



This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

### **Usage guidelines**

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

- + *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.
- + *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.
- + *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.
- + *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

### **About Google Book Search**

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at <http://books.google.com/>

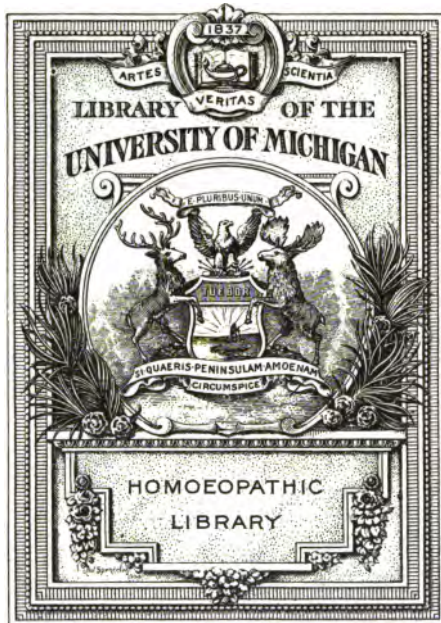
H616.08

B673

B 479617

Boericke & Tafel The Physiological Treatment of Disease  
and Guide to Health and Long Life





616.08  
13673

H 616.08  
B 673

THE  
PHYSIOLOGICAL TREATMENT  
OF  
DISEASE,  
AND GUIDE TO HEALTH  
AND LONG LIFE.

---

PUBLISHED BY

BOERICKE & TAFEL.

PHILADELPHIA—1011 ARCH STREET AND 111 S. 13TH STREET.

NEW YORK—145 GRAND STREET AND 15 WEST 42ND STREET.

CHICAGO—44 E. MADISON STREET.

PITTSBURG—627 SMITHFIELD STREET.

BALTIMORE—228 N. HOWARD STREET.

CINCINNATI—204 W. 4th STREET.

---

COPYRIGHTED 1898

BY BOERICKE & TAFEL

## PRICE LIST OF THE PHYSIOLOGICAL REMEDIES.

---

### **Physiological Iron**

- “ **Sulphur**
- “ **Lime**
- “ **Silica**
- “ **Earths**
- “ **Nerve and Tissue Food**
- “ **Phosphates**
- “ **Salts**

Each of the above-named remedies is put up in a paste-board box and contains a sufficient supply for three weeks' treatment. The price per box is 35 cents each, or by mail 40 cents.

### **PHYSIOLOGICAL TONICUM.**

The TONICUM is a liquid and is put up in 4 and 12 ounce bottles. The 4-ounce bottle sells for 50 cents, by mail, 70 cents; the 12-ounce bottle sells for \$1.25.

The remedies may be obtained at any of our pharmacies, the addresses of which will be found on the first cover page.



H 616.08  
B 673

## THE THEORY OF THE PHYSIOLOGICAL TREATMENT.

---

Physical ills, or diseases, of humanity may be divided into three general classes, each requiring a totally different treatment owing to the origin or cause of the disease or condition,

This division (adopted in this pamphlet) has, we believe, never been made before, yet, when comprehended, no one can deny its correctness.

The three divisions are as follows:

First—Diseases originating in a disorderly life, which includes excesses of all kinds and bad habits. The only radical cure for these cases is obeying the divine command, "cease to do evil." Medical means may, and do, palliate these ills for a greater, or less, period, but a radical cure is possible only when the patient is willing to give up those habits, or modes of life, that cause his, or her, ill health.

Second—Diseases of microbic origin, hereditary, or acquired by contagion; the reader may, or may not, believe in the germ theory, but the second class includes all that are said to be of that origin, epidemics, in fact all diseases that do not result from bad habits yet are excluded from the third class. This class is properly treated with medicines, and it is the only class in which medicines are of any avail save as palliatives; in the other two they are, too often, worse than useless.

Third—Conditions (the word "disease" is not strictly applicable to the third class) resulting from a deficiency in the minerals, salts and earthy elements that are absolutely necessary to a healthy body. This class, and this class only, is amenable to the physiological treatment and can be remedied by no other means.

156251

### How to Differentiate Between the Three Classes.

The sufferer, if honest with himself, or his physician, will have but little difficulty in discovering whether his illness belongs in the first class—there may, of course, be exceptions, but not many.

Differentiation between the second and third class is not as easy, yet it may be made by almost any intelligent person who is in any way familiar with the case to be differentiated. As a rule, the second class is chiefly composed of acute cases that run their course in a nearly definite period; there are, of course, chronic cases that require medicine, but not so many as require the Physiological Treatment. If a patient has been treated with medicines for a month or so and does not regain health, it is a pretty clear indication of one of two things, namely, that the treatment has been faulty, or, (and the alternative is oftener correct,) the case needs the Physiological treatment, and not medicine; and while the medical and Physiological treatments are not inimical, still it is best to stop the medicine while the latter is being employed, for, as said before, if the Physiological is the treatment needed drugs are harmful.

### Why Physiological Treatment is Needed.

It is needed because at the present day our food supplies are more or less deficient in those mineral, salty and earthy elements that are absolutely essential to keep the body in a state of health, or in touch with Mother Earth. The condition of the body without these is typified in the mythological struggle between Antaeus and Hercules—so long as the feet of Antaeus were planted on Mother Earth he was unconquerable, and by the Earth is meant those solids that give the body its firmness and solidity, that bind it to the earth—(the dust to which all return); when he was lifted up in the air (i. e. deprived of these elements) he was helpless. So it is with man: so long as the SOLIDS are mingled with his daily food he remains firm, but when he no longer rests on them he is suffering from deficiency—ill. It is true that man requires many other elements,

but they, as a rule, are present in abundance in his daily food and drink; but, alone, they will not make a healthy body. For example: A worm has but little of the minerals and solids in his make-up, and though a healthy worm, he is, in consequence, but a pulpy, invertebrate creature, no bones or teeth or bodily firmness.

### **The Reason for the Deficiency in Our Food Supplies.**

Faulty fertilization is the reason. As crop after crop is taken from the soil it becomes "worn out" and fertilizers must be applied; land that is "worked" must be fed the same as any other worker else it dies. Is not that self-evident? Unfortunately, the food given the land is one-sided—manure, guano, sewage, bones, phosphates, etc., but none of the other elements are given that are needed by land, and man, for perfect health; for these man must seek, not in his own, and his fellow-creatures' refuse, but in the primeval breast of Mother Earth, in the rock-strata from whence all these elements originally came. Given these in the food supplied to land, or man, and the third class of diseases, in the enumeration given above, would soon be eliminated.

### **Evidence of the Truth of the Physiological System.**

Why is it that we so often hear of the "hardy pioneers" in a new country, and of the "effete denizens" of older countries? The "hardy" pioneer is but an offspring of the "effete" older country! Why is he not also effete? The answer is, that he eats food from a virgin soil, rich in all the needed, and finer mineral elements and, in consequence, is a better nourished man than his brother whose food is largely drawn from a worn-out and unscientifically nurtured soil. The body needs salts, lime, iron, sulphur, magnesia, silica, potash and many other purely earthy substances that enter into perfect crops as well as starch, sugar, albumen, etc. they are not to be always found in the food, and it is the province of the Physiological Treatment to supply them.

An insufficiency of the mineral salts and physiological lime causes a condition fruitful for the breeding of worms, the decay of the teeth, and a weakness in



the bony structure of the human frame. In certain parts of the earth where the inhabitants' food is notably deficient in lime, a complete set of teeth in an adult is almost unknown.

