

What Causes Disease

How to Remove the Cause and
Restore the Body to Normal
with the Consequent
Return to Health



THE HEALTH SCHOOL

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P. L. CLARK, Jr., Physical Director

39 South State Street, CHICAGO

Telephone :: :: Dearborn 4936

Price 10c



Wm. A. C.

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Foreword

This booklet presents the facts and gives the truth as to the utter inefficacy and worse than useless present-day medical methods.

The medical profession does not know the cause of disease and consequently is unable to remove that which they cannot recognize, and so it is conceded by the medics that there are only seven diseases out of four hundred curable by drugs and serums.

Even this I challenge as drugs or serums (man made) never have and never will cure disease.

The serum which cures is that which is made by nature in the laboratory of the body and in the blood and it is this and only this clean, alkaline serum which can and does attack and remove any malady with which the body may be oppressed.

The reason I succeed in teaching people to cure the incurable diseases is because I can show them how to give nature the chance to make the only thing on earth that cures disease, viz., pure, clean, alkaline, normal blood serum.

CHAPTER I

Utter Inefficiency of Medicine

When a man of such standing as Dr. Cabot, of the Massachusetts General Hospital, states that out of some 400 listed diseases, there are only cures with medicines or serums for some seven of these diseases, it begins to dawn upon the masses of the people, that even if a **correct diagnosis** is made of the trouble there are **some 393 diseases out of 400** that one of the highest authorities in the medical profession says **cannot be cured by drugs** and that that is the reason they have **not been able to buy a cure**, even under the expert(?) direction of the doctor.

There are in the United States about 30,000,000 people who do not believe in medicine as practiced by the Medical Fraternity, nor in the efficacy of drugs as a cure for disease, so called. And why should **anyone**

have the slightest faith in drugs as a cure for disease or belief in the ability of the medical profession to aid in the cure of disease when so many of the honest, high-minded and really competent members of the profession have abandoned the archaic "germ theory" as the cause of disease? With the "germ theory" gone the bulwark of present-day medical practice falls and is as valueless in the aid of the sick as is the modern impregnable fort in stopping a fleet of flying machines.

Then with all the modern instruments of precision that they have at the Massachusetts General Hospital with which to make a diagnosis, Dr. Cabot says that the autopsies have shown **that they have been wrong in their diagnoses 50% of the time.** These facts are of course not generally known, for if they were there would be few indeed who would continue to patronize the medical profession.

If under the most favorable conditions 50% of the diagnoses are wrong I will leave it to my readers to estimate the per cent of correct diagnoses made by the average neighborhood doctor.

CHAPTER II

Our Medical Trust

It is surely time that people gave some little attention to the fact that we have a Medical Trust trying to fasten itself on the public trough by every means, fair or foul.

Ida Tarbell shocked many people with her revelations of the iniquities of the Oil Trust, showing that many had been despoiled of their property and many lives had been lost that the great "American Beauty Rose," "THE OIL TRUST," might bloom.

But the depredations of the Oil Trust pale into insignificance and the lives sacrificed incident to its development are as a lead nickel to a thousand dollar Liberty Bond, compared with the slaughter inaugurated and maintained by the Medical Trust backed by the Serum and Vaccine Manufacturers to promote **their** interests.

One does not always feel resentment to the point of desperation over property losses such as men suffered for our great "American Beauty," but when for pelf a great body of men organize to foist their half-baked, unproved, superstitious theories and asinine, deadly experiments on the people en masse, when the practice of these methods to date has resulted in the slaughter of helpless human beings by the thousands it is high time for those who value their own health and lives and the health and lives of those they love and are responsible for, to take notice.

For instance, inoculation against typhoid does not confer immunity from the disease—yet wherever they have the power, as in the Army, these ignorant medical zealots force those unfortunate enough to be in their power to submit to this deadly, filthy, death-dealing and utterly useless procedure. This information on typhoid and influenza was compiled

by Mrs. Lora C. Little, Secretary of the American Medical Liberty League.

Here is the proof:

The following rates are based on the figures of the Surgeon General of the United States Army for the years named:

	Attack Rate per 1000 Men	Death Rate per 1000 Men
Year 1898	88.56	9.74
Year 1899	22.98	2.79

And the decline continued until—

1908	3.20	0.31
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Spanish War Volunteers are not included in the foregoing—only the Regulars; the Volunteers show the following rates:

1898	166.03	17.18
1899	17.10	1.90

Not a man was inoculated against typhoid in the U. S. Army previous to March 1, 1909. On that date volunteers for inoc-

ulation were called for. Not until 1911 was inoculation made compulsory.

OBSERVE: The disease had already dwindled, **thanks to sanitation, and was fast disappearing before a single inoculation was performed.**

The vaccine interests had to make haste or the disease would have utterly vanished before they could work in their nostrum.

The gullibility of the American public is a standing invitation to vaccine peddlers and they are not slow to take advantage of it.

“Did our universally inoculated soldiers have typhoid during the Great War, when exposed to typhoid inducing conditions? They certainly did—so much of it that Walter D. Macaw, Chief Surgeon of the A. E. F., issued a circular on the subject early in 1919 (see Public Health Service Reports, No. 13, Vol. 34).

