

THE MANUAL
OF
TRICHEMISTRY

The Science of the Construction, Maintenance and
Repair of the Human Body and Mind.

BY
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AUTHOR'S PREFACE

The purpose of this Manual of Trichemistry is to teach the simplicity of Health and Disease. Hitherto Health has been looked upon as simple, and Disease as complicated, difficult, dangerous. Therefore the layman has said in his heart, "When I'm well I can look after myself, but when I'm sick somebody else must look after me!"

Trichemistry teaches the layman to attend to himself both in sickness and health.

Nature has developed the human body and brain to the point of self-protection against disease.

The healthy body is immune.

The sick body can be made immune.

This is accomplished by using the remedies Nature uses in the manner Nature uses them.

Nature's remedies to cure a sick body consist of the mineral cell-salts which Nature uses to build the body.

Therefore Nature's remedies are all within the body and are all contained in healthy human blood.

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Therefore all modern Schools of Medicine employing foreign substances in the form of Drugs, Pills, Lotions, Plasters, Tablets, whether mineral or vegetable extracts and compounds, for the purpose of curing disease, are practicing nonsense, because only Nature can cure disease, and Nature cures in one way only, viz., by means of the mineral cell-salts contained in healthy human blood and tissue.

Since by these very same mineral cell-salts, Nature constructs the human body and brain, it follows, therefore, that Nature has but one method of building, maintaining and repairing Body and Mind.

In no other way, and by no other means whatsoever, does Nature act to restore health, except by the employment of particles of mineral matter which are a normal part of healthy human blood and tissue.

The absence of these particles constitutes Disease.

The supplying of these particles in their proper form, strength, minuteness and combination, is Trichemistry.

Chicago, July, 1915.

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LESSON I

THE PLEASURE OF HEALTH

We have wandered so far from the normal in our experience of what is meant by "Perfect Health" that we do not even know it to be true that in health every functioning of the body, from the simplest to the most complicated, is attended with pleasure. To eat; to drink; to digest; to think; to sleep; to breathe; to exercise the muscles; to perspire—every physical and mental functioning in health is pleasure.

We have made it largely a pain to live.

If we have not made living a pain, an active unpleasantness, we have made it a gray monotony; uninteresting, dreary!

We have come to tolerate life instead of enjoying it.

We are far from the normal. We have strayed. Let us get back to Health of Body and Mind.

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We are going to lead you back to Health by an easy path.

There are no pangs or wrenchings or writhings or purgings or vomitings in connection with restoration to health by Trichemistry.

Pain is never Nature's way to Health.

Pain is never anything but a warning: a warning that something is wrong: a warning that you are off the path—that you have strayed.

The intent of Nature towards all life on this planet is not Pain but Pleasure.

The intent of Nature towards every dumb thing, such as a plant, and towards her finished product, Humanity, is that to live shall be a joy.

Because man has made Pain common he reasons that Pain is Nature's intent.

This is twisted reasoning.

All of you can recall some period in your lives when you were in perfect health and happy.

Perhaps you go back in memory twenty or twenty-five years to find that period and locate it in your youth.

Let us see if you realize what it is exactly that prevents you from being equally happy today.

We assume that you have no specific disease that causes you acute misery today. You are appar-

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ently in good health; but are you not enduring, making the best of life, rather than enjoying life for the mere pleasure of being alive? Is not such happiness as you experience due to the happiness you confer on others? Are you not partaking of their happiness rather than enjoying your own? Are you not sensing happiness through others rather than through yourself? This is quite the usual thing. It is a matter of much humor to an onlooker that men expect women to be quite content to find their happiness in their children, while they in their search for happiness for themselves find something of what they seek in the temporary exhilaration produced by Alcohol, Business, Politics, etc. A man of some refinement, thinking of his wife, is moved to admiration at some act of unselfishness on her part. He perceives the element of sacrifice involved, but he says to himself, "She's only happy when she's doing something for somebody!" Granted. But the error is here; that he thinks it natural and right that she should get happiness vicariously. It does not strike him, and perhaps it does not strike her, that she is entitled to the mere happiness of living—her own personal, individual happiness, created by and due to, herself alone. It is her birthright. She will increase

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this individual happiness by sharing it? True. But she must first possess it before she can share it. Is not this a pretty fair statement of your own case? Are you not reconciled to the idea that it is not possible for you to enjoy life as you did twenty years ago? Therefore you have settled down to the gray, level monotony of middle-age.

Suppose we change this state of things for you.

Look back now to that time in your youth when you were in perfect health, and when your keynote was Happiness.

You recall that in those days your eye was bright; your step was quick and light; your cheek was red; your mind was alert and interested; your heart was gay: you were Happy!

Why? Do you know why?

You will answer, "Because I was in perfect health!"

True, but why must Health and Happiness be twins?

The answer goes deeper than you think.

The happiness of Youth is due to the fact that the body-cells of Youth are more swiftly created and destroyed than the body-cells of middle-age.

Especially is this true of the Nerve-cells and the Brain-cells.

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The rapid metabolism of Youth is the secret of the happiness of Youth.

Your present habitual gloom is due to the fact that your body-cells hang on too long.

It is not due to the fact that you are growing Old.

It is not due to Decay.

Get this point clearly. Decay is a right and proper result. Old Age is a wrong and foolish result of what might be called "bad management."

For ten thousand years we have said that Decay is a cause—the cause of Old Age!

Understand this point. What you call Decay goes on more rapidly in the body of Youth than in your body at middle-age, because when you say Decay, you mean a Destroying of Tissue.

Now, if Decay caused Age then Youth would be Old, which is, of course, paradoxical nonsense.

Youth is swifter in the Creation and in the Destruction of the body-cells than middle-age.

That is what the condition of Youth means.

That and nothing else.

That is what the Happiness and Health of Youth means.

That and nothing else.

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Youth is using new tissue; middle-age is using old tissue.

Your body cells are hanging on too long.

The remedy is simple.

You must create and nourish new cells and you must loosen and destroy the old cells in order that the new cells may step into their places and carry on the work of the body and brain.

This quickens your metabolism.

This increases your rate of vibration.

You are reminded here, perhaps, of the Biblical metaphor about "putting new wine into old bottles"!

Yes, but one of the special duties of Trichemistry is to strengthen "the bottles"—the walls of veins, arteries, capillaries, blood-vessels, etc.—so that "the new wine"—the new blood—is safely contained and safely carried.

Given the right Mineral Salts, your blood will create new cells swiftly and build them up to full strength.

Given the right Mineral Salts, your blood will equip new nerve-cells, form new nerve fibres, and equip new brain-cells.

Given the right Mineral Salts, your blood will destroy, detach and remove from the system the

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worn-out cells that have lost their usefulness and are tired out, responding to Life's call with Dullness, Resignation or Pain, when it is their duty to respond with the sensation of Pleasure.

That is exactly what their duty is: to give you the sensation of Gladness. Their business is to make life a pleasure for you.

Youth means swift creation and swift destruction of the body-cells.

Middle-age means slower creation and slower destruction of the body-cells, with gradual deposit of foreign matter in tissues, veins, arteries, joints and organs as a result of the slower metabolism, and resulting diseases.

Old Age means still slower metabolism, accompanied by the pains and diseases that are the result of the accumulations of foreign matter in tissues, veins, arteries, joints and organs, collecting in the system for the sixty years preceding.

"Ah, but—!" someone says, with a shake of the head, "—young blood is different!"

It is different only because you have allowed it to become different. Trichemistry adds the materials necessary to change old blood into young blood.

"Ah, but—!" once more! "—the heat of the body

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in youth! The solvent power of this heat!" As everybody knows, the heat of the body is due to the action of oxygen upon food, and to the consumption of blood and tissue by exercise of the muscles. The oxygen is carried in the arterial blood and is supplied by the blood to every cell of the body. Strictly speaking, therefore, without oxygen there is no heat. Since the body of Youth possesses more heat than the body of Middle-age or Old Age, it must follow that the body of Youth contains more oxygen than the body of Middle-age or Old Age. This is exactly the case. The problem then is how to get into the body of Age the oxygen-carrying capacity of the body of Youth. It is not enough to pump oxygen into an old man. If you give him an excess of oxygen in this manner he will simply exhale the excess from his lungs as oxygen; it will not be changed into carbonic acid. In other words, he has not used the excess oxygen; has not assimilated it. Therefore, it is evident that some important element is missing from the blood of Age which is present in the blood of Youth—something which takes hold of oxygen and retains it, makes it do its work, makes it consume, makes it produce heat. Exactly. Trichemistry tells you that this something which takes hold of oxygen in

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the body is a Mineral Cell-Salt present in the blood of every healthy human being. No less than three of these Mineral Cell-Salts have to do with the retaining of oxygen in the body especially and particularly. They attract and retain the oxygen as it passes from the lungs into the blood. They not only carry it in the blood, but by their presence in the tissues, by their presence in the cells, they draw this oxygen from the blood-stream to the cells, either for the nourishment of the cell, for the maintaining of its active life, or for the destruction of the cell, for its consumption by fire, so to speak, after its usefulness is over.

We might dilate a little on this point; it is of such vital importance—the heat of the blood of Youth!

The human body reacts upon itself constantly. Thus, oxygen, food and exercise produce heat. Heat is the chief impulse toward exercise in youth. Hot blood is quick blood. Quick blood urges toward motion—exercise. Hence, in youth, when the blood is hot, there is great activity of the muscles, rapid motion, breathlessness, quickly beating heart, etc. That is to say, rapid anabolism, metabolism and katabolism; swift creation and destruction of the body-cells. The Lungs of

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Youth! The running and the shouting and the laughter! Without these Youth is not Youth; it is not normal. Trichemistry puts back into old blood the potential heat of the blood of Youth. Trichemistry will give you the lungs of Youth. What use you put them to is your affair.

“Ah, but—!” There is no end to his quavering! “—what about this? All things grow, mature and die. So have the bodies of all men and women. So must mine. If Trichemistry can turn old blood into young blood, and old organs into young organs, then Age is wiped out and only Youth remains. There follows Immortality of the Flesh which is nonsense, because it is flatly contradicted by what we see about us every day. How do you answer that?”

This is, of course, a perfectly sound and reasonable objection—as far as it goes!

Moreover, it cannot be answered. Trichemistry cannot answer it, because Trichemistry is too new, too recent, to provide an answer to this objection. But let us put forward an argument. It has very recently been discovered that certain minerals, radium, uranium, etc., possess a seemingly exhaustless store of energy, light-giving, radio-active. We know nothing concerning the cause of this radio-

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active property. Our point is that this discovery is very recent. This means that Nature yields her secrets only when mankind is qualified to wrest the solution from her. She never voluntarily offers information. We have, therefore, a right to assume that there yet remain many secrets in Nature bearing upon Longevity, or Exhaustless Energy as applied to Humanity, the solutions to which we have not yet stumbled upon because we are not yet qualified to master them.

Trichemistry, to our thinking, is such a solution of a secret of Nature.

Secondly, the fact that all men have grown, matured and died for millions of years up to the present moment of writing does not make it impossible that tomorrow or the next day science may discover that it was not at all necessary that mankind should have died at an average of less than seventy years of existence on earth. Should such a discovery be made by science our attitude towards the new condition of Perennial Youth would probably be very matter-of-fact and unsurprised, and our attitude to the dead a shrug of the shoulders, expressing, "If they had only known what we know now they might have been alive today!"

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Thirdly, the fact that Exhaustless Energy exists at all on this earth in a practically unchanging body, even in the lowly mineral form of Radium, offers the probability—the probability, not the possibility!—that Exhaustless Energy will some day prove its existence on this earth in Nature's highest expression of the Life-force, the human body.

At present we do not know how long a human body that is kept in perfect health should endure, for the very good reason that until Trichemistry came to inform us we did not know how a human body could be kept in perfect health and rebuilt to meet the wear and tear of life.

We do not think that a human body and brain kept at their maximum efficiency shall succumb to one hundred years of use, even though thirty years of abuse are more than enough for many bodies.

We can only wait and see.

To sum up, it is possible for you in middle-age to regain the joy of youth in merely living, but you must have new body- and brain-cells to sense the feeling, and you must get rid of the old cells or the new cannot help you.

Men and women are as old as their body-cells make them.

LESSON II

THE THREE STAGES OF DISEASE AND THE THREE REMEDIES OF TRICHEMISTRY

The word Trichemistry is, of course, a combination of the prefix TRI—meaning three—and “Chemistry.” Trichemistry is the Science of Maintaining Health and Restoring Health to the Body and Mind by the Administration of Three Remedies in the form of three tasteless tablets composed of the Mineral Salts present in the blood and tissues of every healthy human being. The three tablets correspond to the three stages of every human disease, and establish a cure in every disease that is curable, and in many that are considered incurable.

The Three Stages of Disease are: 1. Disorder; 2. Inflammation, Pain, Fever; 3. Suppuration, Pus, Deposit.

The first Remedy, NAMURCAL, corresponding to the First Stage, Disorder, is Preventive and Curative.

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The second Remedy, MAFERRAX, corresponding to the Second Stage, Pain, is Analgesic, Anti-Febrile and Curative.

The third Remedy, KANASIL, corresponding to the Third Stage, Suppuration, is Resolvent and Curative.