The truth of this assertion, and of the whole theory on which the Physiological treatment is based, was strikingly shown in a quotation that made the rounds of the medical press in 1898. Here it is: "In an examination of the teeth of twenty thousand recruits, Röse made the following observation: The harder the drinking water, the richer the soil in lime and magnesia, the freer are the teeth from caries, and vice versa, the softer the water, the poorer the soil is in magnesia, the more likely are the structures of the teeth to be invaded by caries," *THE CLINIQUE*, page 125. March, 1898.

The teeth need lime, among other elements, and if it is not supplied they cannot grow. That is a self-evident proposition.

Silica and sulphur are needed among other things, for the proper sustenance of the hair, and if they are not supplied the hair falls out, or dies.

Silica is needed for firm muscles and warm blood, and certain sections of Europe where the soil is rich in this element the inhabitants are noted for their muscular development.

Every one has noticed, or heard of, the dog and his bone, and probably every one has unthinkingly concluded that the dog gnaws the bone because he is hungry and has nothing else to eat; but this is a mistake, as closer observation will show. The dog gnaws the bone for the sake of the lime. Pet dogs fed on choice bits of meat get fat asthmatic and wheezy because of the absence of lime. So with tigers and cats.

But it is needless to multiply examples for the foregoing is sufficient to illustrate the principle.

### **Mineral Springs and Salt Licks.**

From time immemorial men have resorted to mineral springs to regain their lost health, and millions have found it by that agency. Why? The fact cannot be denied—ask yourself the question!

Is it not solely and only because in these waters their systems get those mineral elements for which they are starving? Surely there can be no other solution of the problem!

It is also a well-known fact that certain springs have a wide and just repute for healing a certain class of diseases, but are worse than useless for other classes; the reason for this is obvious: the springs of great repute are rich in a certain element, and in cases where that element is lacking they are wonderfully "healing;" but in other cases where it is not lacking but some other mineral element is, they are, as said before, worse than useless, for they induce a plethora, and evil effects follow, as is always the case in excesses. Hence it is that the Physiological Treatment, which this pamphlet is designed to introduce, is to be preferred to mineral springs. It is, of course, MUCH cheaper; and it is better because it enables the prescriber to regulate the kind, and amount, of the elements. Furthermore, it is better because, unlike the mineral springs, it contains no elements that the system does NOT need and which when taken into it to a greater or less extent nullify the good of the element that IS needed. Look over the analysis of any mineral spring, and you will see along with the needed elements a greater or lesser number of elements that have no proper place in the human system.

### Earth to Earth and Dust to Dust.

The biggest part of man is Gas—by man we mean his body. Reduce a healthy man of 175 pounds to fine ashes and a child can carry him. Make a careful analysis of the ashes and you have discovered what may be called the earthy foundations of man without which he cannot exist on this earth. These foundations are laid in the earth and must be of the earth else the man is but a weak, worm-like, rickety, creature. These earthy foundations were supplied and must be sustained and maintained through the food.

It is said that every blood corpuscle is a microcosm—a little world—carrying in itself all that is needed by

man from brain food to bone food, and so it is, when man is in a state of health.

What is ill health? The old, old question! But what more reasonable answer than that some element is lacking, and the blood microcosms are no longer freighted with food for ALL parts of the body. The part that is not nourished is like a hungry man—it makes trouble, and its disturbance is generically known as "disease," and classified under very learned names, yet way down at the bottom it is simply a cry for "Bread." And sometimes that cry is answered with calomel, and sometimes with quinine, and sometimes with the imps of coal-tar, and sometimes with "observation." It is the province of the Physiological Treatment to answer the disease-cry with Food.

### Conclusions.

You now have the theory of the Physiological Treatment and you must admit that it has solid ground under it, but the system, like the composition of the great artist's paints "must be mixed with brains, Sir!"

It is not with this system as with quack nostrums. The quack enumerates as many diseases that his nostrum purports to cure as he thinks the public credulity will permit, and then gives the exact amount of his drug mixture that the patient is to take—no brains are needed, to comprehend it, but the poor victim's body is sorely tasked to throw off the noxious drugs that it does NOT need. And so it is with some doctors—they give quinine, calomel or an antipyretic for everything that comes their way, and brains do not have much to do in such practice.

But in this physiological treatment they are needed. Admitting, what no unprejudiced person can deny, that there is a broad basis of truth underlying this method of treatment, it follows that the prescriber must exercise considerable judgment, or "brains," in the selection of the proper physiological agent, or agents, needed in each unindividual case to be treated; treat the patient and not the disease. In this pamphlet the general indications have been given as clearly as it is possible, but

judgment must be used in following, or departing from, these generals. In short, the dose frequency and agent as given in this pamphlet need not be blindly followed— increase, or decrease, them, and vary the agents (none will do harm) and use your brains to secure the best results. For a patient may need **PHYSIOLOGICAL IRON** and not **SULPHUR**, or he may need the **PHYSIOLOGICAL SALTS** and not the **PHOSPHATES**, or he may need them **ALL**.

Follow the directions given in the succeeding pages but do not hesitate to depart from them if you think it best, for in the Physiological Treatment you are not dealing in poisons, but the elements that go to make the body and no harm is done if they are not given in great excess.



## THE PHYSIOLOGICAL REMEDIES.

Perhaps "Physiological Foods" would be a better term but let it stand as written for, after all, food is a remedy for hunger and diseases requiring these elements are but hunger.

The Remedies are:

<b>Physiological Iron</b>
“ <b>Lime</b>
“ <b>Sulphur</b>
“ <b>Silica</b>
“ <b>Earths</b>
“ <b>Nerve and Tissue Food</b>
“ <b>Phosphates</b>
“ <b>Salts</b>
“ <b>Tonicum</b>

The first six of these are prepared by fine trituration with sugar or milk, one part to four of the sugar of milk, and thus rendered fit for easy assimilation. The next two, the Phosphates and Salts, are to be dissolved in water. The last is a liquid.

The following is a general summary of the uses of these preparations.

### Physiological Iron.

PHYSIOLOGICAL IRON is needed, with other physiological elements, in abscesses, boils, carbuncles, chronic eruptions, pains in the back, asthma, bronchial affections, epilepsy, diabetes, hemorrhoids and leucorrhœa. It may be added here that there are two physiological preparations of iron among these remedies and a large number of diseases that need iron, but in another form, will be found under Physiological Tonicum.

The quantity to be taken once a day, is five grains, about as much as will lie on a silver ten-cent piece.

Exact dosage is not essential. To be taken dry in the mouth, mixed with soup or food, or in water as may be preferred.

### Physiological Lime.

PHYSIOLOGICAL LIME is needed with other physiological elements in running sores, cancer, carbuncles, boils, anæmia, chlorosis, leucamia, general debility, palpitation of the heart, habitual headache, abnormal appetite, asthma, bone diseases, offensive breath, bronchial affections, cholera, scrofula, skin diseases, decay of the teeth, diseases of women, and cold clammy skin. The quantity to be taken once a day is half a teaspoonful. Exact dosage is not essential. To be taken dry in the mouth, mixed with soup or food, or in water as preferred.