“Col. Macaw there **reprimanded** the medical officers of the Army for **relying on inoculation**. He said, **‘It is evident that many medical officers have gained but little knowledge of the fundamental principles underlying prevention and control’** (of typhoid). He appears cruelly oblivious of the fact that the medical corps had had it drilled into them by the heads thereof that inoculation protects. **If it does not protect in unsanitary surroundings what is it worth? When the environment is thoroughly sanitary there is nothing to protect from.**

“The Macaw circular named six typhoid outbreaks among overseas troops, and warned that the coming of warm weather would bring an added menace **unless sanitary defects were corrected.**”

But while these statistics are not generally known, the people insofar as their time, experience, opportunity and understanding permits,

are daily learning more about the useless, criminal, surgical slaughter which is going on and the utter helplessness of the medical profession in that, in the search for **cures, drugs are being abandoned for the death dealing, filth of dirty soups (serums and vaccines).**

In the name of Medical Science(?) (**which is not a science**), these deadly, noxious, poisonous, conglomerations of corruption, serums, (dirty soups), are injected directly into the blood stream where nature hasn't the slightest chance to combat the poison. What are the results? Just as few cures as recorded with drugs and many violent deaths, as witness those reported in the Toronto Globe of two women dying within fifteen minutes of each other, killed by the injection of serum, in less than a half hour after the serum was injected. One got to the corner drug store from the doctor's office when she dropped and the other was in a dying condition in the doctor's office

when he returned from watching the first one die. A wonderful scientific(?) experiment, but costly to somebody. **Some day we will be intelligent enough to stop such criminal asininity.** In the investigation of these cases, the Coroner admitted having had many other complaints and having **asked the Health Department to prohibit the use of serum.** Evidently the serum manufacturers had greater influence with the Health Authorities than the Coroner.

The most damning evidence against the utter incompetence of present medical methods is shown by the death rate during the influenza epidemic of 1918. The medical profession is utterly helpless in its ignorance in both preventive and curative methods.

Mrs. Little says:

What do you suppose made our soldiers in camp ripe for Death's sickle in the influenza epidemic of 1918? Study the figures below.

Army deaths are from Public Health Service Reports, ten weeks, Sept. 20th to Nov. 29th. Civil deaths, See No. 52, Vol. 33, P. H. S. Reports, p. 2320.

Whole United States (official estimate) *** Population, 110,000,000; Deaths, 350,000; Rate per 100,000, 318.

(This includes all the ailing, all the weaklings, all the Army "rejects," all the slum population. Had all sorts of treatment—**fully one-third did not have allopathic treatment.**)

Soldiers in Camps in U. S. (round numbers) at signing of Armistice, * * * Population 1,500,000; Deaths, 21,994; Rate per 100,000, 1466.

(The most robust and resistant class of all had only allopathic treatment, on top of a course of vaccinations and inoculations a little earlier.)

These figures are enough to startle any person capable of thinking. It cannot be said that it is just an

isolated case, for the whole population of the United States is included. We find that where the medical profession had absolute control over 1,500,000 men, consisting of the very flower of the robust youth of our country, not only were they unable to secure for these men the slightest protection from or to mitigate in the least the severity of an epidemic from which 1,466 in 100,000 died. Remember these men had been inoculated and vaccinated against all the diseases for which the serum manufacturers could devise a serum or vaccine, and the "dirty soups" (serums) were used by the hogshead.

The results show that the natural immunity and resistance to disease in the bodies of the hardest, most robust portion of our population was so broken down and their constitutions so undermined by the filth injected and vaccinated into their blood and by the bad combinations of food which they were fed that four and six-tenths per cent of them died to

one per cent of the riff-raff, rejected, physically unfit, diseased, weaklings, the aged, and slum population remaining at home.

Always the assumption by these ignorant zealots is that whatever experiment they see fit to try is absolutely harmless. If a child dies of lockjaw after the administration of diphtheritic antitoxin, or is killed by vaccination as was Pearl Sackman, it isn't the fault of the serum (dirty soup), or the vaccine filth—oh, no! But if the child has been blessed with such a good constitution that it gets well in spite of the vaccine or serum administered these filthy, dirty deadly, purely experimental nostrums are given credit for the cure.

CHAPTER III

Medical Zealots Gone Mad

The Truth Teller of Aug. 7, No. 181, published in Battle Creek, Michigan, is a paper I should advise all my readers to get. This paper gives in detail the perfectly horrible results following the use of toxin antitoxin, as a preventive for diphtheria.

After a campaign by the Dallas Board of Health, in November, 1919, in which the recommendation to parents was made that they make use of diphtheria toxin antitoxin as a protective measure against diphtheria, wholesale vaccination took place, which resulted in the death of ten children in Dallas and the filing of damage suits against H. K. Mulford Company for \$78,000 damages.

To save the fair name of these "dirty soup" manufacturers, most of these cases were settled in the name of P. L. Russell, et al, who is the

representative and distributing agent of the company at Dallas. Sixty cases were so settled, and nine were settled in the name of the H. K. Mulford Company. I will quote freely from the Truth Teller, which should have full credit as should also Fred J. Moseley who made a careful compilation of this revolting exhibition of criminal medical superstition and ignorance.