In the average disease these three stages are marked and clearly defined, but not in all. Sometimes a disease begins with the second stage—Inflammation; sometimes it ends there. Sometimes it begins with the third stage and ends with the second. But these exceptions are not numerous. The classification of the stages of Disease as given will be found quite closely accurate.

The Three Remedies of Trichemistry, Namurcal, Maferrax and Kanasil, is each composed of five of the eleven Mineral Cell-Salts found always in human blood and tissue in health, combined in a certain proportion and strength in each tablet, securing the maximum of activity of the molecules contained in the tablet.

The process is a delicate one. The ingredients of each Remedy are ground, or triturated, with sugar of milk for many hours before being compressed into tablet form, to ensure the necessary minuteness of the molecules of the salts.

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Namurcal is triturated for 96 hours.

Maferrax is triturated for 132 hours.

Kanasil is triturated for 114 hours.

Of the eleven Mineral Cell-Salts contained in human blood, only three are insoluble in water. These three insoluble minerals require much longer grinding than the other salts to reduce them to the necessary fine state of division in which they appear in the blood, and since Maferrax contains two of these "insolubles," and Kanasil contains one of them, the increased time required to prepare these two remedies is accounted for.

You might ask why, if we are willing to tell you so much, we do not tell you just what combinations of the eleven mineral salts we are using, and in what strengths.

The answer is that we will tell you all you need to know to ensure your own protection in taking the Remedies, but we will not tell you so much that a thousand manufacturing chemists throughout the country would be offering their preparations of the Mineral Cell-Salts as "The Three Remedies of Trichemistry."

Namurcal, Maferrax and Kanasil must not be manufactured in any haphazard or hurried style. While the process is safe in our hands we are sure

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of a uniform product that will be as effective in twenty years as on the day it was made. The work is done with exquisite care and accuracy. Errors in quantities, errors in qualities, errors in all the delicate combinations, are scrupulously guarded against, and absolute cleanliness is observed throughout the process of manufacture. The result is a standard article, unvarying, unaffected by time, temperature and climate.

All this preparation is required because we are going about the business of curing human disease with Nature's own Remedies, offered to the Blood in the minute form in which they are already present in the blood and tissues of healthy human beings. Nature works only by means of the infinitely minute. The body is built of electrons, which are grouped together to form atoms, which are grouped together to form molecules, which are grouped together to form cells, which are grouped together to form Blood, Bone, Tissue, Muscle, Nerve, Hair, Nails, Cartilage, Brain, etc.

In Namurcal, Maferrax and Kanasil are contained the Mineral Matter which Nature extracts from food and uses to create, repair, nourish, maintain and destroy the cells of the body and brain of the animal, Man.

LESSON III

THE MINERAL CELL-SALTS

The eleven Mineral Cell-Salts contained in the constant constitution of the blood in health are :

1. Sodium Chloride or Natrum Muriaticum.
2. Potassium Chloride or Kalium Muriaticum.
3. Sodium Phosphate or Natrum Phosphoricum.
4. Potassium Phosphate or Kalium Phosphoricum.
5. Lime Phosphate or Calcium Phosphoricum.
6. Magnesia Phosphate or Magnesia Phosphorica.
7. Iron Phosphate or Ferrum Phosphoricum.
8. Sodium Sulphate or Natrum Sulphuricum.
9. Potassium Sulphate or Kalium Sulphuricum.
10. Lime Fluoride or Calcareo Fluorata.
11. Silicea (Quartz) or Silicic Acid.

Inasmuch as the infant grows and develops special structures of the body while its only food is milk, it is evident that if it is true that Nature

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obtains its supply of mineral matter wherewith to construct the body from food alone, then the milk which the infant ingests must perforce contain these minerals. Analysis proves this to be true. Milk contains Potassa, Soda, Lime, Magnesia, Iron, Phosphoric Acid, Chlorine and traces of Fluorine and Silicea.

In the marvelous chemistry of the living human body Nature combines these mineral elements with their bases as Chlorides, Phosphates, Sulphates, Carbonates, etc., and finally forms the above-mentioned Eleven Mineral Cell-Salts, complete in themselves, in minute molecular form, which, in their world of chemical change and readjustment, do not change but remain unaltered by any chemical action of the blood, ever busy, ever on duty, but never taking any other form until their work is done and they are expelled from the body along with the worn-out cells as waste matter.

These eleven Mineral Salts are the workers in the body, and the health of the body, its very existence even, is dependent upon the number and activity of the minute molecules of these eleven Mineral Salts present in the blood and tissues.

Without the aid of these Mineral Salts the food we eat and the water we drink would be inert and

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valueless, and worse than inert; it would almost instantly decompose and poison us.

All our lives long we are taking this mineral matter into the system in the food we eat. Vegetables are especially rich in it. The chemistry of the body extracts this mineral matter, combines it with its basic acid, and sets it to work in the form of a phosphate, chloride, sulphate, etc. Its life is an active one. In its minute molecular form it is attracted to the particular cells for which it has an affinity. It builds either the cells themselves or forms the contents of the cells by working with albumen, fibrin, mucus, elastin, keratin, etc., etc.

But the building of the body is only one-half of its work. The mineral cell-salts not only give form and structure to every cell; they also keep the cell up to its work and, when its work is done, destroy it and see that it is removed from the body by the usual excretory channels.

This means that the Mineral Cell-Salts not only build, nourish and repair the cells, but govern the activity of the organ of which the cell is a part.

In the case of a sluggish liver, for example, right functioning of the liver will depend upon the activity of the Mineral Cell-Salt governing the Bile. This happens to be Natrum Sulph. A deficiency of

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Natrum Sulph. will result in an inactive liver, which may mean Constipation or Biliousness or Jaundice, etc., etc.

Skin, Kidneys, Spleen, Pancreas, Intestines, Brain, Nerves, Heart, Lungs, etc.—every organ functions properly or improperly according to the condition of the cells of which it is composed, and its cells are healthy or sick according to the quantity of the Mineral Cell-Salts they contain.

The essence of Trichemistry is embodied in the following paragraph:

The health of the body depends upon the health of its organs:

The health of its organs depends upon the health of the cells:

The health of their cells depends upon the rhythmic motion of their molecules:

The rhythmic motion of their molecules depends upon the rhythmic motion of the molecules of the Mineral Cell Salts present in the cells:

The rhythmic motion of the molecules of the Mineral Cell-Salts depends upon **THE NUMBER, THE QUANTITY**, of the molecules of the Mineral Cell-Salts present in the cells.

A deficiency in quantity of any of the mineral cell-salts required to produce right motions in the

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molecules of the cells of the body results in Disorder and Disease.

Therefore Disease is deficiency of one or more of the mineral cell-salts, producing wrong motion of the molecules.

Therefore Disease is wrong motion of the molecules of the cells.

Therefore Health is right motion of the molecules of the cells.

LESSON IV

THE DANCE OF THE MOLECULES

In dealing with the molecules which compose the contents of the infinitely minute cells of the body you are, of course, in the realm of the ultra-microscopical. Therefore, to understand something of what is going on in your own body you must create a picture.

Suppose you hold in your hand a needle. Looking at the point of the needle it appears to you as an infinitely small dot; not exactly visible to your eye.

But, to create a picture of molecules and their motion, you must imagine that needle's point magnified to the size of a table-top.

Suppose now that this table-top is a magnified cell of the body, containing a fluid, you can see how molecules of matter, mineral molecules, fat molecules, albuminous molecules, a mighty army of them, having attractions and repulsions in themselves toward and from each other, could dart

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about in all directions, having plenty of room for movement.

This motion is exactly what is happening in every healthy cell of the body.

In the healthy cell the motion of the molecules follows a certain pattern or order, and is maintained at a certain settled rapidity. The attractions and repulsions of the molecules to and from each other determine the pattern, and the quantity, or number, of the molecules of mineral matter decides the rate of motion.

Whenever the cell is short of its mineral molecules it is irritated or disturbed, and exudes a part of its contents.

It has been found that this exudation consists chiefly of the organic matter for which the absent mineral salts had an affinity. Perhaps the reason why the cell exudes this matter is that when the mineral salt is lacking the matter cannot be kept in motion within the cell and must be got rid of. You might say it has left the dance to look for its partner, and you would be justified in using this figure of speech if the exuded matter had any of the intelligence of its partner, the Mineral Salt. But the Mineral Salt is the intelligent one of the two. The Mineral Salt possesses initiative, power

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and skill; the matter is inert. So when thrown out by the cell the matter forms part of a catarrhal exudation, perhaps. But this exuded matter has performed a valuable office, after all. It has told us, as plainly as if it had a voice, why it was thrown out by the cell; it has told us the name of its partner by its own composition; that is to say, if the matter exuded consists of albumen, we know that the mineral salt calc. phos. is deficient in the cell.

If the matter exuded is water or clear watery mucus, we know that Natrum Mur. is lacking in the cell; if the matter exuded is pus we recognize a deficiency of Silicea, and so forth. But we go too fast. We are not ready to talk to you about the Signs or Calls. We were explaining only the motions of the molecules.

You have now a pretty clear idea of what that means.

LESSON V

“ETERNAL VIGILANCE IS THE PRICE OF HEALTH”

It is a part of the Science of Trichemistry that the human body, when in perfect health, is proof against all diseases, and contains in itself the power of destroying malignant bacteria that would move against the cells and disturb the motion of their molecules by irritation, or, if it is not possible to destroy the bacteria at that time, the forces of health are able to disarm them and render them harmless for the time being.

But when, from any one of a thousand causes, which will be more fully explained later, there arises a deficiency of the Mineral Cell Salts required to maintain health, the passive bacteria and disease-germs wake to activity and begin to invade. They can be routed easily enough and forced to retire in disorder, leaving their dead and wounded behind, provided the Blood receives or can send to the invaded part the support, the Mineral Salts, craved by the weakened cells. But the

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Blood cannot always do this exactly at the critical time.

At the present time, lurking in your body, but quite harmless if your body is in a state of health and therefore immune against attack, there may be present in the saliva, in the nasal passages, in the tonsils, in the lung tissue, in the intestines, wherever a safe resting-place can be found, wherever they can cling and hold their place, germs of Diphtheria, of Typhoid, of Tuberculosis, of Dysentery, of La Grippe, etc.

Now let us suppose that disorder is shown by a white tongue or a sore throat. The white tongue and the sore throat both mean that there is a deficiency of Mineral Salts or they could not have appeared. If this symptom of Disorder is taken care of by a Tablet of Namurcal, supplying the Mineral Salts answering to the "call," that is the end of it. But suppose you do not heed or cannot read the sign. Then it is possible for the germs of Diphtheria to fasten upon the weakened cells and entrench themselves to withstand a siege.

You must understand that the body is always a battle-ground. The forces of Health are ever on the watch to repel invaders and either oust them or disarm them. There is never any such thing as a

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truce or an armistice. It is a fight that never ends. In Tuberculosis of the Lungs the invaders have multiplied to an alarming extent. They have resisted attack, thrown up fortifications, tubercles, entrenched themselves, and carry on both a defensive and an actively aggressive campaign, sending their scouts into the blood-stream to spy out fresh territory for attack, ever encroaching upon new ground and making it their own.

A condition of health is ours only as the reward of eternal vigilance on our part. The overlooking of the most trifling disorder gives the enemy his opportunity.

"The essence of disease," said the great Virchow, "is the cell changed pathogenetically."

You begin to understand that the cell is changed pathogenetically by a deficiency in the mineral salts necessary to maintain the equilibrium of the cell, and you can realize now the importance of remedying that pathogenetic change in the cell which is "the essence of disease."

When the mineral cell-salts needed are withheld too long there follows decay of the cells involved and an interference with the activities of the cells adjoining, until what was at first merely Disorder

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becomes Pain, Inflammation and Fever, and a considerable area of the body is affected.

Hence the need of Eternal Vigilance to note the approach of Disease, and to arrest it in its first stage of Disorder by means of the first remedy of Trichemistry, namely, Namurcal.

LESSON VI

A COMPARISON OF METHODS

There is no other science of Therapeutics but Trichemistry.

Allopathy is Experimental Medicine, doubtful and often injurious in its results, employing as correctives to disorders of the system substances that are foreign to the blood in health and are often poisonous to the system then and afterwards.

Homeopathy is Experimental Medicine, approaching more nearly to the methods of Nature by employing the minute dosage, but erroneously choosing its remedies according to the "provings" of such remedies upon healthy people, and employing as remedies substances that are foreign to the blood in health and are often poisonous to the system then and afterwards.

Osteopathy, Chiropractic, Mechano Therapy, the Kneipp Water Cure, Swedish Massage, Electro-Therapeutics—all are good as far as they go, but they do not go far enough. They are not complete.

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They furnish exercise, motion, vibration. They remove obstructions to the free action of the circulation; they tone up the organs; they quiet the nerves; they relieve pain; they help Nature to cure disease.

They are all good; but they could be better.

They do not go to the root of the disorder.

They do not go to the source of Health and Disease, the constitution of the cell.

They do not recognize that the CAUSE of Disease is a deficiency of the Mineral Salts in the cell.

We come now to an analysis of the commonest charge that will be brought against the Science of Trichemistry by very intelligent people; the thinkers; those who weigh evidence and test both premise and conclusion. These people will put their objection in the form of an argument, thus:

"You have just said that if I get a cold in the head and have to blow my nose frequently this cold may be stopped and the cold cured by taking a small quantity of a particular cell-salt into the blood-stream which reaches the cells of the nasal passages and stops the cold. You assert that the lack of that particular salt in these cells at that particular time caused the cold. How then does it happen that the cold will cure itself in a day or

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two? Or how does it happen that if I take a cathartic and move the bowels I get rid of the cold?"