### Physiological Sulphur.

PHYSIOLOGICAL SULPHUR is needed, with other physiological elements, in abscesses acute or chronic, boils, carbuncles, acne, eczema, psoriasis, shingles, nettle rash, prickly heat, hives, dermatitis, small-pox, pustules, pimples, etc., palpitation of the heart, leucamia, dark rings about the eyes, weakness, asthma, bone diseases, bronchial affections, to promote the growth of the hair, loss of hair and in child bearing. PHYSIOLOGICAL SULPHUR, like PHYSIOLOGICAL SILICA, is a potent element but is not required with the same frequency as some of the others. A grain, or as much as will lie on the point of a pen knife, once every three days, or once a week, is often enough to take it. Like PHYSIOLOGICAL SILICA, it is also a useful element to take occasionally by all, ill or well, as it tends to keep the blood right, and thus prevent, as well as remove, ill health. For this purpose a grain once every two or three weeks is sufficient. To be taken dry in the mouth, mixed with soup or food, or in water as preferred.

### Physiological Silica.

PHYSIOLOGICAL SILICA adds firmness to the muscles, warms the blood and serves as a link in the



system between the blood and the nerves. Many of the most noted mineral springs owe their reputation to the Silica in them held in solution in their water. **PHYSIOLOGICAL SILICA** is needed, in connection with other physiological elements, in states of deficiency resulting in leucorrhœa, asthma, bone diseases, loss of, or unhealthy growth of, the hair, and skin diseases. The **PHYSIOLOGICAL EARTHS** contain this element and, owing to other elements in it, is more often prescribed than the **PHYSIOLOGICAL SILICA** alone. Some constitutions cannot receive this element in the usual quantities so it is best to begin with a grain dose once a day—about as much as will lie on the point of a pen-knife. A little of it, say once every week or two, is very beneficial to all on account of its warming the blood and keeping the muscles in good condition. To be taken dry in the mouth, mixed in the soup or food, or in water as preferred.

It is known that in countries or districts where the soil is rich in Silica the inhabitants are noted for their longevity, a hint showing a use of this element aside from the treatment of disease.

### Physiological Earths.

A combination of a number of mineral elements, including fluoric, phosphoric, sulphuric and silicic acids, with magnesia, oxides of iron, etc., very useful in deficiency of mineral elements resulting in, biliousness and stomach disorders generally, catarrh of all sorts, consumption or tuberculosis, phthisis, coughs generally, dropsy, loss of hair and to promote its healthy growth, kidney disorders, liver diseases, depressed mental states of ill health, sore-mouth, neuralgia, paralysis, rheumatism, scrofula and blood diseases, skin diseases, and urinary difficulties.

**PHYSIOLOGICAL EARTHS** should be taken, in absence of more specific directions, once a day, five grains, or as much—a little more or less will not affect the result—as will lie on a silver ten cent piece. It may be taken dry in the mouth, mixed with soup or other food, or in water, as preferred.

### Physiological Nerve and Tissue Food.

Useful, in connection with the TONIC LEMONADE, PHYSIOLOGICAL SALT WATER or the PHYSIOLOGICAL PHOSPHATES, in neurasthenia, lack of vitality, early decay, mental and bodily weariness, general debility, exhaustion, sleeplessness, brain fag over-work, dizziness, dyspepsia, flatulence, belching, eructation, headache, hay fever, noises in the ears, and during convalescence.

The PHYSIOLOGICAL NERVE AND TISSUE FOOD is a combination of several mineral elements, useful in the foregoing states and conditions and, in general, in all of the minor ills where the body is neither ill nor well.

The quantity to be taken daily is half a teaspoonful. The actual quantity taken does not have to be accurately determined; about that amount—more or less.

To be taken dry in the mouth, in soup or food, or in water as preferred.

### Physiological Phosphates.

Needed in connection with the other physiological preparations, especially the PHYSIOLOGICAL IRON, in painful abscesses, anæmia, general debility, dark rings about the eyes, habitual headache, biliousness, leucorrhœa, bone diseases, bloody discharges, flux, catarrh, constipation, diabetes, and all troubles of the kidneys, Bright's disease, palpitation of the heart, liver diseases, dyspepsia, hysteria, hypochondria, "blue devils," despondency, shyness, timidity, neuralgia, intense sharp pain of any nature, paralysis, palsy, piles, hemorrhoids, varicose veins, rheumatism, scrofula, blood diseases and skin diseases generally, leprosy and urinary difficulties.

The quantity to be taken is half a teaspoonful of the salts dissolved in water—half, or a full, tumbler of water. If it is needful to take one of the other elements these can be stirred in the water at the same time and taken with the phosphatic salts.

### Physiological Salts.

The **PHYSIOLOGICAL SALTS** are subservient to growth and life in contrast to such salts as those of arsenic, mercury, copper, etc., which are destructive of growth and life.

Needed, with the other physiological preparations, as indicated, in running sores, cancers, abscesses, fevers of every description, alcohol habit, effects of dissipation and excesses, apoplexy, back pain, biliousness, offensive breath, catarrh, constipation, consumption, obesity or corpulency, coughs, croup, diphtheria, epilepsy, dropsy, dyspepsia, flatulence, headache, hay fever, palpitation of the heart, prickly heat, nettle rash, hives, diseases of the liver, hysteria, hypochondria, melancholia, despondency and allied mental conditions, sore mouth, paralysis, rheumatic fevers, scrofula, blood diseases, indolent tumors, scabby skins, suppurating glands, all skin diseases, urinary difficulties and diseases of women.

The **PHYSIOLOGICAL SALTS** are always to be taken in the form of **PHYSIOLOGICAL SALT WATER**. This is made by dissolving 123 grains of the **PHYSIOLOGICAL SALTS** in a quart of pure water, or in that proportion, 123 grains will about equal a half-teaspoonful of the salts.

The **PHYSIOLOGICAL SALT WATER** is as palatable as any Mineral Spring Water and far more beneficial when intelligently used, in connection with the other physiological preparations, as by this means the needed mineral elements are supplied to the body. Mankind has resorted to Mineral Springs for health as far back as history goes, unconsciously seeking the mineral and earthly elements the system needed; now, in a glass of **PHYSIOLOGICAL SALT WATER**, you can have them at hand always. If desired, or palatable, any of the other elements to be taken can be stirred into the **PHYSIOLOGICAL SALT WATER** (except the Tonicum) and taken with it, thus adding the lime, iron, sulphur, etc., to your glass of mineral water.

The **PHYSIOLOGICAL SALT WATER**, especially when taken in the morning, will produce a free but

very easy evacuation of the bowels—not purging, but a full and healthy stool.

### Physiological Tonicum.

It is needed with the other physiological remedies, in Intermittent and malarial fever, ague, chills and fever as a preventative of disease, chlorosis, anæmia, etc., poor appetite and mal-assimilation of food, biliousness, brain fag, neurasthenia, early mental and bodily decay and debility, effects of hot weather, sleeplessness, overwork, weariness, cholera, consumption, coughs, croup, dizziness, dropsy, dyspepsia, fevers, diseases of the liver, hysteria, hypochondria, weak memory, despondency, debility, ringing and noises in the ears, paralysis, rheumatism, scrofula, acne, eruptions, eczema, psoriasis, shingles, itch, nettle rash, urticaria, small pox, dermatitis, varicose ulcers, pustules, pimples and lichen.