The Dallas Evening Journal of Nov. 26th, went so far as to venture a front page story and a big headline "Two Babies Die as Result of Vaccine," "Mabel Ruth Rogers died Tuesday as a result of the use of vaccine which was much stronger than it should have been, Dr. H. Leslie Moore, the attending physician, said Wednesday. He said it was merely an accident, that the company manufacturing the medicine made it too strong. The child's parents and Capt. Leslie Frank, Director of Public Health, attributed the death entirely to the fact that

the medicine used had been improperly prepared by the manufacturing firm.

“The second to die from this harmless procedure was two-year-old Albert J. Jolly, the heading being, ‘Doctor says Baby Killed by Myocarditis, a Heart Trouble,’ and the Journal continues, ‘As the result of poison contained in an **immunizing dose** of diphtheria vaccine.’ Doctor Richardson said the boy’s death was caused by myocarditis, a heart trouble, developing out of the vaccination. He said that he must have been unfortunate enough to get some of the antitoxin which has been giving much trouble to patients vaccinated against diphtheria. Dr. Richardson wept while discussing the death of the fat, handsome little boy who was well and happy when vaccinated about ten days ago. The arm swelled and blistered near the point of vaccination, but was apparently about healed when the heart trouble developed, Dr. Richardson

said. "About healed!" Heart disease and pneumonia deserve niches in the doctor's Hall of Fame, for accommodatingly stepping in and taking patients they have vaccinated or operated upon, relieving vaccine or knife of the onus, and providing the doctor with a perfect alibi.

"Next day, Nov. 27th, the Evening Journal carried another black headline telling that two more babies had died—these were Esther Ruhland, four years old, of whom Dr. E. S. Gordon, attending physician said, 'Her death was caused by the reaction of an injection of antitoxin,' and Maxine Baird, 3 years ten months old, whose death certificate was signed by Dr. E. S. Gordon and stated 'Death was caused by vaccination with toxin antitoxin.'

"Next Frederick Miller, infant, died Wednesday night from diphtheria **after he was vaccinated with toxin antitoxin**, but according to health authorities, the inoculation

was not a contributory cause." With this I heartily agree, **because it was undoubtedly the original as well as final cause.**

The way the average political doctor in charge of health departments juggles with the facts and misstates the truth is illustrated by the Dallas City Health authorities, reporting Tuesday that approximately 30 children were vaccinated with a bad lot of serum, at the Emergency Hospital, but all but two are sufficiently recovered from the reaction to be out of danger. **Was this the truth? No;** it was uttered to keep them coming for toxin antitoxin. Six more babies died after that, and instead of 30 disasters **seventy-six suits for damages were filed and docketed against Mulford & Co.** and in **69 cases judgment was rendered.** The other seven cases were settled out of court.

"The City was confident there would be no trouble," Mr. Frank said, "because federal authorities

had issued a bulletin urging this treatment against diphtheria, and stating the treatment is harmless." This gives my readers an idea of **how dangerous, harmful, and utterly worthless is medical advice received thru federal authorities, as long as that authority is vested in a gang of political doctors.** So I urge upon all my readers to hurry and give them greater authority and invest them with police powers, so they may have the absolute right under law to practice their charms upon you and your children and dish up from their caldrons **for injection into your blood the "dirty soups" which you would deem unfit to put in your mouth.** Space will not permit my giving details of all the deaths, but the photographer who made photographs of the injuries and conditions of many of the children who sued for damages said it was the most pitiful thing he ever saw, and that the physical evidence on the children's bodies, arms, shoulders, chests, eyes,

legs was so sickening that he could scarcely complete the task. The question is, how many such deaths have been concealed? It is not difficult, with the medical profession held in line as it is, to conceal such deaths.

Antitoxin killed a child in Austin, Texas, July 12, 1914.

Eleven children were reported as dead and eleven others suffering from tetanus, in St. Louis in November, 1901, resulting from antitoxin made by the city chemist, and investigation revealed that the horse from which it was made was suffering from tetanus. Mulford's diphtheria antitoxin injured a number of children in Macon, Ga., in the fall of 1920. Two cases were settled in compromise. The newspaper report says a number of other cases are pending, and will probably be settled out of court, "the serum company considering that the best policy." The Mulford Company in 1914, wrote a letter to Dr. J. Frank

Litten, of Austin, Texas, referring to the death of a child there from anti-toxin and regretted that accidents of the kind should happen, confessing they knew of 20 similar accidents. L. C. L. says, "20, I have investigated and found more than that number, myself."

A prominent physician of Rochester, N. Y., after the death of a student of technology resulting from antitoxin, said, "This eventuality, may always be expected when a horse serum is used." All diphtheria antitoxin comes from horses.