This is a good clear objection and well put. Let us answer it as simply as it is asked and as directly.

If you have a cold in the head and do nothing for it, and it cures itself in a day or two, what has happened? Simply this: Nature has cured the cold by supplying to the mucous membranes the salt of which the cells were short. The particular salt in this case of a new cold would be Natrum Mur., which is contained in our NAMURCAL.

If you cure your cold by a cathartic you have, in moving the bowels, removed at the same time some condition of congestion or obstruction which prevented the Blood from carrying to the part affected the salt necessary to remove the condition of flowing mucus.

We know that Nature is constantly extracting these Cell Salts from the food we eat, selecting the minerals necessary and combining them with the bases required to make them complete. For instance, Sodium Sulphate and Potassium Sulphate are two of the Mineral Salts in the blood. The sulphur is actually extracted within the body by the action of oxygen acting upon albumen, pro-

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ducing sulphuric acid, and this sulphuric acid combines instantly with one or other of the alkalies present in the blood, sodium or potassium, releasing carbonic acid, which is expelled from the lungs. The blood has thus formed two of its most valuable Mineral Salts, Sodium Sulphate and Potassium Sulphate. Natrum Mur. is one of the most plentiful of the Cell-Salts. But it can happen that the body runs short of its supply of Natrum Mur., or it can happen that there is some obstruction which prevents the blood from feeding the cells of the mucous passages with Natrum Mur. in the quantity needed. The result is a flowing of mucus, or, as we say, a cold, and this is cured either by Nature getting round the obstruction and serving the mucous cells with the salt they need, or by our Trichemistry in supplying to the blood the salt called for in the molecular form in which it can be instantly put to use, or, lastly, by a cathartic which removes the obstruction by causing an evacuation of the bowels. It does not require much thought to determine which of the three methods is the right plan to follow. Nature cures when left to herself. But it is frequently an unwise thing to let Nature take her own time, because the disease may be gaining too

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strong a grip while we are waiting for Nature to remove some obstruction or manufacture certain products she needs. If it happens to be a case of fever, for instance, instead of a simple cold, it is better to supply at once the Tablet of Maferax, which the fever calls for, than to wait for Nature to produce or provide the lacking salts. But here we are working directly with Nature and giving her exactly what she is calling for. This is a very different thing from giving her some utterly foreign substance, such as a cathartic, for a cold, or quinine, for a fever. Ours is the direct, natural method; the other is circuitous, experimental and very often dangerous. If not immediately dangerous, it is too often injurious later.

This answers the above question and disposes of the objection. But we may amplify the subject a little.

Nature, as we have said, is perpetually at work forming these Mineral Cell-Salts in sufficient quantities for the use of the cells. But her work is liable to interruption at any moment. Because of a shock or a blow, or because of an obstruction due to such a cause as Constipation, or because of the continued breathing of impure air, or from improper eating, or from want of a reasonable amount of phys-

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ical exercise, or from some nervous strain producing Insomnia and nervous breakdown, or from undue use of alcoholic beverages, or from a thousand causes not necessary to mention in detail, there ensues a loss of some portion of the Mineral Salts necessary to the integrity of the cells, and therefore necessary to the harmony of the body and mind. This loss is instantly followed by what we call "The Sign." That is to say, Nature calls our attention to the loss of a certain salt by hanging out a sign or symptom indicative of the particular lack. The Sign may take the form of an exudation of the organic substance for which that salt has an affinity. Each one of these salts is attracted to one or other of the organic compounds and some to more than one of these compounds. For example, Kali. Mur. has for its affinity Fibrine, and whenever there is a loss of the salt Kali. Mur. in the system there will be found somewhere a sign of an exudation of fibrine. For example, in Diphtheria there is found a greyish-white exudation on the tongue, palate and tonsils; or you wake in the morning with a white tongue; or you have a cold in the head that shows a running of white mucous from the nostrils; or you have a Leucorrhoea or a Gonorrhoea with a milky white exudation; or you

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have pimples on the face the contents of which are not yellow like pus, but white; or you have a white secretion at the corner of the eye, and so forth. These are signs of Fibrine out of place in the organism, and wherever fibrine is out of place there is a lack of Kali. Mur. Similarly the affinity of Calc. Phos. is Albumen, and since albumen is quite the most important substance that enters into the building of the body it will be seen that the Mineral Salt Calc. Phos., or Phosphate of Lime, plays a principal part in securing and maintaining Health. Calc. Phos. has also an affinity for bone and is the chief element in the construction of sound bone cells. Whenever, therefore, there is defective bone formation in the body, as in Rickets, in the young, the call is for Calc. Phos. We do not propose at this time to enter into a discussion of the affinities of the different cell-salts; that will be gathered from the pages devoted to the particular properties of the three remedies, Namurcal, Maferrax and Kanasil; our purpose is to explain to you just what is meant by "The Sign."

When by means of a Cathartic, Aloes, Calomel, Cascara, Rhubarb, etc., a congestive condition of the system is removed by an evacuation of the bowels, or when a fever is overcome by a heart-depres-

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sant such as Antipyrine, Acetanilid, Quinine, etc., a cure may be effected, but it is not according to Nature's own methods. Foreign substances, drugs, have no place in Nature's Pharmacopœia. The human blood, in health, contains within itself, in its constant constitution, all the elements necessary to maintain the system in health and restore the system to health. When, through fault of our own, the system proclaims by means of signs that there is a deficiency of one or more of the Mineral Cell-Salts needed for the perfect working of the organism it is our business to interpret the sign accurately and supply the want immediately. We should follow and support Nature. She knows best what is needed. The wisest modern physicians, as their years of experience in combating disease lengthen, use less and less of drugs and trust more and more to Nature's curative energies. But it is not always wise to wait for Nature to act, especially when conditions of acute pain or dangerously weakening fever are present. In such cases we must act, and quickly. We have at last here before our eyes a clear knowledge of how to act in conformity with Nature's own Laws. We can at last do Nature's work in Nature's own way by the administration of the Mineral Cell-Salts in the minute

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form in which Nature herself employs them in the repair and maintenance of the body. To employ any drug whatsoever for any reason whatsoever as a so-called medicine is to act directly contrary to Nature.

It is quite true that Drugs have assisted in many cures. This is fact. But such cures are empirical and experimental and opposed to Nature's own methods. They are not safe, sane and scientific. The proof of this statement lies in the fact that some cases yield to drugs and some do not. If drugging as practiced today by advanced Homœopaths and Allopaths were a science and not an experiment we should not find the medical profession still searching diligently for some preparation of Iron that would cure Chlorosis and Anemia. There is only one way to cure Anemia, and that is to create new cells and nourish the new cells. This is the work of two cell-salts that are combined in our First Remedy, NAMURCAL.

We do not say that Trichemistry will cure every disease known to humanity in its latest stages. A condition may be set up in the system as in Locomotor Ataxia when the spinal matter is changed from a fluid substance to the consistency of the hard boiled white of an egg. We do not know

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that there is any power resident in the cell-salt, Fluoride of Lime, or in the cell-salt, Phosphate of Magnesia, to transmute this product back to its original form. We do not know that it is possible. It has not been proved true. Nor do we know that Magnesia Phos. is a remedy for Cancer. But we do know that in Trichemistry we have in Maferrax and Kanasil two remedies that will immensely improve the conditions of sufferers from both these diseases, and that in Namurcal we have a Preventive which, if taken in time, will render humanity practically immune against any and all diseases, the gravest as well as the most trifling.

The whole aim and purpose of getting you clearly to grasp the scope and power of Trichemistry is that you may understand our claim that when our three remedies are understood and applied all the ills that today afflict the race can be swept into the discard. They should not exist beyond the generation that follows us. A price has yet to be paid for our present ignorance, and this price must be exacted from our children. But by the time their days are over Disease as we know it should have disappeared from the earth.

LESSON VII

THE MECHANISM OF ALL MENTAL HEALING

In Trichemistry we present the only system of Drugless Therapeutics that says to the patient: "We do not care what your Thought is, or what your Mind may be doing. We will cure your Mind as well as your Body by supplying the Cell-Salts needed in their proper quantity, both by the Body and the Brain. You are to understand that your Brain is the seat of your Mind, and when we make your Brain well we make your Mind well!" We are saying here that Trichemistry will cure you, regardless of your Thought, by restoring Mind and Body to a condition of Harmony; which is possible only by the right motion of the molecules of the cells, which means when the right quantity of the mineral molecules are present in the blood and tissues, which means Health.

The tendency of the human mind is always to color any statement, made or written, with its own instantaneous bias, and this quite without malice or any perverse intent, but from the habit of in-

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tuitive deduction. The method is swifter than lightning, but it is better to go slowly, and WEIGH words to get their meaning.

Bearing this human trait in mind we venture to say at this point that of all those who have read the foregoing, ninety-nine per cent., if questioned, would aver that we totally discredit the action of the Mind ALONE in curing Disease.

This is a conclusion quite at variance with the wording of our statement.

It accuses us of saying that Mind ALONE cannot cure Disease.

But we do not say or think that Mind alone cannot cure Disease.

We go exactly to the other extreme and say that Mind, or Thought, is All-Powerful in the cure of Disease.

We say that the efficient, concentrated, disciplined, positive, healthy mind is All-Powerful.

But where are these Disciplined Minds to be met with?

Certainly not in the average man or woman.

The community is made up of average men and women. It is the average man and woman who falls sick and can be made well, and kept well, by Trichemistry.

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If we gave to the training of our minds in Right Thinking even a fraction of the time we spend upon folly it would be well for us.

Instead, we drift along and look to others to do for us what we should be doing for ourselves.

Trichemistry is assisted by your optimistic thought, and is hindered in its work by your fears, skepticism and pessimism.

But fear, skepticism, and pessimism are products of nerve- and brain-cells, and can therefore be reached and dealt with by the Mineral Cell-Salts.

Let us explain here the true mechanism of Mental Cures. When by means of Thought alone you have been cured of some serious ailment, either by Mental Science, New Thought, or Christian Science, Nature has simply resumed her work of supplying the molecules of mineral matter which the cells needed for health. Hence the cure.

Your thought did not effect any miracle. There are no miracles. Your thought did not create this mineral-matter. A creation of something out of nothing would be a miracle. Your thought overcame the obstructions in the circulation which had prevented your body-cells from receiving the material they were calling for.

You know, of course, that your thought affects

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your circulation and influences the heart-beat constantly. It does not stretch facts at all to perceive that thought can influence every function of the body.

Since this Therapeutic Thought is evoked but rarely by the average man and woman it follows naturally that among the cases of disease treated by Mental Science, New Thought, and Christian Science there are many failures and many back-slidings.

There are also many successes, and the failures are due solely to the undeveloped condition of our minds, which prevents us from making use of this Therapeutic Thought.

We have impressed upon you as positively and clearly as it is in our power to do in words this fact, namely:—

Whenever any deadly disease of a contagious or infectious nature is cured by any system of Therapeutics whatever, whether by Drugs, or Injections of Serum, or by Electricity, or by Osteopathy, or by Christian Science, or by New Thought, the means used may differ, but the end is effected, the cure is wrought, by one and the same power,—**NATURE!** And we have told you that Nature uses only **ONE** method to cure disease; only **ONE**

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method to prevent disease; only ONE method to construct the Body and Mind; and only ONE method to preserve Body and Mind: by carrying in the Blood and Tissues the quantity of the Eleven Mineral Cell-Salts necessary to do the work required.

Therefore, the mechanism of all Mental Healing is the mechanism of Trichemistry.

LESSON VIII

MINERAL SPRINGS

There is a pilgrimage of the afflicted year by year to certain famed Medicinal Springs, both hot and cold, and very much benefit is derived from the copious laving of the stomach, the flushing of the kidneys, the stimulating of the sweat-glands and the constant evacuation of the bowels.

The free-liver, the dyspeptic, the apoplectic, the gouty, the rheumatic, the dropsical—they go in pain and return, subdued in flesh, purified, “better than they were!” That they are improved is due to the cleansing of the system. That they are not cured is due to the fact that the remedy is not Nature’s remedy. Any Medicinal Spring whatsoever, that contains in solution any other mineral than the six basic mineral elements contained in milk, is not a natural remedy. There is a quaint idea abroad that a Mineral Spring must be one of Nature’s Remedies because its waters have a purgative action on the system, and because those waters ooze up from the ground, clear and sparkling! Sul-

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phur springs are acclaimed as particularly Nature's Own!

Nature needs both Sulphur and Phosphorus for the maintenance and repair of the human body, but she cannot make use of the raw article, and treats it as a poison when it is offered her; that is to say, she gets rid of it. She extracts her sulphur and phosphorus from the albumen of food WITHIN the body by oxidation of albumen, and forms both sulphuric acid and phosphoric acid. Combining these with her mineral salts, she produces five phosphates (viz., phosphate of Iron, of Sodium, of Potassium, of Calcium and of Magnesia), and two sulphates (namely, Sulphate of Potassium and of Sodium). When you offer to your body Sulphur Water from a Mineral Spring, your body promptly expels it, not liking it, and you go away, saying, "Ah, wonderful! God's own remedy, pure from Nature's bosom!" or some foolishness of that kind. We have said already that benefit is derived from Mineral Springs, and the reason of the benefit is that this body of ours is such a marvel at adapting itself to all abuses that it will extract benefit from anything!