The object to be attained in the administration of iron is, first, an increase in the number and quality of red blood corpuscles, and second, an improvement in the general health which follows the increased oxygen-carrying power of the red cells. How to obtain this desirable end quickly and pleasantly with least inconvenience to the patient has been the constant aim of the physician. While there are numerous preparations of iron, they are practically all open to the same objection, that is, their astringent effect, though varying, of course, in degree. They also produce more or less constipation, headache and derangement of the digestive organs and injure the teeth more or less. All this may be avoided by using this **PHYSIOLOGICAL TONICUM** which contains equal parts of the ferric and ferrous oxides simultaneously and in the same proportion in which they are found in the haemoglobin of the healthy human blood. Its prolonged use does not give rise to any unpleasant symptoms, it being a truly physiological **IRON FOOD** for the blood.

The best and most palatable form in which the **PHYSIOLOGICAL TONICUM** can be taken is in the form of the "**TONIC LEMONADE**" (so called throughout this work). It is best to mix this fresh each

time it is used; this is done by taking as much cold, pure water as patient may desire, and adding sugar, or rock candy syrup (whichever is more convenient), sweeten to suit the taste; then stir in enough of the TONICUM to make the mixture a straw color. About half a tumblerful is the average dose, though a full tumblerful may be taken if desired.

This drink will be found very refreshing, and useful in almost any disease, or case, save in those where the patient is very corpulent or full-blooded; in such cases it is to be used very sparingly, if at all, for it is a great blood maker. As an almost invariable rule, the full-blooded patient needs the PHYSIOLOGICAL SALT WATER, and, if physiological indications call for iron, give the PHYSIOLOGICAL IRON in the manner directed.

There is another method of administering the PHYSIOLOGICAL TONICUM that is preferred by some patients to the "Lemonade," and that is to take a bottle of rock candy syrup and add enough of the TONICUM to make the whole, when well mixed, a straw color. Take one or two teaspoonfuls as a dose.

The sugar, or syrup, in the above prescriptions is added solely for the sake of the palate, for the TONICUM may be taken, if preferred, simply mixed with water, and the effects will be the same.

Apropos of tonics, Dr. Jonathan Hutchison says: "The knowledge of the right use of tonics is of primary importance to success in practice. It acquires additional value in these modern times, in which a considerable part of the community have scruples of conscience as to the use of wine and beer. The number of persons is probably very large who go through life with only half the enjoyment of living which they might obtain could they but keep in better tone. They are always deficient in energy, working with sense of fatigue, doing their daily duties, but with painful effort and with daily perception of want of rest. For not a few of these a suitable drug tonic is the thing needed, and would, if patiently persevered in, give a new charm to existence. It is a great mistake to believe that articles of food,

cold bathing, or even country air can be made to take the place of drugs."

No tonic ever prepared equals this one in excellence and virtue. Too many of the tonics of the day contain coca, kola, morphine, or some other powerful drug that stimulates the nerves temporarily at the ultimate expense of the vitality. Not so with our, Boericke and Tafel's, **PHYSIOLOGICAL TONICUM**; it benefits by giving the blood and thence the system the elements needed for rosy, vigorous health. The immense popularity of this Tonic has led many unscrupulous houses to prepare imitations, but the buyer is safe from these worthless counterfeits (that is what they are), if the firm name of "Boericke and Tafel" is on the label.





## DISEASES IN WHICH THE PHYSIOLOGICAL ELEMENTS ARE NEEDED.

---

### Abscess.

An abscess is the formation of pus or matter, under the skin, and indicates an unhealthy state of the blood. Abscesses may appear on almost any part of the body and may be acute, or chronic. When acute and painful, a dose or two of the PHYSIOLOGICAL PHOSPHATE may give relief from the pain. When long lasting, or for a predisposition to abscesses, cancer, old running sores, boils or carbuncles, the physiological treatment should be taken. This consists of the PHYSIOLOGICAL LIME twice daily, PHYSIOLOGICAL IRON and PHYSIOLOGICAL SULPHUR every third day in alternation, i. e., the SULPHUR on the day of beginning the treatment, the IRON on the third day, the SULPHUR on the sixth, and so on. In connection with these physiological elements, PHYSIOLOGICAL SALT WATER should be drunk say two-thirds of a tumblerful once or twice a day. As this treatment is designed for chronic eruptions which include cancers, running sores, boils and carbuncles, pimples, blotches, ugly skins, etc., and requires time, it will be well to have it intermitted every other week, i. e. in chronic cases, take the treatment one week and then the next week omit the treatment, resuming again on the third week and so on. To give the physiological treatment a fair trial, all drugs should be discontinued, both during the week of treatment and the week when it is intermitted. By observing this treatment, indulging at regular intervals in deep outdoor breathing of pure air and living on plain, wholesome food, and not going to excess even in that, a cure, or great amelioration of the case may be rea-

sonably expected. In the course of the treatment the TONIC LEMONADE should also be used, especially during the week when the other elements are omitted.

### Ague.

Under this heading are included chills and fever, intermittent fever and malaria, all of which require the same physiological remedies—all the disease condition showing alternate chill and fever with conditions of rest between. The first thing to be done is to discontinue all other drugs especially quinine and the antipyretics; if possible the patient should have a dry room, plenty of fresh air and blankets when the chill is on. The treatment is very simple. Dissolve 120 grains of the PHYSIOLOGICAL SALTS in a quart of pure water, keep it cool, mix fresh every day and let patient drink of it instead of water during the fever. During the apyrexia, or the interval of rest, during the absence of fever, mix twice daily a TONIC LEMONADE, adding enough of the TONICUM to make the water a straw color and let patient drink two thirds of a tumblerful each time. The TONICUM will be found a grand remedy for that vast number of sufferers throughout the South and West, or in any other part of the world, who have suffered more or less from Malaria all their lives, lived on fried fat foods and are thin and gaunt. In fact ALL persons who live in the country and are compelled to do farm work will find the TONICUM to be the best remedy for their ills, and a drink of the TONIC LEMONADE every now and then will DO MORE THAN ANYTHING ELSE to keep them in good health, and the money spent in it will bring better returns a thousand times the amount put in patent medicines. The physical troubles of this class are most invariably from the blood and the TONICUM is the greatest of blood makers, and "blood purifiers" in the truest sense of that much abused term.

This general use of the TONICUM also applies to that large class of men and women who while not sufficiently ill to be detained from their daily work are nevertheless not well, feel tired, dull and do not enjoy good health.

### Alcohol Habit.

Needless to say here that the best, and the only, way to recover health from this ill, is to abstain from the liquor. But the Physiological system, however, affords a powerful corrective for the ills following excesses in wine, whisky or brandy, in its **PHYSIOLOGICAL SALT WATER** and **PHYSIOLOGICAL IRON**. A half a teaspoonful of the **PHYSIOLOGICAL SALTS** dissolved in a tumblerful of cold water—ice water if possible—will greatly relieve the feverish condition of the blood following a carouse, and its use will tend to take away the red face; at the same time take the **PHYSIOLOGICAL IRON** every other day.

