THE DRUG CURSE

CAUSES MORE DEATHS THAN WAR, PESTILENCE AND Famine.

DRUGS EXPECTED TO CURE EVERYTHING.

A sick man is a failure.—Froude.

All the weakness, disease, misery and imbecility caused by the inper­erative use of alcoholic beverages is as nothing when compared to the terrible havoc wrought by the "drug curse," which includes the use of alcohol as a medicine. Where one life is lost from intemperance, there are hundreds brought to a premature grave from the improper and too frequent use of drugs.

"That deep-rooted superstition which Dr. Holmes called the 'idea that sick people must be fed on poison,' has caused more injury than the combined natural causes of disease."—Felix L. Oswald, A. M. M. D.

Medicine! medicine! medicine!—Emerson.

Any intelligent human being, who studies the anatomy and physiology of the human body from the right standpoint, is forced to the conclusion that disease is an effort to right a wrong—an effort to restore health, the normal, healthy condition. No such conclusion as this can possibly be deduced if disease is viewed as a condition which can be remedied only by drugs.

DISEASE ACTUALLY SAVES LIFE.

It is disease that saves life. It is disease that actually cures the body. By means of disease poisons are eliminated, which might have caused death had they been allowed to remain. A person in perfect health is impervious to almost any kind of disease.

Is knowledge, therefore, a curse? Does the possession of "superior mental capacity necessarily mean physical degeneracy? The conclusion deduced from this reasoning is plain. The lower animals follow their natural instincts. They OBEY NATURE, while man is constantly making vain endeavors to improve on Nature, and his intelligence is not yet equal to the task of replacing his lost animal instincts.

WHAT IS DISEASE?

Has the reader ever asked himself the question, What is disease? Any intelligent human being, who studies the anatomy and physiology of the human body, from the right standpoint, is forced to the conclusion that disease is an effort on the part of the functional system to right a wrong—an effort to restore a normal, healthy condition. No such conclusion as this can possibly be deduced if disease is viewed as a condition which can be remedied only by drugs.

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NINE-TENTHS OF ALL COMPLAINTS ARE FILTH DISEASES.

It is not the actual disease for which medical science has thousands of high sounding names. It is the outward manifestation of the disease. 'Filth diseases—the excessive accumulation of impurities or foreign matter in the blood—will cover nine-tenths or more of the diseases which commonly affect humanity, and one method of treatment, with slight variation to suit individual needs, will cure nearly every case. When the ordinary organs are unable to eliminate surpluss accumulations or impurities, the result is disease, which may take the form of a cold, headache, neuralgias, pneumonia, rheumatism, consumption or any one of the "filth diseases," for which medical science has thousands of different names.

"Certain diseases are called filth diseases, as diphtheria, typhus, typhoid fever, etc., etc., but nearly all physical troubles, aside from those due to accident, see filth diseases, and by cleansing of the body, through elimination, a cure is reached. Every one must know that the healing, curing power resides within the organism, and that it is ever alert to overcome the effects of errors in our treatment. For example, what is erroneously but popularly termed a 'slight cold' has a run of a few days and often completely terminates without the patient having done the least thing to help the cure. It is thus clearly shown, and no further proof could be desired, that the organism succeeded in overcoming itself and in curing a very serious disorder. The full significance of this is, that, no matter what the disease may be, the symptoms—pain, inflammation, general fever, etc.—are indicative of the process of restoration."—Chas. E. Page, M.D.
Simplicity, simplicity—good, hard, broad-minded "common sense," is most shamefully neglected in the treatment of diseases at the present time. Sawing wood alone will cure more cases of rheumatism, lung and digestive troubles than all the drugs man ever heard of.

It is internal cleanliness which must be sought for. It is this internal cleanliness that keeps the body ever free from disease, and it cannot possibly be acquired and retained unless the circulation be regularly accelerated with some kind of muscular exercise, or a substitute is regularly used in the form of an internal bath or a hot-air or hot-vapor bath.

Even pneumonia easily, quickly and safely cured.

Pneumonia is of little importance if properly treated. I had all the symptoms of a severe case on one occasion, and they disappeared entirely after partially fasting for four days and making use of internal drafts, stimulated my appetite to eat and multiply. The very condition that every effort should be made to avoid is, therefore, actually invited. Instead of giving the functional system an opportunity to eliminate impurities, new difficulties are added by stimulating and stuffing the already overloaded stomach—thus actually feeding and propagating the very disease they are supposed to be trying to cure. Such methods would cause most any strong, healthy person to acquire the disease, and no one could possibly escape if predisposed towards it. Should it cause wonder, then, that consumption is incurable not too far advanced. To illustrate the indelicacy displayed in this advanced age of civilization, take the treatment used in the average case of consumption.