There never was anything to compare with this gratitude of the body for a little attention!

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You may neglect it, abuse it, poison it, for half a lifetime, and if you will but wash it clean on the outside every day, and wash it clean on the inside once a year or so, it will respond as thankfully as an affectionate dog and try to stagger through some forty years more of existence for you!

There is no such thing as Nature's Remedy in existence OUTSIDE of the human body! There is no Mineral Spring on the face of the earth which contains the Mineral Cell-Salts required by the body for Health in the form in which the Blood carries them and the cells receive them.

But there are a hundred Mineral Springs that contain in solution minerals that Nature has no idea of using for the construction, maintenance and repair of the human body. In the katabolism and metamorphosis of the cells of the body Nature produces some very strange compounds, largely mineral, in the human body, but these substances are products of disintegration and decomposition of the cells; they are not part of Nature's repair kit; they are not building material; they are waste matter, to be excreted from the body.

Any mineral such as Arsenic, Gold, Mercury, Lead, Zinc, Copper, Silver, Antimony, etc., etc., introduced into the body for any purpose whatso-

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ever, is a poison, and its use is contrary to Nature's way.

Nature has no purgatives. She does not secure her remedial results by purging.

Nature's Remedies are within the body and form part of the constant constitution of the blood.

They are not in Mineral Springs.

LESSON IX

The Three Remedies

No. 1. NAMURCAL

The Remedy for the First or Preventive Stage

Namurcal consists of five of the eleven Mineral Cell-Salts present in the constant constitution of human blood and tissue in health, combined according to the principles of Trichemistry.

Namurcal is called The Body-builder, or "Beauty Salt," because one of its principal duties is to fill out the lean, scrawny form with new blood and new life, develop the bust in women, smooth away from their faces the lines and wrinkles of age, clear the skin of disfiguring eruptions, and brighten the eye and redden the cheek by making new blood and by removing such conditions as dryness of the mucous membranes, faulty digestion, etc., which produce constipation, sallowness, etc. Namurcal turns back the hands of the clock for both men and women.

Namurcal has many activities due to the energies of the five salts of which it is composed. To

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begin with, it is the only Creative Salt, having the power of forming new blood-cells.

It accomplishes this by bringing about division of the cell within the blood-stream into two cells. This process of division may be direct or indirect, and is called either Amitosis or Mitosis.

But this is not the place to deal with Cystology or the fascinating Chromosomes, etc.

There are other volumes that treat of the cell-process.

Briefly, from the beginning of the life-process of the individual as a single fertilized ovum, every structure of the body has come about from the division of one cell into two, two into four, etc., etc. Starting with one cell, the human body at maturity is an aggregate of unnumbered millions of cells. When the blood-cell has divided into two cells these must be protected and fed while they are attaining their full growth. Namurcal not only causes the division, but it feeds the new cells by drawing to the cells albumen from the blood.

Upon this organic compound, albumen or protein, which is extracted from the food we eat by the chemistry of the body, all cells depend for their nourishment and structure.

The first property of Namurcal, therefore, is to

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create and nourish new cells and effect their growth to full strength.

This is a rapid process, as we count growth, and the rapidity with which new blood is formed by Namurcal is one of the wonders of Trichemistry.

Namurcal not only causes the division of cells, it actually furnishes the complete equipment—that is to say, provides the mineral contents and attracts the organic contents of six kinds of cells, namely, the mucus-cells, the bone-cells, the cartilage-cells, the cells of the connective-tissue, the elastic-tissue, the lung-cells, and almost, but not quite, completes the equipment of the cells of the epidermis and epithelium. Also it has much work to do in manufacturing and combining with Fibrin, an organic compound that enters into every cell of the body except the bone-cells. This covers pretty well the building activities of Namurcal.

But building is only a part of its work.

Namurcal influences the functions of every organ of the body by properly distributing throughout the body the water necessary for the right functioning of organs.

Without the right mineral supply from Namurcal the mucous linings are deprived of their natural moisture and are unable to work; saliva is lacking

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because the salivary glands are short of both mineral and moisture; the digestion suffers; the kidneys work irregularly and albumen passes from the blood into the uriniferous tubes and is thus lost to the body, producing Albuminuria or Bright's Disease; the intestines are dry of mucus and moisture and constipation results, or serum transudes in excess into the intestines and there is watery diarrhœa. Namurcal is the Regulator of the Water Supply.

The Signs or Calls for Namurcal are:

1. Clear Water or Clear Mucus out of place, such as excessive watering of the eyes, watery diarrhœa, vomiting of water, water-brash, sneezing colds with clear mucus, catarrh of the bowels, when clear mucus is evacuated.
2. White exudations such as white tongue, catarrhs with white mucus, bronchial hoarseness with white expectoration, white scales, such as dandruff.
3. Exudations of albumen, clear, like white of egg.
4. Defective bone formation in any part of the body, as in Rickets.
5. Bad breath, giving the odor of decay.

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6. Acidity, heartburn, indigestion, due to insufficient hydrochloric acid in the gastric juice, or excess of lactic acid in the system.

7. Constipation due to lack of moisture.

8. Diarrhœa, due to excess water.

9. Anemia, Chlorosis, Wasting, etc., due to insufficient blood.

Namurcal is specially called for at the periods of change in human life, namely, at puberty, and when middle-age, with waning power, has come, and when the decrepitude of old age begins. A robust and vigorous manhood and womanhood is more exactly due to the activities of Namurcal than to any other agent in the blood.

Summing up briefly, therefore, we might say:
Namurcal is the Builder.

Namurcal is first aid to Beauty in women.

Namurcal is first aid to Power in men.

LESSON X

MAFERRAX

The Remedy for the Second or Inflammatory Stage

Maferrax is the remedy for all Inflammations, Pains, Fevers, and Nerve Troubles of every description.

Maferrax is composed of five of the eleven Mineral Cell-Salts present in the constant constitution of human blood and tissue in health, combined according to the principles of Trichemistry. Maferrax is called "The Peacemaker" because of its power over pain, cramps, spasms, etc.

Maferrax governs the equipment of nerve-cells, brain-cells, cells of the spinal marrow, red corpuscles of the blood, muscle-cells, etc., by attracting or manufacturing the organic compounds forming the contents of the cells.

The Signs for Maferrax are :

1. Fever, Inflammation, Pain, Hot Cheeks, Dry Skin, Rapid Pulse, High Temperature, etc.

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2. Spasms, Convulsions, Jerky Movements.
3. Neurasthenia, Insomnia, Restlessness, Home-sickness, Fear, Suspiciousness, Ill-Temper, Worry, Loss of Memory, etc.
4. Acidity of the System.
5. Weakness of elastic tissue, as in Varicose Veins.
6. Hard Swellings.
7. Bone Tumors.

The Phosphate of Iron contained in Maferax determines the red color of the blood and manufactures the Haemoglobin of the blood-cells. Maferax also gives rigidity to the walls of the blood vessels, thus preventing the too facile escape of the contents. It enters particularly into the composition of muscle-cells. It forms a most necessary part of the cells of the intestinal tract, conferring the contractile strength required by the intestinal muscular action, or what is called the peristaltic motion of the intestines, which produces the evacuation of the bowels. To describe this action of Maferax upon the cells of the body in a single word, we might say it prevents "flabbiness."

Maferax also governs the contents of the nerve-cells and the brain-cells, working with albumen and

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water to form the gray matter of these cells and combines with and chiefly manufactures nuclein and lecithin, nourishers of nerve-cells, using albumen, fat and phosphoric acid for the purpose.

Maferrax also builds the white fibres of nerves and muscles. The contraction of these fibres is the cause of spasms, jerks, sharp pains, etc.

Maferrax extends its power to the utmost limits of Brain and Nerve.

The particular property of Iron, which is contained in Maferrax, of coloring the blood red by attracting oxygen, and the power of iron to put strength into the WALLS of blood-vessels and striated muscle, has led the medical profession into a curious error.

Unfortunately, whenever the medical profession makes an error, the public foots the bill.

"Without Iron," it has been said, "there is no blood!"

That is true.

But observe the error.

"Therefore, lack of Iron means lack of blood. Therefore, if we administer Iron we make blood!" say the medics. But Iron does not "make blood," and Iron does not even repair blood-corpuscles that

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are lacking in iron. Nature does not carry Iron to patch up or repair corpuscles.

The Therapy of the two leading Schools of Medicine places Iron first in the list of "Tonics."

Now, observe first this fact. Nature has no tonics, meaning thereby one remedy whose duty it is to strengthen the system as a whole. She has no more use for a "Tonic" than she has for a "Purgative," and for exactly the same reason, namely, that she works by a complete effect and not by a partial effect. Her one tonic effect is Health, and this is produced by the Harmony of the Whole. Every Mineral Cell-Salt is "a Tonic," if you like, but to get the tonic effect every Mineral Cell-Salt must be working in harmony to produce this tonic effect.

- The physiological action of Iron is not tonic or strengthening to the system. Its local action only is strengthening to the walls of muscle-cells, where Iron is found in the system as Phosphate of Iron. If Nature intended Iron to be a tonic to the cell in the sense of a nourisher of tissue, then Iron would be found in the serum of arterial blood as material carried for the repair of the cells. But the serum of arterial blood contains no Iron. Therefore, Nature does not patch blood-corpuscles with Iron.

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This clear proof was offered by a German physician, almost in the above words, some forty years ago!

The business of Iron is to attract oxygen and thus distribute oxygen to all the cells containing Iron. The idea that this well-known property of Iron means "blood-making" is a delusion. The human stomach has an antipathy to Iron, and the effect of the administration of "Iron Tonics" is to ruin the stomach. In searching, as it is doing today, for some preparation of Iron that will be tolerated by the stomach, the Medical Profession is chasing a shadow.

The true physiological action of Iron in the system is to reduce Hyperemia, or congestion of blood in any part. The hyperemia causes the Inflammation, Fever, Pain, etc., and the effect of Iron is to reduce this fever and inflammation and so to allay this pain by reducing the congestion of blood at the part.

Maferax is, therefore, the only remedy required for Epistaxis or Nosebleed in children, or for Haemorrhage of bright red blood from any part of the body.

Maferax should be used immediately for Cuts, Wounds, Bruises, Sprains, etc.

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In those feverish second stages of Colds, Coughs, Pneumonias, Pleurisies, Croups, Diphtherias, etc., when the quickened pulse beat, pain, throbbing, etc., are present, this is the remedy.

In all mental and nervous affections, ranging from Bad Temper to Softening of the Brain, this is the remedy.

In all hard swellings, such as Bone Tumors, this is the remedy.

In all spasmodic affections such as Chorea, St. Vitus' Dance, Hiccoughs, Tetanus, Convulsions, Epilepsy, this is the remedy.

Whenever a disease enters the province of Mind or Nerves, as Bad Habits, Alcoholism, Dipsomania, Neurasthenia, etc., Maferax is called for.

Maferax is in truth the Peace-maker. A boon to the sufferer broken down by Excesses, Disease, Hard Work, Worry, Nervousness.

LESSON XI

No. 3. KANASIL

The Remedy for the Third—The Suppurative or Deposit - Stage

Kanasil, the third and last of Nature's Remedies, which consummates the good work of the other two, and accomplishes a cure in the most deep-seated and obstinate constitutional diseases, both acquired and inherited, consists of five of the eleven Mineral Cell-Salts present in the constant constitution of the blood and tissue in health, combined according to the principles of Trichemistry.

Kanasil is called "The Court of Last Resort" because in the cure of human disease there is nothing beyond Kanasil. If a cure is possible in Cancer, Locomotor Ataxia, Ankylosis of the Joints and Sclerosis of the Arteries, Kanasil will cure, because of its dissolving power.

In common with Maferrax, Kanasil shares in the work of attracting oxygen to the cells of the body, but it goes further in this task than Maferrax, performing a three-fold labor, viz., vitalizing the young

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cell, stimulating the healthy working-cell and increasing its energy, and, lastly, consuming the worn-out cell.

Carrying a step further its duty of destroying, Kanasil sees to it that the metamorphosed or destroyed cells are excreted by the system in urine, faeces or perspiration, as quickly as possible.

When the cells of the epidermis are not properly oxygenated by Kanasil the skin will flake off in yellowish scales, as in the oily dandruff that precedes baldness at the crown of the head, or Herpes Tonsurans, as it is called.

When the cells of the epithelium or under-skin are not properly oxygenated by Kanasil they also flake off, leaving behind them a raw surface which develops a yellowish-green mucus or catarrh.

This is what has happened in those chronic catarrhs of the Bronchial Tubes, Stomach and Intestines.

Kanasil is the Dissolver and Remover.

The signs for Kanasil are:

1. Pus conditions; suppurations.
2. Green mucus, or yellowish-green mucus.
3. Yellow scales; pimples with yellow pus.
4. Arthritis and Deposits of Foreign Matter at the Joints.

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5. Disorders of Nails, Felons, Hangnails, etc.
6. All Bilious Conditions, Jaundice, etc.
7. Kidney Disorders.
8. Cancerous Tumors, with Pus.
9. Grippe, Influenza.
10. Intermittent Fever, Chills and Fever, Malaria.