### Anaemia.

Under this heading i. e. privation of blood, we include the allied conditions of chlorosis, or "green sickness", and leucamia, pale skin, dark rings around the eyes, palpitation of the heart, weakness, general debility, habitual headache etc., which are the marks of these conditions. They are most frequently met with in the young. When the result of a physiological deficiency in the solids and salts especially required at that age, the condition may be remedied by **PHYSIOLOGICAL LIME**, **PHYSIOLOGICAL PHOSPHATES**, **PHYSIOLOGICAL SULPHUR** and the **PHYSIOLOGICAL TONICUM**. If in addition the patient is afflicted with leucorrhœa **PHYSIOLOGICAL SILICA** should be added to the treatment. Some constitutions are intolerant of **SILICA** and it is well to give it in very minute quantities at first, say as much as will lie on the point of a penknife. In this class of cases it is difficult to give the exact treatment required. In some of them the **TONICUM** alone is all that is needed to bring back the full tide of health, with rosy cheeks and bright eyes; but in other instances it will not avail unless aided by the other earthy elements. Let the patient take the **PHYSIOLOGICAL LIME** every day, the **PHYSIOLOGICAL PHOSPHATES** every other day and the **PHYSIOLOGICAL SULPHUR** once a week. In cases of leucorrhœa substitute the **PHYSI-**

OLOGICAL SILICA for the SULPHUR. The TONIC LEMONADE should be taken at least once a day; make it a straw color and, if the patient really relishes it, administer oftener.

There are other cases of anæmia, and "PALE-SICKNESS," in which the PHYSIOLOGICAL SALT WATER acts very well, sometimes better than the TONICUM but it is difficult with the present knowledge of the new science, to give a differential diagnosis between the two. Indeed, the simplest method is to give ALL the physiological elements in moderate doses, or quantities, for ALL are required in a properly nourished body, and the only possible danger would be in a gross excess of quantity, something practically impossible if the directions are not VERY materially exceeded.

The abnormal appetite for chalk, charcoal, slate pencils and other seemingly unnatural articles often developed in the young, is simply an evidence of the lack of the proper earthy elements in their food.

#### **Apoplexy.**

When the stroke has occurred, the physiological elements are not to be considered in the first restorative treatment, but when one is threatened by the disease it may be warded off by a slightly restricted diet and the use of PHYSIOLOGICAL SALT WATER, this same treatment is also of great use in giving relief from the after effects of the stroke.

#### **Appetite.**

Loss of appetite and disgust for food is best remedied by the use of the TONIC LEMONADE, half a tumbler-full twice a day. The same treatment is also useful in mal-assimilation of food. If, however, the patient is full bodied—plethoric, give the PHYSIOLOGICAL SALT WATER instead of the TONICUM.

#### **Asthma.**

The tendency to asthma is not so much a symptom of disease as an evidence of a deficiency of PHYSIOLOGICAL IRON, LIME and SULPHUR in the blood.

If the patient suffers in addition from an itching, it is pretty clear evidence that the lack is especially LIME and SULPHUR. Asthma is often associated with obesity and hemorrhoids and in that case the three elements named are all needed. The treatment for this condition is PHYSIOLOGICAL LIME morning and evening; and PHYSIOLOGICAL IRON and PHYSIOLOGICAL SULPHUR every other day in alternation; to this treatment it is recommended that every third day PHYSIOLOGICAL SILICA be added. Where the treatment is prolonged it is well at the end of each week to permit an intermission of two or three days or a week before resuming. We may add that the SILICA is especially needed when the hair is thin or falls out.

### Back Pain.

This symptomatic condition is often relieved by a little PHYSIOLOGICAL IRON and the PHYSIOLOGICAL SALT WATER; though should it be known that the kidneys are involved, give the PHYSIOLOGICAL PHOSPHATES in place of the latter.

### Biliousness.

This term is a very wide one, but the conditions it generally represents are best met with the PHYSIOLOGICAL EARTHS and PHYSIOLOGICAL SALT WATER once or twice a day. This treatment is also to be given for jaundice and in all complaints where the skin assumes a yellow color, but add to it the PHYSIOLOGICAL PHOSPHATES every other day. After the health has improved the patient may begin gradually taking the TONIC LEMONADE as often as is agreeable to be continued when perceptible benefits are seen to follow its use.

### Bones.

In diseases of the bones PHYSIOLOGICAL SILICA every day will often prove highly beneficial, with the PHYSIOLOGICAL LIME and SULPHUR every third day, alternately, and the PHYSIOLOGICAL PHOSPHATES every day. TONIC LEMONADE, or PHYSIOLOGICAL SALT WATER may also be useful.

### Brain Fag.

Another wide term including neurasthenia, lack of vitality, early decay, bodily and mental weariness, general debility, exhaustion, every exertion tires, a "played out" feeling, sleeplessness, nervous prostration, actual over work bodily or mental, and similar conditions. For all these conditions the **PHYSIOLOGICAL TONICUM** in the form of a straw colored lemonade, sweetened to suit the taste, will act like magic. It is a great remedy for insomnia; for the hard worked shop girl or woman, and the care laden business man; equally so for the society lady who has been affected by the late hours of balls, parties, etc. Wherever there is debility **FROM ANY CAUSE** there the **TONIC LEMONADE** is called for. It may be taken two or three times a day, half a tumbler at a time. Always mix fresh and in pure, cold water. For all the foregoing conditions the **PHYSIOLOGICAL NERVE AND TISSUE FOOD** will also be found a most helpful ally of the **TONICUM** to give the body once more a firmness and a foundation for health. Also take as much of outdoor life as possible, come in contact with mother earth.

### Breath Offensive.

This condition, (of which too often the offending one is ignorant), may often be remedied by a course of **NERVE AND TISSUE FOOD**, **PHYSIOLOGICAL LIME** and **PHYSIOLOGICAL SALTS** in the form of the **PHYSIOLOGICAL SALT WATER**.

### Bronchial Affections.

In all these conditions, **PHYSIOLOGICAL IRON** and **LIME** once a day, with **PHYSIOLOGICAL SULPHUR** every third day, and the **PHYSIOLOGICAL SALT WATER** once or twice a day will be found efficient.

### Catarrh.

The best treatment for this many sided disease when it assumes a chronic form is **PHYSIOLOGICAL EARTHS** and **PHYSIOLOGICAL SALT WATER** once a day.



These two elements are especially adapted to supply the system with the mineral elements the lack of which results in that state of the body known as "Catarrh." In peculiarly obstinate cases the PHYSIOLOGICAL PHOSPHATES may be added to the treatment to be taken every other day.

For acute catarrh, or a "cold," a glass of PHYSIOLOGICAL SALT WATER as hot as it can be taken will often give relief, especially if patient does not expose himself too soon thereafter.

### Cholera.

Rub the skin with luke warm vinegar and give patient half a teaspoonful of PHYSIOLOGICAL LIME in water, and, twice a day, eight grains of PHYSIOLOGICAL SULPHUR; also the PHYSIOLOGICAL TONICUM in the form of a lemonade. Cholera morbus and dysentery require the same treatment. If discharges are bloody add PHYSIOLOGICAL PHOSPHATES in place of SULPHUR.

### Conditions.

There are a number of conditions that do not readily come under the disease classifications adopted here and these are grouped in this place.

A cold clammy skin, especially of the feet or hands requires PHYSIOLOGICAL LIME once a day and the TONIC LEMONADE.

For offensive odor of the feet, or arm-pits, PHYSIOLOGICAL SULPHUR twice a week and the PHYSIOLOGICAL SALT WATER and TONIC LEMONADE on alternate days. If there is not marked improvement after the lapse of two weeks substitute the PHYSIOLOGICAL EARTHS for the PHYSIOLOGICAL SULPHUR.

When one is worn out with work—all run down—the PHYSIOLOGICAL TONICUM will be better than a trip to the sea-shore. When the body is properly nourished hard work should only produce a sense of physical fatigue that induces healthful sleep. The "tired-out" or "worn out" feeling calls strongly for the TONICUM.