"Consumption is incurable by medicines. I admit, that it is often cured by pure air, exercise, right habits, no intelligent and candid physician will doubt."—Dr. Dio Lewis

In this disease the system is actually "rotten" from the poisons or impurities that the organs have been unable to eliminate. Now, remembering this fact, view the average treatment. The patient's appetite is stimulated with alcoholic beverages and all kinds of tonics; every endeavor is made to enrich the blood, already overloaded with impurities upon which bacteria feed and multiply. The very condition that every effort should be made to avoid is, therefore, actually invited. Instead of giving the functional system an opportunity to eliminate impurities, new difficulties are added by stimulating and stuffing the already overloaded stomach—thus actually feeding and propagating the very disease they are supposed to be trying to cure. Such methods would cause most any strong, healthy person to acquire the disease, and no one could possibly escape if predisposed towards it. Should it cause wonder, then, that consumption is considered an incurable disease? Could it be otherwise under such circumstances?

Disease simply accumulated impurities.

Realizing the indisputable fact that disease, in nearly every case, is simply an accumulation of filth or impurities in the blood, is it not plain, therefore, that the very first duty is to use those means which will assist the functions of the body in eliminating these impurities?

Fasting, internal baths, exercise, cure disease.

Take internal, hot-air or hot-vapor baths and exercise, but by all means give the stomach a rest—that is usually the first duty. All animals refuse to eat when ill. Take a lesson from them and do not allow the stomach to continue supplying the impurities when the body is already overloaded. But no such method as this is usually tabooed. If one or two meals are missed, the ready overworked stomach—thus actually feeding and propagating the very disease they are supposed to be trying to cure. Such methods would cause most any strong, healthy person to acquire the disease, and no one could possibly escape if predisposed towards it. Should it cause wonder, then, that consumption is considered an incurable disease? Could it be otherwise under such circumstances?

One more life sacrificed to the "drug curse."

A life lost—ambitions, hopes, everything sacrificed at the altar of the "drug curse." That is the story of thousands of sufferers now safely laid away in their graves. Every time a funeral passes, I wonder what system of treatment drug system the sufferer gradually. Slowly, insidiously, out of the darkness of ignorance and greed for gain, this monster fastens its fangs into its victims. Deeper and deeper they sink as one remedy after another is tried—now cast down with despair, then revived with hope as a new drug that promises miracles is given a trial. On and on goes the victim—his steps gradually lose plasticity, the lustre disappears from the eyes, the color of health leaves the cheeks, the marks of premature old age appear, the keen sensibilities of feeling, of imagination, are dulled and almost destroyed. Who can predict the end?

Nature, not drugs, cures disease.

Every intelligent, modern physician admits that it is not drugs that cure—it is Nature—it is the natural tendency of the body to remedy
existing defects, and drugs merely assist Nature. Taking this state­
extisting defects, and drugs merely as a germicide Or an antiseptic ? If
virus. There are some drugs which
ment as truth, then, how can drugs
may be excuse for their use, for the
always greater than the temporary
used as a stimulant the relapse is
destroy other diseases more deadly
in their effect, and in such cases
possibility assist Nature further than
elimination. For instance, a drug
of contagious diseases ; but their
use is most outrageously abused.
Drugs have their place; they are
disease, but in reality a cure has
purposes and for destroying the germs
and their use is most outrageously abused.
in some cases they apparently
cure a disease, but in reality a cure has
affected—the disease still exists
in some cases apparently
cure a disease, but in reality a cure has
not been effected—the disease still
exists in another form, or the im­
purities causing the manifestation
of the disease have been diverted
to another channel or means of
elimination. For instance, a drug
which benumbs the nerves will ap­
tarently cure headache—the condi­
tions which produced the headache
may be equal to the task of
curing itself, when drugs are added
at each slight illness, there always
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THOUSANDS OF AMERICAN LIVES
ANNUALLY SACRIFICED.

I have no quarrel with medical
men; some of the noblest, most in­
telligent are of that profession.
But the ordinary practitioners un­
familiar with the most modern
methods of treating diseases, by
continuing to prescribe drugs to
each and every patient for all ail­
ments, are to-day annually sacrific­ing
more good American lives than
would fifty Spanish wars. This is
not theory—it is a fact. Go into
any one of the ordinary hospitals
where they treat diseases in the
good (?) old allopathic way, and
see the poor patients being fed oft
nous poisonous drugs that would
make any well man sick; and then
visit an institution where natural
methods are being used and com­
pare the percentage of mortality.

PHYSICIANS NOT TO BLAME.
The physicians are not so much
blame—their hands are tied. If
a medical man were to tell his aver­
age scared patient that there was
nothing much the matter with him
—that all he needed was less go­
mandizing, more exercise, more
bathing, internal and external, the
patient would think him a crank
and immediately visit another
practitioner willing to humor his
whims as to the necessary treat­
ment.

May that day be hastened, is the
wish of

THE EDITOR

In a recent issue of the New York
World an article was published with
photographs of eighteen persons,
whose aggregate ages reached 1,624
years. There is a short history of
the life of each individual, and it is
clearly shown that temperance and
abstinence from alcohol and tobacco
are of great advantage to longevity.
Most of those who were addicted to
the habit of smoking gave it up in
middle age.

An article recently appeared in
one of our well-known dailies, by
William Blaikie, showing that
Washington was stronger and big­
ger than Champion Jeffries. It is a
well-known fact that Washington
was a wonderful athlete, and we are
having prepared for the September
number an article treating of his
abilities in that line.