Kanasil is not active as a Builder. Its chief function is to vitalize by oxygen, and to destroy, both by consuming, that is to say, burning, by oxygen, and to destroy by withering, that is to say, by withdrawing from worn-out cells and foreign growths the water necessary for their existence.

Kanasil is the great stimulator of the nerves of the Liver, Kidneys, Spleen, Pancreas, etc.

It governs the flow of Bile.

Kanasil is specific in Jaundice, Dropsy and Diabetes.

By its cleansing action upon the organs, through stimulation of their nerves, it is a wonderful cleanser of the complexion, removing pimples, blotches, sallowness due to sluggish liver, and the blemishes due to impurities in the blood.

Kanasil is the chief factor in increasing the katabolism of the middle-aged and elderly, whose body-

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and brain-cells hang on too long and perform their work languidly or not at all.

In chronic Rheumatism of the Joints, attended with great pain, Kanasil acts by combining with the insoluble urates of soda, of which the deposits are formed, and converting them into Sodium Silicate, which is a compound soluble by the heat of the blood. In this way Kanasil overcomes the chronic condition of Ankylosis.

LESSON XII

ALPHABETICAL LIST OF DISEASES AND THEIR REMEDIES

A

- Abscess—Namurcal, Maferrax, Kanasil.
Acidity—Namurcal, Maferrax, Kanasil.
Acid Dyspepsia—Namurcal.
Acne—Namurcal, Kanasil.
Ague—Kanasil.
Angina Pectoris—Maferrax.
Asthma — (In children) Namurcal, (Nervous)
Maferrax, (Bronchial) Kanasil.
Ankylosis—Kanasil.
Anemia—Namurcal.
Apoplexy—Maferrax, Kanasil.
Arterio-Sclerosis—Maferrax, Kanasil.
Atrophy—Namurcal, Kanasil.
Alcoholism—Maferrax.

B

- Backache—Maferrax, Kanasil.
Bad Breath—Namurcal, Maferrax.

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- Baldness—Namuraal, Kanasil.
- Barber's Itch—Maferrax.
- Bites of Insects—Maferrax, Kanasil.
- Blisters—Namuraal.
- Blood Poison—Namuraal, Maferrax, Kanasil.
- Boils—Maferrax, Kanasil.
- Bones (Diseases of)—Namuraal, Maferrax.
- Bright's Disease—Namuraal, Kanasil.
- Brain Fag—Maferrax.
- Bronchitis—Namuraal, Kanasil.
- Bunions—Namuraal, Maferrax.
- Burns—Namuraal, Maferrax.
- Bruises—Maferrax.

C

- Callouses—Namuraal, Maferrax.
- Cancer—Maferrax, Kanasil.
- Canker (Sore Mouth)—Namuraal.
- Carbuncle—Kanasil.
- Cataract—Kanasil.
- Catarrh—Namuraal, Maferrax, Kanasil.
- Chanchre—Kanasil.
- Chilblains—Kanasil.
- Cholera—Maferrax, Kanasil.
- Chorea—Maferrax.
- Colds—Namuraal.

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- Colic—Nampurcal, Maferrax.
Cold Sores—Nampurcal.
Constipation—Nampurcal, Kanasil.
Cough—Nampurcal, Maferrax.
Chills (and Fever)—Kanasil.
Cramps—Maferrax, (Cramps of Anemia) Nampurcal.
Croup—Nampurcal, Maferrax.

D

- Dandruff—(White) Nampurcal, (Yellow) Kanasil.
Deafness—Maferrax.
Dentition—Nampurcal, Maferrax.
Diabetes—Nampurcal, Kanasil.
Diarrhœa—Nampurcal, Maferrax, Kanasil.
Diphtheria—Nampurcal, Maferrax, Kanasil.
Dropsy—Kanasil.
Dysentery—Nampurcal, Maferrax.
Despondency—Maferrax.
Dipsomania—Maferrax.
Dysmenorrhœa—Nampurcal, Maferrax.
Dyspepsia—Nampurcal.

E

- Enlarged Stomach—Maferrax, Kanasil.
Epilepsy—Maferrax, Kanasil.

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Eczema—(Dry) Kanasil, (Moist) Namurcal.
Erysipelas—Namurcal, Kanasil.

F

Face Ache—Maferrax.
Felons—Kanasil.
Finger-nails (Brittle, Spotted or Thick)—Kanasil.
Fever—Maferrax.
Flatulence—Kanasil.

G

Gall-stones—Maferrax, Kanasil.
Gastralgia—Maferrax, Kanasil.
Glandular Swellings—Namurcal, Maferrax.
Gleet—Namurcal, Kanasil.
Goitre—Maferrax, Kanasil.
Gonorrhoea—Namurcal, Kanasil.
Gangrene—Maferrax, Kanasil.
Gout—Kanasil.
Grippe—Kanasil.
Gunshot Wounds—Maferrax.

H

Hæmorrhage—(Dark) Namurcal (Bright red)
Maferrax.
Hæmorrhoids—(Piles) Maferrax.

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- Hay Fever—Namuraal.
Heartburn—Namuraal, Maferrax.
Heart (weak)—Maferrax, Kanasil.
Headache—Maferrax, Kanasil.
Hiccough—Maferrax.
Hoarseness—Namuraal, Kanasil.
Hydrops Genu—Namuraal.
Hygroma Patellae—Namuraal.
Hydrocephalus—Namuraal.
Hydrocele—Namuraal, Kanasil.
Hysteria—Maferrax.

I

- Indigestion—Namuraal, Kanasil.
Injuries (mechanical)—Maferrax.
Inflammation—Maferrax.
Influenza—Kanasil.
Insomnia—Maferrax.
Intermittent Fever—Kanasil.

J

- Jaundice—Kanasil.

K

- Kidney Complaints—Namuraal, Kanasil.

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L

- Labor Pains—Maferrax.
Leucorrhoea—Namurcal, Maferrax, Kanasil.
Liver Complaints—Namurcal, Kanasil.
Locomotor Ataxia—Namurcal, Maferrax, Kanasil.

M

- Malaria—Kanasil.
Measles—Namurcal, Maferrax, Kanasil.
Meningitis—Maferrax, Kanasil.
Menopause—Namurcal, Maferrax, Kanasil.
Menstruation—(Too Frequent and Profuse) Kanasil.
 (Pale and Watery)—Namurcal.
 (Suppressed or Delayed)—Namurcal.
 (Colic)—Maferrax, Kanasil.
Mumps—Namurcal, Maferrax.

N

- Nervousness—Maferrax.
Neuralgia—Namurcal, Maferrax, Kanasil.
Neurasthenia—Maferrax.
Neuritis—Maferrax.
Night Sweats—Kanasil.

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- Night Cough—Kanasil.
Night Convulsions—Maferrax, Kanasil.
Nocturnal Emissions—Namurcal.

O

- Obesity—Kanasil.
Oedema—Namurcal, Kanasil.
Orchitis—Maferrax.
Ozoena—Namurcal.

P

- Pain—Maferrax, Kanasil.
Paralysis—Maferrax, Kanasil.
Pleurisy—Namurcal, Maferrax.
Pneumonia—Namurcal, Maferrax.
Polypus—Namurcal.
Proud Flesh—Namurcal, Kanasil.
Pimples—Namurcal, Maferrax, Kanasil.
Pruritus—Maferrax.
Puerperal Fever—Maferrax.
Puberty—Namurcal.

Q

- Quinsy—Kanasil.

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R

- Renal Gravel—Kanasil.
Rickets—Namurcal, Maferrax.
Rhagades (Chaps)—Maferrax.
Rheumatism—Namurcal, Maferrax, Kanasil.

S

- Saint Vitus' Dance—Maferrax.
Scabs (Scales)—Namurcal, Kanasil.
Scalds—Namurcal, Maferrax.
Scalp (Itching)—Namurcal, Maferrax, Kanasil.
Scarlatina—Maferrax.
Septicemia—Maferrax.
Scrofula—Kanasil.
Scurvy—Maferrax.
Sciatica—Maferrax, Kanasil.
Spasms—Maferrax.
Seminal Emissions—Namurcal.
Styes—Kanasil.
Skin Diseases—Namurcal, Maferrax, Kanasil.
Smallpox—Maferrax, Kanasil.
Sore Throat—Namurcal.
Spermatorrhoea—Namurcal.
Sprains—Maferrax.
Stings of Insects—Maferrax, Kanasil.

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- Sparks Before the Eyes—Maferrax.
Strabismus—Maferrax.
Suppuration—Kanasil.
Syphilis—Namurcal, Maferrax, Kanasil.

T

- Teething—Namurcal, Maferrax.
Teeth (Decay too quickly)—Namurcal, Maferrax.
Tetanus—Maferrax.
Tonsillitis—Maferrax, (Suppurating) Kanasil.
Tongue—(clear) Namurcal, (white) Namurcal,
(honey yellow or brown) Maferrax, (slimy,
yellow or green) Kanasil, (swollen) Ma-
ferrax.
Tuberculosis—Namurcal, Maferrax, Kanasil.
Tumors—(Hard) Maferrax; (Suppurating) Kan-
asil
Typhoid—Namurcal, Maferrax.

U

- Ulcers—Kanasil.
Uric Acid—Kanasil.
Urticaria—Maferrax.

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V

- Varicose Veins—Maferrax.
Vertigo—Maferrax, Kanasil.
Vomiting—Maferrax, Kanasil.

W

- Warts—Maferrax, Kanasil.
Weakness of Memory—Namurcal, Maferrax.
Waning Power—Namurcal.
Whooping Cough—Maferrax.
Worms—Namurcal, Maferrax, Kanasil.
Wounds—Maferrax.
Writer's Cramp—Maferrax.

Y

- Yellow Fever—Kanasil.

LESSON XIII

DOSAGE AND FREQUENCY OF DOSAGE

The quantity of Namurcal, Maferrax and Kanasil to be taken as a maximum dose is two tablets. The dose is always two tablets for an adult; one tablet for a child; one-half tablet (crushed to a powder) for an infant-in-arms. From twenty minutes to half-an-hour is the time required for the tablets to dissolve in the mouth. The usual time, therefore, to repeat the dose is every half-hour.

If the tablets are being taken for some constitutional disorder necessitating a long-continued treatment looking to slight but steadily increasing improvement, one tablet every hour is sufficient, but if there is need for as rapid an effect as possible, as when Pain is present, two tablets every half-hour is the proper frequency for an adult.

The method of administering is the same for each Remedy, namely, to put the tablets under the tongue and forget them. They will dissolve very gradually and disappear. They are tasteless. For

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babies it is better to crush the half-tablet to a powder and place the powder upon the tongue.

It is foolish to crush the tablet in the teeth and swallow it rapidly, because the molecules of the Mineral Cell-Salts contained are not intended to enter the stomach at all. It is not necessary that they should. The long-continued grinding to which the cell-salts are subjected reduces them to such a minute state of molecular division that when taken into the mouth the particles are able to make their way directly into the blood-stream by penetrating the interstices between the cells of the cavity of the mouth and throat. They enter the lining of the membrane of the throat or esophagus and reach the blood-stream direct. In this way no time is lost. Should the particles enter the stomach their journey is lengthened.

By no possibility whatever, in man, woman or child, can any harm result by giving too frequent doses of the three Remedies of Trichemistry. The too frequent dose means waste of good cell-material that costs money. But that is the only objection to the too frequent dose, namely, a possible waste. Bear always in mind this fact, that Disease is DEFICIENCY of the Mineral Cell-Salts. Disease is never EXCESS of the Mineral Cell-Salts.

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Excess is waste; it is not disease; it is not disorder, pain, inflammation, fever, suppuration or deposit. The Blood does not form its inflammations, fevers, abscesses, deposits, etc., out of the Mineral Cell-Salts. An analysis of the contents of deposits of foreign matter in the organs, veins, joints, tissues, etc., will prove this immediately. If the system cannot use the too frequent supply of the Mineral Cell-Salts the particular salts that are not needed pass out of the body by the usual excretory channels. But it will be some excuse for you to repeat the dose in cases of violent pain or inflammation too frequently rather than too seldom because of the beneficial action of such frequency upon the mind and nervous system. People in pain are not rational and get some comfort out of repeated attention.

There is another reason why the frequent dose is advisable. We are here following Nature's method of curing disease with Nature's own Remedies, and it seems right that we should follow her methods as closely as possible. Waste, Excess, Profusion, is Nature's own way of doing things. Of the billions of seeds produced by one plant how many have even a chance of germinating? If all the eggs produced by one female codfish matured the seas

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would not contain the offspring in a few years! If all the ova in the female ovaries were fecundated each pair of human beings would find a continent too small for their progeny! Profusion is Nature's way. It is better, therefore, to be too generous in repeating the dose than too saving.

But do not allow your lavishness to influence you to increase the SIZE of the dose. Two tablets is the maximum. We have not bestowed years of experiment upon the Science of Trichemistry without learning what quantity, given at one time, is most acceptable to the system.

Children have no objection whatever to Namurcal, Maferrax or Kanasil, because these tablets have no taste and produce no unpleasant effects, such as griping, purging, vomiting, etc.

LESSON XIV

A NEW SOCRATIC DIALOGUE

Socrates: So you have decided, Plautus, that you will serve the State as a physician, a healer of diseases?