For "the itch" take the **PHYSIOLOGICAL EARTHS** daily.

For insomnia the **PHYSIOLOGICAL TONICUM** and the **PHYSIOLOGICAL NERVE AND TISSUE FOOD**, once daily will be found beneficial.

Tape worms and worms generally **PHYSIOLOGICAL EARTHS** daily and the **PHYSIOLOGICAL TONICUM**.

"Nervousness" is often controlled by an occasional dose (say once a week) of the **PHYSIOLOGICAL SULPHUR**. If patient is thin the **PHYSIOLOGICAL TONICUM** may be added to the treatment; if not, then give the **PHYSIOLOGICAL SALT WATER**.

Those who are habitually chilly will be benefited by a course of **PHYSIOLOGICAL SILICA** once a day for a week then intermit for a week and begin again.

For gravel and gall-stones the **PHYSIOLOGICAL EARTHS** and **PHYSIOLOGICAL SALT WATER** the former three times a week the latter daily and freely.

Weak flabby muscles require the **PHYSIOLOGICAL SILICA** twice a week and the **TONIC LEMONADE** daily.

For a tendency to decay of teeth and for disease of the bones **PHYSIOLOGICAL SILICA** twice a week.

### Constipation.

**PHYSIOLOGICAL PHOSPHATES** will be found the most effectual element; take once or twice a day; drink freely of pure water, knead the bowels and go regularly to stool whether there is a call or not. If this does not relieve then resort to the **PHYSIOLOGICAL SALT WATER**, or take it in connection with the **PHYSIOLOGICAL PHOSPHATES**.

### Consumption.

Consumption, phthisis, tuberculosis, slow wasting or hectic fever, night sweats and coughing of foul sputa, all these naturally are grouped under the one term. When this disease, which presents a fatal breaking down of the tissues, reaches anything like an advanced stage there is apparently no remedy for it. The theory that

disease is solely due to the bacilli discovered by Koch is incompatible with the theory herein advanced. The so-called bacilli are simply the broken down, diseased or decayed tissues, very poisonous, which may under certain conditions exert an apparently similar influence in a "culture." The theory that bacilli are the cause of disease has probably reached its acme and henceforth we may look for a decline in it and a rise in the clearer and more logical theory that bacteria are simply the waste product of a disease, (the maggots, if you please), the origin of which may be the lack of mineral elements. Put a piece of beef in a barrel of water in which there are the proper proportions of salts and the result is "corned beef;" omit the salts and the result is—bacilli, or rotten meat.

Too often these conditions are not recognized by the patient until it is too late to do anything for him or her. PHYSIOLOGICAL SALTS and the TONIC LEMONADE are the two means that will give more relief than anything else; both as preventatives and after the disease has developed; and these may be aided by a daily dose of the PHYSIOLOGICAL EARTHS. Cool, dry air when possible, the practice of deep breathing and an outdoor life will do all the rest that can be done.

### Corpulency.

Corpulency, fat, obesity, are often the result of mineral deficiency. When this is the case take twice daily the PHYSIOLOGICAL EARTHS and drink the PHYSIOLOGICAL SALT WATER at least once a day, or oftener if relished. (Fat, full blooded persons should use the TONICUM with care as it is a great blood maker and often they have an excess of blood).

### Coughs.

These may be symptomatic of many different conditions. In general those suffering from coughs will be benefitted by a course of PHYSIOLOGICAL EARTHS and if inclined to thinness and paleness, the TONIC LEMONADE; or, if rather stout and full blooded, the PHYSIOLOGICAL SALT WATER.

### Croup.

The treatment for croup and diphtheria is the TONIC LEMONADE both as a remedy when the disease is developed and to prevent it; also give once a day a drink of the PHYSIOLOGICAL SALT WATER. The TONIC LEMONADE may be given in teaspoonful doses every half hour. Also rub the body with vinegar and in cases of croup put wet compresses about the neck and bind on with a woolen rag—an old knit stocking is good—put this on at night and it often clears out the throat and gives great relief. For diphtheria the PHYSIOLOGICAL LIME is a good remedy.

### Diabetes.

The other elements required in this grave disease are PHYSIOLOGICAL PHOSPHATES twice a day and PHYSIOLOGICAL IRON once a day. The disease is usually pronounced to be incurable and, probably, the greater number of cases are, but this physiological treatment has apparently cured some bad cases. The same treatment will also prove beneficial in Bright's Disease.

### Diarrhoea.

PHYSIOLOGICAL EARTHS is the chief remedy for this disease; if patient becomes greatly weakened put him on the PHYSIOLOGICAL TONICUM.

### Dizziness.

Vertigo and dizziness are best treated with the NERVE AND TISSUE FOOD once a day and the TONIC LEMONADE, or, if patient is corpulent the PHYSIOLOGICAL SALT WATER.

### Dropsy.

This disease requires the PHYSIOLOGICAL SALT WATER and the PHYSIOLOGICAL TONICUM, the TONICUM being taken on a lump of sugar saturated with it. Take these at least once a day and in addition the PHYSIOLOGICAL EARTHS once a day. These will do all that can be expected of the physiological

treatment. The remedies are the more especially needed if the patient is, or has been, a drinker of wine or beer.

### Dyspepsia.

PHYSIOLOGICAL LIME every day once, and the TONIC LEMONADE and PHYSIOLOGICAL SALT WATER on alternate days will correct the evils of indigestion, or dyspepsia. If after a week or ten days there is no marked relief substitute the PHYSIOLOGICAL PHOSPHATES for the SALT WATER.

### Epilepsy.

This distressing ailment is to be treated with PHYSIOLOGICAL EARTHS and the PHYSIOLOGICAL SALT WATER every day, until there is marked improvement. By following these directions, living an out-door life as much as possible, and practising deep breathing, great relief, if not complete cure, may be looked for.

### Fevers.

In all fevers, typhoid, typhus, gastric, scarlet, hectic, simple, or by whatever name it may be diagnosed, the PHYSIOLOGICAL SALT WATER is the main reliance; it cools the blood, thereby modifying the heat and supplies the elements that make for health. For the debility give occasional sips of a straw colored TONIC LEMONADE.

### Flatulence.

Flatulence, belching, eructations are to be treated with the PHYSIOLOGICAL NERVE AND TISSUE FOOD once or twice a day and the PHYSIOLOGICAL SALT WATER.

### Grippe.

The main reliance in this disease is the PHYSIOLOGICAL EARTHS four times a day during the acute stage and PHYSIOLOGICAL SALT WATER, the latter to be taken hot. For the long lingering bad effects of Grippe the PHYSIOLOGICAL TONICUM is the remedy.

### Gout.

Temperate use of food and the free drinking of **PHYSIOLOGICAL SALT WATER** will give quickest relief. N. B. All wine drinkers should take the **PHYSIOLOGICAL SALT WATER** once daily, say half a tumblerful as it tends to keep off any ill effect that may follow the too free use of wine. Also the **PHYSIOLOGICAL EARTHS** every third day.

### Hair.

To stop the hair from coming out take **PHYSIOLOGICAL SILICA** once a day, **PHYSIOLOGICAL SULPHUR** and **PHYSIOLOGICAL EARTHS** every second alternate day i. e. Monday **SULPHUR**, Wednesday **EARTHS**, Friday **SULPHUR** and so on; also **PHYSIOLOGICAL SALT WATER** once daily. This treatment has in many cases not only stopped the falling of the hair, but caused a new growth; the latter is facilitated by rubbing the scalp, after washing, with **Arnica Hair Oil**.