The claim that antitoxin is a cure or a preventive for diphtheria is utterly false. This is proved by the fact that the health and school authorities of New York City have combined to **introduce an anti-diphtheritic vaccine, toxin antitoxin.** To bolster up their claims for this experimental, death-dealing filth they publish an appeal to parents showing the true conditions and the **fact that antitoxin is not a cure for diph-**

theria. They say, It is true that since the discovery of antitoxin much illness from this disease has been prevented and many lives have been spared, yet the records of the Health Department of this city show what ravages this scourge of childhood still causes. In December, 1920, the Health Department called attention to a recent alarming increase in the number of cases of diphtheria. During the nine weeks from Nov. 6 to Dec. 31, 1920, many thousands of school children have been sent home because of sore throats which led the school nurses to suspect diphtheria. Of these, 3544 actually developed diphtheria and 211 died from the disease. Then many others had to be kept home because of diphtheria in the family. Further statistics submitted showed that from 5.7 to 10.5 per cent of diphtheria patients still die of the disease in spite of antitoxin which is so extensively, perhaps universally, used, and which **will** be universally used **if the political doctors and**

manufacturers of "dirty soup" have their way. Now, in view of the death record of New York City, these admissions of the Health Department of New York City that antitoxin does not cure, and this admission is proved by the death rate and the recital of the frightful facts of the Dallas horror in connection with the vaccination with toxin antitoxin to prevent diphtheria, I again repeat my statement that the Health Department of Chicago or any other Health Department has no cure and no preventive other than strict sanitary measures for diphtheria, and that the statement that no one need have diphtheria and there is no need for anyone to die of it, because the Health Department has the cure and the preventive, is lying medical propaganda.

"In Physico-Clinical Medicine for June, 1921, appears an article by Dr. Abrams, on vaccination, in which he substantiates Dr. G. Lenox Curtis' claim that the vaccine ordi-

narily employed against smallpox contains syphilitic virus. All but three of many tests made of vaccine obtained from four laboratories contained congenital syphilis. **He also reported the case of a boy whose blood showed no reaction of syphilis before vaccination but did show it nine weeks later."**

"I cite these findings of this eminent pathologist as further verification of my assertion that vaccine as employed against smallpox, contains syphilis and is the primary cause of the white plague and that syphilis is the primary lesion that allows the development of tuberculosis. It is interesting to note that in all but two of the tests made, there was a reaction of streptococci and staphylococci and that there was a positive variolar reaction in all specimens."

My contention that no Health Department or any one else has a preventive or cure for diphtheria is further borne out by the admission of

our Health Commissioner who says that scarlet fever has decreased seventy-five per cent without any toxin antitoxin, or other "dirty soup," to cause the decrease, **because no germ for scarlet fever has ever been discovered by these medical priests or their bacteriologists,** while diphtheria has decreased only 23%. **So the disease (scarlet fever) which admittedly cannot be controlled by the Health Department by other than strictly sanitary measures decreases three times as fast as the disease for which they say they have an absolute preventive and cure.** With the facts before you, gentle reader, ask yourself, if you belong to a certain class of which P. T. Barnum said, "one is born every minute." **If you permit your child to be examined medically at school, or submit to any kind of vaccination after this statement of facts, you certainly belong in the class mentioned by Mr. Barnum.**

CHAPTER IV

Medical and Religious Priests

Arthur Brisbane in his "Today" column, recently quoted some information sent out by W. I. Clarke, Publicity Director of the Presbyterian Church. The Reverend gentleman pleaded that both Afghanistan, and Tibet, now barred to missionaries, be open to Christianity, **even if it were necessary to undergo a baptism of blood to accomplish it.**

"All this is forceful and interesting, also the statement that on earth there are 1,200,000,000 human beings **not Christians**, 119,000,000 of them in lands where there are no missionaries."

"The Afghans to whom we propose to send Christianity, even at the cost of a **baptism of blood**, might ask: 'How would you like us to suggest forcing our religion on you, even at the cost of a baptism of

blood. Are you not heathens trying to force a distasteful religion on us? 'The answer of course would be 'We are trying to save you Afghans from sin, you are poor savages and can't appreciate how kind we are trying to be to you.' And we claim to be civilized and Christians, or disciples of Christ. I have never read nor heard it stated that Christ attempted or advocated teaching his standard of ethical morality by getting it into people through bullet holes, stiletto wounds, by washing it down their throats with molten lead, or by the latest Presbyterian method, a baptism of blood."

Here is an ignorant, narrow zealot shielding himself behind Christ's broad mantle of love and universal brotherhood advocating the perfectly monstrous proposition that his particular little brand of religion, which bears little resemblance to the ethical teachings and the standards of

morality of Christ, shall be rammed into unbelievers by force and bloodshed.

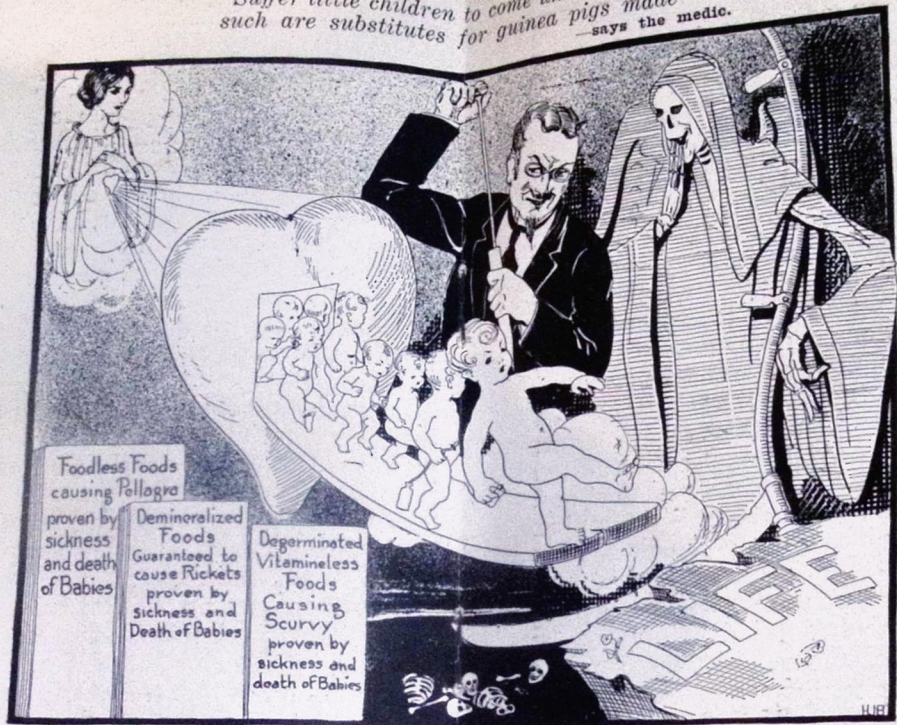
If this frightfulness is what we get from **religious priests** at the height of our civilization(?) and the blossoming of the recent European exhibition of "peace on earth, good will toward men," what do we get from the medical priests?