Plautus: Yes, Socrates, that is my intention; and I have finished my college training.

Socrates: It is a noble profession. And, of course, your college training dealt chiefly with a study of Health, since Health is the normal state of man?

Plautus: No, Socrates, my college training dealt almost exclusively with Disease and the symptoms by which we may know Disease.

Socrates: That is very interesting, Plautus, and I suppose you have learned to tabulate and classify all human diseases, and can call each by the name your college has given it?

Plautus: Yes, Socrates. I know all that, and just what remedy will cure each disease.

Socrates: Would you say that your list of human diseases reaches a total of a hundred, Plautus?

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Plautus: Including minor disorders, I should put the number at more than double that—say two hundred and fifty, Socrates.

Socrates: For which you have, of course, two hundred and fifty remedies, unless the same remedy cures more than one disease?

Plautus: No, Socrates, you are in error there. We have more than a thousand remedies for human disease. Sometimes we use five or six remedies upon one disease, according to the symptoms we meet in practice.

Socrates: I see; and do you in every instance accurately determine the CAUSE of the disease in order that by removing the cause you may remove the disease?

Plautus: Yes, Socrates, we determine the cause accurately and remedy that, and then we deal with the symptoms and remedy them, and so the cure is effected.

Socrates: But when you have removed both cause and symptoms, Plautus, you have established the normal state of Health, have you not?

Plautus: Certainly.

Socrates: Now to establish a state of health in a human being is Nature's business, is it not?

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Plautus: More or less, I suppose.

Socrates: Not "more or less," Plautus, but entirely, is it not? For example, could you restore a patient to health if Nature worked in opposition to you? Suppose the heart stopped beating, or the lungs did not expand, or something of that kind happened, would your remedies by themselves restore health?

Plautus: Of course we must have the assistance of Nature, Socrates, in our work. Our business is to correct the mistakes of Nature.

Socrates: Yes, I see that, Plautus. But we should be accurate, should we not, if we said that after you had removed the cause of disease and dealt with the symptoms, Nature cured the disease by re-establishing the normal condition of Health, which had been interrupted by the disease? Nature actually cures the disease, but your knowledge assists her in her beneficent work. Is not that fairly stated?

Plautus: Of course we give Nature credit for the final cure, but she makes some mighty bad errors, Socrates, when she is left to herself. That is what our four years' college course is for, to show us Nature's errors and how they should be corrected.

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Socrates: For which you need a thousand remedies, did you say, Plautus?

Plautus: You misunderstand me, Socrates. We have these remedies at our command and can select which we need.

Socrates: You find then that the remedy which benefits one does not benefit another, even in the same disease; is that what you mean, Plautus?

Plautus: Certainly. No two patients are alike, Socrates, but there is a general sameness, you understand.

Socrates: Then we might say that you try the effect of various remedies upon a patient until you find that particular one to which the patient responds; is that correct, Plantus?

Plautus: That is correct in very subtle and complicated diseases, Socrates, but as a general thing we know exactly what to use.

Socrates: Your college training, Plautus, has, of course, familiarized you with the most secret structures of the body and the purposes for which each is used are an open book to you?

Plautus: Oh, yes; we know all that, of course.

Socrates: To mention two only: The pituitary gland in the brain and the vermiform appendix. Could you tell me their uses?

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Plautus: Science is just discovering what the pituitary gland is there for, Socrates. We shall know shortly. The appendix? Oh, yes, the appendix. Why, that's there to be cut out, of course, when it goes wrong. In cases of appendicitis you know——"

Socrates: Let me interrupt you, Plautus. Can you tell me how the brain, which is a substance, retains and records a thought, which is imponderable?

Plautus: Ah, now you're getting into Metaphysics, Socrates. But I can give you the answer. Why—just like a phonograph, you know. You can put a record on a phonograph a hundred times, can't you? and it reproduces the same old tune, doesn't it? Well, that's what the brain does—only finer, more ethereal. That's all plain. Of course, the exact process is Nature's secret.

Socrates: This is very interesting to me, Plautus, and I am glad of this opportunity to talk with you. We may take for granted then that your college training does not include everything that is to be known about the mechanism of the human body?

Plautus: We know everything that is of value, Socrates.

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Socrates: Now would you say, Plautus, that what you were taught in college is entirely true as far as it goes?

Plautus: Yes, Socrates, I hold by the teaching of my college.

Socrates: And are there not thousands of young men, students like yourself, who hold by the teachings of THEIR colleges, and accept as true what they are taught in their colleges?

Plautus: Oh, of course, there are other Schools of Medicine, Socrates, but their claims are absurd. Take the Homeopaths, now. They claim they can cure a fever by the two hundredth potency of something or other. The two hundredth potency! Why, you could scarcely find a particle of their Remedy under the microscope! It's laughable!

Socrates: Your merriment pleases me greatly, Plautus. It is evidence of your joyous temperament, and will stand you in good stead through life. And now tell me, of what is flesh and blood composed?

Plautus: Of cells, Socrates; of minute, infinitesimally small particles of matter. Under a microscope you can study the activities of the cells. It's wonderful.

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Socrates: It must be. I envy you the four years of acquirement of such knowledge, Plautus. You are, indeed, a fortunate being.

Plautus: Oh, a fellow learns a lot in college, of course.

Socrates: And the causes of disease, are they also infinitely small particles, Plautus?

Plautus: Yes, Socrates. We call them germs, microbes, bacteria, bacilli, and so forth. Each deadly disease has its own germ. We have named and classified them all.

Socrates: It would seem then, Plautus, that Nature constructs the body of minute particles of matter, and disease enters the body as minute particles of matter; is not that true?

Plautus: Certainly.

Socrates: Therefore the construction and destruction of the body depend upon the infinitely minute?

Plautus: Of course.

Socrates: Is it not reasonable, Plautus, that the cure of disease also depends upon the infinitely minute?

Plautus: Why, certainly it does, Socrates. I'm not disputing that. When we use a remedy to cure disease Nature takes hold of it and reduces it to

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a solution she can make use of. Everybody knows that.

Socrates: Then you think, Plautus, that Nature cures disease by the use of minute particles of the right remedy?

Plautus: Why, of course she does, Socrates. How else could she cure disease?

Socrates: Your reasoning is exquisitely clear, Plautus. How else indeed could she cure disease or maintain health! It pleases me that we are so much in accord. And now tell me, Plautus, do you mean that your college alone possesses exact knowledge of the cure of disease?

Plautus: Yes, Socrates, that is what I mean.

Socrates: I am glad of that, Plautus, because, as a practicing physician in possession of exact knowledge, you will make no errors. From what you tell me I conclude that other Schools make errors, but your School makes none.

Plautus: Well, I won't say that, Socrates. We are all liable to make mistakes sometimes, you know.

Socrates: Yes, that is true, Plautus. And would you say that the mistakes were due to carelessness on the part of the physician?

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Plautus: Oh, no, Socrates. It is part of our college training to be careful, precise and accurate.

Socrates: Very good, Plautus. Yes; I see that care and accuracy would be part of your training. Then, if you are careful, and mistakes still occur, the mistakes must be due to lack of knowledge on your part?

Plautus: Well, I don't know about that, Socrates.

Socrates: Could the mistakes be due to any other cause, Plautus?

Plautus: No, I suppose not.

Socrates: Very well then, and I am glad to have this talk with you, Plautus, because you answer intelligently. You have made it clear that your college is not in possession of exact knowledge. Now do you think, Plautus, that your college knows anything at all of value?

Plautus: Why, Socrates, such a question is not worthy of an answer. We have a four years' course, and it takes close study to pass the final Examination, I can tell you.

Socrates: Yes, Plautus, I can believe that. But it does not answer my question. Let me put it in another way. Who would you say knew most

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about Health and Disease—Nature or your college?

Plautus: I suppose Nature knows most, Socrates, because Nature builds the body, and Nature maintains health, and Nature finally cures the disease if it can be cured, after we have selected the right remedy.

Socrates: Your answer pleases me, Plautus, because it shows that you are capable of right reasoning. Then would it be fair to say that your work as a physician is supplementary to Nature in maintaining health and corrective of Nature in curing disease?

Plautus: Yes, that seems to cover it, Socrates.

Socrates: Then evidently your college knows more than Nature, Plautus, since it corrects the mistakes of Nature.

Plautus: In a way, Socrates, I suppose so. Yes.

Socrates: You know, for example, exactly how Nature prepares her materials to construct the body, how she builds the brain and nerves and spinal cord, and perfects all the intricate mechanism of the body and brain to produce Health, and you know how she prepares her materials to cure disease, and what those materials consist of.

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Plautus: Generally speaking, yes, we know all that.

Socrates: And, of course, Plautus, when you supplement the work of Nature in maintaining Health—when you come to her assistance—you offer her the materials she has always used to construct and repair the body.

Plautus: Why, no, Socrates. We use a great many substances as Remedies that form no part of the bodily structure.

Socrates: But is it not true, Plautus, that the building of the body and keeping it in repair is Nature's business? Is not this her trade or profession?

Plautus: Yes, of course. But disease, you know, is different.

Socrates: But, Plautus, if you were a carpenter, for example, who had built a thousand houses out of wood, and finished them on the inside with lath and plaster, if some one were to come to you and say, "I am not a carpenter, but I know you cannot build houses out of wood!" would you not smile at his pretension?

Plautus: Yes, if I were a carpenter, and knew my business.

Socrates: Is it reasonable, Plautus, that your

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college knows more than the carpenter, Nature? And if you were a carpenter's assistant would you hand him a piece of tin if he were building a house of wood?

Plautus: Well, Nature makes errors, too, Socrates. She's not always right.

Socrates: Do you mean that she makes errors intentionally, Plautus?

Plautus: Not intentionally, perhaps. But she makes them and we correct them.

Socrates: Does it not seem to you, Plautus, that if Nature makes errors in the construction and repair of the house it must be because she is short of the right building material?

Plautus: Of course there's something wrong somewhere.

Socrates: Does she not build rightly when she is able?

Plautus: Certainly.

Socrates: Then if she builds wrongly what is responsible for the error?

Plautus: Oh, wrong material, perhaps.

Socrates: Can the error be due to anything else, Plautus?

Plautus: I suppose not, Socrates.

Socrates: There is something else I should like

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to ask you, Plautus, which you can tell me. How did your school acquire its knowledge of the cure of disease?

Plautus: Oh, by years of study and experiment upon human beings and animals. We discovered the efficacy of antitoxin, for instance, by inoculating guinea pigs with the diphtheritic germ, allowing the disease to develop, and then injecting the antitoxin, which killed the germ and cured the disease. Our methods are scientifically accurate. When we know a thing we know it.

Socrates: Yes, I am sure of that, Plautus. Could you then inoculate yourself with Diphtheria and cure it by an injection of antitoxin?

Plautus: Undoubtedly.

Socrates: And when you say "cured," do you mean that the system would be entirely free from the disease and that there would be no evil after-effects from the inoculation?

Plautus: None whatever, Socrates. The disease is cured. That is all there is to it.

Socrates: This is very wonderful, if true. You are sure that it is true?

Plautus: Quite.

Socrates: Your College Professors have, of course, inoculated themselves with such malignant

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diseases and have cured themselves by injection of the antitoxins?

Plautus: Why, I don't know that they have done exactly that, Socrates; but they have proved it on other people, you know.

Socrates: But you, Plautus, knowing as you do that antitoxin is a sure cure for Diphtheria, would be willing to demonstrate the truth of your knowledge upon yourself at a moment's notice, seeing that you incur no risk whatever?

Plautus: Well, I wouldn't exactly like to do THAT, Socrates.

Socrates: But, of course, you do not assert that you can cure disease by use of remedies which you are unwilling to test upon yourself, Plautus?

Plautus: Well, not exactly, Socrates. But what's the use of looking for trouble? A fellow may know that antitoxin will cure Diphtheria, but where's the sense of messing about with the thing? The less you have to do with it the better, I say. Live and let live, is my motto. When I'm sick myself I give Nature a chance to do the work and set me right again.

Socrates: Your conversation has interested me greatly, Plautus. This has been an enjoyable meeting. Farewell.

LESSON XV

THE CLAIM; THE CHALLENGE; THE TEST; THE PROOF

We make no claim that the human body is proof against overdoses of deadly poisons, such as Morphine, Strychnine, Cyanide of Potassium, etc. We make the claim that the healthy human body is proof against Disease, and carries within itself in health the power of nullifying, disarming or destroying the germs of every disease known or unknown. We claim, further, that when germs of deadly diseases have obtained a foothold in the system a cure can be effected by the administration of the remedies, Namurcal, Maferrax and Kanasil, according to the principles of Trichemistry, and that such cure will be swifter and more thorough than a cure effected by injections of serum, anti-toxin, etc., and that such cure is superior in every sense of the word to a cure effected by any known means of therapeutics whatever, whether medicinal or drugless. We submit now a plan whereby this

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claim can be put to the test and its truth established.

The Rockefeller Research Society in New York conducts an Institute devoted to scientific research. Science is interested in establishing facts only. It is without bias, prejudice, or predilection. The Rockefeller Institute could be relied upon to conduct such a test as we here propose, with exactness and impartiality. We propose, therefore, that the Rockefeller Institute move in the matter of testing the claimed superiority of Trichemistry over Allopathy, Homœopathy, Alkaloidal Therapy, Eclectic Therapy, Naturopathy, Electro Therapeutics, Osteopathy, Chiropractic, Christian Science and any and all other Therapies that wish to be represented in the contest, as follows: Upon a day appointed by the Rockefeller Institute let a champion appear, representing his particular Therapy, to be inoculated by some member of the clinical staff of the Institute with the germs of Tuberculosis, in such quantity that subsequent blood-test shows the presence of the bacillus of Tuberculosis in the system. Let each champion be inoculated in an exactly similar manner as to method, quantity, etc.

Suppose five champions, preferably all men of middle age, have presented themselves for the test,

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each representing some particular school of Therapeutics. The superintendent of this test might proceed something in this manner:

“Here you are, gentlemen, all met together in friendly rivalry to prove something of great value to the human race. You are taking this test of your own free-will, and The Rockefeller Institute is in no way responsible for the effects of the test upon any one or all of you. You will each of you sign a paper covering this point. After the inoculation each of you will determine his own treatment according to the principles of his own Therapy. From the time you are inoculated with the germs of Tuberculosis up to the time we decide that the test is completed you will eat, sleep, live, always in the presence of one or more officials of the Institute. We shall try to make your time pass as pleasantly as possible for you. No restrictions are placed on your diet; you do exactly as you please, but you do as you please in our presence; that is all. We keep tab on you all the time, or our report of this test would be lacking in accuracy. Our business is to be accurate in this matter. We are the Umpire. No publicity of any kind attaches to you as individuals, now or later. Any one of you is free to withdraw from the test any time he

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pleases. There is no compulsion. After the test is completed The Rockefeller Institute will publish broadcast the result of the test, giving every detail of method, result and deduction. In this report you will be known only as Messrs. A, B, C, D, etc., your identity remaining a secret."

Some such talk as this should be made to the champions assembled at the Institute.

Of course there is always the possibility that The Rockefeller Institute might inject sterilized water instead of the germs of Phthisis and make a capital good story out of the so-called "Test," by showing up the effects of the Imagination, etc., etc. This, however, is quite unlikely. As we understand it, The Rockefeller Institute is endowed to discover facts of prime value, and would not waste time and money on a practical joke.

The chief value in the conduct of this test by The Rockefeller Institute lies exactly in this, that the prestige of the Institute debars error or inaccuracy.

If this test were undertaken by any local Board of Health or private physician the doubt would always remain whether the germs used were or were not the active, virulent germs of Phthisis. In the case of the Rockefeller Research no such doubt is reasonable.

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Let there be no publicity of any kind BEFORE, or at the time of the test.

We submit that this test is entirely reasonable and right. There are enough enthusiasts belonging to every system of Therapeutics to provide champions and to spare.

The champion of Trichemistry is ready to hear and agree to any terms and conditions suggested by The Rockefeller Research Society to govern this test. There will be no difficulty on this point.

Since the purpose of the test is to establish the truth or falsity of the various Therapies, and is not for the glory or discomfiture of any individual, we suggest that the preliminary correspondence be conducted under pledge of secrecy regarding persons, time, place, etc.

Trichemistry will produce its champion to undergo the test in competition with any and all other Therapies whenever and wherever The Rockefeller Institute decides.

LESSON XVI

A TYPICAL CASE OF TUBERCULOSIS TREATED BY TRICHEMISTRY

Let us take an average case of Tuberculosis of the Lungs or Pulmonary Phthisis—Consumption.

The patient is a young woman of 23 years. She has the rise of temperature in the afternoon; the flush on the cheeks; the transparent skin; the cough, with raising of phlegm; the swollen glands; the occasional hæmorrhage; the night sweats; the loss of flesh and weakness—all typical of Tuberculosis in its second stage. She is also constipated. There are, probably, a quarter of a million cases exactly similar to this in the United States today. California alone could show, perhaps, fifty thousand.

This case is entirely curable by several Therapies. It is more swiftly curable by Trichemistry than by any other system. We shall assume that, instead of betaking herself to an Open Air Sanitarium for treatment this young woman decides to remain at home and treat herself by Trichemistry.

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She will use: 1. Fresh Air, night and day. 2. No exercise. 3. Enema of warm water once daily, if needed. 4. Abundance of food, excluding Coffee and Ice-water. 5. Warm Clothing. 6. The Three Tablets of Trichemistry.

She is not so weak that she cannot wait upon herself. Let us begin and close one day of her self-treatment by Trichemistry. The windows of her bed-room are open all night long. She sleeps under plenty of blankets to keep her warm. No quilts; nothing heavy. Warmth with lightness is the idea for her bed-clothing and body-clothing.

She divides her twenty-four-hour day as nearly as possible into three periods for convenience in taking her tablets. She has, therefore, eight hours of Namurcal, eight hours of Maferrax and eight hours of Kanasil, provided she lies awake all night. But inasmuch as she needs at least eight hours' sleep, and since this sleep does her more good than all the tablets in the world, she finds that she has only sixteen hours of the twenty-four actually at her service for taking her tablets.

She therefore arranges her tablet-taking as best she can, and, remembering that Namurcal is the Body-builder, she decides that she must give as much time to Namurcal alone as to the other two

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combined. In Tuberculosis the end to be achieved is particularly that of making weight; building the body. Consequently the main part of the cure will fall upon Namurcal. Therefore she plans her day and night as follows:

From 7 a. m. to noon—Namurcal.

From noon to 2 p. m.—Maferrax.

From 2 p. m. to 5 p. m.—Kanasil.

From 5 p. m. to 9 p. m. (bed-time)—Namurcal.

From 9 p. m. to 7 a. m.—Maferrax.

Notice that she has only three hours of Kanasil. That is because in Tuberculosis she has least need of Kanasil's action. Its principal value, in fact, to her is in its action upon liver and kidneys; to render the daily enema unnecessary.

Notice that she uses Maferrax from noon to 2 p. m. That is because in the early afternoon her temperature will rise, and the effect of Maferrax is to reduce this fever. But she takes Maferrax again at bed-time, and makes it her "night-salt," continuing its use until 7 a. m., as long as she lies awake. There is a very important reason for this. Maferrax is the sleep-producer. It is impossible for her to take Maferrax and lie awake. Maferrax tranquillizes the nerves, soothes the cough, re-

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moves all congestion in the brain and promotes sound, healthful sleep. And sleep is what she needs if the body-building process is to go actively forward. Two tablets every half-hour is the dose always.

She breakfasts at 8 a. m., eating plentifully of soft-boiled eggs, or eggs and bacon, tea, toast of bran-bread, marmalade—anything she fancies except hot rolls and coffee and ice-water. At breakfast she observes one special Rule of eating governing all her meals. Complete mastication of every mouthful of food, both solid and liquid. Her breakfast occupies one hour. About one hour after breakfast, if she feels like it, she takes her morning walk. The walk is not compulsory. But if she takes this walk she takes it in one way only. She never varies this method. If the weather is cold she wraps up well and goes slowly out. She gives an exhibition for one hour of how slowly a human being can move and yet call it walking. Scarcely moving—that is the idea. The colder the weather the better. Well wrapped up and just moving, and that's all. That is her daily exercise. She never takes any other exercise whatever besides this walk, and if she would rather not take that she is not asked to. Sitting out on the porch or verandah

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will do quite as well. Lunch at noon, plentiful, thoroughly masticated, for which she has no appetite, but which she forces herself to eat, as before, occupying one hour.

After lunch, well wrapped up, she sits out on the porch, taking her tablets of Maferrax, drowsing, doing nothing. She should not be talking to visitors from 1 p. m. to 3 p. m. This is the time for her fever to appear, and she will be "dopey," and should not be bothered. Probably she will sleep. If she sleeps she should not be roused to take her tablets. At 4 o'clock she can be roused to talk to visitors. At 5 o'clock she takes a light meal, a glass of milk with an egg beaten up in it, some bran toast with butter.

After this light meal she has some hours before her to amuse herself as she pleases, provided there is no moving about and no excitement. If it is pleasanter indoors than outdoors she goes in, but always has the windows of the room she sits in wide open to the weather.

At 7:30 p. m. she takes her last meal of the day, forcing herself to eat and drink, and masticating every mouthful of solid and liquid food thoroughly before swallowing. Quantity of food is the important thing. Appetite is of no consequence. The

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tablets will take care of Acidity, Bilioussness, Indigestion, etc. Quantity and thorough mastication are essential. Appetite will appear in its proper time. During the day, at meals, and between meals, she has swallowed in one form or another—as Tea, Milk, Water, Chocolate—as much as five pints of liquid in all. We are going to build new cells faster than the disease is consuming tissue, and we must have plenty of liquid to work with. Every cell in the body contains water. She goes to bed at 9 p. m., and she will be asleep before 10 p. m. with two tablets of Maferrax under her tongue.

She weighs herself before beginning this treatment and every succeeding week at the same hour, wearing the same weight of clothing, and keeping this weekly record of weight with care and accuracy. The gain will be slow but sure. This is her treatment for the first three months. She does not use a thermometer to take her “temperature.” She never takes her temperature at all. The process is not only a folly; it is an injurious folly, because disturbing and distressing. At the end of the first three months there is marked increase in weight; the fever in the afternoon has ceased; there are no more night-sweats and no hæmorrhages; and no trace of the disease is left except that the cough

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appears now and then, the weakness continues and the blood-test still shows the bacillus.

She follows her treatment exactly as detailed above for another three months, making no change whatever in her methods, and adhering faithfully to the Fresh Air Rule, the daily evacuation of the bowels, the forced feeding, the slow daily walk, and the tablets every half-hour while awake. During this last three months, however, a daily massage with sweet oil rubbed well into the body, arms and legs, should be added to the regime. The best time to administer this massage is at bed-time, as it offers the right prelude to sound sleep.

At the end of this period of three months—six in all—she is above normal weight, sound as a bell, with no trace of the bacillus showing in the blood-test. She does not cough. Her lungs answer to the percussion-test. She is cured.

But she can relapse yet if she breaks the Fresh Air Rule, or runs and jumps, or dances and gets excited.

The trouble with Tuberculosis is not that it is difficult to cure.

It is the easiest thing in the world to cure.

The trouble is to get the patient to obey the simple Rules.

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The above treatment by Trichemistry answers exactly to any form of Tuberculosis, whether of organs or bones.

Is there a single point in this treatment of Tuberculosis by Trichemistry that an intelligent child could not grasp after reading over these directions?

Trichemistry is only applied common-sense.

Tuberculosis is a germ-disease that demands that no time be lost in getting the maximum of results.

We must have new blood—Namurcal and food.

We must have deposit of lime-salts—Namurcal, Maferrax.

We must build flesh and fat—Namurcal and food.

We must resist the bacilli—Namurcal.

We must tone up the organs—Namurcal.

We must build new lung tissue—Namurcal.

We must stop the hæmorrhage—Maferrax.

We must build new nerves—Maferrax.

We must reduce the fever—Maferrax.

We must check the cough—Maferrax.

We must secure sound sleep—Maferrax.

We must eliminate the waste—Kanasil.

We must destroy the tubercles—Kanasil.

You will see from the above that the weight of the cure of Tuberculosis rests upon Namurcal in a proportion that is easily two to one.

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Upon Tuberculosis the writer is qualified to speak from close acquaintance extending over many years. Let us anticipate your questions on this case.

Why no exercise?

Because in Tuberculosis of the Lungs Nature is by high temperature, Fever, producing the same condition in the patient without exercise that you produce in yourself by exercise, viz., a swift metabolism. In Tuberculosis it is swifter than the process of repair, hence the wasting. The right condition is, therefore, stillness, quiet.

Why no deep breathing?

Because the benefit does not equal the irritation. Best to do nothing that irritates the weakened cells.

Is there no danger from the excess of food?

Not if the three Remedies are used and the daily enema. In Tuberculosis Nature is able to burn an excess of food to advantage. Never use white bread or white flour; bran flour only. Fat foods and sweets are especially good.

Could this treatment of Tuberculosis be given at home?

Yes, and if the simple precaution of expectorating into a receptacle which is dropped in the stove after use be observed, the patient will be much bet-

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ter off at home than in a Sanitarium or Colony among others afflicted like herself. The effect of the near neighborhood of others stricken with the same disease is most depressing.

Is there no danger from the open windows at night?

None.

We have said that thorough mastication of every mouthful of food taken, both solid and liquid, is a most essential feature of this treatment.

The Rule is that she must not swallow a mouthful of food or drink until by thorough mastication she has deprived it of its TASTE—it is then swallowed automatically.

Watch this point. It is essential to the cure.

Consider why it is essential.

We have told you that Nature uses only the infinitely minute molecules to build with.

When you desire to build rapidly is it not simple common-sense to furnish Nature material to build with in the shape in which she can most speedily make use of it?

Do you see that complete mastication saves Nature half her toil? Do you see that complete mastication reduces food to molecular fineness?

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For this Discovery of the Importance of Thorough Mastication we owe an eternal debt of gratitude to Horace Fletcher, an American. May his renown endure forever as a Benefactor of the human race! Blessed be his name!

There is one other point.

You have noticed that tuberculous people are invariably, except when "dopey" from the fever, cheerful and hopeful. You know that even when they are visibly wasting away before your eyes they tell you they are better and going to get well.

Have you ever asked yourself why this state of mind is typical of Tuberculosis?

In view of what you know now of cell-building and cell-destruction do you not immediately see why?

Because of the rapidity of destruction of cells.

Because of the swift metabolism and katabolism.

Hence the gaiety of "high spirits," "hope," "light-heartedness."

Tuberculosis repeats the condition of Youth with two features added. The two features are: 1. Destruction in excess of Construction. 2. Tubercles.

Tubercles are the feeding-grounds and fortifications of the Bacilli of Tuberculosis.

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One question already answered above will certainly recur to you.

Do you not advise Deep Breathing?

Absolutely not. The patient's lung-cells are to be disturbed as little as possible while the process of cure is proceeding. Deep Breathing and Muscular Exercise come later, after the condition of fever has passed. Deep Breathing should be gradually begun after six months; not sooner.

LESSON XVII

A TYPICAL CASE OF SYPHILIS AND ITS TREATMENT BY TRICHEMISTRY

In presenting to you in detail a typical case of Tuberculosis and its treatment and cure by Trichemistry we have dealt with only one of the two scourges that are today decimating humanity. The other scourge is Syphilis.

The actual mortality due to Tuberculosis is, perhaps, greater than the toll taken by Syphilis, but there is little to choose between the two in the sinister influence exerted upon posterity by both.

It is evidence of the dreadful renown of Syphilis that its mere name, written or spoken, inspires fear and disgust. Fear has never been anything but an enemy to mankind. The effect of this lesson, we hope, will be to dispel your fear concerning this disease and to show you that Syphilis is as curable as Tuberculosis, and as easily uprooted from the system by Trichemistry.

Mark exactly what we are saying here.

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We are saying that Trichemistry laughs at germs!

We are not saying that it laughs at Mercury and Arsenic!

The Medical Profession, embracing both Schools, relies upon Mercury to kill the microbe of Syphilis, and upon copious sweating, or free purging, to get rid of the Mercury.

It is true that Mercury kills the microbe of Syphilis. Unfortunately Mercury's action in the system does not end there. The writer has personally known not less than fifty cases of Locomotor Ataxia. In every case, without a single exception, there was a history of Syphilis treated by Mercury!

It is our belief that "the cure" of Syphilis by Mercury is infinitely more dangerous than the disease itself, for exactly the reason that the danger is infinite and unending. No man can see to the end of it.

But any man can see to the end of Syphilis rationally treated by Trichemistry.

The Symptomatology of Syphilis varies but little. In the average case there is first "the initial sore," perhaps no larger than a dime, appearing usually at, or close to, that part of the skin where

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the germs of syphilis first secured entrance into the system by penetrating the epidermis or outer-skin. There are two curious features about this sore; it is painless and it will not heal. If mercurial treatment is taken at this time it sometimes happens that the disease gets no further, neither outwardly nor inwardly; the sore heals and the patient is completely cured in less than two months of treatment. He is cured of Syphilis. He is not cured of Mercury.

If the disease runs its usual course a few weeks after "the initial sore" "mucous patches" appear on the inside of the mouth, inside the lips, on the palate, etc. They are uncomfortable rather than painful, although the action of acids in food or drink causes smarting. Simultaneously the salivary glands and lymphatic glands swell and cause great annoyance. The poison is now working thoroughly into the system, affecting the nervous system to a marked degree, causing melancholy and fixed depression of mind. Perhaps the next sign is that the hair begins to come out in patches about the scalp. The next stage is commonly the eruptive and suppurative—the stage of decomposition. Any organ of the body may be attacked, or the bones may decay, or the body be covered with small boils, exu-

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ding pus. Such boils or abscesses are always painless in Syphilis.

It is not necessary to trace the symptoms further. A study of the action of Syphilis is not wholesome reading, and such knowledge to Trichemists is not of value.

In the treatment of Syphilis by Trichemistry we rely upon Namurcal to protect the blood, the mucous membranes, the cartilaginous and osseous systems; to take care of nutrition and assimilation and to disarm the microbe of Syphilis. We rely upon Maferrax to protect the Cerebro-Spinal and Sympathetic Nervous Systems, the glandular system and the organs generally.

We rely upon Kanasil to destroy the microbes of Syphilis and eject them from the body, together with all excess of impaired cells and waste matter due to the activity of the malignant germs within the system.

Therefore, after the "initial sore" has appeared we employ Namurcal and Maferrax only for the first ten days, using two tablets of Namurcal every half-hour during the day-time and two tablets of Maferrax every half-hour during the night, dividing day and night as evenly as possible into periods of twelve hours each.

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For the second ten days we alternate Namurcal, Maferrax and Kanasil evenly in periods of eight hours each, using Maferrax as the night salt.

For the third ten days we alternate Maferrax and Kanasil two tablets every half-hour, using Kanasil in the day-time and Maferrax during the night-time.

This completes the first month's treatment.

It may happen that this 30-day treatment completes the cure, the microscope showing no sign of the syphilitic germ in the blood-test.

But we advise against undue haste here.

We advise that the first month's treatment be repeated exactly as given above for two months longer, because a three months' treatment not only ensures the cure of syphilis, but puts the patient back into a normal state of health and renders him 100 per cent proof against disease germs of all kinds.

He should not end his treatment even with this three months' course.

For a period of three months longer he should alternate the tablets, one hour apart, or every two hours, using Namurcal and Kanasil in the day-time and Maferrax only at night.

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At the end of the sixth month his system will be entirely free from the disease unless he has indulged in some excesses during the treatment.

We ask for strict observance of the following simple rules:

For no reason whatever should he indulge in sexual relations for a period of one year from the time he begins treatment. He should not touch alcohol while under his six months' course: not even a single glass of beer.

Tobacco in moderation will not hurt him if he is used to it. But alcohol is "poison," whether he is used to it or not. Coffee, Tea and Cocoa are not desirable additions to his diet. He should take hot milk with his meals and cool water in between.

He should eat sparingly of meat, fish and eggs, and plentifully of three vegetables, viz., boiled carrots, boiled beets and boiled spinach. He should avoid fruits, acids and sweets.

His bread should be of bran-flour or whole meal flour. Bran-toast is the best form in which he can take bread. His diet should be liberal in quantity and his food thoroughly masticated. He should take regular but not excessive exercise, avoiding exhaustion.

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He must keep his bowels moving freely—at least once a day; twice a day is better during the first three months.

He is particularly informed that there is no reason whatever for fear, dread or despair on his part.

Syphilis is a slow fever, loath to depart, but no more incurable, and no more dangerous, than measles, when rationally treated. We impress one fact upon the patient as of the most vital consequence, namely:

The physiological effect of your panic fear is fully as dangerous as the disease itself. Cast it from you; get rid of it; fear nothing. There is no excuse for fear. There is no reason for it.

We have told you that Syphilis is curable in every case and can be entirely cast forth from the system in six months. **PROVIDED YOU DO NOT UNDERGO MERCURIAL TREATMENT.**

We cannot see to the end of mercurial treatment. We do not know its utmost effects.

Our message to chronic Syphilitics is not so clear.

We can say this to them: "If it is possible to head off and forestall Locomotor Ataxia, Trichemistry will do it." Trichemistry will improve the ataxic

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condition if it has appeared. Trichemistry will cure chronic running sores, necrosis of bones, phagedenic chancres and the inflammatory rheumatism resulting from venereal diseases improperly treated.

Trichemistry will take Syphilis out of the system, but we do not say that it will take the effects of mercurial treatment of Syphilis out of the system.

The exact toxic action of mercury upon the system is not known. The exact toxic action of arsenic is to destroy the red corpuscles. Avoid them both.

LESSON XVIII

CONCLUDING ADVICE

We have no intention of establishing Schools of Trichemistry throughout the country and graduating a number of enthusiastic young people every few months, equipped with the information contained in this Manual, a supply of the three tablets, and nicely enameled signs reading:

John Jones, D. T.
Doctor of Trichemistry
All Diseases Successfully Treated
By Nature's Methods
(Consultation Free)

"John Jones, D. T.!" Good God, what a dreadful idea! Trichemists everywhere would be known as the "D. Ts.!" This unhappy old world is already be-doctored to excess. God forbid that we do aught to increase the burden. Quite the contrary. Our purpose in putting into your hands this knowledge of how to keep well is exactly that you may know

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how to keep yourself well. Your duty is to attend to your own health. You have nothing to do with the health of your neighbor. That is your neighbor's business.

It would be right and proper for you to call your neighbor's attention to The Manual of Trichemistry, and let him read what is written herein, but do not seek to sway his opinion. If your neighbor is a man of average intelligence he will realize instantly that his own health is his own first concern. "To be sick," said Elbert Hubbard, a wise man, "is a confession of ignorance."

Within the last decade the medical profession has done great work in the line of improved sanitation and Preventive Medicine. Boards of Health have appreciably improved the living conditions in all cities, and the death rates have shown a corresponding decrease. That is the business of duly qualified physicians, to attend to the health of the community. Your business is to care for your own health; to make yourself one hundred per cent efficient; to get rid of aches and pains and ailments; to throw off the burden of half your years. This you can do by a careful study of Trichemistry. So shall you be a light to them that walk in darkness!

This is not accomplished in a day or a week.

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It is highly probable that it will be a month before you notice any difference in yourself if you are taking the tablets as a constitutional treatment.

The action of the tablets is imperceptibly gradual. But the action is steady, sure, cumulative.

Once you know in yourself that you are on the right path you will need no argument to make you persevere.

Results talk to the point.

You will need at least a year's experience of Trichemistry before you really understand the action of the tablets. For example, you will find that a couple of tablets of Maferrax stop a neuralgia of the head in ten minutes, and it will astonish you that to cure dandruff requires from two to three weeks and even longer.

But you will learn by degrees.

Take note of this point also:

If you are a middle-aged man, bent upon improving your physical and mental condition, you will, perhaps, have occasion to note how much more rapidly effects are secured in the case of youth than in your own case. You must understand that the settled habits of a middle-aged physical body offer a greater resistance to the therapeutic action of the Mineral Cell-Salts than the bodies of the young.

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However, you may take comfort in the assurance that the upbuilding, renovation and repair, though gradual, are none the less sure.

Ask yourself how change could be anything else but gradual, seeing that this is Nature's own way.

Is not Nature's change from youth to age a gradual change?

But it is sure.

Trichemistry also is sure.

To them that persevere sure reward comes.

LESSON XIX

THE ASSOCIATION OF TRICHEMISTS

We intend to form an Association of Trichemists throughout the world, to include the men and women of all nations. Sex is no bar. Quite the reverse.

Every great movement in the world's history for the betterment of the race was made possible only because of the strong support accorded by women.

Trichemistry is a movement for the betterment of the human race, physically and mentally.

It is no small thing to strike off the fetters of Disease.

The basic argument in Trichemistry is that the healthy human body is sufficient unto itself.

Similarly this Manual of Trichemistry is complete unto itself. We do not mean to say that Trichemistry is presented here in a finished, complete condition. On the contrary, we expect that many wonderful discoveries will be added to our knowledge of Trichemistry within the next ten years.

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We mean that there is no need of Teachers of Trichemistry; no need of Colleges or Classes or Doctors of Trichemistry; no need of a Founder of Trichemistry or a Personal Leader of the Association of Trichemists.

In the Association of Trichemists, now and afterwards, the idea of leadership is to be excluded.

There is not, and never shall be, any Head or Founder of Trichemistry.

Nor is The Association of Trichemists to be any kind of Fraternal Order or Brotherhood.

It has been the experience of many great world-movements that they have split and foundered on Personality.

Binding themselves together by vows of this and that, the members have found the keeping of the vows irksome, and the breaking of them a relief. Followed discontent and rebellion, as a matter of course. Hard upon the heels of rebellion appeared the Leader of the Opposition. Ensued riot and disorder, and so the promise of a fair beginning ended in cloud and storm and fury.

Let us avoid this folly by eschewing Personality.

The Association of Trichemists will be an impersonal, incorporated entity, without fees, vows, grades, uniforms, dedications or promises. The

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Association protects Trichemistry by its incorporation under the Laws of the State. This Manual is copyrighted and the names of the Three Remedies will be registered as trademarks in all civilized countries.

Everything necessary for the protection of Trichemistry will be done in its order.

Your enrollment, therefore, as a member of The Association of Trichemists carries with it no Liabilities, Obligations, Responsibilities or Dues. To be a member means only that you have read the Manual and are in sympathy with our Plan and Purpose as outlined above, and would like to receive notice of such other literature, Reports of Cases Treated by Trichemistry, etc., etc., as we may issue from time to time.

To become a member of The Association of Trichemists, send your name and address with request for enrollment, enclosing a stamped, self-addressed envelope, to

THE TRICHEMIST PRESS,
3535 Ellis Ave., Chicago, Ill.

(The End)

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WARNING!

Do not purchase Namurcal, Maferrax and Kanasil from agents. We do not employ agents.

The three tablets are manufactured from our private formula and sold only by us direct to the customer, delivered to any part of the world, carriage prepaid, in original sealed packages, enclosed in dust-proof cartons.

Not less than one pound of each tablet is sent to any customer.

PRICES

Namurcal, per pound, prepaid.....\$3.25

Maferrax, per pound, prepaid..... 3.80

Kanasil, per pound, prepaid..... 3.45

☛ An order for 1 pound of each, delivered in one shipment, prepaid.....\$10.00

☛ Remit by Postal Orders, Express Orders, or Registered Letter. Personal checks not acceptable. Make Orders payable to

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