Apropos of this treatment we clip the following from a German work **DIE MAKROBIOTIC**: "The Baroness von L. wrote me on March 1st, 1891. 'The new hair is growing; and the little hair I still possess does not continue to fall out as much.' The husband of this patient wrote on May 1st, 1891. 'The hair has grown fabulously, it is already a finger's length, and of great density.' "

### Headache.

This, often distressing, symptom may arise from so many causes that unless these are definitely known the physiological remedy cannot be very accurately ascertained. In general, however the **PHYSIOLOGICAL SALT WATER** and **PHYSIOLOGICAL LIME** will be found beneficial in most cases not of a chronic nature; for habitual headache the **PHYSIOLOGICAL PHOSPHATES** and **NERVE AND TISSUE FOOD** every day may work a permanent cure.

### Hay Fever.

If patient is full-bodied and robust let the treatment be the **NERVE AND TISSUE FOOD** once a day

and the PHYSIOLOGICAL SALT WATER, but if pale or thin then substitute the TONIC LEMONADE for the latter.

### Heart, Palpitation of the

Every other day the PHYSIOLOGICAL IRON and at least once a day the PHYSIOLOGICAL SALT WATER. If no immediate benefit is experienced substitute the PHYSIOLOGICAL PHOSPHATES for the SALT WATER.

### Heat.

Prickly heat, nettle rash, hives, eruptions in hot weather, etc. A few doses of PHYSIOLOGICAL SULPHUR and drinks of ice-cold PHYSIOLOGICAL SALT WATER will soon put the system to rights. The PHYSIOLOGICAL TONICUM is also a grand hot weather element, especially for those who really suffer from the heat and seem that they cannot breathe.

### Kidneys.

For all diseases of the kidneys dissolve about 15 grains (say one-third of a teaspoonful) of the PHYSIOLOGICAL PHOSPHATES in a tumblerful of water. In addition to this take of the PHYSIOLOGICAL EARTHS once every two days. Every other week intermit the treatment, for improvement must necessarily be rather slow in these diseases when caused by mineral deficiency.

### Liver Diseases.

The best thing to put the liver in order is the PHYSIOLOGICAL EARTHS every day, or every other day, and the PHYSIOLOGICAL SALT WATER. This covers jaundice and all the "yellow" conditions of the deranged liver. In some cases, (it may be in the majority of them) the TONIC LEMONADE can be added to the treatment, or in alternation with the PHYSIOLOGICAL SALT WATER, with great benefit to the patient. If beneficial effects are not all that is desired stop the PHYSIOLOGICAL SALTS for a time and give the PHYSIOLOGICAL PHOSPHATES.

### **Mental.**

Hysteria, hypochondria, "blue devils," melancholia, suicidal thoughts, weak memory, despair, shyness, timidity, despondency and so on. Many persons think that their mental depression, which may take any of the forms enumerated above, is the result of their circumstances, or the result of a certain event. That great mental depression may follow a sudden bereavement, loss or shock is undoubtedly true, but in such cases, if the physical condition is all right, it will not last long. But when these states are more or less habitual the cause is in the body. For all these states take once a week the **PHYSIOLOGICAL PHOSPHATES** and the **PHYSIOLOGICAL EARTHS**—say alternately on every third day; on alternate days take the **PHYSIOLOGICAL SALT WATER** and the **TONIC LEMONADE**. Also as much out door life as possible with regular deep breathing at times when in the open air. Follow this simple treatment for a while and life will take on brighter hues.

### **Mouth, Sore.**

In cases where the mucous membranes of the mouth become sore or inflamed, or ulcers form; or gums become spongy and bleed easily, the **TONIC LEMONADE** will be found the chief remedy together with **PHYSIOLOGICAL EARTHS** once a day. If these two elements do not soon ameliorate the case substitute the **PHYSIOLOGICAL SALT WATER** for the lemonade. But the former will be found sufficient in most cases. This, and many other surface sores are due to bad blood and the **PHYSIOLOGICAL TONICUM** generally corrects that condition.

### **Neuralgia.**

For a physiological treatment, half a teaspoonful of **PHYSIOLOGICAL PHOSPHATES** dissolved in a tumblerful of pure water and taken in sips tends to allay the pain, while **PHYSIOLOGICAL EARTHS** twice a week will tend to prevent future attacks. This treatment is applicable to any species of **INTENSE** pain.



Neuralgia per se has been described as the cry of a nerve for better blood and if this is so, it follows that the great blood maker and purifier, the PHYSIOLOGICAL TONICUM, would be a fine constitutional for sufferers from this disease.

### Noises in the Head and Ringing in the Ears.

These annoying conditions are attendant symptoms of several diseases and only an improvement of the general health will alleviate them. Where the patient is of a nervous disposition, thin and bloodless, or, at least, has not a plethoric constitution, the TONIC LEMONADE, twice a day, and the PHYSIOLOGICAL NERVE AND TISSUE FOOD once a day, with an intermission of a week after each week's treatment, no strong drugs or medicines to be taken during the treatment, will have a good influence on the general health and thus tend to lessen the annoying sounds. If the patient should be of a plethoric habit then substitute the PHYSIOLOGICAL SALT WATER for the TONIC LEMONADE, for, as said before, that is one of the broad distinctions between these two: The TONICUM is a blood maker and the SALT WATER, among other virtues, tends to lessen the evils of a too full habit.

### Paralysis.

Paralysis and palsy are somewhat akin the latter being but a milder form according to some authorities. Physiologically speaking the cause of the disease, as in all other diseases, is the result of a deficiency in the mineral elements. If these were in their proper proportion needless to say there would be no paralysis FROM THAT CAUSE.

The treatment of a developed case should begin with PHYSIOLOGICAL SALT WATER and PHYSIOLOGICAL IRON once a day, and it may be aided by hot salt baths and gentle rubbing afterwards. If this treatment does not restore the lost power then give the PHYSIOLOGICAL PHOSPHATES and PHYSIOLOGICAL EARTHS on alternate days, and every third day and a half a tumblerful of the TONIC LEMONADE.

### Piles.

Hemorrhoids. This highly painful affection is the result of the veins at the extremity of the lower bowel becoming varicose. Piles are what might be termed a blood disease and are probably the result of an insufficient amount of oxygen in the blood, resulting in an overcharge of carbonic acid. The Physiological treatment is the PHYSIOLOGICAL SULPHUR once every other day and on the alternate days the PHYSIOLOGICAL IRON and every day the PHYSIOLOGICAL PHOSPHATES dissolved in a tumblerful of water taken at once or through the day as preferred.

After two weeks intermit the treatment for a week and then resume. It is also well to eat rather more sparingly than usual and also to be abstemious in alcoholic drinks if they are used; also indulge, whenever the opportunity offers in deep, out-door breathing. By these means the ailment may be entirely dissipated, or so much relieved as to no longer be a source of pain and annoyance. All sufferers from piles should keep the part affected scrupulously CLEAN by daily washing.

### Prophylaxis.

The PHYSIOLOGICAL TONICUM will be found one of the best things it is possible to take along when visiting tropical, or malarial countries. It is especially useful to keep the system in good condition when exposed to extreme heat and the miasma arising from swamps and malarial countries. Explorers and visitors to equatorial Africa who have used it speak of it in the highest terms of praise.