Orphans as Guinea Pigs

In the "Nation" of June 29th, Conrad Bercocici under the heading of "Orphans as Guinea Pigs," showed that the babies intrusted to the Home for Hebrew Infants, New York City, have been used for experiments the same as guinea pigs are generally used in ascertaining the causes of disease. In the quest for the cause of scurvy and rickets, documentary evidence shows that under the experiments babies acquired the diseases mentioned and there are cases **where children died as a result of the experiments.**

It is said that the evidence cited has been checked by some newspaper men, yet the metropolitan press is silent regarding this atrocity and so far as we know nothing has been done by the city authorities. If the public is not aroused when it is proposed to ram any particular brand of religion down the Afghans throat why should they be stirred to any extent when helpless little orphan

"Suffer little children to come unto me for of such are substitutes for guinea pigs made"
—says the medic.



Foodless Foods
causing Polio

proven by
sickness
and death
of Babies

Demineralized
Foods
Guaranteed
to cause Rickets
proven by
sickness and
Death of Babies

Degerminated
Vitamineless
Foods
Causing
Scurvy
proven by
sickness and
death of Babies

The following foodless foods are manufactured and sold by conscienceless food manufacturers who wring their profits from the life's blood of the people while fostering the spread of disease and death:—

Bolted flour, white or rye, refined cereals, degerminated, refined corn meal, white bread, white flour products, biscuits, soda crackers, "sinkers", polished rice, pearled barley, sago, corn starch, sugar, glucose, syrups, and many other prepared foodless foods.

children take the place of guinea pigs in a dietetic laboratory? The answer of the medical priests is of course the same as that of the religious zealots. "We are trying to save you from disease—you are poor ignoramuses, and can't appreciate how kind we are trying to be to you. Just pass the necessary laws giving us full police powers and we will turn you all into fodder for dietetic laboratory experiments, on which to carry out our wonderful theories with germs, vaccines, serums (dirty soups), and much adverse comment will be saved because we can treat everybody then as we now treat helpless, defenseless little orphans, and guinea pigs. The next time a medical bill, giving increased power to this ignorant, vicious gang of medical zealots is before the lawmakers of your community hurry and write them to pass it as quickly as possible so that you may, yourself, become clinical material and save the guinea pigs, when the supply of babies runs short."

CHAPTER VI

More People Get Well Without than With Medical Attention

Just please bear in mind this fact that 95 per cent or more of those suffering from acute diseases, which are only crises in acidosis and toxicosis, will get well if left alone and given nothing but water to drink.

Statistics show that a greater proportion of people recover without medical aid than recover when given medical attention.

The appalling statistics quoted above are incontrovertible, that four and six-tenths persons die under compulsory refined medical care to one person where they have some chance of choosing their own method of treatment or go without medical attention.

Some people would rather die almost than change their habits of living. Then, too, all the propaganda

of the medical priesthood teaches that disease is caused by **"little devils"** (germs). Just as surely as the religious priests in the not so distant past sold, to those who could afford the luxury, indulgences to violate the standards of ethical morality of the time, so the medical priests of our day are engaged in selling indulgences to those who violate nature's laws.

Virtually, the medical priests say "gormandize, practice the gluttony of the ancient Roman, have your champagne suppers, smoke big black cigars, abuse the body in every conceivable way, but just remember that when the limit of toleration is reached, you get that pain and 'nature won't,' 'we,' with our trusty little squirt gun, 'will.' 'Come to us, a shot of morphine will quickly relieve your pain. Five Dollars, please. Never mind the cause. Come again.'"

"For a few dollars, and **without effort on your part**, we will give you

a course of 12 shots of serum (dirty soup), made of anything from a fetid discharge in your nose to pillow feathers, hair mattresses, or horse manure. If you live with such rot injected into your blood, serum-therapy is a proved success. If you die, it would be from the advent of foreseen complications, and not from the **deadly filth injected into your blood."**

There may be those who might feel that this is an exaggeration. However, a few months ago a bright bacteriologist propounded the idea that the reason people suffering from asthma could not sleep at night was that there must be some infection in the feather pillows or the hair of the mattress, and he suggested a serum made from the feathers of the pillow, and the hair of the mattress. Such a suggestion as this is the very height of inane asininity.

With the explosion of the theory that germs cause disease the people will still further lose faith in the

ability of the medical priests to cast out the "little devils" (germs) particularly as the casting out process more often kills the patient than the germ. Then fewer indulgences will be sought and new mysticisms and claptraps will have to be invented if all the medical priests continue to live by sale of indulgences.

In time, and before the medical priesthood gets so far, the people will understand that **disease only can result from injecting filth of any sort into the blood.** But there is much work to be done. The food shark who manufactures foodless foods will have to be put out of business.

Pouring milk down the sewers to keep the price up, when thousands of children and aged people are undernourished, must be stopped.

And all the time I am relieving asthmatics in from three to five days, so that they may lie prone and sleep with comfort at night, without serum

made from feather dusters or any other product and without the use of drugs of any sort other than a mild laxative, which is simply cleansing, not curative. I can teach the whole medical profession how to do it just as easily as I can do it, but they won't listen—they belong to the same class as that of the man of whom another said, "Brown is a very highly educated, well informed man. He knows so many things that aren't so."

CHAPTER VII

The Ceaseless Search for Health

There are apparently many good reasons why the masses of the people are gradually turning away from doctors and medical cures.

In the search for relief from all the ills that flesh is heir to, the people are floundering around from one school of practice to another, some becoming Christian Scientists, some employing Osteopaths, others turning to the Chiropractors, the Neuro-paths, the Hydro-pathic cures and various other cults, after, in many cases, having doped themselves almost to death by purchasing at drug stores the fake cures advertised through the greed of newspaper owners. Relief not being found in one course, one cure after another is tried, until the searcher is wearied, and the abused body refuses longer to stand the strain of bad habits of living, plus the food, drug and serum poisoning.

The people are beginning to understand that there is no cure for disease to be purchased with money.

When mankind learns that the primal cause of all disease is acidosis and toxicosis induced by the absorption of the products of fermentation and putrefaction in the intestinal tract, good health or health will be the rule instead of the exception.

A prescription from a doctor for a bottle of "dope" to be purchased at the drug store has little effect on the results produced by bad living habits. Wrong habits of life must be corrected, and this requires effort and the exercise of will power, **neither of which is purchasable at a drug store even on a doctor's prescription.**

When the medical profession is paid only when the pupil is enjoying good health the doctors will quit chasing germs to put salt on their tails, and will teach people how to live. Sanitation, bodily, household, factory, municipal and national will

be taught. Every school child will know when, what, how and why to eat.

Food fakers will no longer find it possible to foist their wares on the people because it will be increasingly difficult to purchase the endorsement of a chemist or college professor for a foodless food. The making of such endorsements as many foods now receive may become as unhealthy for the chemists and professors who do the endorsing as are the endorsed foodless foods for the people who now eat them. Hasten the day!

The greater proportion of the time of the medical profession is now spent in attempting to make a diagnosis—"to give the ills they cannot cure a name."

What matters the name if the cause is the same? All diseases, so-called, are but the manifestations, varied according to the diathesis and idiosyncrasy of each individual, of acidosis and toxicosis.

Why spend so much time then in trying to catalogue and differentiate

the symptoms of impaired health which in the very nature of things **must vary** as every living individual is different from another.

The cry of the people is not for a Latin or Greek name for the beliache but **how can I get well and stay well?**

The profession of medicine should become the profession of Health and teach the people how to live.

But not knowing themselves how to live they are of course incapable of teaching any one else to live correctly.

The true cause of disease is not mentioned in any medical text book nor known nor taught in any medical school in the world so not knowing the cause it is of course impossible for the medical profession to cure disease.

That is why there are admittedly 393 diseases out of 400 incurable by present antediluvian medical methods.

CHAPTER VIII

Commercialized Medicine

I regret to say that I believe the medical profession is thoroughly commercialized. In this belief, evidently I do not stand alone, for in an editorial in the Chicago Evening American, June 6th, on Lawyers and Doctors the following statements are made:

“Doctors protect their colleagues in their mistakes—covering up false diagnosis, etc., which is an outrage on the patient. Very often the family doctor divides the fees with the surgeon. This leads consciously or otherwise to many hasty unnecessary surgical operations. **It ought to be a State's prison offense, instead of being condoned by the profession.**”

Further on the editorial states “we regulate things a little better than we used to, but people are unwise and unjust to themselves, in

allowing doctors and lawyers to be their own regulators, and govern themselves as they please. They should be controlled by rules made by the general public, like butchers, bakers, and other non-professional classes. The doctor is the descendant of one that worked with charms, doctored with more magic than sense and surrounded himself with mystery, because he possessed no real knowledge. Mystery was its substitute."

Things are indeed in a bad way with the medical profession when a great newspaper like the Chicago American feels called upon to print such a scathing arraignment of the profession as is herewith set forth.

I quit the practice of medicine because I was ashamed that I was unable to cure with drugs. To be sure some of my patients got well, but they got well not because of the drugs which I gave them but in spite

of the drugs, with which I ignorantly taxed the overburdened emunctories of their bodies.

If the statements made in the American are only half true it is no wonder that the medical profession are driven to desperate straits and are aiming to secure and maintain their control in medical matters by having passed all manner of outrageous medical laws, giving even to the members police powers to force upon the people cures, drugs, serums (dirty soups) and vaccines which are only experimental at best and in very many cases, as those stated above, extremely deadly and death dealing. There are many thoroughly upright, honest, hard working doctors devoted to their patients' welfare, who would like to break away from the gang, but they fear professional ostracism.

CHAPTER IX

Germ and Disease

Today the germ theory as the cause of disease has taken the place of the magic, charms and mysticism of the early doctor, and much time with millions of money has been spent in the endeavor to eradicate germs, **when germs do not cause disease.** It is true germs are found in various diseases but **they are the product of disease and only incidental as a cause.**

Germ like any other living organism require a suitable soil for their propagation and growth. A normal body does not furnish a soil in which germs thrive. It takes weeks, months and often years of abuse before a sufficient enervation is produced so that the body becomes sufficiently lessened in alkalinity and so saturated with toxins that the limit of toleration is reached and the normal resistance of the body is lowered to a point where a suitable soil is produced for the growth of

germs. If germs were the primary cause instead of the product of disease, the world would long ago have been depopulated. There is not a person who walks the street, but what a swabbing from their throats would furnish cultures for all kinds of germs.

Again, germs take on a form according to their environment. Dr. Rosenow of the Mayo Clinic has proved this, by taking a pneumococcus, passing it through certain medium, changing it into a staphylococcus, and then, by using another medium, changing it into a streptococcus and then by changing the media stepping a streptococcus back to a staphylococcus and a pneumococcus.

Not one particle of progress has been made in the cure of disease by the medical profession in the last hundred years or since George Washington was bled to death. The only progress made has been in the line of sanitation. Take for instance, yellow fever. There has never been a

specific germ found for yellow fever, yet by sanitary measures, such as were inaugurated by the army engineers in Cuba and in the Philippine Islands, yellow fever and all manner of diseases have been greatly lessened. Havana is as safe a place in which to live as New York City or Chicago.

Therefore I do not believe in germs or any other fetich, as the cause of disease. We are, always have been and always will be infested with myriads of germs. They are our friends, not enemies. When we violate nature's laws, to such an extent that we become thoroughly acid and toxic, germs of one sort or another attack the noxious products exuding from our bodies in the attempt to liquify and so aid in carrying off such poison. When we correct the wrong habits, eliminate the toxins, restore the normal alkalinity, we cease producing noxious products within our bodies, and germs are reduced to the normal state.

CHAPTER X

What Causes Disease?

What, then, does cause disease? There are two primary causes for disease. Acidosis, or a lessening of the alkalinity of the body, and toxicosis, a poisoning of the blood and flesh of the body. When the normal resistance of the body is broken down and the limits of toleration from the poisoning of acidosis and toxicosis have been reached, then the person affected will come down with that disease to which his diathesis or tendency points. So those with a catarrhal diathesis will come down with catarrhal affections such as systemic catarrh, bronchitis, pneumonia, pleurisy, tuberculosis, asthma, etc. Those with the gouty diathesis will have the various kinds of rheumatisms.

And what of the germs? After a long period of abuse the resistance is broken down, a patient has pneu-

monia, and we find the pneumococcus, or after many years of catarrhal trouble, we find the bacillus of Koch which is said to cause tuberculosis. If the disease is in the intestinal tract it may be labeled typhoid fever and we find the bacillus typhosus. Always the germ taking on the character of its environment.

All so-called diseases are but crises in acidosis and toxicosis.

CHAPTER XI

Medical Inconsistency

In one of the late books (Medical Diagnosis by Green, page 386), he says "Consumption is an infectious disease, caused by the tubercle bacillus of Koch." On page 389 it goes on to say under "Modes of Onset," "it should never be forgotten that nearly every case of tuberculosis whatever its form, or apparent suddenness of onset, **gives a history of previous impairment of health.**"

No one ever developed consumption or any other disease without constant violation of nature's laws and a long preparation of the soil in which bacteria thrive. On page 390, Green gives, under "Symptoms," "Tubercle bacilli, which **may** be present **early, MORE OFTEN LATE,** or in rare instances be **ABSENT THRUOUT.**" Thus in one of the late standard medical works we are told that here is a

disease (Consumption) in which the cause (tubercle bacilli) may be present early, but usually they are not, for oftentimes this cause of the disease, oversleeps and gets in late and in rare instances the disease must wriggle along as best it can without any help at all from the cause.

Any person capable of doing a little thinking for himself will at least be filled with doubt as to the good sense and logical reasoning powers of a class of men who write and teach among themselves that a certain bacillus causes a disease but that the disease may commence without the cause; that the cause appears more often late in the disease than at the commencement and in some cases does not appear at all.

Now, either the bacillus of Koch does or does not cause consumption. I say it **does not** because the bacillus is always with us and a culture can be made from the throat of the first person you meet.

Only thru long continued fermentation and acid formation originating in the stomach producing the inflammation of and the discharge of purulent mucus from the mucus membranes of the body, is a proper medium produced in which there will thrive in quantity the bacillus of Koch or any other bacteria inimical to health.

Just correct the bad habits. Keep your feet warm and your head cool, your mind poised and the alimentary tract clean and sweet and you will be immune from disease.

CHAPTER XII

How Disease Is Cured

Understanding then as I do the two causes of disease, acidosis and toxicosis, my work is simply to direct those who desire health **in the best method of restoring the normal alkalinity and eliminating the toxic poisoning with which their bodies are oppressed.** To accomplish this, three kinds of rest are necessary. 1st. Physical rest for the body. 2nd. Mental rest, or rest for the mind and nervous system, which means the control of thought and elimination of all worry; and 3rd. Physiological rest, or rest for the internal organs of the body—the stomach, the intestines, the liver, the kidneys, the spleen, the heart, the glandular system. And this is accomplished by very materially restricting the food taken and confining the intake to those foods which are solvent, non-fermenting and non-putrefying, and

which contain the earthy salts to correct the acidity of the body while the toxic poisons are being eliminated.

Proper exercise is necessary. The human body cannot get along without proper exercise. Those who try to jolly themselves into thinking otherwise are just wasting valuable time and good health.

My method is simple, **but all great truths are simple and easy to understand.** The value in any proposition is in the result accomplished. What then can be accomplished by my method of procedure?

Disease, so called, or ill health cannot exist in a normal body, and when I have aided my pupils in restoring the normal alkalinity and in eliminating the toxic poisons ill health vanishes. With the aid of the pupil, I am able to cure so-called incurable asthma with the same ease that one might take candy from a child. Diabetes is easily over-

come, arthritis deformans, which is so utterly incurable in the hands of the medical profession, yields readily by my method, the pain is relieved in three, four or five days, and some motion soon becomes possible in joints which were entirely fixed and apparently solidly ankylosed.

Not only do enlarged tonsils and adenoids originate from fermentation in the stomach but asthma, consumption, bronchitis, catarrh, nasal, uterine and systemic, originate from the same source.

The manifestation of a wide variety of nervous symptoms over which the broad blanket of neurasthenia has been spread and which have been called everything from nervous dyspepsia, to hives and eczema are due to acidosis. When I show the pupil how to correct the acidity the troubles disappear.

Long continued acidosis and toxicosis causes gastric and duodenal ulcers which under conventional treatment result in cancer or perforation and death.

Gastritis, enteritis and colitis, with the catarrhal condition accompanying these troubles, extends to the gall ducts and gall bladder and gall stones may result.

When the catarrhal condition becomes general, the uterus often becomes inflamed. Pressure from gas in the bowels impedes pelvic circulation, and fibroid of the uterus, prolapsus of the pelvic organs and hemorrhoids occur.

Now if the sufferer will give nature a chance, restore the normal alkalinity of the body and eliminate the toxins all these symptoms of ill health will disappear.

CHAPTER XIII

Important to You

It is not only those who are stricken with acute or chronic ill health who are benefited by a course of instruction in the Health School, **but those who are waging the battle of life with a human machine only 30% or 40% efficient are equally benefited.**

Perhaps there is nothing particular the matter with you. You have possibly only the universal trouble that you give about as much attention to the care of your body as you would to an old wheel barrow, and even a wheel barrow breaks down from neglect in time. Possibly you eat too much and exercise too little. Your flesh is getting soft, flabby and watery. Your muscular tissue is being interspersed with this sort of flabby fat flesh. Fortunately for you, your heart will be affected last because that is working even while you sleep. Is the measure around your waist line larger than the measure around your chest? How near are you to the average

death line of 43 or 44 years, at which time the average man and woman has reached the extreme toleration for a human body to the conventional bad habits of living? Would an insurance company accept you as a good risk? **If not, who is carrying this risk and what is your neglect liable to cost them?**

No matter who you are, or what your business, you would learn in a course in the Health School to live so that your mental and physical efficiency would be doubled. Usually a business man who can double his business would greatly increase his profits.

In the last few years, many of the big captains of industry have gone to pieces mentally and physically, when with everything in the world to live for, success, money and all that goes with it, they have broken down almost completely years before they should. If you devote a little more time to the care of your

body you will have very much more time and energy to take care of your life's work.

If a manufacturer attempted to run his plant with a wheezy old engine and a boiler capable of standing only half of the pressure required, you would probably suggest that he have his head examined.

Well, how efficient is your human machine? In many cases only 25% to 30% and seldom over 50% efficient.

If you live in the conventional manner, mixing your starches and proteins and eating incompatible mixtures, your body is, just now, so acid and toxic that your brain and nervous system nourished by poisoned blood is capable of only a small part of its normal efficiency.

Why not, **right now**, spend the time and little money required to take a course of instruction in the Health School, learn how to live **to restore** your **nervous** and **mus-**

cular tone, double your mental efficiency, and then a brain and nervous system nourished with clean wholesome blood will be capable of sending out the nervous impulse which will raise to their highest efficiency all the organs of your body.

CHAPTER XIV

How to Go About It

If you or any of your friends are suffering with so-called incurable diseases I invite your correspondence and shall be glad to let you know what I think can be accomplished in any given case.

If you have friends at a distance I should be glad of the opportunity to help them. By correspondence I am directing people all over the world to so live that they regain their health. This is accomplished by special instructions for each individual and 22 pages of general instructions.

Daily report blanks are furnished which are filled out and returned to me once a week or oftener if I require it. By these daily reports, I am kept in close touch with the pupil's condition. Printed instructions as to the best exercises to use are furnished with an exercise chart.

Write the office for terms for the correspondence course.

Office consultation and examination by appointment.

THE HEALTH SCHOOL

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