FRACTURES. (Broken Bones)

If a bone is broken and there is no break in the skin leading to it, it is called a simple fracture. A bone broken and accompanied by a wound leading down to it is called a compound fracture. If the bone, in a compound fracture, is sticking through the flesh **DO NOT PULL IT BACK INTO PLACE.** Do not move a patient who has a fracture, until the broken part of the bone has been made immovable with splints.

A splint can be made of any rigid material such as a thin board, stiff cardboard, cane, broom handle, rifle, or anything else that is long enough to reach beyond the joints above and below the injury. Pad the splints well. Bandage the broken limb firmly, but gently, to the splints—but do not bandage over the fracture. Tie the bandage above the fracture first and then below the fracture. Limb should be placed in a natural position before splinting. The lower limbs straight—the upper arm straight down—and the forearm across the stomach, palm facing patient's body.

After splinting fracture of the arm, put it in a sling in order to keep it in place and give it rest.

When a patient has fractured his spine, warn him **NOT TO MOVE.** Keep him in a cheerful frame of mind and make him feel comfortable until the doctor arrives.

UNCONSCIOUSNESS

NEVER GIVE AN UNCONSCIOUS PATIENT ANYTHING BY THE MOUTH—NO FOOD OR DRINK. IF FACE IS RED OR FLUSHED, RAISE THE HEAD AND SHOULDERS. IF FACE IS WHITE OR PALE, RAISE THE BODY AND LOWER THE HEAD.

FAINTING

Lay patient flat on his back. Lower his head by raising his hips. Loosen all clothing around his neck and waist. Sprinkle cold water on face and neck. Give sniff of smelling salts every minute or so. When consciousness returns, insist on patient being quiet for a while. Do not let him up until you are sure that there will be no recurrence of the faint.

SUNSTROKE OR HEAT STROKE—Remove patient to a cool, shady place. Elevate his head, remove clothing to the waist. Fan vigorously and sprinkle cold water over head, neck and spine.

EPILEPSY (Fits)—Do not try to restrain patient. Remove anything that he may injure himself with. Place a stick or pencil between his teeth to prevent him biting his tongue. **BE CAREFUL** or he will bite your fingers. When contortions cease, keep patient warm by covering him with coats or blankets.

BRUISES—Apply cloths wrung out in cold water.

SPRAINS—Raise injured joint—apply cold cloths.

STRAINS—Apply cloths wrung out in hot water. When heat ceases to give relief apply cold cloths.

POISONS

An emetic is a preparation to make the patient vomit. Vomiting may be induced by a tablespoonful of powdered mustard in a glass of lukewarm water, tickling the throat with a feather or a finger—or salt and lukewarm water.

IMPORTANT RULES IN POISONING

Keep any vomited material; if there is burning about the mouth, or if the patient's lips, tongue or skin is burnt, give no emetics; give milk or white of egg in water. If no signs of burning can be noticed on the lips, etc., give an emetic. After administering first aid, **CALL IN A DOCTOR** as quickly as possible.

LYE, CAUSTIC SODA or CAUSTIC POTASH POISONING—Give vinegar or lemon juice. Follow with olive or linseed oil.

SULPHURIC ACID, HYDROCHLORIC ACID, NITRIC ACID (and similar acid poisoning)—Give baking soda in water, or lime-water (lime may be scraped off plaster walls if necessary). Follow with oil or barley water.

CARBOLIC ACID—Give epsom salts in water, or soapsuds, or raw eggwhites in water. Follow with milk. **DO NOT USE OIL.**

IODINE—Give flour or starch in water; wash out stomach.

TURPENTINE—Give emetic, then epsom salts, and egg-whites in water, or milk.

BURNS AND SCALDS

When the burn is caused by a strong alkali (lye, ammonia, lime, etc.), treat it with a solution of vinegar and water, or lemon juice and water. For burns—or for scalds caused by hot water or steam—treat with Baking Soda Solution (one tablespoonful of baking soda to a pint of water.) Soak clean dressing in the baking soda solution, bandage the wound, and keep the bandage wet with the soda solution. Strong cold tea is also effective in the treatment of burns. Do not puncture blisters, and do not tear off any particles of clothing clinging to the wound.

We can supply you First Aid instruction books, also first aid kits for the home. Please write for details.

TO ANSWER THESE QUESTIONS IS THE WORK OF THE HOME HEALTH SERVICE DEPARTMENT

Every day the directors of the Home Health Service Dept. answer letters from readers of this book—letters which ask such questions as:



Home Health Service
Department

“Should milk be taken at the same meal with meat?”

“Are boils due to some blood condition or to some outside infection?”

“Is the use of aluminum cooking utensils injurious to health?”

“Do rubbers, when worn indoors, cause sore eyes?”

“What is the best way of correcting cold hands and feet?”

“What is the best diet for an expectant mother?”

“Is it true that alcohol injures the kidneys?”

“How can I overcome the desire for tobacco?”

“Is a left-handed person inferior to one who is right-handed?”

“Is it safe to eat oysters during the months that do not have an “R” in their names?”

We welcome these questions, and gladly answer them in accordance with the latest scientific knowledge. To enable us to do this, every new and important medical book is added to our Medical Reference Library as soon as it comes off the press (see illustration on page 4, this booklet).

By reading this booklet carefully, from cover to cover, you will find the answers to hundreds of health questions you have always wanted to know the answer to. However, if any questions important to your welfare do not happen to be answered in these pages, then be sure to ask them when you write the Home Health Service Dept.

Customers are cordially invited to make liberal use of this free service, given by the Health Supply Centre, for this reason:—**YOU MUST KNOW WHAT IS RIGHT IN ORDER TO DO WHAT IS RIGHT—IN THE INTERESTS OF YOUR HEALTH.** We consider it a privilege to be able to point the way to sound health by providing you with sound knowledge.

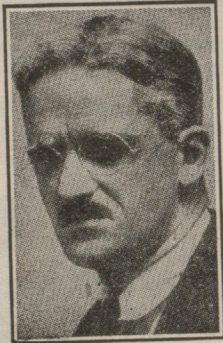
DO YOU LOOK OLDER THAN YOUR AGE?

"Many men," said the great Dr. Jacobi, "are physiologically older at 50 than others at 80." When you see a man or woman who looks from 15 to 30 years older than their real age, you



He is 45, but looks like 30.

can rest assured they have been the victims of more than half of the life shortening habits mentioned below. Do not misunderstand us: one may indulge in two or three of these habits and still live to a ripe old age, but no one can indulge in the majority of these de-vitalizing habits without both looking and feeling older than they should.



He is 45, but looks like 60.

AVOID THESE TEN LIFE SHORTENING HABITS

1. **ALCOHOL**—It weakens the function of the main poison-de-stroying glands of the body: thyroid and adrenals; lowers mental and physical efficiency; tends to harden arteries and injure kidneys.

2. **IMPROPER NUTRITION**—Wrong eating, overeating, etc. An ancient writer correctly declared: "More people die through their palate than by the sword." (See pages 8 to 12, this book-let.)

3. **TOBACCO**—Even when smoked in moderation, it does more harm than good. If you can't break the habit, by all means be moderate.

4. **SEXUAL EXCESSES**—Nothing ages a man or woman more rapidly than the wrong management of the sexual instinct. Those who do not understand this should read a modern book on the subject of sex.

5. **UNCLEANLINESS**—Internal and external cleanliness is a law of good health that must always be observed religiously.

6. **OVERAMBITION**—Tends to shorten life through overwork.

7. **AVARICE**—Avarice and greed cause one to sacrifice health for the sake of wealth and property.

8. **AVOIDANCE OF PARENTHOOD**—Mothers and fathers tend to live longer than old maids and bachelors.

9. **ANGER**—Fills the blood with powerful poisons. So does Jealousy.

10. **FEAR AND WORRY**—When habitual, they shorten life by lowering one's vitality and by inviting negative, destructive think-
ing.

RHEUMATISM

So great have become the ravages wrought by Rheumatism that there exists today an American Committee for the Control of Rheumatism—just as there is an American Society for the Control of Cancer. Cancer may cause more deaths than rheumatism. But rheumatism cripples, disables and disfigures more people than cancer.

"Rheumatism is a tragic disease—rightly feared by all—for it both kills and cripples," writes Sir W. Arbuthnot Lane, Great Britain's foremost surgeon.



A Metropolitan Life Insurance booklet warns its readers that rheumatism, in its many and varied forms, is as likely to attack the young as the old, the rich as the poor—all the way from a 12-year-old schoolboy or schoolgirl in whom it is mistaken for "growing pains" to old grandfather "whose fingers resemble claws" and whose body is warped and wracked with agonizing pain which he refers to as "that pesky rheumatiz."

Medical men have classified over 38 different forms of rheumatic disorder. To the public, continuous or intense pain in any joint, muscle or nerve goes by the general name of "rheumatism." As a matter of fact, it makes very little difference whether a person's rheumatic discomfort is labelled arthritis, myositis, lumbago, neuritis, sciatica, etc., there is one common underlying cause for them all—an accumulation of poisons.

"One look at a person hobbling along with his gnarled hand on the small of his back, one glimpse of his pained face and you know that you are in the presence of great suffering." (J. P. Graham in Modern Living Magazine.)

THE CAUSE OF RHEUMATIC COMPLAINTS

"Chronic rheumatism is best regarded as a manifestation of chronic self-poisoning," states Sir Arbuthnot Lane.

The poisoning that gives rise to rheumatism may be caused by:

1. **Focal Infections**—meaning poisons from abscessed teeth, bad tonsils, etc., carried by the blood stream to the joints or muscles
2. **Bowel Poisons**—in other words, constipation.



Acid Crystals

This illustration shows some of the trouble-making acid crystals—uric acid, hippuric acid, etc., which are said to aggravate rheumatism. Some of these crystals appear to resemble piercing needles and stabbing daggers.

SYMPTOMS—The symptoms of chronic rheumatism are described by J. H. Tilden, M.D., as follows: "Stiff joints are always in evidence. The subjects of chronic rheumatism find it difficult to get around when they first get up in the morning. The knee joints, ankle joints, and other joints of the body complain very bitterly when they are moved; but, after being up for a few hours, the patient becomes more comfortable. If, however, he lies down during the day for a nap, or sits down for any length of time, he will get up stiff and sore. These people are supposed to be barometers. They can tell when there is to be a change in the weather. Some of the joints will be tender to the touch, and a little swollen, but there will not always be any redness. The rule is that more than one joint is affected, but we meet with a great many cases where the disease is confined for years to one shoulder, or one particular point in the back, or to the hip, or to one knee. The rheumatic person, in addition to all the symptoms given above, is also most likely to have symptoms of stomach and bowel trouble.

TREATMENT—The treatment is based upon the correction of focal infections, bowel poisons, acidosis and food deficiencies explained in the foregoing paragraph on "The Cause of Rheumatic Complaints." Infections from diseased teeth or tonsils should have prompt and proper attention. The balance of the treatment consists of the following:

1. **Rheumatism Capsules**—in this formula Dr. Thomas has combined, in effective proportions, a number of anti-rheumatic herbs that have stood the test of time. Anti-rheumatic herbs are those which, from the experience of the centuries, have been found of decided benefit for the relief of rheumatic conditions.

3. **Acidosis**—there is an excess of uric acid, hippuric acid, xanthin, guanin, creatin and the kidneys may become overworked in the effort to eliminate them. As Dr. Morison states, "the fact that the saliva, perspiration and urine are highly acid indicates a state of general acidity." When the urine is acid enough to "burn" when it is voided, it is one hundred times more acid than it should be normally.

4. **Food Deficiencies**—the lack of sodium, calcium, iron and magnesium—which are the alkaline elements that combat and check the acids—and also vitamins A, B, and D which are essential for combating infection, acidosis, and maintaining the tone of the body.

2. **Herbal Laxative Capsules**—These regulate the bowel in a natural manner, neutralize and eliminate bowel poisons and gases which always aggravate rheumatic pain.

3. **Alkaline Vegetables**—These are rich in sodium, potassium, magnesium and iron—in natural food form. They help to overcome excessive acidity. By alkalizing the blood, they reduce systemic acidosis, thus relieving the irritated and burdened kidneys.

4. **Allimell Vitamin Food**—Polyneuritis (a form of rheumatism) is readily produced in experiments on laboratory animals when these are fed on diets lacking in Vitamin B. Restoring this vitamin in the food quickly corrects this condition, even when the animal is close to death. The medical profession now realizes the importance of correcting food deficiencies. (For example, an article on "The Relation of Vitamins to the Dietetic Treatment of Rheumatism" by Drs. Pemberton, Pierce and Bach was published in the Medical Journal and Record for Dec., 1933.) Allimell's generous content of Vitamins A, B and D, together with their associated organic mineral elements, makes it rich in nutritional factors that counteract food deficiencies, and assists the body's own vitality to overcome rheumatism, arthritis, neuritis, etc.

Iodine, Calcium and Rheumatism—That ALLIMELL VITAMIN TONIC FOOD is also a very good source of food iodine and food calcium is of great importance to rheumatic sufferers. And for this reason: A distinguished authority, Dr. L. J. Llewellyn, Consulting Physician to the National Hospital for Rheumatism (England) declares that rheumatic disorders are definitely associated with a shortage in the blood of food calcium and food iodine. Dr. Llewellyn states that this is fully proven by the fact that "outbreaks of rheumatism tend to occur in spring. It is interesting, then, that this seasonal shortage in the blood of calcium and iodine may in part account for the prevalence of rheumatism in the spring." Of course, the bad effects of this deficiency—while particularly evident in the spring—are proof positive of the absolute importance of these two elements at any other time of the year.

**PRICE OF FULL COURSE TREATMENT FOR CHRONIC
RHEUMATISM, \$4.50**

(Consists of the four remedies listed above. These are sent with full directions for using. Diet instructions are included, without added cost.)

Neuritis—is the name given to rheumatic irritation and inflammation along the course of one or more nerves. The pain is usually of a stabbing, boring character. The treatment for Neuritis is the same as for Chronic Rheumatism. (Described above.)

Backache—"Contrary to common opinion, kidney disease is not a frequent cause of backache," declares a distinguished British physician (Dr. Herbert Pearce). Very few cases of backache are caused by kidney disease, the vast majority of backaches being caused by muscle and joint conditions. Arthritis or rheumatism of the spine and of the pelvic joints is one of the common causes of backache. The lumbar muscles are commonly concerned in the causes of backache. In such cases, bending far forward suddenly will stretch the muscles and produce pain. If the erector muscles are involved there is no pain in bending forward, but when straightening up, or rising from a chair, pain and stiffness are noticed. When pain is felt while rotating the body, the muscles which are attached to the thigh and spinal column are the cause.

The kidneys being embedded in fat, and not attached to any joints and muscles, are not influenced by these movements. You can easily tell by these tests—and any increase in pain or stiffness resulting will definitely eliminate the kidneys as a cause of backache, you will know that the trouble is of rheumatic origin.

Lumbago—is an aching, sore pain felt chiefly upon any movement of the body, but especially in the lower back after bending or rising from a stooping position. The treatment for Lumbago is the same as for Chronic Rheumatism. (See pages 33-34.)

Sciatica—is a form of rheumatism accompanied by an intense pain extending down the back of the thigh and sometimes down the leg to the foot. The pain is usually more intense about the hip joint. Generally the pain is more or less constant and of a gnawing, burning character, more intense in damp weather and at night. Walking increases the pain. The treatment for Sciatica is the same as for Chronic Rheumatism. (See pages 33-34.)

ARTHRITIS

A noted medical writer tells us that arthritis is the oldest disease known, that there is evidence to show that man was subject to it as far back as the Stone Age. Due to our modern habits of living, it is said to be more prevalent in this Commercial Age.

Dr. John Maxwell informs us that a doctor once wanted to make a comparison between ordinary rheumatism and gout. He said: "Put your foot in a vise and screw it tight. The pain therefrom will represent rheumatism. Make it a couple of turns tighter, and then you have gout." The gouty form of arthritis is comparatively rare, but the ordinary forms of arthritis are almost as painful. Dr. Morrison describes arthritis as "the most painful form of rheumatism known."

SYMPTOMS—Arthritis makes the joints stiff, painful, swollen and deformed. The tendency of arthritis is to attack one joint after another. "There will be a numb, tingling sensation in hands

or feet. Only one or two joints will be affected at first, usually the wrists and hands, then the knees, ankles and feet. Gradually other joints are affected—the hips and the spinal column. Motion in each affected joint becomes more and more difficult until grating and crackling sounds are heard when motion is attempted. In extreme cases the sufferer becomes completely helpless, and is confined to wheel-chair or bed, legs drawn up and arms fixed and rigid." In addition to the intense pain in the joints, the sufferer usually finds that he has less color than before, that his breath is bad, his appetite poor, his bowel constipated, and perhaps that headaches are more frequent.

TREATMENT—The possibility of poison infection from diseased teeth, tonsils, etc., must be looked into, and corrected if present. Massage and electrical treatments, in the hands of a skillful practitioner, may prove of considerable benefit. The herbal, nutritional and dietetic treatment are equally important, and consist of the following:

1. **Arthritis Capsules**—A combination of finely powdered herbal ingredients, enclosed in capsules, which proved their value in the treatment of arthritis at the Thomas Sanitarium.

2. **Herbal Laxative Capsules**—In an address to the Royal Society of Medicine, Sir W. A. Lane, M.D., mentioned arthritis among the diseases which had a direct connection with intestinal poisoning. In over 90% of the cases constipation exists along with the arthritis. Many of the damaging poisons and toxins which settle in the joints are absorbed directly from the large bowel. Therefore, in a properly planned treatment for arthritis, something must be included that will establish a thoroughly clean and healthy condition of the stomach and bowel. For this reason, the Herbal Laxative Capsules, a combination of twelve of the finest cleansing herbs, is part of the treatment.

3. **Alkaline Vegetables**—In arthritis, there is a tendency for the blood stream to be overloaded with acids to an even greater extent than in rheumatism. Rich in the elements that counteract acidosis, the Alkaline Vegetables are an indispensable part of the full course treatment. Many authorities feel certain that the fundamental cause of arthritis is the poisoning of the blood with acid wastes.

4. **Allimell Vitamin Food**—As in rheumatism, so in arthritis, the lack of certain essential vitamins, is now held to be one of the underlying causes of arthritis, and an abundance of these vital factors is necessary to recovery. When Vitamin A is deficient, germ life finds it easier to infect the body. The same is true of a deficiency in Vitamin D. In "Rational Aspects of Chronic Arthritis," Dr. A. A. Fletcher reports encouraging success in such cases by increasing the vitamins in the diet, especially Vitamin B. Scientists have only recently discovered that when the diet supplies all the necessary vitamins and organic minerals, it enables the blood to

manufacture its opsonins. In arthritis, it is vitally important that the blood shall not be short of the protective opsonins, since they are so necessary for preventing germ-life from damaging the joints. As Allimell provides an abundance of five different vitamins, its value in arthritis is self-evident.

PRICE OF THE FULL TREATMENT FOR ARTHRITIS, \$4.50

(Consists of the four remedies listed above. Full directions for using furnished with the treatment.)

Diet Instructions Sent Free—We fully agree with the statement of Dr. Royal S. Copeland: "Attention to the diet is a matter of importance in the treatment of arthritis." To every individual who orders the arthritis treatment, our Home Health Service Dept. sends, without charge, full instructions regarding which foods help, and which foods hinder, recovery from arthritis.

THE HUMAN BODY—A Self-Repairing Machine

"Only Nature can repair the machines which Nature has made."
—Sir Arthur Keith, President of British Association for the Advancement of Science.

"TELL ME WHAT YOU EAT . . . AND I WILL TELL YOU WHAT YOU ARE!"

From the standpoint of personality, as well as that of health, "man is what he eats." Food plays a vital rôle in determining your state of mind as well as the state of your health.

Many books have recently been written about food and character, but we shall content ourselves with a brief quotation from Dr. Harry A. Overstreet: "Observe your fellow diner in a restaurant or a pullman dining car. Does it not seem that wrong diet has a great deal to do with unwholesome attitudes? Are splotched faces, dull eyes, baggy wrinkles, pendulous pouches the sole evils that result from wrong eating habits? The reader, I am sure, has now and then suffered from a bilious attack. He knows that while in that condition his attitude towards the world or towards his fellows is far from friendly. Our badly fed or overfed organism is inevitably an ugly organism . . . ugly psychologically as well as physically. It is probably true, then, that wrong feeding may have much to do with the building up of stuffy, ill-natured contractive individuals, and that right feeding may be the simplest and directest of all routes to the attainment of the lightness and facility and generous outlook which betoken a wholesome and acceptable body-mind."

CATARRHAL CONDITIONS

Chronic Catarrh—Asthma—Bronchitis



Every sufferer from chronic catarrh, strangling bronchitis or smothering asthma, will be glad to learn that the use of herbs and a little care with one's diet is a natural method of overcoming these conditions.

What causes catarrhal conditions? When we consider the following facts, it will help us to understand the common cause of all catarrhal disorders.

Can you picture yourself as having **one hundred square yards of lung surface?** (This is the estimate made by J. B. S. Haldane, the distinguished British professor of biology.) To understand what we must do in order to banish catarrh of the lungs, asthma, bronchitis—in fact, catarrh in any of its different forms—we must know its cause.

This cause, according to Leonard Williams, M.D., noted London specialist, is: Forcing our lungs to do work that really should not be asked of them.

As a rule, three other eliminative organs assist the Lungs in purifying our systems from poisons—the kidneys, the skin, the bowels. When kidneys or bowels are clogged and sluggish, the skin inactive and inhabited by cold weather, then the major cleansing job has to be done by the lungs. The material that the lungs have to expel from the system, when the other organs are slack on the job, is of the most offensive and nauseating and dangerous character imaginable.

That ropery mucus, that ugly, foul-smelling slime, the hawking, spitting, snuffling, sneezing, coughing are a warning that too great a burden is being thrown on just one of the eliminative organs (the Lungs) and that the Bowel, the Kidneys and the Skin must be brought to the Lungs' assistance.

The chronic catarrhal conditions, which sap so much vitality and cause so much misery in middle-aged persons, develop after many years of systemic poisoning from faulty elimination by the bowels and an excess of the mucous-making foods.

15 to 20 Pounds of Mucous!

In his book, "Food Science and Health" (page 24), Benjamin Gaylord Hauser, who is widely known as a writer and lecturer on health topics, assures us that "the average man and woman accumulates from fifteen to twenty pounds of mucous by the time they are forty years old." Mucous means catarrhal slime, an excellent breeding ground for many forms of germ life.

Now you can understand why we contend that anyone sincerely interested in thoroughly cleansing his system of Catarrh, instead of merely securing temporary relief, should:

1. Assist Nature by using the herbal remedies that will help the body to eliminate the heavy overload of mucous that is clogging the vital organs.

2. Assist Nature by removing all mucous-making foods from the diet. (As part of the Home Health Service that we furnish, without charge, every purchaser of Dr. Thomas' Sanitarium Formulas for catarrhal troubles receives full information concerning the Mucous-less Diet.)

The editor of the *Key to Health Magazine*, Dr. R. L. Alsaker, sums up the case perfectly when he states: "Catarrh is not a local matter, but a systemic condition." To effectively rid the body of catarrh, it must be treated as a systemic condition—that is, with the aim of clearing every trace of it out of the system. Otherwise, if it is suppressed in one part, it will break out in another, as there is a vast amount of mucous membrane within the body where catarrh and catarrhal pus can do their damage.

What May Result from Neglected Catarrh—Anyone whose system is loaded with catarrhal mucous is in danger of having his vital resistance lowered to such a degree that a simple "cold" may turn into fatal pneumonia. Catarrh can cause disabling headaches when they affect the frontal sinus. "Or catarrh may give rise to that terrible condition, ozena, in which the breath is so offensive," writes Dr. Alsaker, "that it is a hardship to be near the sufferer. It may wreck the loveliest of voices if permitted to remain in the body. It may cause deafness, partial or complete, resulting in misery."

Catarrhal Ravages Described by Dr. Alsaker

"It may go into the bronchial tubes and produce not only serious bronchitis but even bronchiectasis, which defies all the efforts of Nature. Or it may run into asthma so serious that a life is wrecked.

"It may so afflict the gall bladder that the sufferer seeks an operation; the wound from this operation generally heals but sometimes refuses to do so and then the individual is left with a discharging opening on the abdominal wall. It may clog the liver until a person turns as green as grass. It may result in such distressing cystitis (catarrhal inflammation of the bladder) that the patient is in misery, or it may cause colitis (catarrhal inflammation of the bowel) so deep seated that complete recovery is impossible.

"In other words, do not compromise with catarrh. If you have it, get it out of your system. Surely, it will require some self-conquest and it will take persistence; but we deny that it takes self-sacrifice, as some individuals say. People who rid themselves of catarrh are highly rewarded with health, and any action that results in a prize like health cannot be termed a sacrifice."—R. L. Alsaker, M.D.

Constipation Must Be Overcome—Those who have catarrh also have a tendency toward constipation, and a sluggish bowel forces the poisonous mucous to lodge in other organs. "Almost invariably the common cold, catarrh, bronchitis, or influenza, is found in one who has first developed constipation or intestinal fermentation.

The powers of resistance have been lowered by the absorption of intestinal poisons." (R. S. Copeland, M.D.) Dr. Lane has traced the connection of intestinal sluggishness to asthma; while Lord Dawson, physician to King George, is convinced that colitis is caused by chronic constipation. Because of these facts, Dr. Thomas has included, as part of all catarrh treatments, special cleansing herbs that remove putrid and poison laden mucous via the bowel.

CHRONIC CATARRH

SYMPTOMS—Acute catarrh is the common cold, which quickly runs its course, usually about 14 days, and is confined mostly to the nose and head. Chronic catarrh, as the name implies, is a condition in which the catarrh is of a more enduring and widespread nature—and the sufferer is troubled with it practically the whole year around, with the exception of a few summer months. Mucous or phlegm always seem to be present to be coughed up in the morning. The nasal passages always seem to be blocked. Poor appetite, headaches; indigestion, gas and fermentation in the stomach; constipation, coated tongue, bad breath—most of these symptoms are always present in chronic catarrh. In some cases, the excess of catarrhal mucous in the system coats over the food that is eaten—and the sufferer may become thin, haggard-looking from the malassimilation caused thereby.

TREATMENT—The treatment offered for chronic catarrh consists of the following sanitarium-proved remedies perfected by Julian P. Thomas, M.D.:

1. **Catarrh Capsules**—A combination of the most effective mucous-removing herbs discovered throughout the centuries. These herbs gently, but effectively, break up congestion of mucous and prepare it for absorption and expulsion by the other two remedies that form part of the treatment.

2. **Allimell Vitamin Tonic**—This preparation is so valuable in catarrh because: (1) Allimell is a rich source of Vitamin A, the lack of which, according to experts at the famous Battle Creek Sanitarium, creates "low resistance to diseases of the nose, lungs and sinuses." Allimell is also an abundant source of Vitamin D (the sunshine vitamin), of decided value in checking catarrh. (2) The demulcent elements in Allimell have a soothing and healing effect on all internal membranes that may be irritated in inflamed by catarrhal matter. (3) At the same time Allimell absorbs considerable quantities of mucous and removes it by way of the colon.

3. **Herbal Laxative Capsules**—This formula enables the bowel to do its share of the necessary eliminative work. "Salts" and powerful purgative drugs usually aggravate catarrh; while these herbs gently, but effectively, stimulate the bowel to function in a natural, normal manner.

PRICE OF FULL COURSE OF REMEDIES FOR CHRONIC
CATARRH, \$3.50

(Consists of the three remedies listed above. Full diet instructions, explaining which foods to use, and the mucous-making foods which must be AVOIDED, is furnished free with each order.)

ASTHMA

SYMPTOMS—Asthma means a struggle for breath, caused by catarrhal congestion or inflammation in the smaller bronchial tubes. The asthmatic spasms or attacks of difficult and labored breathing grow more frequent, and also more distressing and violent, as the vital resistance of the sufferer is lessened.

“When the asthmatic spasm seized him, his face turned purple, his deep-sunken eyes bulged and looked wide and terror-stricken; and bending over, he held his chest in desperation. Sometimes he coughed ten or twenty minutes at a spell.” Such is one famous writer’s description of the terrors of asthma.

Most of the symptoms associated with chronic catarrh are also part of the symptom-picture of asthma—plus its distinguishing feature; the attacks of difficult breathing, usually referred to as “wheezing.”

THE HERBAL TREATMENT FOR ASTHMA

1. **Asthma Capsules**—A combination of the most effective herbal ingredients discovered by Dr. Thomas to be of benefit to the asthmatic.

2. **Allimell Vitamin Tonic**—An asthmatic spasm usually ends with a profuse discharge of mucous. The need of the body to discharge this morbid matter acts as the cause of the attack, and its discharge is what brings about the relief. If the congestion could be prevented or even greatly reduced, you can readily appreciate what the effect would be.

3. **Herbal Laxative Capsules**—Stomach or Intestinal gases, through their pressure on the diaphragm, often act as an exciting cause for an asthmatic attack. These gases are caused by food fermentation and delayed bowel action, which allows the gas-producing bacteria to manufacture their noxious gases. The Herbal Laxative Capsules, by naturally regulating the bowel, prevent gas-pressure and also correct it, when present.

PRICE OF FULL COURSE OF REMEDIES FOR ASTHMA, \$3.50

(Consists of the three remedies listed above. Full diet instructions are sent free with order.)

BRONCHITIS

SYMPTOMS—This trouble can be defined as a catarrhal state of the lungs. It is caused by the irritation that is produced when toxic mucous is eliminated through delicate membranes lining the lungs. The most distressing symptom associated with bronchitis

is a constant coughing up of catarrhal matter. When the bronchial tubes become so badly congested that breathing becomes difficult, the condition is termed "bronchial asthma," as it is accompanied by rattling and whistling sounds. In extreme cases, the congestion can reach a degree where breathing becomes impossible, and death ensues from suffocation. Headaches, a furred tongue, foul breath, digestive trouble, poor appetite and general nerve exhaustion are further symptoms that may be associated with chronic bronchitis.

HERBAL TREATMENT OF BRONCHITIS

1. **Bronchitis Capsules**—For relieving the congestion of mucous or phlegm in the bronchial passages.

2. **Allimell Vitamin Tonic** — Relieves and soothes irritation, assists in checking over-acidity, supplies Vitamin A to increase resistance against infection of the lungs by the catarrhal pus germs.

3. **Herbal Laxative Capsules**—Are included because sluggishness of the bowel is a common condition with bronchitis sufferers. The herbal ingredients in this formula remove putrid, poison-laden, germ-infested mucous via the bowel.

PRICE OF FULL COURSE OF REMEDIES FOR BRONCHITIS, \$3.50

(Consists of the three remedies listed above. Full diet instructions are included free with each order.)

SINUS TROUBLE—A sinus is a recess or air cavity in one of the cranial bones and communicating with the nose. There are four sinuses: the Ethmoid, Frontal, Maxillary and Sphenoid. Sinusitis means an inflammation of one (or more) of the sinuses, which are lined by mucous membrane. Sinusitis usually follows a "cold in the head," and extends from the nasal mucous membrane to that of the sinus. The membrane of the sinus becomes inflamed, and a discharge then takes place which flows into the nose as long as there is drainage. But when drainage is stopped up, the mucous collects and increases, thus causing sensations of pressure in the frontal region and about the eyes. Frontal sinusitis is the most common. In Maxillary sinusitis, the pressure sensations and pain are in the cheek bones at each side of the nose.

People whose blood streams are below par from eating too much acid-forming foods, and whose white blood cells are inhibited (less active) on account of too high a carbohydrate diet, are apt to be troubled with catarrhal conditions of the mucous membranes which spreads to the sinuses.

The same course of remedies as outlined for **CHRONIC CATARRH** on pages 38 to 41 of this booklet, together with the special Eliminative (detoxicating) Diet furnished with the Full Course Catarrh Treatment, has proven a blessing to sinus trouble victims.

THE CURSE CALLED "MUCOUS COLITIS"

(Sometimes called Intestinal Catarrh or Inflammation of the Colon)

When you run across the name of some bodily disorder ending with an "itis" you should bear in mind that it means "inflammation." Thus tonsillitis indicates inflamed tonsils; appendicitis means inflammation of the appendix; and colitis means a partial or complete inflammation of the large colon—the final five feet of the intestinal tube.

Colitis is one of the severest and most distressing penalties we may have to pay for neglected (chronic) constipation. A hundred years ago, the complaint called Mucous Colitis was practically unknown to the medical profession. Today, this troublesome ailment is so widespread that medical textbooks and journals devote considerable space to it.

HOW TO RECOGNIZE COLITIS

"Large masses of mucous in the form of whitish or yellowish shreds or flakes, are due to colitis, a catarrhal condition of the large intestine, believed to be caused often by the free use of cathartics (harsh laxatives). Such disease may be present even if mucous may not be constantly found. Large masses of clear mucous due to irritation of the rectum sometimes precede or follow the stool. Mucous mixed with pus indicates an ulcerative condition of the lower bowel." (Campbell and Detwiler in "The Lazy Colon.")

Please note that the home treatment given at the end of this article is NOT suggested for ulcerative colitis, nor for acute colitis accompanied by severe diarrhea or a discharge of blood with the stools. Such conditions should have medical and nursing care. The home treatment is suggested only for those cases of chronic colitis that are free from the more extreme symptoms this aggravating trouble can give rise to.

WHY CONSTIPATION LEADS TO COLITIS

Constipation can lead to Colitis because:

(1) A clogged bowel allows the putrefactive bacteria to produce great quantities of foul-smelling gases and irritating toxins—that is, poisonous by-products of their activities. These toxins and gases not only cause inflammation when they attack the mucous membrane in the colon, but also become absorbed into the bloodstream and carried to other organs.

(2) The colon can become irritated and inflamed as a result of the harsh laxatives, purgatives or cathartic drugs used by the sufferer from chronic constipation in his effort to relieve the congested bowel.

As Dr. Montague of the New York Intestinal Sanitarium explains: "The part of these organs that is particularly inflamed

is the delicate lining membrane. This becomes red with congestion, swollen with serum and bathed in the excess of mucous which is poured forth to protect the membrane and to dilute and wash away the cause of the inflammation . . . Proctitis is, of course, an inflammation of the rectum and is hence more limited than colitis. It always accompanies to a certain degree a colitis since the infective material must pass through the rectum . . . No case should be neglected so long that ulceration can occur . . . All infective and inflammatory conditions such as colitis and proctitis and ulcers may be compared to a fire which spreads and consumes until it is put out."

From this it is clear that colitis—"a fire which spreads and consumes until it is put out"—needs careful attention. Dr. Montague warns his readers that: "Neglect results in a miserable and wasting existence in which debilitated state the body is liable to all manner of disease, notably tuberculosis."

SYMPTOMS OF MUCOUS COLITIS—Mucous colitis is frequently called "Intestinal Catarrh" because catarrhal material is often noticed in the stools. This catarrhal material (mucous) occurs on the stool as grayish white clumps, or it may appear in the form of strings, flakes, membranous casts; or as sago-like bodies which may be slimy and gelatinous like frog-spawn. In some cases, intestinal sand is passed from the bowel. Intestinal sand consists of gritty fine particles, usually gray, black or brown, formed in the bowel and made up largely of lime salts. In mucous colitis this material may be passed, at intervals, for months. The distinctive feature by which mucous colitis is usually recognized is, of course, the presence of mucous, catarrhal slime, in the stools. There are, however, many cases of colitis in which the mucous is not readily detected because it may happen to be so well mixed with the stools as to escape anything short of expert examination—but this feature applies chiefly to the very mild cases.

The symptoms that arise from the great increase of toxin-producing bacteria in the bowel include intestinal toxemia, bad breath, coated tongue, gas formation, bilious feeling, lack of energy, nerve exhaustion and sleepless, restless nights. Among the conditions that may arise from the excess of mucous is intestinal indigestion: the coating of mucous in the small intestine covers the food-absorbing glands, causing food materials to pass through the system only partially digested. This is liable to result in underweight, malnutrition. The complexion may become sallow. There may also be frequent headaches, dizziness, sourness, bloating, belching, "heartburn." Abdominal pain may occur and, as Sir Wm. Osler stated: "Mucous colitis with severe pain may be mistaken for appendicitis."

Some cases of colitis are accompanied by loose stools (diarrhea). In other cases, the stools are hard and dry. In still other

cases, there may be diarrhea and from five to ten bowel movements per day may occur, followed by a spell of constipation.

TREATMENT—The selection of remedies depends upon whether the colitis is accompanied by diarrhea or loose stools—or whether it is associated with constipation.

When Colitis is associated with Diarrhea, use:

1. **Lactose-Dextrin Compound**—The great number of putrefactive bacteria that infect the colon in long-standing cases of constipation are considered the basic cause of colitis—as these bacteria produce the acids, gases and toxins that inflame the mucous membranes lining the colon. The putrefactive bacteria cannot be directly “killed” or eliminated by any form of drugs or medicines.

Lactose-Dextrin Compound is a special food, containing lactose and dextrin—the two most effective ingredients known for changing the intestinal flora. To change the intestinal flora simply means to change the character of the bacteria inhabiting the colon to such a degree that the friendly varieties will outnumber the unfriendly types. C. W. Lieb, M.D., an authority on this subject, states: “There are more than 150 varieties of bacteria in the intestines. Bacteria and their toxic amins (poisons) may produce many ills such as liver and gall bladder disturbances, pancreatitis, appendicitis and colitis.” Speaking of lactose, Dr. Lieb says: “It has excellent therapeutic powers, as it tends to encourage the growth of beneficial organisms in the colon and to increase the amount of lactic acid, which functions in keeping down the organisms that produce toxins.”

In discussing this problem of how to change the intestinal flora, Dr. J. F. Montague, director of the New York Intestinal Sanitarium, tells us that: “The answer lies in the same kind of method that the farmer uses to kill off troublesome weeds in a certain patch of land. He plows everything under and then sows the entire field with buckwheat. The buckwheat grows so fast and furiously that the poor weeds have no chance at all. In just the same way we can overgrow these harmful organisms by increasing the growth of the beneficial ones in such tremendous quantities that the harmful ones will be choked.” The **Lactose-Dextrin Compound** changes the intestinal flora—plows under the poisonous toxin-producing bacteria, and encourages the increase of the protective, beneficial bacteria.

Writing in the *Medical Journal and Record*, Dr. Wm. E. Fitch declares: “The change of flora can be very effectively brought about by the administration of lactose and dextrin . . . dissolved in a glass of warm water and taken three hours after meals.”

2. **Allimell Vitamin Tonic Food**—The lack of Vitamins B and G cause the bowel muscles to lose tone—so that waste material is expelled much more slowly than when these vitamins are present

in the diet to give the bowel muscles normal tonicity. The lack of Vitamin A renders the bowel more susceptible to the influence of the virulent bacteria that breed in the bowel. Vitamin D is important to colitis sufferers because it restricts the development of the gas-producing bacteria to some extent. Allimell contains Vitamins A, B, D and G. It also contains potassium, calcium, sodium, magnesium and iron. Allimell is soothing to the inflamed and irritated mucous membrane that lines the bowel. It yields gentle bulk and lubrication. It absorbs and neutralizes acids and mucous (catarrhal material). It helps to create a normal, easy and regular passage from the bowel.

PRICE OF THE COLITIS TREATMENT, \$4.00
(Consists of the two remedies described above)

Diet Suggestions for the Colitis Sufferer are sent free by our Home Health Service Dept. to those who order the colitis treatment. The suggestions are of the greatest value, as there are few disorders in which correct food selection and preparation is of more importance than in colitis.

When Colitis is associated with Constipation, use:

1. Lactose-Dextrin Compound.
2. Allimell Vitamin Tonic Food.
3. Stomach Ease (the Herbal Laxative). This gentle mixture of powdered vegetable herbs is indicated as part of the colitis treatment, if the colitis is accompanied by hard, dry stools, and the sufferer feels the need for a laxative. But the choice of laxative is a matter of great importance. Years ago Dr. Von Noorden, an eminent European specialist, pointed out that "mucous colitis is a common result of the habitual use of mineral waters, cathartics, or laxative drugs." Stomach Ease is a gentle herbal laxative that the sufferer from colitis, who is also constipated, can use with safety. It should be the aim of the colitis sufferer to regulate his diet so well that, after a short time, even this mild laxative will no longer be required.

PRICE OF THE COLITIS TREATMENT
(consisting of the three remedies listed above) \$5.00

Full diet instructions are furnished without added cost.

"The more we learn about Health, the less we need to know about Sickness."—H. N. Bundesen, M.D., Health Commissioner of Chicago.

You are the window through which you must see the world: better keep yourself clean and bright."—George Bernard Shaw.

KIDNEY TROUBLES

The importance of the kidneys in the work of eliminating poisons from the system can be judged from the fact that experimenters have found that death in animals comes much more rapidly when the function of the kidneys are stopped than when the bowel action is stopped.

Facts You Should Know About Your Kidneys

Prof. G. A. Dorsey informs us that: "They are excretory organs. Their function is to filter from the 500 quarts of blood which flows through them every twenty-four hours, poisonous nitrogenous wastes, salts, and enough water to carry them in solution through the ureters to the bladder . . . In diseased kidneys the sensitive filtering membrane is damaged, and thus often valuable elements are filtered out from the blood to the detriment of the body."

If your kidneys stopped working entirely for as short a time as 48 hours, death would be almost certain from uremic poisoning. Nature eliminates through the kidneys 8 to 10 times more frequently than through the bowels. Nothing fills the system with dangerous acids and toxins more rapidly than poorly functioning kidneys.

Uric acid, xanthin, guanin, creatin, hippuric acid, indican, cholesterol, leucin, tyrosin—these are but a few of the substances the kidneys constantly have to deal with. No wonder that the blood becomes loaded with poisons as soon as the kidneys fall down on their job. Generally, they fall down on the job because the importance of their function is not appreciated and they are thoughtlessly abused—by wrong food, drink, and sluggishness of the bowel.

There are over 4,000,000 tiny tubes (poison filters) in the delicate structure of the kidneys. There are just about 2,000,000 sweat glands in the skin. From this, you can see that Nature depends more upon the kidneys than it does upon the skin for the elimination of poisonous wastes. Of course, this does not mean that the skin should be neglected. The strain on the kidneys can, to some extent, be lessened by the more efficient action of the skin and bowels.

Constipation forces the kidneys to do some of the eliminative work that ought to be done by the colon. In time that overwork will tend to damage the kidneys.

URINE, 1,000 TIMES AS ACID AS THE BODY!

"I believe that the urine passed should be nearly neutral or about twice as acid as the body. It burns when it becomes one hundred times as acid as the body, and yet urines one thousand times as acid as the body are found."—W. D. Sansum, M.S., M.D., F.A.C.P., director of the Metabolic Clinic, Santa Barbara Hospital.

SYMPTOMS—The accumulation of acids, toxins and poisons in the body as a result of kidney trouble lowers the tone of the entire body. It causes a loss of energy and vitality, irritates the nerves and makes rest and sleep difficult, may give rise to headache, poor appetite, backache. The urine becomes cloudy, loaded with sediments and burning acids. The bladder may become weak, inflamed and irritated. Sometimes there occurs severe shooting pains and dull aches in the legs, accompanied by swelling. When tested with blue litmus paper, the urine turns the blue litmus a deep red, thus showing great acidity. Dr. W. D. Sansum assures us that "urine which is acid enough to turn blue litmus paper to red is far too acid."

TREATMENT—The herbal treatment for the kidneys consists of the following:

1. **Kidney Tonic Capsules** — The British Society of Herbalists (London, England), has issued the following statement: "If it is possible to say that some organs of the body are more responsive to the action of herbs than others, they are the kidneys and the bladder." They go on to state that disorders of these organs are often corrected by herbs. Diuretic herbs are those which have been found of the greatest benefit to the kidneys. In Dr. Thomas' formula you secure a combination of the best diuretic herbs known.

2. **Herbal Laxative Capsules** — Drastic cathartics or mineral drugs should not be used because they are kidney irritants. The kidney sufferer is also usually constipated, but when he uses powerful drugs or "salts" for the bowel, he creates extra work for his already overworked kidneys. However, when a sluggish bowel exists alongside of disordered kidneys, the load of poison under which the body must struggle is doubled. "When the passage of fecal matter from the bowel is retarded for a long time, a reabsorption of toxic matters can take place by the blood, necessitating their elimination by the kidneys, with harmful consequences to these important organs," writes Dr. Arnold Lorand, who further states that "the intestines may also assist the work of the kidneys, by expelling the poisons from the digestive organs." For these reasons, we suggest the **Herbal Laxative Capsules** as part of a well-balanced kidney treatment.

3. **Alkaline Vegetablets** — When the litmus paper test shows a high degree of acidity of the urine, it is a clear indication that there also exists over-acidity of the blood and of the system in general, which condition is called Acidosis. To restore the balance, an abundance of the Alkaline food elements must be supplied to the blood. Such acid-neutralizing elements as calcium, phosphorus, potassium, iron and magnesium are supplied to the system by means of these dehydrated **Alkaline Vegetablets**.

PRICE OF THE FULL COURSE KIDNEY TREATMENT, \$3.00

(Consists of the three remedies described above)

DIET INSTRUCTIONS FREE—The amount of food-poisons that the kidneys have to handle is determined by the kind of food that is eaten. You will receive full instructions, without added cost, regarding proper food selection in kidney complaints.

Chronic kidney disorders is apt to lead to rheumatic conditions from retained acid-poisons; or to dropsy, Bright's Disease or nephritis. Dr. Henry Cables, the famous professor of Clinical Medicine, advises doctors to: "Observe the color of the skin. Note whether there be pallor. Don't forget the peculiar waxy pallor of nephritis."

CYSTITIS (Inflammation of the Bladder)

Cystitis is described as "irritation or inflammation of the lining of the bladder and causes a formation of mucous. The urine then rapidly decomposes, ammonia is set free, and produces a strong, offensive smell, and causes still greater irritation of the bladder. One peculiarity of chronic cystitis is the formation of an enormous quantity of mucous, which forms a thick, tenacious deposit in the urine if it is allowed to stand for time."

TREATMENT—The treatment suggested for cystitis consists of:

1. **Allimell Vitamin Food**—Its demulcent elements soothe inflammation or irritation. **Price, \$2.00.**
2. **Alkaline Vegetables**— **Price, \$1.00.** (See description given on page 48, last paragraph.)

SPECIAL PRICE FOR THE TWO CYSTITIS REMEDIES, \$2.50
(Diet Chart for Cystitis sent free with each order)

GETTING UP AT NIGHT: TOO FREQUENT URINATION—

When the bladder is too weak to retain water overnight, and causes the need of rising several times during the night to void urine, drink no water after the evening meal, and before retiring take two tablespoonfuls of Allimell in just sufficient water or milk to moisten. The Allimell absorbs at least ten times its bulk in water, and this water is diverted to the bowel in place of being stored in the bladder. Incidentally, the Allimell contains elements that have a tendency to strengthen the muscles of the bladder itself. For instance, scientists tell us that a deficiency in Vitamin A involves the bladder. Allimell is rich in Vitamin A, and in other food elements that counteract body acids, the excess of which may prove an exciting cause to frequent urination. **Allimell Vitamin Food** is priced at \$2.00.



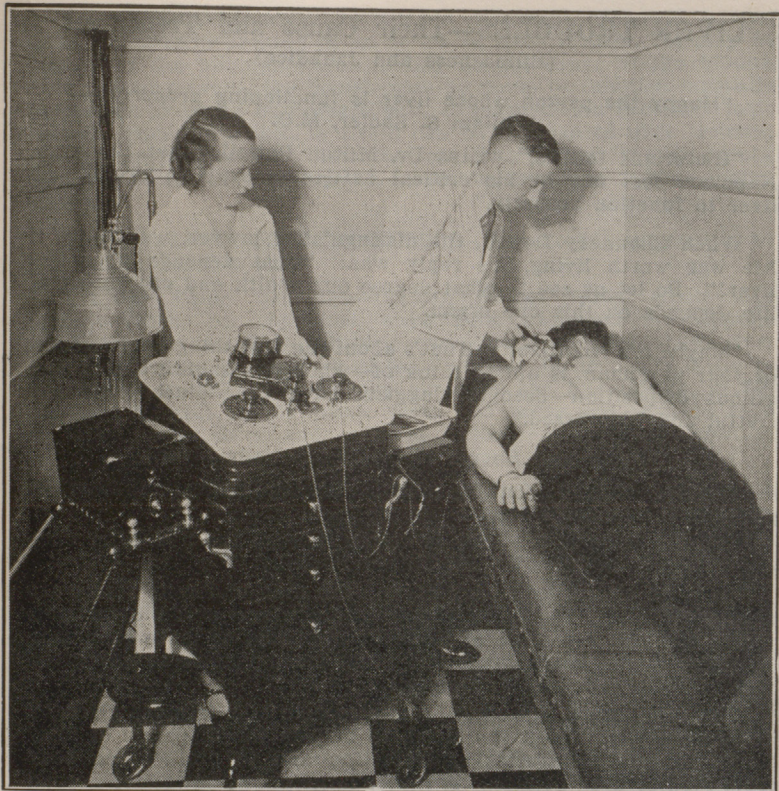
Private office of J. B. Goldstone, N.D., Ps.D., editor of the "HANDY HOME DOCTOR," and Chief Director of the Home Health Service Department. In this photograph, we see Dr. Goldstone attending to personal correspondence from mail order customers.

A GUARANTEE OF SINCERE AND WHOLE-HEARTED CO-OPERATION TO EVERY READER OF THIS BOOK

This book is an effort to condense as much practical and helpful information into as brief a space as possible.

The six editions which, during the past two years, have found their way into the hands of 210,000 readers made the present improved and carefully revised Seventh Edition possible.

That so many readers of this "Handy Home Doctor" have written back to express their heartfelt thanks and appreciation of the new hope and the new outlook on health and life that this book has brought to them, has made the Editor-in-Chief, Dr. J. B. Goldstone, and his assistant editors, Dr. Henry C. Hall and the Rev. Dr.



The director of the Health Service Clinic, Henry C. Hall, D.C., D.E.T., is here seen making a spinal examination with the aid of a special electrode, which when run down the spine locates subluxated (displaced) vertebrae. The HEALTH SERVICE CLINIC occupies a section of the Health Supply Centre's premises at 264 Portage Ave., Winnipeg. No charge is made for consultation.

Henry Hudson, feel amply repaid for the years of research and painstaking labor involved.

Whenever you, dear reader, require any health information you cannot find within these pages, or wish any special questions answered, your personal letter to our Home Health Service Department will meet with a prompt and cordial reply. You assume no obligations by writing, because our dominant aim is to make our work of direct personal value to every person who desires to achieve better health and greater happiness through strictly natural methods.

LIVER TROUBLES—Their Cause and Treatment (Biliousness and Jaundice)

“Happy the person whose liver is functioning properly”—
William S. Sadler, M.D.

“Historians tell us,” writes Dr. Milton Powell, “that the great Napoleon lost one of his critical battles through failure of his liver to function properly.”

When Chauncey Depew, the distinguished lawyer, was asked if life was worth living, his reply was: “That depends upon the liver!” So let us see to what degree our health and enjoyment of life depends on this one organ.

“Maybe It’s His Liver”—That’s about the first thing your friends, or your physician, is apt to think of—when you exhibit a sour and bilious disposition—become sluggish, have the “blues,” and are fretful and “depressed.”

Facts You Should Know About Your Liver

The liver weighs about 3½ pounds. It is the largest and heaviest gland in the human body.

“All the blood in the body is driven through the liver-filter once every twenty minutes.” (Dr. Milton Powell.)

“It is an enormously busy organ; the fires under its retort are always burning; its blood requirements alone account for one-fourth the entire volume of blood in the body, or more than may be found in the heart, lungs and great blood vessels at any given moment.” (Prof. Geo. A. Dorsey.)

The functions of the liver are: to secrete bile, to store glycogen (food sugar), to strain the blood, to help in the digestion of fatty foods, to arrest intestinal putrefaction and to protect the body from food or drug poisons. A rather large organ, but under normal conditions the liver fulfils all of these functions and makes life livable.

SYMPTOMS OF BILIOUSNESS—Dronsfield lists the general symptoms associated with a sluggish, inactive liver, as follows: (a) mental depression; (b) lack of interest in life or work; (c) bad temper or irritability; (d) inability to concentrate; (e) dull headache; (f) drowsiness in the daytime and sleeplessness at night; (g) sallow complexion; (h) dullness of eyes and blurred vision; (i) furred tongue; (j) pain or discomfort in stomach after eating; (k) loss of appetite, spells of dizziness, unpleasant taste in the mouth.

The digestive and eliminative organs cannot function normally, if the liver fails to supply two pints of bile juice (the yellow bitter liquid) to the digestive organs every 24 hours. **Biliousness**, caused by the failure of the liver to secrete enough bile, is readily detected when the bowel excretes grayish or clay-colored stools with a putrid odor.

Constipation, meaning the delayed discharge of bowel wastes, is nearly always present in all forms of liver trouble. It may be caused by the biliousness, or it may be the cause of the biliousness. In any event, the bowel must be made to function normally before the liver can be brought back to normal. An excess of toxic poisons from the bowel, in itself, can be a cause of liver trouble; so you can readily appreciate the fact that, if liver trouble exists, added poisons from a sluggish bowel is bound to further aggravate it.

TREATMENT FOR BILIOUSNESS—The herbal treatment for biliousness consists of:

1. **Liver Tonic Capsules**—Certain herbal foods (roots and barks) which, for centuries, have been esteemed for Hepatic efficiency—that is, their ability to overcome congestion of the liver and to restore a normal flow of the bile—are all decidedly bitter to the taste. In this respect, they resemble the bile itself. In Dr Thomas' formula, these herbs, roots and barks are reduced to a finely powdered form, and enclosed in tasteless gelatine capsules, each capsule containing a measured dose.

2. **Herbal Laxative Capsules**—As constipation is coupled up with biliousness, these gentle, but effective, bowel-cleansing herbs are a necessary part of the treatment. The excess of toxins from a poorly functioning liver, when added to those of a poorly functioning bowel, if allowed to continue, may cause biliousness to develop into more serious conditions such as enlargement of the liver.

**PRICE OF FULL COURSE TREATMENT FOR
BILIOUSNESS, \$2.00**

(Consists of the two remedies listed above)

Complete Diet Instructions are sent free of cost to each purchaser of these remedies. It is of the greatest importance to the health and happiness of the sufferer from biliousness to know exactly which articles of diet add to the burden of the liver, and which foods to use to help him make a more rapid and lasting recovery. We gladly furnish this information.

SYMPTOMS OF JAUNDICE—Jaundice is a more severe form of liver disorder than biliousness. Jaundice is derived from the French word meaning "yellow." This yellow discoloration occurs because the bile duct (the tube by which the bile passes from the liver into the intestines) is blocked up—usually on account of catarrhal inflammation or some other form of congestion. The skin presently turns yellow, and there is a yellowish tinge to the whites of the eyes. The urine also takes on a yellowish color. The stools are clay-colored and of a highly offensive odor. Even the saliva may be discolored. Constipation is severe. Headaches, loss of appetite, indigestion, gassiness, intense itching of the skin—are all symptoms that usually appear in jaundice. If the congestion

and blockage of the bile ducts continues a certain length of time, "cholemic intoxication may occur, manifested by delirium, coma, convulsions, and death." (Henry A. Cables, M.D.)

TREATMENT OF JAUNDICE—1. Liver Tonic Capsules. 2. Herbal Laxative Capsules. Price \$2.00 for the two remedies. (Diet instructions sent without added cost.)

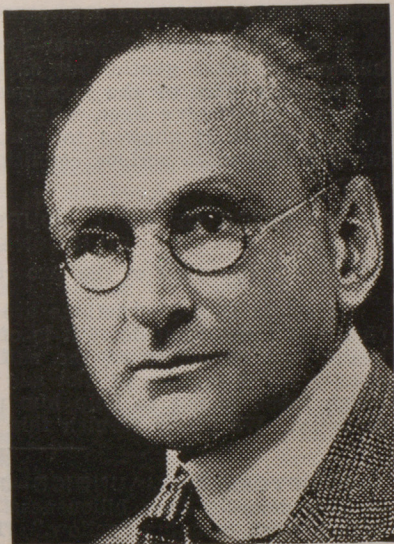
THE INSPIRING STORY OF A GREAT DOCTOR —And His Faith in the Healing Power of Nature

**Thousands Heard Him Lecture . . . Patients Crossed Continents
to Consult This Brilliant Doctor Who Understood
the Healing Forces of Nature**

Few doctors were ever as widely known, and it is unlikely that any one doctor on this continent acquired as large an army of grateful patients as did Dr. Thomas. He treated thousands at his offices and sanitariums—first in Atlanta, later New York, finally Winnipeg. Millions read his books, his newspaper articles, heard his lectures. Thousands received his instructions through the mails.

Had Wide Experience

Graduating from the State University at Atlanta, Ga., Dr. Thomas did post-graduate work at the Long Island Medical College, N.Y.; was on the staff of St. John's Hospital, Brooklyn; then was appointed house physician at Christ Hospital in Jersey City. For a time, he was an assistant to the world-famous L. Duncan Bulkley, M.D., founder of the N.Y. Skin and Cancer Hospital. Both of these men were careful students of the effects of food on health, and both held the opinion that the refined and unnatural foods of modern civilization were contributing causes to the development of internal cancer, since savages (living on natural foods) were virtually free from it. Similar opinions have been expressed by the distinguished British physician, Sir W. Arbuthnot Lane, and by Dr. Wm. J. Mayo, of the Rochester clinic.



JULIAN P. THOMAS, M.D.
(1868-1932)

"Physician, Heal Thyself!"—(Dr. Thomas Did)

Early in his career, Dr. Thomas was frail, weakly and a sufferer from what was thought to be stomach ulceration. Disgusted with the failure of artificial medicine to help him, he restored himself to health and acquired great physical strength by a study of Nature's own health laws. After that, he devoted his life to teaching and practicing natural healing methods.

Dr. Thomas was the author of the following books: **Mal-Assimilation, The Advantages of Natural Foods, New Theories of Life and Health, The Herbal Way to Health, Health From Foods, Nature's Seven Curative Forces**, also numerous pamphlets and syndicated articles. He was one of the first medical doctors to support the physical culture teachings of Bernarr Macfadden. He was one of the first to strenuously object to the excessive milling, refining and over-cooking of foods, and in a pamphlet published in 1899 he anticipated the Vitamin Theory of Dr. Casmir Funk, which was not announced until 1911.

Winnipeg Sanitarium Opened in 1915

Coming to Canada in 1915, with the intention of joining the forces going overseas, he was rejected because of an injured leg. He remained to practice in Winnipeg, opening his Sanitarium on Mayfair Avenue, where he treated over 51,000 patients before once more returning to his practice in New York in 1931.

But excessive use and experimentation with his X-Ray apparatus had undermined his powerful constitution and took its toll. He died during the month of May, 1932.

Dr. Thomas felt certain that the success he achieved at his sanitarium was due to his understanding of the healing forces of nature; to the use of natural herbal foods to **cleanse** the body—together with the use of strictly natural foods to **feed** it and rebuild it.

THE HEALTH SUPPLY CENTRE is still carrying on his good work—distributing the Thomas Sanitarium Herbal Formulas and health teachings, and making their application possible not only in the City of Winnipeg, but wherever the mails can reach.

F E E D

Your Body Properly

C L E A N S E

Your Body Thoroughly

—and good health will always be yours!

SKIN TROUBLES

(Pimples—Eczema—Skin Rashes—Psoriasis)

Nothing makes a man or woman so self-conscious—or causes them as much worry, misery and anguish—as pimply complexion, or ugly skin rashes, blemishes, eczema, etc.

"The future holds no happiness for me," writes a young man, "unless I can be relieved of my embarrassing complaint. And with such a happy season (Christmas) so near at hand, it is almost heartbreaking to have to practically hide myself from view during the merry times."

"The Pimples Were Ruining Her Life"

"In tears she told me how ashamed she was to show her face in public," relates Dr. R. L. Alsaker, concerning the case of a young lady who came to his office for treatment, after suffering from pimples for eight years.



"She tried to coat her face with various beautifiers, but they would not stay on thick enough, and she could hardly wear more than one veil when most women wore none. She was so sensitive about it that she would go out only when it was dark, and she did not want even her friends to see her face. The pimples were ruining her life."

Dr. Alsaker treated her by strictly natural methods—with these results: "Inside of two months there were no more active pimples, and her face started to lose its livid appearance. She once more mingled with friends." You see: just as long as the pimples themselves were treated, she got no results. But when the CAUSE of the pimples was treated—it made all the difference in the world!

The skin is more than merely the outer covering of our bodies—it is one of the important organs of elimination; contains 500 sweat glands to every square inch, over two million pores which throw off from one to two quarts of perspiration every 24 hours.

When the other organs of Elimination—the bowels, lungs and kidneys—are not doing their proper share of casting off impurities, the skin is forced to do more than its just share of this work. Impure Blood and Internal Stagnation Are Clearly the Underlying Causes of Almost All Disorders of the Skin.

Salves Are Not Enough!

Now you can understand why, in cases of pimples, eczema, etc., any salve—no matter how good—is not enough by itself. A good salve is valuable for its soothing, healing, antiseptic or germicidal qualities. But the speed of healing depends upon the purity and vitality of the blood.

"It is surprising," remarks Dr. Alsaker, "how little some of the eminent dermatologists (skin specialists) know about the true causes of skin troubles. I have seen persistent cases of pimples, lasting for many years and constantly under expert treatment, clear up in a few months when the individual learned to eat right and keep his intestines clean."

TO ENSURE LASTING HEALTH OF THE SKIN, THE HEALTH OF THE REST OF THE BODY MUST ALWAYS BE TAKEN CARE OF.

TREATMENT FOR ECZEMA, SKIN RASHES AND PIMPLES

1. **Clear Skin Ointment**—Here we have an unusually effective salve, as it helps to clear away eczema, pimples, rashes and other skin blemishes.

2. **Herbal Laxative Capsules**—What has Constipation to do with skin disorders? Just this: "Poisons from the putrefying matter in the bowel pass through the mucous membrane of the intestine and poison the blood stream. These poisonous gases and toxins which load the blood must find some other means of exit. Sometimes they are forced through the skin in the shape of rashes, pimples, eczema, boils, etc."—declares Dr. John Maxwell. Because they gently and naturally cleanse the bowel, and because herbs and roots are reputed to be an aid towards purifying the blood, the Herbal Laxative Capsules are an important part of the treatment for skin disorders.

3. **Allimell Vitamin Tonic**—Scientific research has disclosed the very important fact that an increase in nutritional factors, Vitamins B and G, together with additional calcium, sodium, iodine and sulphur are absolutely essential to skin health. Being a concentrated Vitamin food, ALLIMELL supplies these elements in abundance—and only a few teaspoonsfuls per day are required.

PRICE OF FULL COURSE TREATMENT FOR SKIN TROUBLES, \$3.00

(Consists of the Three Formulas Described Above)

The Right Diet for Skin Disorders—"Your skin," declares a noted specialist, "is as definitely a part of your body as your stomach or your intestines or your blood stream. And, like all of the organs or functions of our body, the health of your skin depends upon the foods you eat and efficiency with which you eliminate the waste residues from those foods." L. Duncan Bulkley, M.D., one of the best-known of skin specialists, who founded the New York Skin and Cancer Hospital, declares that in his extensive experience the basic **Alkaline (antitoxic) Diet** has been shown to be a very effective remedy for skin diseases of various sorts—especially bad complexion, eczema, pimples, psoriasis and rashes. Everyone who orders the treatment for skin troubles will receive—**FREE OF COST**—full instructions regarding the Alkaline (antitoxic) Diet.

You will also be sent some very valuable instructions on the proper care of the skin and hair, and the best natural methods for improving the complexion.

YOUR NERVES AND YOUR HEALTH

"Life Is Not Worth Living—Without Strong, Healthy Nerves"

"OUTWITTING OUR NERVES" is the title of one of the most popular health books ever written.

The reason for its popularity is almost self-evident: practically everyone knows that if we do not learn how to outwit our nerves it is more than likely that our nerves will outwit us. We know that the nerves are "good servants but bad masters." We have all seen bad cases of nervous breakdown. We have all lived with people whom we have described as "bundles of nerves." And, of course, we wish to avoid getting into such a state ourselves.

Our ideal is to build up strong, calm, healthy nerves that can stand all the joys and sorrows, excitements or setbacks in life.

Every sensation, every feeling, every experience that Life brings to us, is carried to our minds over a network of nerves.

We usually think of our nerves in connection with painful sensations, and tend to forget that the nerves are also the bearers of all the pleasurable sensations as well.

But man often pays dearly for the fact that he possesses a nervous system that is far more sensitive than that of any other form of life. While this superior nervous system enables him to get more pleasure out of life, it also enables him to experience more acute and harrowing pain. Modern science, fortunately, has made wonderful progress in the conquest of physical pain, with many notable achievements in the fields of painless surgery and painless dentistry. While modern psychology has discovered the cause and correction of mental and emotional pain.

So much helpful knowledge concerning the health of the Nervous System has accumulated within the past few years, that anyone suffering from unhealthy and unhappy states of the nervous system, and more especially Neurasthenia, Nervous Breakdown, or Nerve Exhaustion, suffers mainly from lack of knowledge. For the proper remedies are readily at hand.

DOES THE MIND CONTROL THE BODY?

In the past, there was a great deal of dispute on the subject. Today, the matter is no longer in dispute. Scientists now use the term "bodymind" to signify that body and mind are interlocked and of equal influence in the life of the individual.

Body and Mind are like Siamese twins. Whatever affects the one is bound to affect the other. Many emotional disorders arise from something lacking in the blood as a result of improper nutrition—or from irritating poisons in the system, as a result of sluggish elimination.

On the other hand, the wrong management of our mental machinery and of our emotions can exert distressing and dangerous effects upon the physical body, as we shall see from the following examples:

Professor Walter B. Pitkin points out that "the commonest evil result of strong emotions develops somewhere in the digestive tract . . . the stomach tightens up so badly that it cannot perform the digestive movements. It may be even the colon, whose spasms bring on constipation and ulcers and appendicitis. Such disasters are never brought on by a single emotional shock that passes after a few minutes. They come only after many prolonged tensions of fear, worry or anger have set up a habit in the muscles."

No less an authority than Dr. Albert J. Sullivan (of the Yale University School of Medicine) believes that "emotional disturbances cause three-quarters of the cases of ulcerative colitis. There occurs a sort of digestive self-cannibalism. Emotions sometimes over-stimulate the digestive tract, which in turn becomes so overactive that it begins to digest its own surface." And it is significant to note that Dr. Sullivan reports that relief from worry and other destructive emotions had enabled victims of ulcerative colitis to recover "as if by magic."

All human beings possess the capacity for health and happiness—and a proper knowledge of our minds, bodies, and emotions can help us to achieve it.

INTERESTING FACTS ABOUT OUR NERVES

Health Depends Upon Sound, Sturdy Nerves

Our nervous system is the most complex mechanism in the universe," wrote Prof. Geo. Dorsey, "certainly no other system in our body is to be compared with it in intricacy."

"Not a single cell of the many trillions that constitute the human body can function without it," adds Dr. Geo. S. Weger.

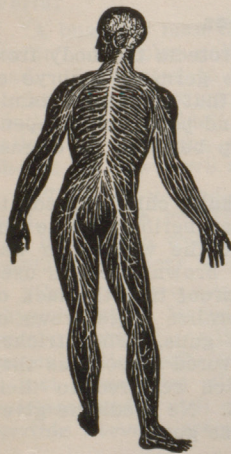
Our Brains, Heart, Stomach, Liver, Bowel — in fact every Vital Organ, every muscle and every cell of the body is directly governed by the nerves and receives its power through them.

Every nerve in the body communicates with the brain and the spinal cord.

Our sense of sight, taste, touch, smell or feeling could not exist without the nerves.

The sense of pain does not exist in any nerves to which the blood supply is cut off—which proves that the blood is the life of the nerves as well as the rest of the body.

The optic nerve, which controls the sense of sight, alone contains 400,000 nerve fibers.



"The nervous system has quite a bit of resemblance to the telephone exchange of a town. All lines lead to Central, and all connections are made through Central (the brain and spinal nerves).

Nerve impulses are often compared to an electrical current travelling along a wire. Nature provides the nerves with sheaths, just as we cover electrical wires with insulation.

"The nerve wave moves along the nerve at a respectable rate of speed, about 130 yards in a second, though at nothing like the speed of electricity along a metal wire."

NOURISHING SICK NERVES BACK TO HEALTH

Modern Health Science Discovers Secret of Sound, Healthy Nerves

The health of the nerves depends upon the health of our entire body—and the health of our entire body depends mainly upon proper nourishment, hygienic living and internal cleanliness.

"It is of great importance to be aware that food deficient in certain vitamins will ultimately cause nervous symptoms of a definite order," states Dr. Robert McCarrison, one of the world's leading authorities on the deficiency diseases and a noted contributor to the medical journals. Certain vitamins and organic mineral salts, particularly calcium, potassium, sodium and magnesium must be present in the blood in normal proportions to maintain the body's nervous balance.

Vitamin B and Our Nerves

Vitamin B, medical authorities tell us, "protects the body from nerve disease (beriberi, polyneuritis)." The germ or embryo of whole brown rice is the only part of the rice that contains Vitamin B. When rice is polished, Vitamin B is lost and people who depend upon rice as their main food quickly develop beriberi, "a disease characterized by severe nervous disorder."

During the Russian-Japanese war, Dr. Takaki, chief surgeon to the Japanese navy at that time, noticed that beriberi broke out among the sailors of only those ships where the white rice was fed. The men on the ships where the whole brown rice was used were free from it. Here we have dramatic proof that the lack of a single food element can disable and demoralize large crews of fighting men more surely than the enemy's guns. The stricken sailors on the white rice ships promptly recovered as soon as they were again fed the whole brown rice, which restored to their nervous systems the all-important Vitamin B. No medicine given by the ship doctors did the men the slightest good.

Certain death stared them in the face—until the missing element Nature required for sound nerves and sound health was replaced in their food.

In every nutritional laboratory in the world, experimenters have quickly produced polyneuritis—a nervous, twitching, wasting dis-

ease—in pigeons by feeding them on polished rice. Just as quickly, they have caused them to recover by feeding the whole rice.

Vitamin B, of course, is found in dozens of other foods besides rice. No matter which food it is removed from, the same disastrous results to health follow.



Let us next draw your attention to an interesting case cited by Dr. S. de Witt Ludlum, noted psychiatrist, in the *New York World*:

"A business man could not control his nerves. He declared he couldn't even play golf. He couldn't sit down to talk. He couldn't read. He wanted to get away. What was the matter with him, he demanded to know. His wife and he were always ragging one another. He couldn't bear the youngsters around. He had taken gallons of medicine and an endless variety of drugs and pills. Should he now have mental treatment?"

"What he needed, however, was more calcium (lime) in his food. When a sufficient quantity of calcium was included in his diet he became well. His body machinery became normal, and his mental machinery with it."

"Calcium," we are told by Prof. Walter B. Cannon, the noted physiologist of Harvard University, "is required for the maintenance of proper conditions of responsiveness in the nervous and muscular tissues." If just half of the calcium stored in the body is lost or used up without being replaced it leads to nervous convulsions, and if still more is lost it leads to death, accompanied by terrible nervous tremors and twitchings.

"I Don't Care Whether I Live or Die"

Whenever a person who is not suffering from some really serious disease or misfortune starts losing interest in life, in work and play, and assumes the "I-don't-care-whether-I-live-or-die" attitude, you can almost take it for granted that either (1) the nerves

are being starved for certain essential food elements, vitamins, mineral salts, or (2) the body is being poisoned by an excess or accumulated body-wastes. Usually, both causes are at work at the same time.

Mr. Albert Oakland, of Redcliff, Alberta, relates an interesting case that illustrates this point. He urged a neighboring girl, troubled with "nerves" to try cleansing her system with herbs and feeding the nerves properly. "She was in very poor shape," wrote Mr. Oakland, "and I asked her to let me get something for her that would do her good. She was very hard to please. She didn't seem to care whether she lived or died. I gave her my carton of Allimell (Vitamin) Tonic Food. She has taken it and now is more lively and is eating better, and seems to have a new interest in life." Had we the space, we could quote hundreds of similar cases.

Tired?—No, Poisoned!

Our mode of living, eating and working in this high-tension age often consumes and uses up our nervous energy faster than it is generated.

A noted health writer tells us that we should no longer "wonder why 75% of all the people we know and meet are constantly tired—too tired to do anything. The answer is simply this, they are poisoned."

The stomach often gets overworked trying to digest bad mixtures of devitalized, wrongly prepared foods. While the bowels, "the most abused organs of the body," become chock-full of poisonous wastes, and are forced to work feverishly to keep some measure of health in the body.

But often the nerves that govern the action of the large bowel get exhausted along with all the other nerves. Then constipation sets in. "Constipation is often connected with a depleted condition of the nerves which govern the action of the colon." (Dr. Maxwell.)

"The evil effects coming from the absorption of the poisons developed by intestinal putrefaction are not limited to physical symptoms. There may be the most profound effects upon the nervous system and even the brain," writes Dr. Royal S. Copeland.

"It seems strange, therefore, that anyone should hesitate to believe that intestinal toxemia could be responsible for mental conditions," remarks Dr. Henry Cotton of the New Jersey State Hospital.

The poisonous gases caused by intestinal toxemia, and an excess of protein and carbohydrate foods, tend to paralyze the nerves. Surely, we have given sufficient evidence to prove that the nerve sufferer must eat the right foods and overcome constipation.

Don't Drug Your Nerves—Feed Them

The distinguished biochemist, Dr. Charles Northern, declares: "Physical, mental and moral fitness depends largely upon an ample supply and a proper proportion of the minerals in our foods. Nerve

function, nerve stability, nerve-cell building likewise depend thereon."

The supply of blood to every organ, every tissue, indeed every part of the body, is controlled through the Nervous System. If this nerve control is lessened, or interfered with, there is depression, disorder, disease.

To drug the nerves into insensibility is a foolish, short-sighted policy. To remove the cause of nerve irritation, namely, an excess of acids, toxins, gases and other poisonous end-products of auto-intoxication from the system is the logical thing to do.

Remember: if your nerves are starved, they are surely not starved for drugs or medicines—they are starved for vital food elements which your blood must have to nourish the nerves. Poisoned blood irritates the nerves throughout the entire body, producing a general enervated or rundown condition.

SYMPTOMS OF NERVE EXHAUSTION (Neurasthenia)—

Medical textbooks state that it is "a condition of general irritability and weakness of the central nervous system." Muscular fatigue after slight physical exertion causes the individual to feel "completely played out." Even the mildest mental exertion results in weariness. Some complain of being "always tired."

In such cases, there is always a lowered capacity for ordinary continued work, a loss of the power to concentrate, irritability, mental depression ("the blues"), weakened will power, lack of judgment, loss of self-confidence, indecision. Insomnia (the inability to secure restful sleep) only makes matters worse and increases irritability. Many fears that are not found in a person of good health are apt to trouble those with nerve exhaustion: fear of being left alone, of thunder and lightning, of open or of closed spaces, etc.

Headache, particularly pressure in the head, always seems to be present, and possibly backache; dizzy spells; neuralgic pains in the legs; aching and feeling of tiredness in the eyes after reading for a short time; blurring of vision; palpitation of the heart; ringing in the ears; coldness and blueness of hands and feet (particularly in women); flashes of heat in the head; often there is a feeling of weight and discomfort after meals; gas in stomach or bowel; belching; constipation. In women, physicians often find tenderness or prolapse of ovaries, and irregular or painful menstruation associated with nerve exhaustion.

The symptoms of Nerve Exhaustion are rarely the same in any two individuals, but the above provides the general symptom picture by which physicians recognize this disorder.

DR. THOMAS' NERVE EXHAUSTION TREATMENT

The formulas listed below contain reliable, time-tested and proven herbal ingredients for toning, feeding, strengthening and building the nerves.

1. **Nerve Tonic Herbs** (in capsule form)—This formula gives you the best known herbal nerve tonic elements.

2. **Allimell (Vitamin) Tonic Food**—Composed of concentrated vitamin and organic food elements from land and sea, Allimell is a very abundant source of Vitamin B, Calcium, Potassium, Magnesium, Sodium—also many other vitamins and mineral salts which your blood must have to feed the nerves properly. Great Dieticians have said that nervous disorders find their cause mainly in STARVED NERVES—and that, in such a case, what your nerves are calling for are the elements you have failed to feed to them, and not for sedative drugs, which artificially soothe them, but leave them weaker than before. They say: strong and calm nerves are properly fed nerves. Because it supplies so many of the elements that help to create sound, calm nerves ALLIMELL VITAMIN TONIC is an important factor in this Full Course Nerve Exhaustion Treatment.

3. **Herbal Laxative Capsules**—The purpose of these herbs is to cleanse the digestive system and bowel of poisonous, nerve-irritating wastes.

4. **Alkaline Vegetables**—Chronic fatigue is more evident when the alkaline reserves of the blood are lowered. Food scientists have declared that a certain degree of acidosis is nearly always present along with irritated, restless or tired nerves. These tablets consist of a number of dehydrated vegetable elements of considerable value to nerve sufferers.

**PRICE OF THE FULL COURSE TREATMENT FOR NERVE
EXHAUSTION, \$4.50 POSTPAID**

(Full Directions Supplied With Treatment)

"RE-EDUCATING OUR NERVES"—This special Instruction Bulletin is supplied free of cost to every person ordering the Full Course Treatment for Nerve Exhaustion. (When ordered separately, the price of this Bulletin is \$1.00.) This special Bulletin is a condensed storehouse of the vitally important information discovered by psychologists and by diet specialists relating to Nerve Exhaustion and associated problems. It tells what foods build and tone the nerves, and what foods create irritability and nervous indigestion. It tells how to overcome self-consciousness, groundless fears, unnecessary worries; how to overcome nervous tension, shyness, timidity; how to control such destructive emotions as fear, anger, jealousy, hatred, envy, self-pity and self-blame; how to eat to soothe and strengthen the entire nervous system; how to relax and the secret of healthful, restful sleep, how to overcome that constant "tired feeling," and the feeling that all the world is against you; how to make your mind build health; and the secret of true happiness in life.

ODD AND INTERESTING FACTS ABOUT HERBS

"Herb—a plant of which the leaves, or stem and leaves, are used for food or medicine, or for its scent or flavor."—**Webster's Dictionary.**

"No matter how far back we look into History, we meet with the use of herbs in the treatment of disease."—**Dr. H. Nowell, Dean of Dominion Herbal College, Vancouver.**

THE BIBLE proclaims: "The Lord hath created medicines out of the earth; and he that is wise will not reject them."—**Ecclesiasticus, 38:4 (Apocrypha).**

THE KORAN (Sacred Book of the Mohammedans) speaks of "healing herbs" as a gift from Heaven.

THE EGYPTIAN PRIESTS were skilled in the use of herbs long before the Pyramids were built.

KING SOLOMON (the Wise) wrote a book describing every known disease of his time, and told what herbal remedies would restore the patient to health. This book, tradition tells us, was kept in the Temple at Jerusalem until its destruction in 70 A.D.

CLEOPATRA (famed seductress of the Nile) was an accomplished herbalist. She enhanced her beauty and charm through their use.

THE ANCIENT DRUIDS (of Great Britain) were excellent doctors, and had a very good knowledge of herbs.

QUEEN ELIZABETH employed the services of herbalists.

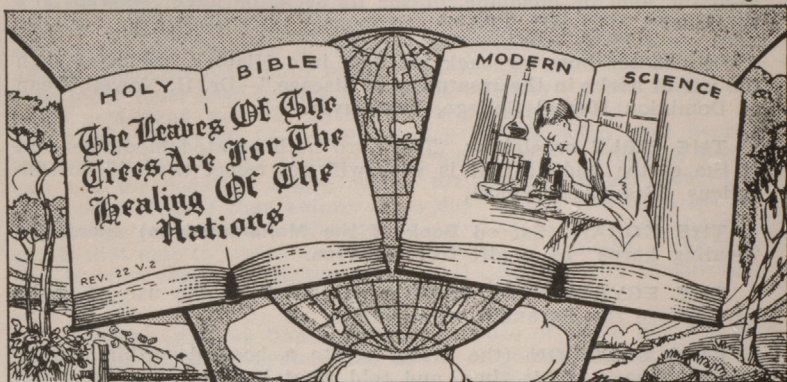
SIR WALTER RALEIGH, during his imprisonment in the Tower of London, set up a laboratory in which he experimented with herbs.

In 1890 **KING EDWARD VII** of England, the Empress Elizabeth of Austria, Baron Rothschild, and even Pope Leo XIII, consulted Sebastian Kneipp—the greatest herbalist of the 19th Century.

Further facts of great interest come from the pen of **John Harvey Kellogg, M.D.**, superintendent of the great Battle Creek Sanitarium:

"Somehow or other we have been led to believe that we can only use certain vegetables, or weeds, while the other weeds must not be classified as foods. This is absolutely wrong and entirely misleading. We are now looking into backyards, behind fences, and in wild fields for new and marvelous foodstuffs, that we have previously classified as just weeds. A few of these highly frowned-upon vegetables (and herbs) are yellow dock, dandelions, milkweed, mallows, purslane, poke root, red clover, sorrell, hop shoots, yarrow, leek, and lupines." (**The New Dietetics, page 303.**)

The Bible of Old and Modern Science Agree About the Virtues of HERBS!



"Science has proved to us by analysis the medical value of many of the common herbs of our fields, the virtues of which were revealed to our remote ancestors by observation and experience."—
C. F. Leyer, F.R.H.S.

"It must be remembered that these savages were true scientific experimentalists, and made discoveries which have been of infinite service to mankind. We remember great men like Harvey, Lister, and Pasteur, but we never think of the Indian who discovered quinine."—G. F. Scott Elliot, M.A., B.Sc., F.R.G.S

THE BIBLE DECLARES THE VALUE OF HERBS (As Both Food and Medicine)

By Rev. Henry Hudson, D.D., Ps.D., D.I.Sc.
President, Canadian Metaphysical Alliance



Henry Hudson, D.D. (The Father of Medicine) had a premonition of this divine truth when he said: "Your food shall be your medicine and your medicine shall be your food."

God has prescribed.

And surely His prescription is perfect.

The Creator of Man was also the Creator of Man's foods and medicines. In fact, God makes no sharp distinction between food and medicine. In the divine plan, the same plant of tree provided both food and medicine. We are not surprised, therefore, that Hippocrates

In the very first Chapter of our Bible we read that: "God said behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; and to you it shall be for meat (food)." Genesis, 1: 29). "The leaves of the trees are for the healing of the nations." (Rev., 22.2) ". . . who is weak eateth herbs," (Rom., 14:2). "And of the fruit thereof shall be for meat and the leaf thereof for medicine." (Ezekiel, 47:12). "The diversities of plants and the virtues of roots . . . them I know." (Wisdom of Solomon, 7:20).

So it is clearly indicated within the pages of Holy Writ that for every ailment human flesh is heir to, there is to be found a natural remedy—some herb, root or bark.

The prophets of old spoke of "God's Herbs of Healing." Modern Science talks about "hormones," "opsonins," "vitamins" and "organic mineral elements" that are found in herbs—which proves that the ancients, in spite of the fact that they lacked microscopes and skill in chemical analysis, knew more than we sometimes realize.

It seems to me that many people, who have been inclined to doubt the wisdom of the Creator of all life, are at last returning to the wisdom of nature and now recognize the fact that the most effective medicines are in **food form**—and should be used in the form the Creator intended. In other words, with as few alterations as possible. I am happy to know that all the formulas of Dr. Julian P. Thomas, one of the keenest students of herbs and their uses that ever lived, are all put up in their natural food form—sundried and pulverized. This is in harmony with natural wisdom, therefore bound to do good. The proof that these strictly natural herbal remedies **are doing good** is attested by the hundreds of letters from their grateful users which I daily have the privilege of reading at the office of The Health Supply Centre in Winnipeg—the distributors of the Thomas Sanitarium herbal formulas.

MY HONEST OPINION OF HERBAL REMEDIES

By E. V. Ratnon, M.D., F.R.C.S.

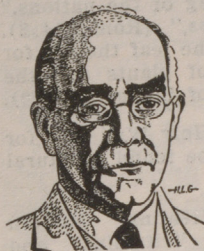
I have had over thirty-two years' practice in India, Ceylon and Burma, so I speak with some experience. Further, I am a Fellow of the Royal College of Surgeons and a member of the British Medical Association.

Without fear of contradiction, I say that the "modern" physicians do not truly understand the use of herbs.

For the last eight years I have gone into the matter, and studied it in theory and practice, and I have had wonderful results from herbal treatment . . . I have come across many good herbalists in all parts of the world. (Melbourne Herald, May 5, 1925.)

HERBS

By Rudyard Kipling



Kipling

Excellent herbs had our fathers of old,
Excellent herbs to ease their pain.
Alexanders and Marigolds,
Eyebright, Orris and Elecampane,
Basil, Rocket, Valerian, Rue
(Almost singing themselves they run)
Vervain, Dittany, Call-me-to-you,
Cowslip Melilot, Rose of the Sun.

Simply and gravely the facts are told
In the wonderful books of our fathers of old.

FOODS THAT ARE ALSO MEDICINES!

(The Health Values of Common Vegetables)

Common everyday vegetables—the potato, carrot, onion, tomato, celery, parsley, spinach, etc.—have distinct medicinal values!

We are accustomed to thinking of foods and medicines as being entirely different things. So the fully proven fact that both food-value and medicinal-value exists in each and every plant and vegetable suitable for human use, may come to us as a great surprise.

The following facts on the medicinal values of vegetables are quoted from a recent article written by the distinguished medical editor, Edward Podolsky, M.D., in the NEW HEALTH magazine of London, England.

ONIONS

"Onions from earliest times have been regarded as a health food, one of the best and most popular that there is . . . During the World War Dr. Leclerc had occasion to witness the remarkable effect of onions on soldiers who suffered from dropsical conditions associated with diseases of the kidneys."

SPINACH

We may not be overly fond of spinach, but, if we are, we have Dr. Podolsky's assurance to the effect that: "Spinach is one of the most valuable of all our health vegetables . . . It is of value in anemia, not only because it contains great amounts of iron, but because it also contains chlorophyll, which has a chemical formula similar to hemoglobin."

PARSLEY

"Some people have found that an infusion of parsley was of value in lessening the pain of gall bladder infections. An infusion

is made by soaking fresh parsley leaves in cold water, which afterwards is brought to the boil. It is then strained and allowed to cool. Parsley is even used in medicine for its sedative effect on pain." (Dr. Podolsky).

CELERY

Celery has a reputation among dietitians as being of value in reducing rheumatic pain. It has also been recommended for flatulence (gas). As a stimulant to appetite celery has few equals.

RHUBARB

Rhubarb has always been esteemed as a corrective to constipation, as a general tonic, also as "an excellent eliminator of toxins."

CARROTS

A booklet issued by the Hogle Foundation declares: "Carrot juice has established itself as the peer of all as a rapid alkaliizer. . . . Acid stomachs respond quickly to carrot juice and the condition of acid mouth, producing bleeding gums can be speedily corrected by taking it. Inflammation of the eyes is rapidly cleared up through this agent. Urines many times more acid than normal can be returned to normal within a few hours by drinking copiously of carrot juice." Carrot juice can be made in one's own kitchen by using an inexpensive tin grater to grate the carrots, then squeezing the grated carrot in a strong piece of cloth such as cotton huck towelling. There is now available, at low cost, vegetable juice extractors built on lines similar to the ordinary food chopper. Enquire about them at health food stores, or at hardware stores.

GARLIC

A noted medical editor tells us that "the most marked effects of garlic are produced on the intestines. As a worm expeller it has been used for centuries. Garlic has also been found to have a soothing action on the various forms of diarrhea. Some physicians are of the opinion that excessive stomach acidity may be modified by eating garlic." Some authorities claim that it is particularly valuable as a intestinal antiseptic—that it tends to kill off the gas and toxin-producing bacteria in the large colon. An easy way to take garlic is in its dried and powdered form, combined with powdered parsley. Half garlic and half parsley is used, and this is enclosed in gelatine capsules, which render its taking tasteless. The parsley neutralizes the odor on the breath, the best time for taking one of these capsules being just before bedtime. **GARLIC AND PARSLEY CAPSULES** may be ordered from the Health Supply Centre at the price of \$1.00 per carton.

SOYA BEANS

The remarkable qualities of the soya bean are just beginning to be understood on this continent. To quote the great diet

authority, **Otto Carque**: "The soy bean fills the place of meat as well as milk in the dietary of many millions of sturdy Orientals; it is destined to become one of the great food staples, not only of this country, but of the world. Its protein content, nearly 40%, is higher than that of any other food. Moreover, this protein is of excellent quality, as valuable as the casein of milk; it contains all the essential amino acids. It contains very little carbohydrate, only about 6%, and is practically free from starch." (Which is one reason why physicians so often prescribe bread made from soybean flour for diabetics and for those on a reducing diet.) Rich in calcium and phosphates, the soybean is valuable in the treatment of nerve exhaustion. The soya bean flour is made into a milk; whole soybeans, roasted and ground, make a fine coffee substitute. There are an amazing variety of uses for the versatile soya bean.

SAUERKRAUT

As far back as 1776, the medical profession was interested in the experience reported by that famous explorer, Captain Cook. Cook told how sauerkraut kept his crew free from scurvy. It has also been noted by observers that the Russian peasant depended upon sauerkraut for food lime and food iron during the long winter months when fresh vegetables were not obtainable. "The greatest and most beneficial effects of sauerkraut are exerted in the intestines. This is due to its lactic acid content, which exerts a disinfecting influence." It has a highly beneficial action in cases of intestinal catarrh, and its sour taste has a stimulating effect on the appetite. It is interesting to note that such men as Pasteur and Metchnikoff believed that sauerkraut had definite life-prolonging qualities, esteeming it highly for this and other reasons. Dr. Middleton reported that it brought relief in cases of persistent vomiting in pregnancy. Dr. Friedstein found that it proved of value in gout and the various forms of rheumatism. Dieticians approve the canned sauerkraut, which can be readily obtained almost anywhere today.

Lettuce, potatoes, tomatoes, radishes, etc.—much of interest could be written about all of them. While we have not the space to devote to them, it should be obvious to the health student that every fresh fruit and vegetable possesses health-giving qualities. And it is on account of their richness in mineral elements, vitamins, and medicinal properties, that fresh vegetables and fruits have been so aptly named by scientists as "protective foods."

HERBS THAT ARE GOOD TO EAT

While this booklet has had much to say about the value of non-poisonous medicinal herbs, it would fall short of the mark if it failed to indicate the fascinating uses of herbs in cooking.

"Until we learn the delicious possibilities which herbs afford in cooking, we shall go on missing half the joy of eating!" says Grace Tabor in the *Woman's Home Companion*.

The French cooks understand the use of herbs in cooking; they can make a delicious dish out of fish or meat that would otherwise be tasteless and unappetizing—by adding certain culinary herbs. On this continent, mint is used for mint sauce with lamb. Sage is used with onion for roast pork and roast duck. Parsley is occasionally used. But such fine herbs as thyme, basil, savory, marjoram, garlic, celery seeds, etc., are not so well known.

Cloves, cinnamon, nutmeg, ginger, sage, dill—it's hard to imagine doing without them!

In the last few years there has been a great reawakening of interest in the delights of not only the use of herbs in cooking—but in the growing of these culinary herbs in one's own garden.

MARJORAM is one of the most pleasantly scented herbs to have in the garden as well as one of the most useful to have in the kitchen. It was grown as a pot-herb by the Egyptians. The Greek and Romans crowned young married couples with it. But in addition to being glamorous marjoram is highly useful. It makes a delicious tea which is tonic and stimulating, an aid to digestion. Called "the queen of herbs," marjoram is also used for flavoring soups, roast, stews and salads.

SAGE is a very popular herb. Sage tea has been a favorite household remedy for colds, sore throat, and as a gargle. The tea can be made simply by pouring two cups of boiling water over one tablespoonful of dried powdered sage. This tea, taken with a little lemon juice and honey makes a very palatable and healthful drink. Sage dressing is used for turkeys, but few of us have heard of stuffing fat ducks and geese with it. It is worth knowing that sage dressing helps the stomach to digest fat meats. In flavoring with sage, however, the same discretion must be exercised as with any other condiment. There should be merely a suspicion of a flavor. This should merge in with the taste of the main dish and not disguise it or dominate it. The peasants in Italy eat the leaves of fresh sage with bread and butter and claim that it is excellent for their health. The sage leaves can also be used to enhance the salad plate.

RUSSIAN HERB SOUP (Borsch)

Helen Lyman gives the following recipe for the celebrated Russian dish called "borsch"—remarking that "there are more ways of making this soup than there are ways of spelling it." Now follows her way of making it:

"Take a small green pepper, one stalk of celery, one leek, and one large onion, and cut them in long, thin strips. Add these to two quarts of meat stock. When half cooked, add one can of tomato sauce or a half can of tomato puree, two medium sized beets, shredded, $\frac{3}{4}$ lb. of cabbage cut in large slices, three medium sized potatoes cut in half, and one teaspoon paprika. Cook about one hour, serve with sour cream, a good spoonful in each soup plate, chopped green dill pickles or green herbs and parsley."

DELIGHTFUL HERB TEAS

Herb teas, to replace ordinary tea and coffee, have lately become increasingly popular. In Europe, they have been used for centuries and are known as "tisanes." We have space to list but a few:

ALFALFA TEA—Alfalfa tea has remarkable alkalizing properties. The tap root of the alfalfa plant going over 15 feet into the soil, draws to the top leaves a rich supply of magnesium, potassium, sodium, etc. By itself, the alfalfa leaves made into a tea does not taste very appetizing. But when a fair amount of peppermint leaves are added to the alfalfa, the result is both a pleasant and healthful drink. This combination may be ordered from us, under the name of **ALFAMINT TEA** at Fifty Cents per package, postpaid.

PEPPERMINT TEA—For those who like the flavor of peppermint, the tea made from choice dried peppermint leaves, and served with sliced lemon, provides both healthful refreshment and health-giving qualities. Rich in potassium and magnesium, two of the chief alkaline elements, peppermint tea is a natural neutralizer of gas and over-acidity. The Health Supply Centre's choice grade of dried Peppermint Leaves costs Seventy-Five Cents per package, postpaid.

YERBA MATE—Although for a great many years nearly all travellers to South America brought back interesting stories about the drink called "Yerba Mate," this delightful tea did not become available for Canadian and American users until just a few years ago. Made from the leaf of an evergreen shrub, first discovered hundreds of years ago by the Paraguayan Indians, Yerba Mate is now grown and cultivated on huge plantations in the Argentine. Mate (pronounced mah-tay) not only helps to overcome the feeling of tiredness, but is at the same time a mild stimulant of great value to mental workers. For example, Dorothea Brande, the famed author of "Wake Up and Live!" recommends mate to writers—to take the place of coffee or tea. For one thing, Yerba Mate is free from the tannin in regular tea. It is incidentally a good source of alkalizing elements and chlorophyll. In Europe, physicians often prescribe this tea for their patients—to replace ordinary tea. The finest grade of cultivated **YERBA MATE** can be ordered through the Health Supply Centre. Half-pound packages, 65c; one pound packages, \$1.25. These prices include postage.

TWO BOOKLETS OF GREAT INTEREST TO HERB LOVERS

"10 Herbs Will Make a Kitchen Bouquet"—By Helen Lyman—Gives sixty choice recipes on the use of herbs in everyday cooking.

"30 Herbs Will Make An Herb Garden"—By Helen Lyman—Full instructions on how to plant and grow the herbs that will bring new delights to your table. Herb gardening is becoming an increasingly popular hobby. And a profitable one, too—for your health.

(Cost of these booklets: 35 cents per copy, postpaid.)

HOW YOU CAN QUICKLY RELIEVE

...PILES...

At Home by the Very Same Remedies Dr. Thomas Used at His Sanitarium

This article will describe the kinds and conditions of piles that can be helped at home, by means of the remedies Julian P. Thomas

M.D., used at his sanitarium to relieve pile sufferers without surgical operations.



Showing Strangulated Piles—(see description on next page).

When we hear the stories men and women tell us, it is sometimes almost impossible for us to believe that human beings could suffer so much before finding satisfactory relief from piles.

For years, many of them had scarcely known a happy, pain-free day. Surrendering to the false notion that their piles would somehow or other "cure" themselves, or disappear of their own accord, many sufferers from bleeding piles lose enough blood to create anemia. Others, suffering from protruding piles, neglect them until they may develop ulceration or unbearable agonizing pain. Those tortured by itching piles are apt to become nervous wrecks, through loss of sleep and the awful discomfort.

WHAT CAUSES PILES?

In many cases, piles start when straining at stool ruptures some of the delicate blood vessels which the rectum is so abundantly supplied with. Straining at stool, especially when the faeces (bowel passage) is hard and dry, is liable to tear the tissues and create cracks or fissures. A fissure will cause burning, smarting and aching. If long neglected, such fissures may develop into ulcers or fistulas.

If these sores, fissures or ulcers, etc., were on some outside portion of the body, they would heal fairly rapidly, if the blood were in good condition. But piles are inside the rectum, and every few hours the waste matter of the bowel passes over the sore, inflamed and irritated parts, so that there is the danger of new piles forming every time the bowel moves. The bowel wastes (faeces), as G. W. Timmers, M.D., states, "are composed of almost all types of germs, which grow luxuriantly in the undigested food with which they are mixed." Harsh laxative drugs, which many pile sufferers unwisely use to move the bowel, only aggravate the condition and make the piles worse.



Showing a long neglected case of Protruding Piles.

This is a very serious and painful condition, and we have known many cases of gangrene and blood poison to result from strangulated piles. Protruding piles must not be neglected.

Bleeding Piles—Bleeding from the rectum usually comes from the ulceration of pile tumors. The tear or abrasion becomes infected by the germs in the fecal matter (bowel waste) and becomes an ulcer. The amount of blood lost depends upon the size of the

WHAT KIND OF PILES HAVE YOU?

Blind Piles — Are those which are up inside the rectum and have not, as yet, become of a size large enough to come out when the bowel moves.

Protruding Piles— These are the kind that come out whenever the bowel moves, and sometimes look like a bunch of grapes. In long-standing cases, such piles may protrude whenever a person bends or while working or walking.

Strangulated Piles— is a term applied to protruding piles, where the piles come out, then a sphincter muscle clamps down over the tumors. (See illustration of strangulated piles on the preceding page.)

blood vessel eaten into by ulceration. If the loss of blood is regular and continuous, after a number of years severe anemia may develop. "Bleeding from the bowels is a symptom which should never be neglected," warns the Handbook of the American Society for the Control of Cancer.

Itching Piles—Itching is often an associated symptom, found with various kinds of piles. The itching, in most cases, is caused by irritation of the bowel tissue by burning acids that form during the fermentation of food in the stomach and bowel. Nearly every sufferer from rectal itching finds soothing relief after following the diet rules of Dr. Thomas and using his special salves for itching Piles. The itching often prevents proper sleep. In some cases, it almost wrecks the whole nervous system.

Do not neglect your piles if you wish to prevent them from developing into the ghastly, painful conditions shown by these actual photographs. Continued neglect may lead to Rectal Cancer.

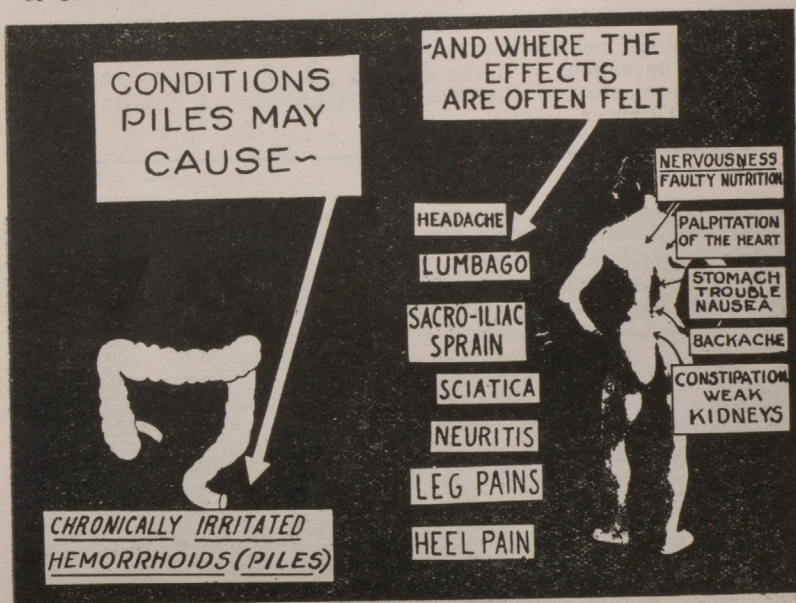


Here we see the outside of the rectum lined with highly inflamed, ulcerated and bleeding piles.

HOW WE CAN HELP AT HOME

Piles sufferers, says the famous specialist, Dr. J. F. Montague, in his book, *Troubles We Don't Talk About*, "suffer in silence, linger in doubt and carry on in despair." But there is no need of that!

Many home treatments for piles are devised by people who never treated an actual case of piles in all their lives! But Dr. Thomas, who treated over 12,000 sufferers for every kind and condition of piles over a period of 17 years, had a background of practical experience such as only a great specialist can acquire. This experience finally enabled him to devise a number of Herbal Compounds for Internal Use, together with three different grades of Ointment for External Use.



This chart is based upon a medical textbook (*Hemorrhoids*) by J. F. Montague, M.D., noted authority on rectal disorders.

HOW PILES DESTROY YOUR HEALTH

A glance at the chart shown above will clearly demonstrate that it is impossible for Piles and general Good Health to stay together in the same body very long.

The rectum is richly supplied with nerves that lead to all of the vital organs in the body. That is why chronic irritation of the nerves by piles in the rectum may affect nerves leading to the

kidneys, to the stomach, even to the head—may cause such forms of rheumatism as sciatica, or neuritis.

PILES AND CONSTIPATION

Words cannot adequately describe how terribly constipated a pile sufferer can become. Nature, knowing there will be pain and irritation when the bowel wastes (full of acids, toxins, germs) pass over the pile tumors, contracts the lower bowel in an effort to keep it from moving. This causes great masses of waste matter to accumulate and remain in the large bowel, producing the most obstinate type of constipation known—until corrected by proper herbs and foods. If this condition is not corrected, a new pile tends to form every time the bowel moves. Piles, by delaying normal bowel action, cause the whole body to be poisoned, and the nerves to be greatly irritated by gases and toxins.

How Piles Shorten Life—The constant drain on the body's vitality caused by piles, through their continuous irritation of the nervous system, not only undermines the sufferer's health, but also makes him look years older than he or she actually is.

WHY PILES MUST NOT BE NEGLECTED

To prove this point we quote from page 24 of Dr. J. F. Montague's book: "The constant oozing of even a small amount of blood for a long time gradually thins the blood so that the sufferer is constantly pale, weakened, and finds himself increasingly susceptible to such things as colds, boils and other infections. Should the piles themselves become infected, the poisons generated . . . are absorbed into the body, give rise to rheumatism and cause no end of trouble. The entire nervous system is deranged and the patient is troubled with what he calls nervous indigestion, an excessive amount of gas, and various other symptoms which in many instances can be directly traced to the presence of hemorrhoids. He also becomes irritable in disposition." (See chart on page 76.)

MERITS OF DR. THOMAS' PILE TREATMENT

Proven by Thousands of Grateful Letters

BENEFITTED HIMSELF—IS TELLING OTHERS

"Dear Sir: I received the combination of home remedies for piles I selected to suit my condition. I went by the rules, and now my piles have gone—at least they don't hurt me any more. I will advise anyone having piles to secure your home treatment," wrote Mr. Orville Willis, of Sexsmith, Alta.

THANKFUL FOR THE RELIEF IT BROUGHT HER

"Just a line to let you know I received the treatment o.k., and I wish to thank you very much for the great relief it brought to

me My piles are better now. You can rest assured that I will tell others troubled this way to either go to you at Winnipeg, or, if they cannot afford it, to send for your treatment by mail. I am certainly glad I ordered your treatment. I have found nothing like it for the relief of piles."—From a letter by Mrs. Agathe Bradenburg, of Redvers, Sask.



T. M. McCUNE
Mgr. of the McCune
Trading Co. at Hudson
Bay Junction, Sask.
Mr. McCune is grateful
for the relief that was
brought to him through
the Sanitarium formulas
of Dr. Thomas.

NINE YEARS LATER—STILL FREE FROM PILES

In 1928, Mr. T. M. McCune (see photo) received treatment for a very painful case of piles. He states that he has remained free from them ever since, we quote the following from a letter he recently sent us: "I have told many of how I was benefitted, also have given them your literature, and I can assure you I will always recommend anyone bothered with piles to get in touch with you."—T. M. McCune, Hudson Bay Junction, Sask.

PREVENT THAT OPERATION!

If you have been urged to have an operation, we suggest that you get in touch with any Proctologist who is an expert in the modern non-surgical methods. Many experts in rectal disorders are now convinced that surgery is seldom required for the successful treatment of piles.

DR. THOMAS' HOME TREATMENT FOR PILES

Below we give a brief description of Dr. Thomas' special formulas of great value to pile sufferers.

For Internal Use—Dr. Thomas' Allimell Vitamin Tonic Food, Allimell is soothing and healing to all inflamed and highly irritated tissues inside the bowel. If the stools are hard, dry or lumpy, Allimell softens the mass, lubricates the bowel, corrects any tendency for the bowel passages to be ribbon-like. It absorbs acids, gases and toxins or catarrhal mucous in the Bowel, thus giving sore and irritated piles a better chance to heal.

For Internal Use—Dr. Thomas' Stomach Ease. This formula is compounded entirely of purely herbal ingredients, and is a mild laxative. It was given to all pile sufferers at the sanitarium because it is a safe and very effective corrective for chronic constipation. **Stomach Ease** moves the bowel gently and easily, without force or driving effect. Remember: Piles are always made worse by such things as Epsom salts, castor oil, mineral waters, or harsh

drugs of any sort. But herbal ingredients agree well with rectal sufferers, as was proven in thousands of cases at The Thomas Sanitarium.

For External Use—Dr. Thomas' Pile Salves. These salves come in three different grades, as follows: No. 1 for **Protruding or Blind Piles**; No. 2 for **Bleeding Piles** (or cases where there is both bleeding and protruding); No. 3 for **Itching Piles**.

PRICE OF FULL COURSE TREATMENT FOR PILES, \$4.50

SEPARATE PRICES: Allimell Vitamin Tonic, \$2.00; Stomach Ease (Herbal Laxative), \$1.00; Pile Ointment, \$1.50.

When Ordering, please be sure to fill out the Question Form that is enclosed with this book—or be sure to mention in your letter to us whether your piles protrude, bleed, itch, or whether they both bleed and protrude, etc., so that we can send you the right grade of salve. Together with the remedies you will receive, without added cost, a special letter of instructions on food regulations, hygienic suggestions, etc., that will help you to feel 100% better from the very first day you start putting them into practice.

“FOOD WILL BE THE MEDICINE OF THE FUTURE”

—Said Dr. Harvey Wiley

When Dr. Harvey Wiley was Chief Administrator of the United States Pure Food Laws, an interviewer asked him this question:

“Dr. Wiley, everyone knows that such diseases as scurvy, pellagra, beri-beri, rickets and goitre are directly caused by some thing missing in the diet of the sufferer. But how many other diseases would you add to this list?”

“I have made no effort,” replied Dr. Wiley, “to determine the number of diseases which are directly dependent upon diet, but I believe I would not be far out of the way if I should say every disease to which man is heir.”

DIET KNOWLEDGE CAN ADD SEVEN YEARS TO HUMAN LIFE!

This is the considered opinion of Prof. H. C. Sherman of Columbia University, a leading authority on human nutrition. Dr. Sherman states that a 10% increase of life has been achieved in the case of properly fed laboratory animals, and he sees no reason why even better results could not be achieved by the human race. This 10% increase in human life expectation simply means that the average length of life could be advanced from 70 to 77. “The indicated improvement of adult life expectation,” states Dr. Sherman, “from 70 to 77 is apparently well within the scientific probabilities for those who use the newer knowledge of nutrition in their daily food habits, beginning early enough in life.”

FACTS YOU SHOULD KNOW ABOUT THE VITAMINS

Dr. John Loughran declares: "Entirely without vitamins, human life would cease" He is supported in this statement by the authoritative declaration of Lieut-Col. Robert McCarrison, M.D.: "Extreme deprivation of vitamins means rapid dissolution and death; partial deprivation means slow dissolution and disease." Dr. McCarrison is considered one of the world's leading research workers concerning the vitamins.

The brilliant popularizer of scientific knowledge, Prof. Geo. A. Dorsey, tells us:

Vitamin B, Chickens, Men and Beri-Beri—"About thirty years ago, it was known that chickens fed on polished rice developed beri-beri, and that the same chickens fed on whole rice recovered; but no one then suspected the existence of an antineuritic vitamin (B) in the polishing of rice." (Prof. Geo. A. Dorsey.)

In 1897, Dr. Eijkman, a physician to a prison hospital in the East Indies, noticed that the prisoners developed beri-beri when fed on polished rice. Chickens or human beings, it made no difference. The effects of a lack of Vitamin B was the same in both cases.

Vitamin C—and Scurvy — "Scurvy was known to the ancient Greeks, and through the centuries ravaged armies, crews of ships, and explorers cut off from fresh fruit and vegetables; yet no one suspected the existence of the anti-scorbutic vitamin." (Prof. Dorsey)

The anti-scorbutic (scurvy-preventing) element, which is found in fresh fruit and fresh vegetable juices, has been named Vitamin C. It is abundant in lemon juice, tomato juice, cabbage juice, lettuce, etc. A little lemon or tomato juice should be consumed daily through the winter months to ensure a sufficient supply of Vitamin C. Severe scurvy seldom appears among our city or country dwellers nowadays because everyone gets a certain amount of fresh fruits and vegetables. But if there is a shortage of this vitamin in our diet, we are liable to develop swollen gums and loose, sensitive teeth, also pains in the limbs and joints that may be mistaken for rheumatism.

A further important result of vitamin C deficiency is arteriosclerosis, or hardening of the arteries, according to Professor C. G. King and Dr. M. L. Menton, of the University of Pittsburgh, who also reported that lack of vitamin C made the bodies of animals less resistant to disease germs, such as diphtheria.

Vitamin A is one of the important growth-promoting vitamins for the youngsters. When it is present in sufficient quantity, it acts as a protector against infections of the eyes, ears, sinuses, bronchial tubes and lungs, etc. When we are low in this vitamin, we are more susceptible to cold and catarrhal conditions. Vitamin A is called the "anti-infective" vitamin. When the diet is very low in A, it may lead to a disease of eyes known as Xerophthalmia or "night blindness," as the sufferer can only see in a bright light.

Investigators have found that foods rich in Vitamin A quickly correct this eye disease, whereas drugs are perfectly useless.

Vitamin D and Rickets—"Thousands of children have hobbled out a pitiable existence on a rickety frame. Until recently no one suspected it was because of the lack of a specific mysterious anti-rachitic vitamin now known to exist in certain foods." (Prof. Dorsey). The rickets-preventing and correcting vitamin is called Vitamin D—"the sunshine Vitamin." The action of sunshine on the skin has the same effect as Vitamin D in foods. The lack of Vitamin D, therefore, is more common during the winter months. Calcium and Phosphorus, no matter how plentiful they may be in the foods one eats, cannot be absorbed or used by the blood unless a person gets enough of Vitamin D. Weak, fragile bones and teeth that easily decay are now attributed to a deficiency of Vitamin D. This vitamin is also required by the pregnant woman to prevent rickets in infants. Dr. John Loughran informs us: "There is also a form of rickets which affects adults. Many cases of enlarged joints in grown people, accompanied in some cases by softening and subsequent bending of the bones are really cases of deferred rickets."

Vitamins B1, G, and the Tone of the Alimentary Canal—In the Alimentary Canal food is digested and the wastes are moved forward to the bowel by means of a continuous series of muscular contractions called "peristalsis." Research has disclosed that a shortage of Vitamin B1 and Vitamin G slows up the speed at which the muscular contractions of the intestines take place, and thus causes "intestinal stasis"—delayed digestion and delayed elimination of bowel wastes. This condition can be rapidly corrected by a liberal supply of the missing vitamins. Dr. Samson Wright, writing for the *Lancet*, the famous British medical journal, expresses the opinion that the sluggishness of the bowel that leads to auto-intoxication (self-poisoning from retained body wastes) can be traced to a lack of Vitamins B1 and G.

The Magic of Vitamin E

No vitamin fascinates scientists more than does Vitamin E—because its lack in the diets of animals under their observation was found to produce the symptoms of old age in the male, along with testicular degeneration. In the female, the absence of Vitamin E produces sterility (the inability to bear offspring). In a nursing animal, the lack of Vitamin E causes a failure of lactation, which means the inability to nurse the young. Vitamin E was first discovered by Drs. Evans and Bishop in 1922.

Vitamin E is recognized as necessary to vitality in reproduction and is universally accepted as a powerful anti-sterility agent. (Dr. H. C. Sherman and S. L. Smith in "Vitamins," 1931).

Writing about Vitamin E, in his splendid book, "20th Century Health Science," Dr. John X. Loughran informs us that: "The lack of this vitamin does not affect one's health so much as it tends to cause sterility, affecting the process of reproduction in

both men and women. Experiments have been conducted with both sexes and the addition of foods known to contain Vitamin E has resulted in fruitfulness where sterility had once existed."

Dr. C. W. Lieb, formerly associated with the New York Academy of Medicine, declares: "It must of course be understood that deficiency of Vitamin E is not the only cause of sterility . . . But we often see sickly childless wives become robust, and mothers of large families, as the result of improving the nutritional factor in their lives."

Thus we can see that Vitamin E is one of the most essential factors to the health and well-being of every man, woman and child. It governs the growth of the body before maturity; then it governs the vigor of the reproductive functions after maturity.

VITAMINS FOUND IN COMMON FOODS

The following table shows the relative proportions of minerals and vitamins in some common foods.

x Indicates that the food contains the vitamin.

xx Indicates that the food is a good source of the vitamin.

xxx Indicates that the food is a liberal source of the vitamin.

	A	B	C	D	E	Calcium	Phosphorus	Iron
Spinach	xxx	xxx	xxx	x	xxx	21.50	18.05	6.05
Lettuce	xx	xx	xxx	x	xxx	26.56	16.62	9.40
Celery	xx	xx	x	x		14.70	14.50	1.60
Carrots	xxx	xx	xx	x	xx	7.80	8.83	.70
Tomatoes	xx	xxx	xxx		x	11.35	10.75	1.00
Oranges	x	xx	xxx			8.65	4.70	.38
Milk	xxx	xx	x	x	x	12.24	15.79	.30
Liver	xxx	xx	x			1.97	27.30	1.44
White Bread		x				.40	3.20	.03
Graham Bread..	x	xx				1.55	4.75	.30
Butter	xxx			x		.90	.12	.05
Oatmeal	x	xx				1.10	8.10	.05
Eggs	xx	x	x			4.56	15.72	.17
Beefs	x	x	x			1.12	17.00	.15
Fish	x	x				1.50	23.50	.05
Lima Beans	x	xx				1.25	6.10	.01
String Beans (Raw)	xx	xx	x		x	7.50	6.50	.05
Rhubarb	x	x	x		x	12.55	18.41	1.84

In regard to the figures given above for the CALCIUM, PHOSPHORUS and IRON content of foods, the following explanation is necessary. For example, the calcium content of spinach is given as 21.50, phosphorus 18.05, and iron 6.05. These figures are based upon the percentage of each element found in 1,000 parts of water free substance.

WHAT DOES OUR BLOOD NEED?

Blood Chemistry has reached the advanced stage today where the man with the microscope and the man with test tube know every element that the blood must have if the body is to remain in good health. Here is a partial list of important food elements that good blood is composed of:

- | | | | |
|----------------|---------------|---------------|---------------------|
| 1. Amino-acids | 5. Calcium | 9. Magnesium | 13. Iron |
| 2. Fatty-acids | 6. Phosphorus | 10. Sulphur | 14. Silicon |
| 3. Cholesterol | 7. Iodine | 11. Sodium | 15. The Vitamins |
| 4. Sugar | 8. Hormones | 12. Potassium | (A, B, C, D, E & G) |

THIS VITAMIN TONIC FOOD . . . Helps to Invigorate Your Entire Body



Altogether, ALLIMELL supplies 24 Vital Elements for the Body in highly concentrated form.

Supplies 24 Vital Elements

ALLIMELL (Vitamin) TONIC FOOD

(The Formula of Julian P. Thomas, M.D.)

A Concentrated Vitamin and Mineral Food.

Especially Rich in Vitamin E (but also in Vitamins A, B, D and G.)

ALLIMELL is also a good source of IRON, CALCIUM, IODINE, Potassium, Phosphorus, and other mineral salts essential to Health and Life.

PRICES OF ALLIMELL VITAMIN TONIC FOOD

Month's Size Carton	\$2.00
TWO of the Month's Size Carton	3.50
Trial Size Carton	1.00

Indigestion, intestinal troubles, the tendency to have frequent colds, catarrh or sinus trouble, undue fatigue and nerve exhaustion, are just a few of the many disorders which scientists now tell us could be prevented if our daily intake of vitamin-rich foods is plentiful. What is so necessary to prevent such conditions, is also necessary for overcoming them after they have developed. Be sure to read the very interesting article concerning the VITAMINS (pages 80-82, this booklet).

HOW TO BUILD UP AND PURIFY YOUR BLOOD

Since the dawn of history man has understood that the blood was the vital fluid of his body, but the exact and astonishing facts cited in this article are all of very recent discovery. Today we know that each of the elements that enters into the composition of our blood must be present in certain definite proportions. Otherwise the blood becomes impoverished for the lack of any missing element, and what is called a deficiency disease will be the result.

According to Dr. L. Berman of Columbia University, modern biochemists have discovered that all animals (and also human beings) have exactly the same chemical make-up as that of the foods they eat. This simply means that anything LACKING in our food is bound to be lacking in our blood. For food is the stuff that blood is made from.

Amazing Facts About the Blood

The heart pumps the blood.
The liver strains the blood.
The lungs refresh the blood.
The stomach and intestines nourish the blood.

"The heart is a living pump. Its rhythmic pulsations force the life-giving blood through the arteries to all parts of the body, and back again through the veins. The heart engine starts running long before actual birth. It pumps normally the equivalent of $7\frac{1}{2}$ tons of blood a day—the blood circulating through the body of a 160-pound man about once a minute. Whether one is awake or asleep, the heart beats on constantly 70 to 80 times per minute in the adult, for a whole lifetime." (Merck.)

"A 160-pound man has about eight pounds, or four quarts of blood. He may lose up to one and one-half quarts at one time and recover.

"The blood is the marvelous distributor, regulator, restorer, provider of forces. When one thinks of the billions of individual cells (composing the human body) the blood serves, it is truly the Little Friend of All the World."—Prof. George A. Dorsey.

The blood courses through sixteen square feet of skin and about one hundred square yards of lung lining. Blood vessels are everywhere. No matter where you stick a pin into the body you draw blood. The body's remarkable power of protecting itself against injury is illustrated by the ability of our blood to clot when a blood vessel is cut. At that point the blood, normally very watery, thickens to seal the opening. Were it not for power of the blood to thus clot and seal the cut, all the blood of the body would escape from the tiniest cut. The blood deposits repair materials for any injured part. It fights dangerous invaders, such as germs and poisons.

Every cell in the body depends upon the blood to bring it the nourishment it needs and to carry off its waste products.

The blood is composed of red and white corpuscles. The red corpuscles carry oxygen and nourishment to the cells of the body. The white corpuscles have but one function—and a very important one at that—the protection of the blood against infection by germs, etc. They are the “white soldiers” of the body.

Blood corpuscles are so small that they can only be seen by the microscope and measured by micrometer.

Of the 25,000,000,000,000 (25,000 billion) red cells in the body, 10,000,000 die every second and new ones must be created to take their place. These new blood cells are created from the foods we eat. So it is clear that the quality of our blood depends upon the kind of food we consume.

WHAT IS MAN MADE OF?

(“We are such things as our foods are made of.”

—Louis Berman, M.D.)

It is estimated that a normal man weighing 150 pounds is composed of the following chemical elements:

90 lbs. oxygen	1 lb. 4 oz. of phosphorus	2 oz. of flourine
36 lbs. carbon	4 oz. of chlorine	1 ½ oz. of magnesium
14 lbs. hydrogen	3 ½ oz. of sulphur	¼ oz. of silicon
3 lbs. 8 oz. of nitrogen	3 oz. of potassium	1/6 oz. of iron
3 lbs. 12 oz. calcium	2 ½ oz. of sodium	

There are also traces of: Magnanese, aluminum, iodine, copper, lead, zinc, lithium, cobalt, helium, neon, etc.

The principal ACID-FORMING ELEMENTS are: Phosphorus, Sulphur, Chlorine, Flourine, Silicon and Iodine.

The principal ALKALINE ELEMENTS are: Sodium, Potassium, Calcium, Magnesium, Iron, Manganese and Copper.

The chemical elements named above are found in the soil, in the foods we eat, and therefore in our bloodstream and body structure. “Life is a chemical function. The living body is composed of innumerable cells, each a little chemical factory.”

Modern food science stresses the importance of our securing foods that adequate in mineral elements and vitamins, as well as in proteins (muscle-builders), carbohydrates (starches and sugars) and fats.

WHAT IS ACIDOSIS? When a person eats too great an amount of acid-producing foods over a long period of time he is apt to bring about a condition termed acidosis. “Acidosis does not mean, as is incorrectly thought by many, an acid condition of the blood. Such a condition would be quite incompatible with life, for the blood must

always be slightly alkaline. The term acidosis indicates the presence in the blood of certain acids in toxic amounts, in the neutralization of which the normal alkalinity of the blood is greatly reduced. Hence it is not an acidity of the blood itself, but an excessive depletion of the alkaline reserve."—August A. Thomen, M.D.

FOR LISTS OF ACID AND ALKALINE FOODS—See page 11.

VITAMINS FOUND IN COMMON FOODS—See page 82.

Foods containing Calcium, Phosphorus, Iron—page 82.

IRON builds the red blood cells. It absorbs oxygen and carries it to the cells deep within the body; helps to remove waste; gives energy and vitality. Lack of iron leads to pallor, weakness and anemia. All the iron that is present in the body at any one time could be balanced by the weight of a silver dime but without it life is impossible. Our iron supply has to be renewed from day to day.

ANEMIA

SYMPTOMS OF ANEMIA—Anemia is defined as "Deficiency in the quality or quantity of the blood." Paleness is one of the main symptoms. The pallor is most marked in the lips, in the gums, and in the lining of the lower eyelids. There may be feelings of faintness and swelling of the feet. The bodily and mental vigor becomes impaired. Work and exercise are felt to overtax the strength. Such exertion as climbing hills or going upstairs easily produces shortness of breath and perhaps palpitation. "The poor blood supplied to the digestive organs soon leads to dyspepsia (indigestion), which increases the drowsiness and irritability already resulting from the insufficiently nourished system." Loss of weight is a frequent feature and this generally occurs through loss of appetite. Foods containing a liberal amount of Vitamin B increases the appetite, and ALLIMELL VITAMIN TONIC is rich in this vitamin. **Bleeding Piles** are sometimes a cause of anemia. (The home treatment of piles is discussed on pages 73-79.) **Excessive Menstruation** is a possible cause of anemia in women, and where this is the case the treatment outlined for Female Disorders is suggested. (Pages 91-94.)

TREATMENT FOR ANEMIA

1. **Alkaline Blood Builder**—Consists of a combination of vegetable ingredients, which are dehydrated by a special process and provide a rich source of easily assimilated calcium, iron, potassium, sodium, magnesium, as well as other essential mineral elements. (page 85). Being in finely powdered form, with the cellulose walls broken down, the rapidity with which these vital elements can be assimilated makes **Alkaline Blood Builder** one of the triumphs of modern food science.

Once the body becomes **remineralized**, and the shortage is overcome through the aid of the mineral-rich **ALKALINE BLOOD BUILDER** and the vitamin-rich **ALLIMELL TONIC FOOD**, then the daily bodily requirements can usually be taken care of through proper diet and the inclusion of plenty of natural foods.

2. Allimell Vitamin Tonic Food—It has now been definitely established by scientific research workers throughout the world that "the Vitamins, with the exception of Vitamin A, are not stored up in the body for any great length of time; and, if the food intake is constantly deficient in Vitamin or mineral content, such deficiency brings about a weakening of the bodily functions, and this weakening is the foundation upon which disease is built. Therefore it becomes necessary to renew the Vitamin supply daily." **ALLIMELL**, if taken regularly, will help to make up for any deficiency which may be found in the average normal diet.

By changing the quality of your blood, you automatically change the quality of your health, since health cannot very long remain in any body whose life-blood is lacking in the elements necessary for Vitality. No engine runs very well on watered gasoline. No human body can function very well for any great length of time without a sufficient supply of the vitamins and mineral salts. In support of this last statement, we wish to quote Lieut-Col. Robt. McCarrison, M.D., author of many books and a world-renowned authority on the Vitamins and Food Deficiency Diseases. Dr. McCarrison declares: "**Extreme deprivation of vitamins means rapid dissolution and death; partial deprivation means slow dissolution and disease.**"

3. Herbal Laxative—Because it is so well known a fact that the blood absorbs a great deal of toxic (poisonous) matter, as a result of delayed or imperfect elimination, the value of a good herbal bowel regulator can be appreciated. Lowered vitality in anemia tends to make the bowel sluggish. To remove this intestinal sluggishness, so that the system may be cleansed and food better assimilated, this herbal laxative should prove beneficial.

FULL COURSE BLOODBUILDING TREATMENT, \$3.50

SEPARATE PRICES: Alkaline Blood Builder, \$1.00; Allimell Vitamin Tonic Food, \$2.00; Herbal Laxative Food, \$1.00. The full Course price of \$3.50 applies only when all these three remedies are ordered at the one time.

Blood-Building Diet, Free—To everyone who purchases this Full Course Treatment, we will send a full list of the foods that are richest in Iron, Calcium, Phosphorus and other vital minerals, and many other helpful hints concerning blood-building and blood-purification.

DISTINGUISHED DOCTOR EXPLAINS GREAT NEED OF FOOD IODINE IN HUMAN BODY

Writing for the celebrated "New Health" magazine, Sir William Arbuthnot Lane, M.D., Bt., F.R.C.S., fully explains the important role of iodine in the human body's defense against disease and infection.

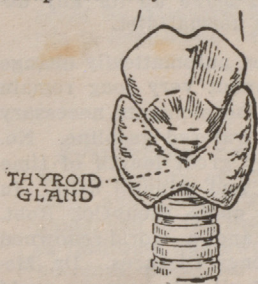
"We must have iodine or the mechanism of the entire body is thrown out of gear," asserts Dr. Lane.

In the neck, just below the voice-box, there is situated a small but potent gland which is called the **Thyroid**. Without the proper working of this gland, neither mind nor body can grow and develop normally. Its failure in early life or before birth causes a

well-known species of idiocy called cretinism, while in adult life thyroid failure leads to obesity (overweight) and mental dullness.

"Now comes a vital point. In order to carry out its work, the thyroid gland must have iodine; this element must come from outside the body. It is the main purpose of the thyroid gland to abstract iodine from the circulating blood, to elaborate it, to pass it into the body as and when required, and to store it for further or emergency use. Clearly,

Nature has made very special efforts to arrange that iodine shall be available for our tissues. No other mineral substance has been honored with a special gland to facilitate its use in the body.



HOW IODINE PROTECTS OUR BODY

"Let us now examine the function of iodine in the human body. We have long known that iodine is deadly to germ life. Every day people apply this knowledge when they paint a wound with a tincture of iodine with the object of killing any disease germs which might gain access to the blood stream. Does not this provide a clue to the purpose of the iodine which is elaborated by the thyroid gland and distributed to the body tissues?"

WHY ARE WE STARVED FOR IODINE?

"Why is it that germ infections and diseases are so prevalent today amongst civilized peoples? Why has our defensive system so lamentably broken down? In the opinion of many medical men, a partial answer to this question is: **iodine starvation**. (While a lack of iodine is not the only factor, there is a growing volume of opinion to the effect it is the most significant.)

"The refining of natural foods removes a major portion of the iodine and so robs the body of a much needed safeguard against germ infection."

In Japan, according to Dr. J. F. McClendon, there is only one goitre per million Japanese. "The iodine intake of the Japanese," states Dr. McClendon, "is very high and certainly more than double that of any other peoples, as seaweed (kelp) is a constant constituent of their diet and seaweed has about 1,000 times as much iodine as any other food." The Japanese powder the kelp and use it as a seasoning along with their daily food.

The noted food specialist, Dr. Otto Carque, states: "A lack of iodine prevents the formation of thyroxin (the secretion of the thyroid gland, 65% of which is iodine) and causes enlargement of the thyroid gland or goitre. This disease is common in certain districts. It is probably caused by an insufficient and one-sided diet, and a lack of iodine in the soil. As sea water contains iodine, it is naturally present in all sea plants, such as algae, kelp, etc."

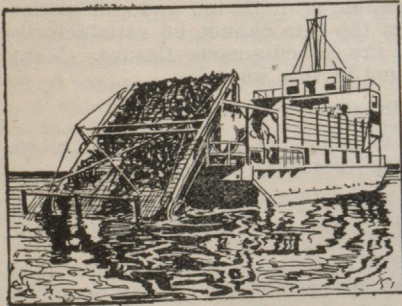
In all cases of goitre, a medical doctor should be consulted with regard to proper treatment. We offer no treatment for goitre.

PACIFIC OCEAN KELP—AN EXCELLENT SOURCE OF IODINE FOR HUMAN USE

Land vegetation can no longer be relied upon to furnish sufficient iodine. A recent issue of *Cosmopolitan Magazine* informs us that "vegetation grown in one part of the country may assay 1,100 parts, per billion, of iodine, as against 20 in that grown elsewhere."

Fortunately, it has been discovered that Pacific Ocean Kelp is a very good source of quickly assimilable iodine. It is rich, too, in chlorophyll, in Vitamins A, B, D and E—in potassium, iron, manganese and other very essential food minerals.

"In sun-radiated Pacific waters giant ocean-going mowing machines travel slowly over the great kelp beds, harvesting the top tendrils and leaves of the fresh green plant.



A Kelp Harvesting Boat

fornia. After it is gathered, it is thoroughly sun-dried, then reduced to almost powder. Only the water is removed. Thus you secure the kelp just as Nature produced it—nothing is added, nothing is taken away.

"The plants are huge; higher than most land trees as they grow in 60 to 100 feet of water. Their great, broad leaves, often 15 feet long, float on the surface of the water."

It is the top leaves of the Giant Pacific Ocean Kelp (*Macrocystis Pyrifera*) that are gathered for human use. The kelp is obtained 30 to 40 miles off the coast of Cali-

Edward McCollum, noted food scientist, declares: "I consider the daily use of kelp the most certain way to round out and balance the diet. This aids nature by supplying the most important minerals in the most digestible form."

Iodine is an essential element of our food, and is as vital to the healthy activity of the thyroid as iron to the blood. In support of this statement, one more quotation from Dr. Carque's book:

"When the iodine in the thyroid has been used up and it can no longer supply the needed secretion to the system, various body functions begin to be affected. The part the thyroid secretion (which really means iodine) plays in the lives of humans, is admirably summarized by Dr. Barwise, an English Medical Officer, in an official report made by him in 1924:

Eight Reasons Why Our Bodies Need Iodine

"1. It is necessary for effective metabolism, and specially promotes respiratory exchanges and physical growth.

"2. It promotes efficient mental development. A severe shortage before birth results in cretinism. An inadequate supply may produce anything from imbecility to mere mental dullness.

"3. It is specially required in the pregnant condition, and antenatal clinics must bear this point in mind.

"4. It is needed at the age of adolescence for the development of the reproductive organs, particularly in the female, in whom the changeover takes place more rapidly than in the male.

"5. It is needed to keep the skin and its appendages in a healthy condition. A dry skin and falling hair frequently mean a thyroid deficiency.

"6. It is required for the digestion, assimilation and combustion of fats. When a shortage occurs the fats cannot be satisfactorily dealt with, and it is stored in the subcutaneous tissues. Many cases of obesity may be occasioned in this way.

"7. It is required for the metabolism of calcium.

"8. It is needed to enable us to resist the invasion of microbes, and to render harmless the toxins (poisons) they produce."

Every thinking person can readily realize, from these facts, the vital importance of guarding against a shortage of food iodine.

One teaspoonful daily of PACIFIC OCEAN KELP is a guarantee against iodine starvation. It may be sprinkled on foods or added to soups. Added to tomato juice, the kelp makes a pleasant, tasteful, iodine-rich cocktail that quickly builds up your iodine reserve and helps to invigorate the whole body.

MONTH'S SIZE CARTON OF PACIFIC OCEAN KELP, \$1.00
LARGE ECONOMY SIZE CARTON (triple weight), \$2.00

WHAT WOMEN SHOULD KNOW ABOUT THEMSELVES

Today the idea that there are a number of painful and distressing disorders that women must suffer from simply because of the fact they are women is being dismissed as a rank superstition.

It is true that there are huge volumes in every doctor's library on "Diseases of Women"—but there are very few of those diseases that could not be either prevented or corrected by proper attention to the essentials of good health.

Because of her greater biological importance in the scheme of things, woman's failure to maintain her body in perfect health brings with it a great penalty. Because she is the mother of the race, her vitality is more likely to be destroyed if she does not feed herself properly. If her diet is deficient in the elements that are required for healthful mother's milk, her infant gets a bad start in life.



Recently, Dr. Victor H. Lindlahr wrote a splendid article entitled: "Must Women Suffer Needlessly?" In this article, Dr. Lindlahr declares:

"From about the fourteenth year until the forties or later, menstruation is a perfectly natural function of womanhood, but for eight women out of ten this function is performed in a most unnatural way . . . Women need not suffer from abnormal menstrual periods. Nature meant them to be a kindly relief, a perfectly natural, useful function."

Why Does Menstruation Take Place?

Why does the "monthly period" (menstruation) take place at all? Dr. Lindlahr's explanation answers this question very clearly:

"Every month an ovum, which is the female cell of reproduction, is cast off from the ovary. This tiny cell of life is carried to the body of the womb, where it may, or may not, meet with the male cell of reproduction. Should male and female cell meet, there may be a union, and from that union a baby will develop. For nine months the new life will be nourished within the woman's body, from her blood; for this purpose Nature has constituted women's blood differently from men's. Between each menstrual period a woman saves up extra calcium, iron, phosphorus and other minerals in her blood. Should she become pregnant, there is nourishment for the new life. If she does not become pregnant, Nature disposes of the extra nourishment in the blood by the way of the menstrual period. Nature, however, requires fresh nourishment—the saving-up process begins again.

Interesting Facts About Menstrual Blood

"Science knows that menstrual blood is very different from body blood. From this elementary fact we learn that there is a definite relation between nourishment and menstruation.

"The lesson to be learned is that: as the body blood is, so the menstrual flow will be. As the menstrual flow is, so the size, shape and condition of the female organs will be.

"Menstrual blood should not coagulate. It contains a special secretion which prevents it from clotting, and it has certain chemicals in it (or should have) which prohibit the thickening. If, however, the minerals and vitamins which enter into this chemistry is not supplied in the diet, the menstrual blood may have a decided tendency to clot. In order to expel clots, the uterus has to contract violently, causing very severe cramps. Because it has to contend continually with this sort of blood, the womb develops in a peculiar fashion, or else overdevelops."

"The More Constipated Sex"—and Why

Further light on the cause of female disorders will be found in the following statement by J. Ellis Barker:

"Women are the more constipated sex. Their abdomens, which are built to afford room for the growing baby, gives far more space for the accumulation of feces (bowel wastes.) Besides, women, being more bashful than men, far more often repress their needs. In addition, they consume vastly more sweets than men, increasing thereby the toxicity of their system." In chronically constipated women, the intestines, over-weighted with waste matter, drop into the pelvic cavity. This unnatural pressure is the cause of a great deal of female distress; it may cause displacement of the uterus. Sir Arbuthnot Lane, the noted British surgeon, has proven that, in women, there is a peculiar relationship between the bowel and the breasts. He has described cases in which, on account of chronic constipation, the woman's breast "becomes hard and nobbly, and after a time a large number of cysts develop . . . These degenerated breasts are very liable to be affected by disease."

FEMALE DISORDERS WHICH RESPOND FAVORABLY TO HERBAL AND DIETETIC TREATMENT

Scanty or Almost Absent Menstruation (Amenorrhœa), caused by the blood being deficient in many of the essential vitamins and mineral elements.

Painful or Difficult Menstruation (Dysmenorrhœa), caused, as Dr. Lindlahr has pointed out, by an absence of the vitamins and mineral elements necessary to prevent the menstrual blood from clotting, because to expel clots the uterus is forced to contract violently.

"Flooding" or Excessive Loss of Blood During the Period (Menorrhagia) is now held to be due to a lack of the essential elements calcium, phosphorus, iron and Vitamin D.

Many forms of skin disorders in women are directly caused by constipation and abnormal menstruation, and disappear when these conditions are corrected.

TREATMENT FOR FEMALE DISORDERS

The full treatment for the various types of females troubles described in this article consists of the following remedies:

1. **Female Corrective Capsules**—In this formula, Dr. Thomas has combined the most efficient Deobstruent and Emmenagogic herbs known for female complaints. Some of these herbs and roots, etc., have enjoyed a favorable reputation before and since Biblical times. Their function is to tone, strengthen and normalize the uterine organs.

2. **Herbal Laxative Capsules**—"Too much stress cannot be laid upon the importance of good bowel action in the maintenance of menstrual health," states Dr. E. F. Grillo. Every woman troubled with sluggishness of the bowel knows, from her own experience, that constipation creates greater pain and distress during the menstrual period. But she may make the mistake of using harsh and powerful purgatives. L. Duncan Bulkley, M.D., M.A., in dealing with menstrual disorders, declares: "I believe that the proper use of vegetable laxatives conforms more to the processes of nature." The formula for Dr. Thomas' Herbal Laxative Capsules consists of vegetable herbs only. They relieve bowel congestion without force, pain or griping. They are composed entirely of finely powdered laxative herbs.

3. **Allimell Vitamin Tonic Food**—"A large percentage of female troubles such as cramps, flooding, irregular, painful or scanty menstrual periods are often due to a lack of calcium, phosphorus, iron, iodine and certain Vitamins in the blood. Woman menstruates because she does not become pregnant. The menstrual flow is composed of all the elements of the potential child, minerals which would have been the flesh, blood and bones of the baby. If a woman lacks calcium to begin with, her periods are hesitant, irregular, painful and abnormal." But even if the food she is using does contain plenty of calcium, the blood cannot absorb it unless she also gets sufficient Vitamin D and Iodine.

"When we speak of calcium in the body chemistry, we automatically speak of iron, phosphorus and Vitamin D too, because these four substances act together in the intricate calcium chemistry of the body, declares Dr. Lindlahr.

Allimell has proven so valuable in female disorders because it provides an abundance of five different Vitamins, and a plentiful supply of iodine, phosphorus, calcium, iron and other essential mineral elements. These features make Allimell of considerable

value to pregnant or nursing women, as well as to those suffering from menstrual disorders.

PRICE OF THE FULL COURSE TREATMENT FOR FEMALE DISORDERS, \$3.50

(Consists of the three remedies listed above. Full Diet instructions—together with many helpful, valuable pointers on feminine hygiene and exercises for replacing fallen womb—sent free with order.)

Separate price of each remedy: Female Corrective Capsules, \$1.00; Allimell Vitamin Tonic, \$2.00; Herbal Laxative Capsules, \$1.00. Full Course Price of \$3.50 applies only when all three remedies are ordered at the one time.

THE FEARS AND WORRIES OF WOMEN PAST 40

Why does the Menopause (often called the "change of life") represent the most critical period in a woman's life? What is this great change that comes to women after their 40th year? Why is the Menopause so often associated with what doctors term "mental upheavals," "terrifying fears," "strange doubts"—and makes some women passing through it feel as if they were going through the "tortures of the damned?"



True as this picture may be of some women going through this "great change," it need not be true of the modern women who understands how to manage her life—and knows what is going on within her body.

WHY THE "CHANGE OF LIFE" TAKES PLACE

About 30 years after her first menstruation, Nature stops sending the ovum into the womb. Then the woman's childbearing period is over, and menstruation is a thing of the past. Some women may cease to menstruate at 42; others may not undergo the "change" until the age of 50, 52—in some cases as late as 55.

In women of good health, both the beginning and the end of the menstrual cycle are attended without distress. But, in other women, the menopause creates no end of suffering. As Dr. Wm. J. Robinson said: "Many women, the majority probably, suffer considerably during the transitional year or years of the menopause."

HOW THE "CHANGE" TAKES PLACE

As the menopause approaches, the monthly periods (menstruation) becomes more and more irregular. The flow becomes scantier, and soon stops altogether.

One doctor describes the typical change, as follows: "During the time that the change of life takes place certain normal changes occur. The breasts are reduced in size and firmness. Certain nervous changes take place. Sometimes the skin becomes discolored. The hands and feet feel cold, no matter how warmly dressed they may be. There may be a burning sensation in the soles. A very common complaint at this time is the presence of hot and cold flushes."

Among the many other symptoms of discomfort that may be noticed during the menopause are: Headache, sleeplessness, profuse perspiration; capricious appetite, or complete loss of appetite; a considerable loss of weight or a very rapid putting on of fat. There may develop stiffness and swelling of the knee-joints. The skin is apt to develop a harsh, dry appearance. And severe constipation may add to all the other miseries.

Not necessarily every symptom listed above will be found in every case, but the majority of them are apt to be present—along with "fleeting, indefinite pains," numbness of hands and feet, possibly double vision and asthma-like attacks—and irritable temper, fear, worry, depression or melancholia.

TREATMENT—The treatment that is of real value to women passing through this most trying period is that which helps to keep the system free from the poisons and toxins of constipation and auto-intoxication, and maintains the blood in proper chemical balance by supplying the essential vitamins and organic mineral elements. To accomplish this we recommend:

1. **Menopause Corrective Capsules**—Enclosed within these capsules is a combination of the herbs, roots and barks that women in all parts of the world have found to be especially beneficial during the "change of life."

2. **Allimell Vitamin Tonic Food**—According to Sir W. Arbuthnot Lane, M.D., Bart., C.B., one of the factors that causes much distress to women undergoing the "change" is a deficiently working thyroid gland, caused by the lack of Food Iodine. "Very often at the change of life," writes Dr. Lane, "women find themselves suffering from stiffness and swelling of the knee joints. Occasionally, the knees seem to 'give way' and there are generally pains, as a rule most troublesome at night . . . their hair becomes thin and lacks lustre and their skin develops a harsh, dry appearance. Such women are suffering from a degree of thyroid gland deficiency." Now the best way to stimulate the thyroid gland back to normal activity is by supplying it more Iodine. Iodine, it has recently been discovered, is most richly concentrated into a plant that grows in the ocean. This plant (*Macrocystis Pyrifera*) is one of the ingredients that goes into the formula of Allimell Vitamin Tonic Food—along with such other essential elements as calcium, phosphorus, potassium, magnesium and five necessary vitamins—making it an ideal food tonic for women at this time of life.

3. **Herbal Laxative Capsules**—Constipation, by causing unwelcome acids, toxins and gases to accumulate in the system, aggravates the other symptoms that are present—especially the headaches, irritability and sleeplessness. These Herbal Laxative Capsules enable you to replace any harsh or powerful cathartics you might be using with gentle and effective cleansing herbs that tone the bowel muscles and at the same time help to purify the blood.

**PRICE OF FULL COURSE TREATMENT FOR THE
MENOPAUSE, \$3.50.**

Separate price of each remedy: Menopause Corrective Capsules, \$1.00; Allimell Vitamin Tonic, \$2.00; Herbal Laxative Capsules, \$1.00. The Full Course price of \$3.50 applies only when all three remedies are ordered at the one time.

**FREE—SPECIAL PRIVATE BULLETIN ON “THE
CRITICAL TIME IN A WOMAN’S LIFE—
THE MENOPAUSE”**

There are so many important questions to be answered, and so many helpful hints that need to be given to the women passing through the change of life, that this special Bulletin was prepared by our Home Health Service Dept. Although priced at \$1.00, when ordered separately, this Bulletin is sent without added cost to every woman who orders the Full Course Menopause Treatment at \$3.50.

Many of the vital problems facing the woman past forty are fully dealt with in this private Bulletin, which answers such questions as these:

“Does a woman who has passed through the Change of Life cease to be sexually attractive?” “Does the menopause mean the end of my ability to enjoy normal marriage relations?”

“Should I marry for the first time after 40?” “Should I remarry?”

“Must youth and beauty fade after 40?” “How can I grow old gracefully?” “What is the secret of keeping young after middle age?”

“Is there a Diet and a Plan of Living that will keep me healthy?”

By means of the helpful information disclosed in this Bulletin, it is possible for the woman past forty to look forward to a richer, happier life than she imagined possible. Yes, even for a woman, life can BEGIN at forty! This Bulletin tells why and how.

NOTE:—Younger women, ordering the Full Course Treatment for Female Disorders (pages 91-94) will also receive this Bulletin, without cost. Kindly request it when you order.

Our Guarantee

The herbal formulas of Dr. Thomas proved their effectiveness in thousands of cases at his Sanitarium. We have every confidence that they will prove just as effective when you use them in your own home—in accordance with the complete instructions and directions that we will supply you. If they don't, the loss is ours—not yours—as you will see when you read the last paragraph.

Let it be clearly understood, at once, that it is unnecessary for us to Guarantee the natural healing, building or tonic properties of the **non-poisonous** herbal ingredients that enter into the composition of the Dr. Thomas Sanitarium Formulas.

WHY WE DO NOT SELL "SECRET" FORMULAS

Dr. Thomas did not believe in "secret formulas." So you will find, on the labels of all his remedies, a full list of each and every herbal ingredient that he has used in compounding it.

Furthermore, if you will study any authoritative books on herbal practice, or if you will take the trouble to check up on the properties of these herbal ingredients in any standard Pharmacopoeia, you will find that every one of them has been **endorsed by the experience of the entire human race** for a period covering thousands of years. Several of the ingredients used in some of Dr. Thomas' formulas were in use more than five thousand years ago. They have stood the test of time.

WHAT WE GUARANTEE

What we Guarantee, when we sell you these formulas, is the fact that they represent 30 years of intensive research and study of every system of compounding herbs used the world over, together with the seventeen years of their actual use in his daily sanitarium practice by the great physician who perfected each formula—Julian P. Thomas, M.D. Such formulas deserve a fair trial.

Knowing from long experience, the great value of these Sanitarium-proven Formulas, we have no hesitation in distributing them for home use, under the following **Guarantee**:

Select, from among the treatments listed in this booklet, the Full Course Treatment which in your opinion fits your needs best. If by the time you have used up half of it you have failed to notice a decided improvement, you may send back the unused portion and receive a 50% refund of your money. This guarantee applies solely to the first Full Course Treatment ordered. As to whether you wish to avail yourself of this refund privilege, you must be the sole judge. We shall accept your verdict as final.

HOW YOUR ORDER IS HANDLED



Busy scene in the order-filling section of the
Mail Order Department

Four times a day the postman calls, and the orders he brings are checked over as quickly as possible. The items you have asked for are entered on a special card, a label is made bearing your address, and the Order Department sees to it that no time is lost getting it away. No matter how many orders come in, your parcel is on its way within less than 24 hours. Being located close to the main post office helps us to give such prompt service.

WHAT THE HEALTH SERVICE DEPT. DOES

The Home Health Service Dept., under the direction of the editors of this booklet, instructs you regarding the use of the remedies, sends you the diet information, and answers your letters fully and carefully. This valuable personal health service is given to all customers without any added cost.

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HOW TO ORDER—Remit by Postal Note, Money Order, or Registered Letter.

C.O.D. Orders—On all C.O.D. orders, the fee will be charged to the customer.

Postage Prepaid—We pay the postage on all mail orders.

Diet Suggestions Free—With every treatment ordered, helpful dietetic and hygienic suggestions are included without extra cost.

THE HEALTH SUPPLY CENTRE

264 Portage Avenue

Phone 97 855

Winnipeg, Man.



*"Know what is right—
Do what is right—
And your health will be right."*

—HERMAN N. BUNDESEN, M.D.
(Health Commissioner, Chicago).

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