### Rheumatism.

Rheumatism as a veritable Protean monster. It takes on many shapes. Sometimes it is "cold" at others hot; now passive, now acute or inflammatory; one case is relieved by pressure another suffers excruciating pain at the slightest touch; again, it will pass off in a few days leaving patient apparently sound as ever while in another case it will distort the joints so badly as to cripple the patient for life, yet it is all "rheumatism." It

is said to be a disease of the blood, which, in the disease, is excessively acid, thereby producing pains and swellings of the joints, muscles, and organs; and it is brought on by chills and exposure. How much truth there is in the theory that the disease is due to acidity of the blood we are not prepared to say, or indeed to discuss theories at all in this pamphlet. One thing seems certain, namely, that the majority of the cases passing for "rheumatism" are caused by the sudden checking of the circulation in the capillaries, caused by exposure. Granting this it follows that a good warm bath, with vigorous rubbing down afterwards, together with a rather free use of PHYSIOLOGICAL SALT WATER will give quicker relief than any other means, in case of a recent attack. Where the case is a lingering one substitute the PHYSIOLOGICAL PHOSPHATES for the PHYSIOLOGICAL SALT WATER and every other day take the PHYSIOLOGICAL EARTHS. And if patient is thin and anæmic the TONIC LEMONADE may be taken every other day with benefit. The RHEUMATIC FEVER as with all fevers requires the PHYSIOLOGICAL SALT WATER.

#### Scrofula.

This is a many headed blood disease, manifesting itself in intractable inflammation of the skin, eyes, eyelids, glands, bowels, etc., or in a general state of unhealth particularly of the skin; indolent tumors, suppurating glands, scabby skin, etc. Let the treatment be PHYSIOLOGICAL SULPHUR once a week, PHYSIOLOGICAL LIME once a week, PHYSIOLOGICAL EARTHS once a day; PHYSIOLOGICAL SALT WATER and PHYSIOLOGICAL TONICUM are both needed; take the SALT WATER in the morning, and the TONIC LEMONADE in the afternoon. If there is no visible improvement in a few weeks, or improvement ceases, put PHYSIOLOGICAL PHOSPHATES in place of the SALT WATER on alternate weeks and at the same time substitute PHYSIOLOGICAL SILICA for the PHYSIOLOGICAL EARTHS. Let patient also eat freely of fresh vegetables, fruit and nuts, rather sparingly of animal flesh, using instead olive oil freely.

### Skin Diseases.

Acne, eruptions, eczema, psoriasis, shingles, itch, nettle rash, urticaria, small-pox, fish-skin, dermatitis, herpes, varicose ulcers, pustules, pimples, lichen, leprosy, etc.

Perhaps it may be thought in the above list Small-pox should not be included, but it is really a less serious skin disease than almost any of the others, as where properly treated it soon runs its course, leaving the patient no worse, and often in better health than before. Small-pox is a contagious filth disease and the main reliance on its suppression must be sanitation. Vaccination as we all know is supposed to be the one sure safe-guard and is enforced by legislative acts, but (and aside from all anti-vaccination rant), the drift of thinking men is away from it. Everyone knows that it is by no means a sure prophylactic, and that there is more or less danger of a disease following the inoculation that may result in death or permanent injury. In addition to this it is to be feared (and is dreaded by many) that in vaccination may be found the secret cause of a host of chronic ailments. It is a matter of common knowledge that in the oriental countries it is the cause of an enormous increase in leprosy and it is suspected that among the white races it is largely responsible for the steady increase in consumption and many skin diseases. It is on this account that we have included it among the skin diseases.

In the physiological treatment of small-pox the TONIC LEMONADE is to be depended upon both to cure a developed case and to act as a preventative to those exposed to the contagion; also every third day the PHYSIOLOGICAL SULPHUR should be given both as a preventative and in case the disease is developed. During convalescence the NERVE AND TISSUE FOOD and the PHYSIOLOGICAL SALT WATER may be given to assist recovery and the other elements discontinued.

Leprosy is a disease that fortunately is not often met with among the Caucasian races; it is probably hereditary and is the result of a race deficiency in

SULPHUR, LIME, IRON and SILICA, and all of the foregoing physiological preparations should be given, and, in addition, the PHYSIOLOGICAL PHOSPHATES and SALT WATER. The physiological treatment has never been tried in this disease and the foregoing must be accepted as theoretical. It can do no harm to give these unfortunate human beings the whole round of the Physiological Elements as the result may be, in cases not too far gone, a great improvement or actual cure.

Such skin diseases as are shown in pimples, pustules, "black heads", scaly skin, running sores, scabs, sticky eruptions are to receive PHYSIOLOGICAL SULPHUR once a week and on alternate days PHYSIOLOGICAL LIME and PHYSIOLOGICAL SILICA, and every day the TONIC LEMONADE. If marked improvement is not noted after two weeks intermit the treatment for one week and resume for two weeks with the PHYSIOLOGICAL PHOSPHATES in the place of the foregoing.

In other skin diseases, those characterised by eruptions like nettle rash or of a non-pustulous or scabby nature, the PHYSIOLOGICAL SALT WATER and the PHYSIOLOGICAL NERVE AND TISSUE FOOD are the elements needed. Use them twice a day until attack has subsided.

### Teeth.

A dentist can only save a decayed tooth but the decay of the teeth may be in a large measure arrested by the use once a week of the PHYSIOLOGICAL LIME and the PHYSIOLOGICAL SILICA, for without these elements in the system there can be no teeth or firm bones. Worms are living specimens of organisms absolutely without lime.

### Urinary Difficulties.

Whatever can be done to relieve "urinary difficulties," i. e. difficult urination, too free urination, inability to retain urine and all similar troubles connected with these organs, can be obtained by the daily use of the PHYSIOLOGICAL EARTHS and the PHYSIOLOGICAL SALT WATER and PHYSIOLOGICAL PHOS-

PHATES, daily, but on alternate weeks. If patient tends to emaciation and weakness he should also have the TONICUM on alternate days.

### Women, Diseases of.

These diseases have already been partly considered under the heading of anæmia and we will here only, therefore, take up those conditions not included under that part.

In childbearing PHYSIOLOGICAL SULPHUR and PHYSIOLOGICAL LIME each once a week, and the PHYSIOLOGICAL SALT WATER daily will tend to keep up the mother and insure healthy offspring. If the woman is delicate and fragile the TONIC LEMONADE will be better than the SALT WATER, though in any case they may be profitably alternated on succeeding days.

Leucorrhœa. The PHYSIOLOGICAL IRON and PHYSIOLOGICAL SALT WATER will furnish the element needed to overcome this complaint, the same treatment also for "whites." If case grows no better give the PHYSIOLOGICAL SILICA once a week in addition.

There is another condition to which many women are subject that does not come under any disease heading, namely "tired." They are not ill, yet not well; house-work fatigues them to an unusual degree; they go shopping and it entirely upsets them; receiving visitors wearies them; girls employed in stores or offices are completely exhausted at the close of the day; and so the list might be indefinitely extended. The remedy for this state is the TONIC LEMONADE. "It is more refreshing than wine;" supplies the element the lack of which causes the unnatural fatigue, and when they do grow tired from over exertion in the weariness of health that makes the sound sleep that follows a delight. It also gives a relish to the food and brings a healthy glow to the cheeks and an elasticity to the steps.

Apropos of this the following letter from Dr. Helen G. Mack, of Boston, dated March 20, 1896, is interesting:

