

Medical
—

Prescriptions + potions;
Remedies; Herbs
Sanitariums; health spas.
The Examiner 1 Dec 1895

Prescriptions

Sulphate of Iodine

JULIUS C. VOJE,
Drugs & Medicines,
644 Golden Gate Avenue,
San Francisco, Cal.

• Hood's Sassafras
and
50 grains of
Lodide of
Potassium

Frank's papers
Missing etc 19211 -

6/7/1881

Treatment
Animal

Take piece of lime,
unslacked, as big
as a mans fist
put it in two buck-
ets of water, wet all
the feed she eats
with the water.
Dont give any dry
feed for sixty days.
June 7th 1881,

WHALEY & MOMAND,

F. H. WHALEY
R. MOMAND

SUCCESSORS TO
MORSE WHALEY & DALTON

Established 1880

REAL ESTATE

DEALERS
AND
GENERAL AGENTS.

MORTGAGES BOUGHT & SOLD.
CAPITAL INVESTED. LOANS NEGOTIATED.
PROPERTIES MANAGED. TAXES PAID.
RENTS COLLECTED. TITLES EXAMINED.
CONSTRUCTION OF BUILDINGS MANAGED.
PROPERTIES SUBDIVIDED & PUT ON THE MARKET.
LANDS BOUGHT, SOLD & EXCHANGED ON COMMISSION.
HEADQUARTERS
FOR SAN DIEGO COUNTY RANCH LAND

MORSE WHALEY & DALTON BLOCK.
San Diego, Calif.

DR. J. R. DOIG,

PHYSICIAN AND SURGEON

OFFICE.

Cor. Fifth and C Streets.

HOURS: 10 to 12 A. M.; 2 to 4 and 7 to 8 P. M.

RESIDENCE.

Cor. Front and E Street.

Telephone 101

SAN DIEGO, CAL.



Mr. W. L. Latta

Spudell Latta

One bottle

1/4 teaspoonful

each night

Warm in glass
of water

Doig

Preparation - 50 pills

...

...

...

...

GO TO
HENRY DAGGETT

* * **Pharmacist**, * *

N. W. Corner Fifth and G Streets,

SAN DIEGO, CAL.

Where you will get First-Class

DRUGS AND MEDICINES.

Prescriptions Carefully Compounded, at All Hours,
Day or Night.

WHALEY & MOMAND

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MORSE WHALEY & DALTON BLOCK.

San Diego, Calif.

Time



Leaves of orange
tree a cup tea
with 24 grains
of powder of
indigo blue for
take in the mor-
ning one hour
before breakfast
and keep this
custom for long

ESTABLISHED 1872.

CHAS. A. CHASE,
Prescription Druggist,

S. W. Cor. Fifth and F Streets,
SAN DIEGO, CAL.
Telephone 9.

J. R. DOIG, M. D.,

Office, N. E. Cor. Sixth and C Sts.

Residence, cor. C and Seventh Sts.

TELEPHONE 101.

SAN DIEGO, CAL.

TELEPHONE 164.

R

Miss J.

Mum In Iron

Glycerin

My Iron found in

1/3 glass of water 2 hours

after each meal

Doig

31
3/11

ESTABLISHED 1872.

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Prescription Druggist,

S. W. Cor. Fifth and F Streets,
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Telephone 9.

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Office, N. E. Cor. Sixth and C Sts.
TELEPHONE 101.

Residence, cor. C and Seventh Sts.
TELEPHONE 164.

SAN DIEGO, CAL.

Rx

meat
Arrow. Action. Me bot
D. of S. as for me left
each meal. Take in
a little water

DOIG

7 Sts.

Cure for Dropsy of Chest;
or general dropsy.

1 Gall Sherry,

1 Lb White Pith Elder Bark,
Quinins 13 or 14 hours together.

Bottle for use.

Use, wine glass or 1/3 tumbler.

R. *Syringae Tinctura*
Mell. Gum Acacia
Aquos.

5ij
3j

1 ounce
3 drams

Bedford

Rx

Sodii Salicylate ʒvss
Elix Simplex Os. ʒiv

A Teaspoonful every hour
until pain is relieved
then every 3 hours until
well.

20 drops of the tincture
of the seed of Colchicum,
every other day.

Good for Rheumatism

Dr Nelson

257 Fourth Avenue
New York City
N.Y.

(1)
The prescription for injection of the
nose, is —

Zinci Sulphatis ℥i
to a pint & a half of water.

(II)
He may sometimes sniff up
ordinary "snuffing salt."

(III)
The prescription for catarrh is
tinct. Gambel (an East Indian
drug).

American Hellebore in
place of Digitalis.

Propriety of Potassium production
Hebelude of the body of
mind which the Potassium
of ~~the~~ Sodium production
lessen down } in 190 Had the Sodium
substituted in place
of the other

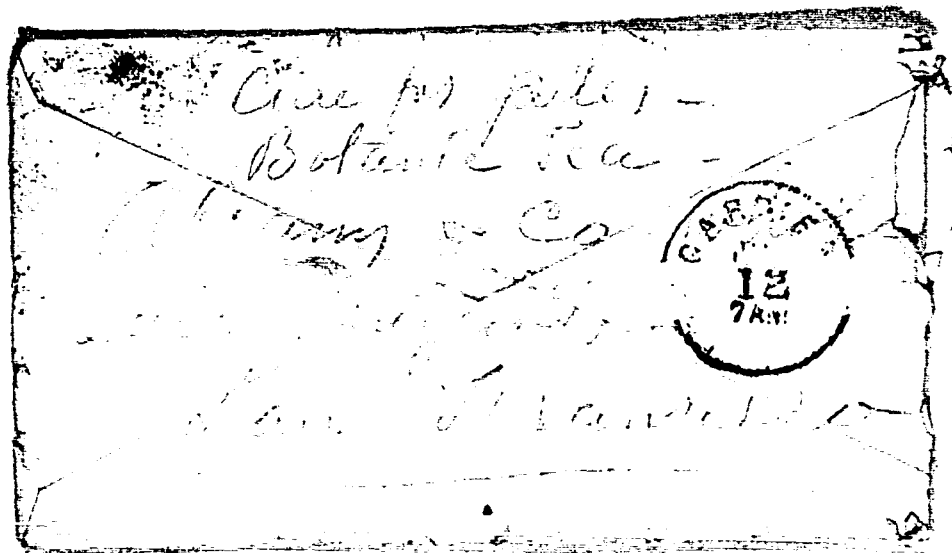
From Thomas M. Hagen
Care Geo. W. Puffer Esq
47 Pearl Street
New York

1877

NEW YORK
JUN 4
8 20 AM



Mrs Thomas M. Hagen
Care Madam V. E. Sannay.
506 Valley Street
between Prince & Madison
San Francisco.
California.



Care for father -
Boston Ma -

Thomas & Co

San Francisco

San Francisco

CASH
12
7 AM

Cure for Dysentery.

Powder of Sulphur and a small

Put a teaspoonful of flour of
brimstone into a wine glass of water
and stir with finger instead of spoon
as the sulphur will not easily blend
with water. When the sulphur is
well mixed see as a cake in
the mouth the patient should spit the
mixture. Instead of spitting out the
mixture swallow it.

Tincture Digitalis 3 Drachm

Elix Galician Ammon 3

Potass Brom 3 $\frac{11}{111}$

Lign Simplex 20 3 $\frac{1}{12}$

or

Lign Teaspoon full

2 to 4 times

Dr Wright

36089

1/24/89

Dr Wright

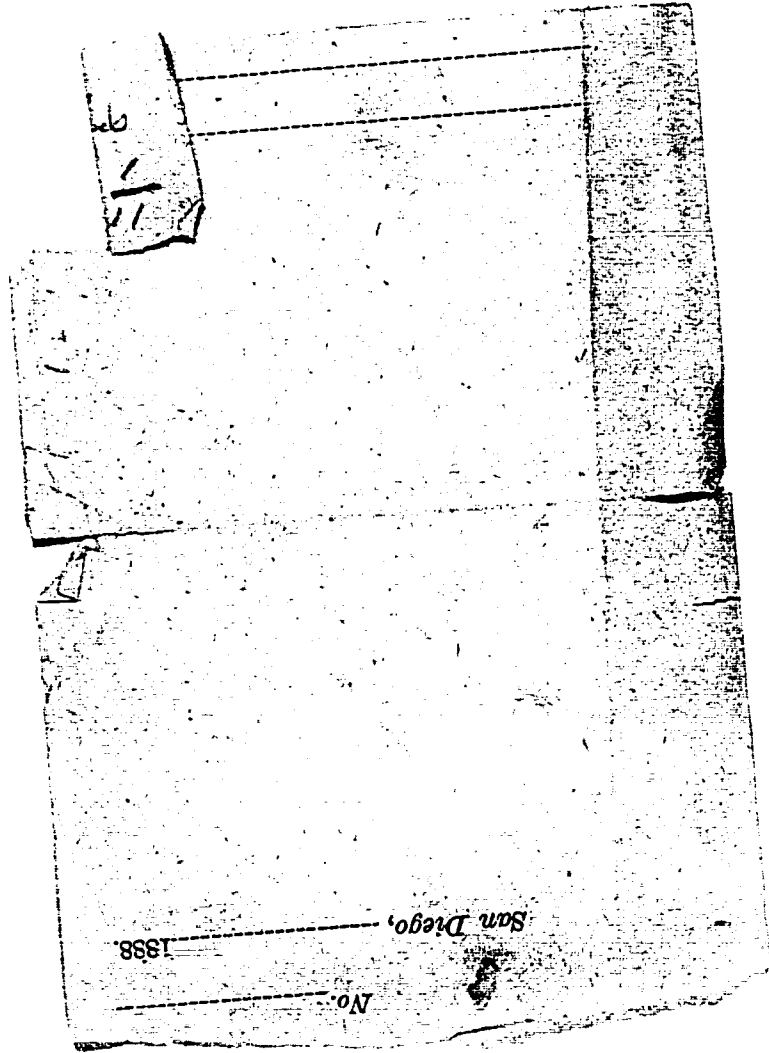
leave out digitalis, and put in

Prusside of Sodium in place

of Brom Potass.

[Faint, mostly illegible handwritten notes on a separate page, possibly containing a list of ingredients or a detailed prescription.]

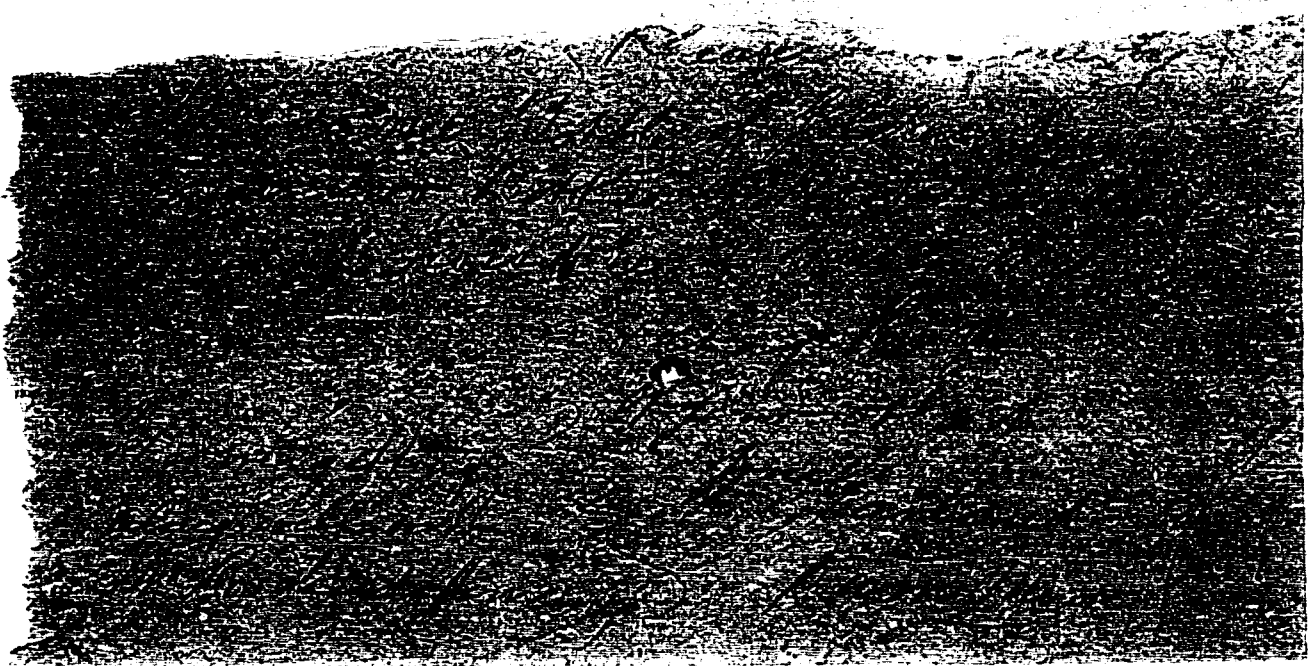
ab
1
11-7



San Diego, 1888

No.

Case in Discharge
Powder of Sulphur and a little
Put a teaspoonful of flour in
brimstone into a tin can and
and stir with finger instead of stick
of the Sulphur will not melt, and
with water. When the mixture
has become a thick paste, pour
in enough water to make a
paste. Instead of Spelling a list
of names.



4 Liniment

Capsicum 1oz - 1/2 oz - 1/4 oz

Tinct. Lobelia 1oz - 1/2 oz - 1/4 oz

Spts. Ammonia 1oz - 1/2 oz - 1/4 oz

Ess. Camphor 1oz - 1/2 oz - 1/4 oz

Spts. Turpentine 1oz - 1/2 oz - 1/4 oz

Spts. Chloroform 2oz - 1 oz - 1/2 oz

Pure alcohol 8oz - 4 oz - 2 oz

1 pint 2 galls 1 gill

10 ounces in a
 glass of buttermilk
 can be taken
 between meals.
 Lemon juice in
 water does not
 hurt the stomach
 - the disease
 is cured.
 Warm butter
 relieve if it
 does not.



This is the best
 and most reliable
 remedy for
 the disease
 of the stomach
 and intestines
 - water will
 cure it if
 success is
 had - Exercise
 is also an
 important
 measure, eat cold butter
 - the disease is

[Faint, illegible handwritten text, possibly a signature or address.]

Collier &
ALEX. G. WATSON,
ATTORNEY-AT-LAW,
OFFICE.
METHODIST CHURCH BLOCK,
Cor. Fourth & D Streets. **SAN DIEGO, CAL.**

Handwritten list of items and prices:

1st Book	-	25
2nd Book	-	50
3rd Book	-	25
For sale	}	5
4th Book	-	25
		<hr/>
		\$ 130.

The whole bath of the
 morning cold bath -
 Air bath - sun
 Bath - rock bath
 sand bath - rock
 bath - in a d. -
 Treatist health
 time in the world -
 Natural bath - 20° -
 on going to bed - a
 little water.

Provese Jellie -
 James - the
 of which is the
 fruit -
 of the
 of James -
 in fruit
 - can be very nice
 add a little sugar
 when drinking

*I won second place in the preliminary, and
I auto be first in the main event*

MARY
THEODORA
HOWE

CORONADO, CALIFORNIA

Candidate in the Union-Tribune
Subscription Contest

Your support will be greatly appreciated



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I auto be first in the main event*

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4.00
1.00
5.00
23-000
118-000
23-000
10.00
10.00

Stomach empty at
very early
April 1st
very early
April 2nd
April 3rd
April 4th
April 5th
April 6th
April 7th
April 8th
April 9th
April 10th
April 11th
April 12th
April 13th
April 14th
April 15th
April 16th
April 17th
April 18th
April 19th
April 20th
April 21st
April 22nd
April 23rd
April 24th
April 25th
April 26th
April 27th
April 28th
April 29th
April 30th

Stomach empty at
very early
April 1st
very early
April 2nd
April 3rd
April 4th
April 5th
April 6th
April 7th
April 8th
April 9th
April 10th
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April 18th
April 19th
April 20th
April 21st
April 22nd
April 23rd
April 24th
April 25th
April 26th
April 27th
April 28th
April 29th
April 30th

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9-20 - 100
800 - 300
yous
[Faint, illegible handwritten notes]

Food - much disease
Hundred
diseases. Calam
caused by something
the body is being
ill. The temperature
is high. The
And eye disease
caused by calam
is called
disease. Calam
over.
Hadder.

epson salts this
the food. Food
phobic antibiotic
Cure in season
the body
the body
white of an egg
Put over forehead
at night. They
are good for pimples

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I auto be first in the main event*

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HOWE

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Subscription Contest

Your support will be greatly appreciated



Don't eat
corn, salt and
sugar - never
eat too much
anything
and eat a
Reasonable amount
of food - don't
starve nor stuff
2000 calories for
a working man

Kindling wood
of the body
comes from the
fruit and the
cereals. cereal
all coming from
the ground -
Oat meal for
strength and
great flesh builder
fruit & vegetable

State of South Carolina
County of _____
I, _____
do hereby certify that
_____ is
the _____
of _____

Kindling wood
Fats found in
milk, eggs, —
meat, nuts, —
feats. —
meat, about
three a week
- full of uric acid
eggs a substitute
with uric acid

Some things were
found in the
of some -
Substrate
and -

Some things were
found in the
of some -
Substrate
and -

10
10000
in 80
years

Bear 124
to
Graham
M. J. J. J.
M. J. J. J.
M. J. J. J.
M. J. J. J.
M. J. J. J.

*In Union there is strength—and
the Tribune is not so weak*

*Put your money on the winner—
that's I'm*

MARY THEODORA HOWE
CORONADO, CALIFORNIA
Candidate in the
Union-Tribune Subscription Contest



Guaranteed Three-Day Cure for
Alcohol and Tobacco Habits

Home 9324
Sunset 4112

Amythyst Lodge

Presented by

2033 Robinson Avenue

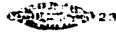
San Diego, California

<p>and exercise -</p> <p>Hot foods & greasy Cause for dyspepsia Prevention and cure of auto-intox- ication by food and exercise. Gas pressure causes distress just as largely as heart trouble. Heart must have plenty</p>	<p>Exhaustion increase blood pressure - High blood pressure a result of the strenuous period age - Sea & coffee make high blood pressure Illnesses - cocaine & morphine lack of rest & recre- ation - Don't get too staid Drive your business don't let it drive you</p>
--	--

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<p>largely. Powers from food in morning contractions - ptomaine - injected poisons the same matter Surpentine for sting-ray wound. Bi-chloride of mercury</p>	<p>Breakfast stops flow of gastric juice - Not necessary Cause of super-acid Continued nibbling - Gastric juice in one day when nibbling goes - Sometimes as much as 10 pints. - Foods that retard flow of gastric juices Take the fats -</p>
---	---

<p>Fletcher's - 32 chews for meats Chew your food to a liquid. - Soft palate will expel unmastered food - The abominable frying pane. Baked potato - B.K. not allowed to keep the baked potatoes.</p>	<p>Surpentine one of the best disin- fectants known Take it with you on trips. - New method The back - Sits on the right side - Gama juice affected in kidney trouble -</p>
---	---

Gas on stomach
produces a part
of auto-intoxication
Greater part from
decaying food form-
ing gas. If pylorus
does not open food
remains in stomach
& rots - cause in
small and large
intestines - Blood
supply feeds from
the small intestines

Dyspepsia. Indigestion
Stomach trouble -
Dyspepsia - created
by about 20 yrs of
abuse -
Causes - Boiling
of the food. I
Quick lunch
Does your milk
Strongest gastric
juice produced
by bread supply -
Next - meat -
" Milk.

Butter lets become
inflamed on inner
side - To prevent
asthma, keep up the
development of the
lungs -

Asthma controlled
almost entirely by
the mind.

Leave out mucous
forming foods
in asthma -
dairy products & fats

WHALEY & MOMAND, F. H. WHALEY
 R. MOMAND
 SUCCESSORS TO MORSE WHALEY & DALTON
 Established 1880

REAL ESTATE DEALERS AND GENERAL AGENTS.

MORTGAGES BOUGHT & SOLD.
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MORSE WHALEY & DALTON BLOCK.
San Diego, Calif.

Clearing Solution ^{100g}

One-quarter of normal

- Alum — 74.0g
- Citric Acid — 74.0g
- Sulphate of Iron — 74.0g
- Water — 1000g

This should be further
weighed.

Yellow Paper Development

one-third of normal.
Use one-third the
amount of solution in little
lots.

Apply the same procedure
as in the normal case
but use the solution
in little lots.

Use the same until
the color is washing out
of the paper, then mix
a new lot.

Use one
development of normal
water 100g

Food to check flow of gastric

Animal fats - ^{fruit} Butter, fat
meat —

Vegetable fats - olive oil
corn oil —

Proteins - Urea

Protein - lean meats, eggs
peanut butter - nutmeg —

Insulin - Insulin —
Complete diet of them —

in proportion - ^{20%} to regular food
Celery, lettuce, parsley
Cauliflower —

Insulin diet - lean meats
apples, figs, dates, pears
Almonds, etc. also
etc.

Sugars partially —

Caution - fork

Use fork

Butter with some
sugar

...
...
...
...
...

Can't use it as a solid for heating

No

...
...

...
...

about 11 A.M. ...

...
...

Constitution - advice of ...

Practically no food ...

...
...

A meal -
900 calories - limit
Protein - 150 to 175 calories
Fats - 200 to 225 "
Carbs } - 500 calories
Hydrates }

Balanced ration
1/2 cup pea soup - 40g - (2 hrs
42 calories } dig.
Banana salad
Lima bean

Excretion from
Kidneys -
organs in the body -
to miles of tubules
through the sewage -
purpose is to avoid
most deadly poison of
the system -
call it the deaf
and dumb organ -
never lets us know
anything about its
suffering. Medicine
trying to cure by the
use of diuretics.

Alcohol, coffee, tobacco
all forms of stimulants
liquor, poison the
kidneys. Enjoy a
sober, hearty meal
when needed only.
Physical happiness
is good health.

Wine most dangerous
of all drinks for the
kidney because of the
tartaric acid, literally
eats up the kidney.
Sweet wine absolutely
deadly for the kidney.
Excessive meat eating
destroys the kidney.
Especially the beef -
Meat supply loads
amount of uric acid.
Have meat once or
twice a week, piece
about size of your hand.

Chicken good light
Hawg grease soft
- Chicken - Belgium
I have found that
all protein food used
in excess are hard
on the kidneys -
all make uric acids
2 oz. of protein food
enough for a day's
ration. 1 protein food
at a meal. Cottage
Cheese lightest protein
Use fish, light, fresh
eggs light on kidneys
Hard to eat - fish.

Wholesome for kidneys
 Vegetarian. Scientifically
 stronger than meat to
 eat - Use cereals
 at evening meal -
 at beginning. -
 Never more than two
 vegetables at each
 meal. Raw vegetables
 at noon, raw fruits
 at night. -
 Drink for kidney. Good
 old-fashioned water.
 Lemon juice. Beaten

Airport & Bacon Sts., OCEAN BEACH, CALIF.

1912 } 3 minutes
 right for
 soft boil.

OCT 22 1912 } Plunge in cold
 water immediately
 after boiling -
 Throat Kitchen
 in U.S. at Mission
 San, Riverside. -
 Egg boilers. Three
 minute egg. Wholesome
 egg. Clear
 slime and mucous
 out of stomach. Cereals
 fruits, vegetables, meat

Chicken good light
Hawg grease not
- Chicken, Belgian
have, lamb and the
All protein food used
in excess are hard
on the kidneys -
all make uric acids -
2 oz. of protein food
enough for a day's
ration. 1 protein food
at a meal. Collage,
Cheese lightest protein
Use fish lightly, fresh
eggs light on kidneys
Hard food -

Books 10¢ per week Over 60¢

Cor. Newport & Bacon Sts., OCEAN BEACH, CAL.

12

1919

Uremia destroys
Bismarck juice
turns to alkali
in stomach
Use no vinegar
deadly poison

Buttermilk
- drink it by the whole
cup it every day -
Greatly destroys uric
acids - except lactic acid
much food value
only 10 calories -

Book groups ~~Notes~~
- lectures - Sup, ...

Attention attracting techniques for show case

Height of show cases?

Routine of visitors to ensure continuity
to accomplish a specific purpose
to lead them through the museum

Museum ~~...~~ public visitings ~~...~~ into

Illustration

Type of lamp - ...

color, size -

Purpose of ...

Acquisition ...

Catalogue ...

Protection of ...
of documents

Preservation of ...
carbon paper

Security measures - ...

Injuries - Emergencies

The ...

206.90
149.51
54.88
111.29

Special Exhibits - to Stimulate Interest

Interpret the Heritage in Terms of your
Area, Restored homes, sites -

I have builded my castle of air,
And I sit in its shadows alone,
But alas! It is empty and bare
As a cage whence the singer has flown.

I have toiled day by day in my fields
And by night ornamented my home;
But it all but a single thought yields,
"She is not here---why does she not come?"

Does she know of the love that propelled
My small bark through the waters that boil?
Does she know of the hope that upheld
Me, subduing the land with my toil?

If she does she must love in return
Every bar to my wooing must fall.
Hence I will arise in the morn;
I will seek her and tell her it all.

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R. Potassae Iodidi ℥iij
Linet Iodurū ℥ss,
Ext Cornū ℥ss,
Syrupi Simplicis ℥ss,
- Cat aqua fort - q; s,
- Aol = Viii,

℞
Sig - Take a tea Spoon
Full 3 times a day
1/2 hour before meals

Prescriber

The within recipe is from
Mr Young has been troubled with
catarrh - Dr May well put up
a prescription for him which he
believed was doing him so much
good I got him to ask the
Doctor for it to send to him
I hope the writing is amay
be it will relieve him
H. K. May

M. Y. June 22nd 1874

Mr Young

Prepare two ounces
of the powdered Chlorate of
Potassae - Put into a Bottle -

You will use of this powder
as much as can be held on a
five cent silver coin - in half
tumbler of water - Morning &
Evening - to be sniffed thro'
nostrils - for Catarrh -

It might be necessary to
use even a larger quantity
in about same quantity of
water - provided the quality
used does not irritate -

You can carry this
powder in trunk with
great convenience - than
a liquid

Yrs. Truly
W. H. Maxwell

12 One Ounce Packages,	\$9.00
6 " " " "	4.50
3 " " " "	2.50

TRIAL SAMPLES, 10 Cents.

In all cases I prepay the postage without extra charge. In sending money by mail, it would be well to wrap an extra piece of paper around the letter, so that the currency within cannot be seen through the envelope by holding it to the light.

Parties ordering will find it convenient, and will prevent mistakes, by using the directed envelopes enclosed.

THE HEALING CATARRH POWDER

Is prepared only at the Laboratory of

GEO. N. STODDARD,

Druggist & Apothecary,

1226 Niagara St., BUFFALO, N. Y.

To whom all orders must be addressed.

will cleanse the nose perfectly. Then, at your leisure, when the hands and face are dried, snuff a pinch of the powder up the nose. Do it *thoroughly*, until the powder can be felt in the throat. Take a pinch of the powder two or three times during the day thereafter. But if the head is stuffed up, take a pinch of the powder first to clear it out, that the second pinch may unobstructedly reach all the inflamed mucous linings.

The powder must not be snuffed up superficially merely, but thoroughly, to reach every part. When the head is cleared out good, *then snuff again*, that the powder may reach the exposed mucous linings and *heal* them.

The first effect of using the Catarrh Powder is to cause a profuse discharge. This will last for a few minutes, until the accumulation in the head is all cleaned out, leaving it clear and free as can be. It will be noticed, also, that if the fluid was before offensive in smell and taste, it will become sweet and tasteless after the powder has acted upon it. It is this purifying property of the powder which causes it to "sweeten the breath."

For an acute attack of "Cold in the Head," use the Catarrh Powder every half hour for three or four hours. If the nose and upper lip is sore and inflamed from the acrid discharge and frequent

"blowing," then, instead of a dry handkerchief, use a clean one simply *dampened with a little water*. The ease it will give you is almost wonderful.

FOR SORE MOUTH,

Take a little of the powder in the mouth and let it dissolve.

CATARRH.

or Chronic Catarrh. A complaint so common and well-known as this, needs no description of its symptoms here. The question which will interest the reader patient most, will be, "What is the hope or prospect of a cure?" I answer, that with the Healing Catarrh Powder, I can faithfully promise you will be cured. The hope of a cure with the Healing Catarrh Powder, is not based upon a possibility or uncertainty. With rare exceptions, it **WILL CURE** every time, as it has cured before. My faith in it is not the faith of a chance that it *may* cure, but of a certainty that it *will* cure. It is because of this confidence, and the fact that it *does help at once* every time, the offer to send samples for trial is made. And more, this is the *only way* that it is offered to the public—by letting them try it first. The dose is so small that the sample even is often sufficient to cure a catarrh—especially if it is a case of not long

standing. For an ordinary "cold in the head," the sample is more than enough. As an evidence of success and that it will stand the test of sending trial samples, I have the satisfaction of saying, that nearly all who get them send orders for the Healing Catarrh Powder, and with the orders there are generally encouraging and complimentary words from the writers. I again give my confident assurance ~~that with the Healing Catarrh Powder Catarrh can~~ be entirely, easily and quickly cured.

A batch of testimonials attached to this would do no possible good. They are something I have never asked from anybody. I have, however, any quantity of letters giving it the most flattering indorsement; (they are testimonials of course, and being spontaneous, are of the truest kind,) but they are all business letters from parties ordering the powder, who have had it before, either by sample or larger quantities. Such letters I consider private, and would not publish them even if I wished to. But, *a trial of the Healing Catarrh Powder will be more convincing of its merits than any testimonials ever could be.*

The Price of this medicine is \$1.00 per ounce, by mail, post paid. One-eighth ounce samples will be sent for 10 cents, but samples at this rate will not be sent twice to the same person. One-quarter ounce, 25 cents; one-half ounce, 50 cents.

TO BOTH SEXES:

Thursday, March 10, at 8 O'clock P. M.

*

TO LADIES ONLY:

Friday, March 11,

Saturday, March 12,

Monday, March 14,

Tuesday, March 15,

Wednesday, March 16,
At 3 P. M.

"@Wooing, @Winning, and @Wedding,"

FAMOUS LECTURE TO BOTH SEXES.

Thursday, March 17, at 8 P. M.

"An admirable lecture;"

—R. Heber Newton,
Rector All Souls' Church, N. Y. City.

ADMISSION
25 CENTS

To yourself and friends, the first evening and matinee will be FREE. Best seats reserved for holders of these invitations.

RESERVED
SEATS
50 CENTS

(over)

Mrs. Mary Wood Allen, M. D.,
graduate of the Medical Department,
University of Michigan.

Presents her compliments and will be
pleased to have yourself and
family attend her Lectures on
Health and its Laws,
at the First M. E. Church,
San Diego, California.

gradually over the value of
the water.

The emulsion should be taken
without straining, early in the
morning, in four doses, at
intervals of 15 minutes; the bottle
being well shaken each time, and
followed in the first dose with
one of the best -

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$$\begin{array}{r} 56 \\ \hline 11 \\ 88 \\ 99 \\ 100 \\ \hline 200 \end{array}$$

31

$$\begin{array}{r} 9 \\ 51 \\ \hline 13 \end{array}$$

* R
Pope Pills, 3758-
Sachum 377
Sugar 375

H. ft. Sander's Arbol

Sig: The whole to be taken at 4
days, at intervals of 15 minutes
after fasting 24 hours. Shake
the bottle well each time, and
take one ounce of Aqua Oil
in two hours after the
last dose.

H -

* Take, Pumpkin Seed one ounce half.

Sugar, two drams.

Water from Oranges.

Put in the seed in a mortar with the
sugar, add half glass of water, and take
a homogeneous mass of parts has been found.

Mrs. Mary Wood-Allen, M. D.

First * M. * E. * Church,
SAN DIEGO, CALIF.

Mrs. Mary Wood-Allen, M. D.,

WILL LECTURE ON

"Health and Its Laws,"

TO LADIES ONLY, AS FOLLOWS:

Friday, March 11,

Saturday, March 12,

Monday, March 14,

Tuesday, March 15,

Wednesday, March 16,

At 3 P. M.

Friday and Saturday Afternoons Free.

Admission to Other Lectures, 25c.

Course Tickets, Sec. _____

Thursday, March 17, at 8 O'clock P. M.,

FAMOUS LECTURE ON

"WOODING, WINNING AND WEDDING,"

TO BOTH SEXES. _____

ADMISSION 25c.

RESERVED SEATS 50c., at San Diego Drug Com-
pany's, Successor to Carey W. Thompson, S. E. Cor. 5th & D Sts.

TO THE CITIZENS OF SAN DIEGO,

WHO SYMPATHIZE WITH THE SICK AND SUFFERING:

In order that you may thoroughly understand the aims of the "HOSPITAL OF THE GOOD SAMARITAN," the following is submitted to you, with the earnest request that you carefully read it.

Petition presented to the City Trustees:

To the President and Board of Trustees of the City of San Diego—Your petitioners respectfully represent: That the city of San Diego, with a large and growing population, and an extensive territory tributary to it, possesses no public hospital, and, indeed, no hospital of any kind, to which physicians can send their patients, or in which those who are sick or injured can receive proper medical attendance, nursing and attention. Our sick and surgical patients must now be kept in hotels, lodging-houses or private houses, at great expense, inconvenience or injury, or sent to hospitals elsewhere. The need of a hospital here at this time is urgent and imperative.

After a careful consideration of this matter, and consultation with our leading physicians, we have decided to establish and maintain a hospital at this place if we can secure a lease of the necessary ground from your honorable body. The expense incident to the inauguration of this enterprise, which is purely charitable, will be so great that we cannot afford sufficient money for the purchase of the land required, at the present high prices. The hospital should be located where it can be conveniently reached by physicians, patients and their friends. We believe that we can secure the necessary funds for this purpose, if the use of the land can be granted to us.

We pledge ourselves to conduct this hospital in the interests of suffering humanity, and to expend every cent realized from it, after paying the necessary expenses, in the improvement and enlargement of the hospital. Nothing will be paid to any one who is not actually in the institution. All patients and candidates for admission will be placed upon an equal footing, regardless of nationality or creeds. There will be no physician upon the Board of Managers, and patients will be permitted to select their own physicians and schools of practice. We hope in the near future to secure endowed beds for the benefit of those who are unable to pay. Our aim will be to do the greatest good to the greatest number, and to manage this institution in the broadest and most liberal and charitable manner.

In conclusion, we pray your honorable body to grant us a lease of about five to twenty acres of land in the public park, for the term of twenty years, for hospital purposes, upon the condition that we shall erect a hospital thereon within a reasonable time, and that when the premises are no longer used for this purpose they may revert to the city. As soon as this lease is granted we will incorporate, proceed to raise the necessary funds, and push the work forward with all practicable speed.

SAN DIEGO, CALIFORNIA, September 19, 1887.

GEORGE J. KEATING,
DANIEL CLEVELAND,
GEORGE PUTERBAUGH,
MRS. HAMPTON L. STOREY,
MRS. JESSE GILMORE,
MRS. R. H. DALTON.

This petition has been granted. The association has been incorporated under the name of the "Hospital of the Good Samaritan," and by-laws have been adopted. The Hospital Board desires to raise the sum of \$50,000. Considerable money has been promised. In order to expedite matters, the Board has appointed Oswald Stevens and William M. Manning to call upon the citizens for subscriptions.

There certainly can be no more worthy object presented to the public than an institution whose sole aim is to provide, care and comfort for the unfortunate sick and suffering in our midst. When money is being freely given to so many projects for advancing the interests of the place, certainly this institution should receive your attention, sympathy and aid.

This circular is sent to you that you may give the matter your careful consideration, and be ready to name your subscription when one of the above named gentlemen calls upon you.

MRS. R. H. DALTON, Secretary.

WHAT HEPTOL-SPLIT IS.

Heptol-Split is the new Mineral Water that is superior to anything on the market. It is a Tonic Aperient that pleases everybody because its taste is so pleasant and its action so satisfactory. Heptol-Split is a Laxative that always acts, but is absolutely non-injurious. It cleans the system and braces you up and makes you feel good.

DEALERS SEE OTHER SIDE.



THIS CHECK IS GOOD FOR ONE

Heptol-Split

When Presented at any Drug Store,
Soda Fountain, Cafe or Bar.

Use it To-Day and get a Heptol-Split Free!

Notice to Dealers in Heptol-Splits!

ACCEPT THIS CHECK IN PAYMENT
FOR ONE HEPTOL-SPLIT.

Retailers: Return all checks for redemption to Jobber from whom you buy our goods. They guarantee to redeem same on subsequent orders for HEPTOL-SPLITS at the rate of 15 cents for each ticket in exchange for HEPTOL-SPLITS at trade price.

Jobbers: Return all checks for redemption (at the rate of 15 cents for each ticket in exchange for HEPTOL-SPLITS at Jobbers' trade price) to our Southwestern office at Waco, Texas.

THE MORRISON DRUG CO., SOLE PROPRIETORS,
NEW YORK CITY AND WACO, TEXAS.

Dear Friend:

We enclose, with our compliments, a check, which entitles you to ONE HEPTOL SPLIT FREE, when presented at any Drug Store, Cafe, Soda Fountain or Bar. Our object in sending you this check is to induce you to give this splendid new *Mineral Water* a trial, and by using the enclosed check you are enabled to do so without expense to yourself.

No other *Tonic Aperient* so highly pleases everyone as does *Heptol-Split*. In addition to being a Tonic, bracing and invigorating, it is A LAXATIVE OF UNEQUALED MERIT. We know that by inducing you to try Heptol-Splits we will please you, and trust you will present the enclosed check at any of the places above referred to and give us the pleasure of presenting you with a full size *Heptol-Split* free. See other side for explanation of what *Heptol-Split* is good for. If you are not needing it right now yourself, hand the check to some friend who does and remember the next time you need a laxative the thing to take is *Heptol-Split*.

Morrison Drug Company.

LOOKS GOOD
TASTES GOOD
IS GOOD



Try It.

Have you Tried a Heptol Split?

—“ The Split That’s It.”

It's the new Mineral Water that everyone likes so well. A palatable, sparkling drink that acts as a laxative and system tonic.

*Immediately Relieves
Indigestion and
Dyspepsia,
and Cures
Constipation.
Corrects Disorders Caused
by Over Indulgence in
Eating or Drinking, and
Counteracts the Evil Effects
of Impure Drinking Water.*

The effects of Heptol-Split reach directly to the Liver and Kidneys, stimulating those organs and correcting any disorders.

Heptol-Split acts promptly without a gripe and with no harmful results.

For bracing and cleansing the system nothing acts so nicely and satisfactorily as Heptol-Split.

*At Drug Stores, Cafes
and Bars, 15 cents a bottle.*

*Morrison Drug Co.,
Proprietors, WACO, TEXAS.*

There is no *abominable humbug* about it. It acts scientifically. It assists Nature. The patient breathes in this Aerator an active and potential germicide—an old physician's prescription, composed of the active principles of phenol, eucalyptol, iodoform, menthol and other allied drugs. These, all of an antiseptic nature, reach the diseased and inflamed broncho-pulmonary mucus membrane, and it is healed, soothed, stimulated and invigorated.

In cases of chronic catarrh it relieves the engorged and oedematous state of the mucus membrane and it markedly influences for the better, the most distressing symptom (the abnormal secretion of irritating mucus.)

The disease germs are killed. Catarrhal and asthmatic disorders, bronchial and laryngeal complaints,—all are relieved at once and cured speedily.

This treatment is one of admirable adaptation, and available to the hands of the profession. The very principle is calculated to win the confidence of all, and by the Treatment the new materia medica is enriched.

The manufacturer's motto is: "It cures or costs 0".

That is guarantee sufficient.

WILLARD H. MOISE, M.D., F.S.S.,

Consulting Chemist & Director.

New York, March 11, 1908.

4515
Bulletin and Certificate

of the
Iamatological Bureau.

Prof. Willard H. Moise, M.D., F.S.S.,
Iamatological Chemist.

New York,

March 11, 1908.

Object. The Bureau does for the active practitioner that for which he has limited time and opportunity. Remedies purchased in the open market, or sent us by medical men, are tested chemically and therapeutically, and the findings confirmed clinically in private and hospital practice. In short we search the titles of medical preparations, and the result is stated in a formal bulletin by which the physician ascertains the standing of the remedy.

Fee for research \$100.

Copies of Bulletin \$5.00 each

BULLETIN * * * * *
OF THE
IAMA TOLOGICAL
BUREAU * * * * *
ON
THE AERATOR,
Manufactured By
The Conlin Aerator Co.
Of Poughkeepsie, N. Y.

To the Medical Profession :

This Bureau has been given the opportunity of making the acquaintance of the Aerator above named, and of testing the system nominated by it. This was done without the knowledge of the manufacturers, and the results

are such as to secure its commendation to the medical profession, as a most notable and efficient agent in the promotion of the medical science of the new century.

Why do we send patients to Colorado and the Adirondacks?

That they may breathe dry air.

Why send patients to Lakewood?

The air is dry and redolent with the fragrance of the pines.

Why is it that the spring fogs bring grippe epidemics?

The air is too moist.

Why is the night air of Cuba so pernicious?

It is a moist heavy air.

Which is more favorable to germs, dry or moist air?

Moist air.

What is the true gospel?

Dry air, rich in ozone and Nature's medication, makes health.

What is the natural method of breathing?

Through the nostrils.

That completes the catechism.

This Aerator is founded on the principles above outlined.

No other Aerator, Inhaler or apparatus of the character is.

Others are not a success.

The Conlin Aerator is a success.

F. M. DALMAZZO,
Commercial Printer

ROOMS 9 AND 10 HAMILTON BUILDING.

723 FIFTH STREET. 724 SIXTH STREET.

May 31 90

Recd of Thomas Whaley

\$30.00 for balance of
interest for 1000

John Grayson
Bank

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WHALEY & DALTON

SUCCESSORS TO MORSE, WHALEY & DALTON.

809 FIFTH STREET.

SAN DIEGO, CALIFORNIA.

Pioneer Real Estate Dealers

—NOTARIES PUBLIC.—

EXCLUSIVE CONTROL OF VALUABLE PROPERTIES.

Taxes Paid Morse Addition, Etc. Rents Collected.

References—Consolidated National Bank of San Diego.

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one in spoon full of mixture
per table 10 brought
then take one portion
if does not operate
give 10 and then
at 7 in the morning
in the evening take
every hour - 100 of
one of mixture till
12 noon when the
doctor will come, keep
in bed till then.
also take 100 of
of other mixture given
10 at night before bedtime.
July 13/90

Comp. Tr. Cinchona.

2 gr.

Useful in water
before meals

Aug 30 - George commenced
with Dr. Lee's. got prescriptions
from Dr. Lee's. from Chaddis
Rf.

Potass Chlorat 3 1/2

Chris Lactopurpur 3

Agua ~~...~~ 3 1/2

My Take - a teaspoon
in a little water every

three hours
Aug 30/88. Last prescription
not filled.
Aug 29/88. George and Dr. Lee
prescriptions filled not
filled.

OFFICE OF

DRS. STOCKTON, VALLE AND NORTHRUP,

726 Fifth Street, San Diego, Cal.

788

Dr.

Sir: Please call

at

No.

Street,

between

and

Street,

to see

If you cannot come yourself please send

Dr.

Signed.

Take fasting —
 $\frac{1}{2}$ oz Rosso.
Root —

Steep in $\frac{1}{2}$ pt
warm water

Let stand 15
min — Take $\frac{1}{2}$
of quantity of other
other $\frac{1}{2}$ in course

of 15 min —
If no operation
take 100k Draught
in 5 hrs after —

1.03 of Juniper
Juniper berries -
Pumpkin seed -
1/2 -

PATIENT'S CARD

Miss C. A. Thaley Examined *Dec 17 1895*

Record of Case: Book *4* Page *58* Began treatment

30 Treatment and Medicine per Month
No - 00 Paid

Take Medicine Labeled No	<i>Lk.</i>	Before Meals
Take " " "		After Meals
Take " " "		At Bedtime
Take " " "	<i>9.00</i>	As Directed

If you live a distance and need more medicine send a postoffice money order for the amount needed and enclose this card in letter.

Address all Communications to

DR. A. J. SHORES CO.,

OFFICE HOURS:

9 to 12 a.m., 2 to 5 p.m., 7 to 8 p.m.
SUNDAYS: 10 a.m. to 12 a.m.

PARLORS 3, 4, 5, AND 6
MEDICK BLOCK
LOS ANGELES, CAL.

ALWAYS BRING THIS CARD WITH YOU.

ALWAYS SEND THIS CARD WHEN YOU WRITE

— For Palpitation of the Heart —
fluid of valerian $\frac{1}{2}$ teaspoon full,
to be taken whenever have feeling of suf-
focation or palpitation of the heart.

If not relieved right away take
 $\frac{1}{2}$ teaspoon full fluid of red lavender.

— from Mary Gibbs —

from letter Jan 26 1875

from Dr. C. H. - to H. E.

Homeopathic Medicines.

July 1st 1857
Dose 12 to 20 drops 3 times
in a little sweetened mu-
cilag. syrup - the same
with a little menth-
ol; two or three times of
each, and a quarter
of Soda Sal. of the above called
the, and a quantity of just
sufficient to keep
unpleasant symptoms
at bay. The
essential ingredients are the
reported.
The dose of the 2d dose
Howe's Sal. of Soda
The quantity of the above
is.
The same of the 3d dose
under the same name
The 4th dose is the same
- 117 -

Homeopathic
Medicines.

Rev Geo Comstock
Essex
New York
N.Y.

BULLETIN ❁ ❁ ❁ ❁
OF THE
LAMATOLOGICAL
BUREAU ❁ ❁ ❁
ON
THE AERATOR.
Manufactured By

The Conlin Aerator Co.
Of Poughkeepsie, N. Y.

To the Medical Profession!

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That is guarantee sufficient.

WILLARD H. MORSE, M.D., F.S.S.,

Consulting Chemist & Director.

New York, March 11, 1898.

4515
Bulletin and Certificate

of the
Iamatological Bureau. ❀
Prof. Willard H. Morse, M.D., F. S. S.,
Iamatological Chemist.

New York,

March 11, 1898.

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Fee for research \$100.

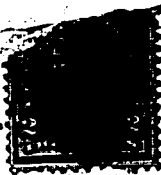
Copies of Bulletin \$5.00 each

10cts Apple apple.
1 quart Tomato

to be used in a
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For the ...
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S.A.M. MAN 8
BAM
82



Mrs. Mrs. Whaley
933. State
City

From Dr. Jodun For Frank
Hydrate Chloral a c 21
Elet Calissay 7.11
With Tablets Spindufel
at Beckmiller
Subh 24/90 by Remondino 300191

— GO TO —

HENRY DAGGETT

* * **Pharmacist,** * *

N. W. Corner Fifth and C Streets.

SAN DIEGO, CAL.

Where you will get First-Class

DRUGS AND MEDICINES.

Prescriptions Carefully Compounded, at All Hours,
Day or Night.

DR. J. R. DOIG,

PHYSICIAN AND SURGEON.

OFFICE: Cor. Fifth and V. Streets.

HOURS: 10 to 12 A. M.; 2 to 4 and 7 to 8 P. M.

RESIDENCE: Cor. Front and Fir Streets. Telephone 700.

SAN DIEGO, CAL.

Aug 15/90 Late white powder
tonight. Then 2 pk
powders, then a
white + c

R, Alterative Powder ʒi
make 6 powders, one every 3rd night still retained.

R, Comp. Colycint. pills ʒi.
make 6 powders, one each night.

Ⓜ

B. B. THAYER,

Chemist,

NO. 36 MONTGOMERY STREET,

Corner of Sutter,

SAN FRANCISCO.

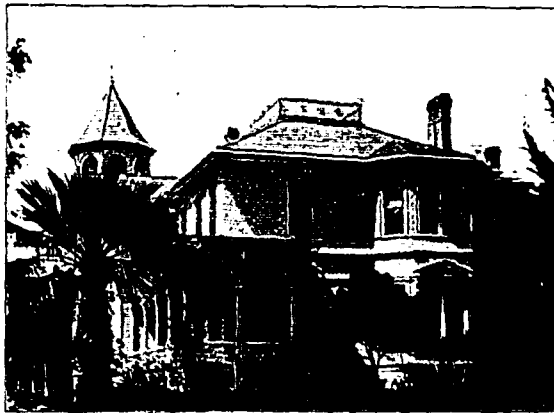
AT H. P. WAKELEE'S.

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R Hyd Sulc Mer
Sulph Quercum ta grij
make 3 pills
Take at bed time

R Blackberry & Zij
Take early in the
morning

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24457

M. A. LESEM'S
KNEIPP
SANITARIUM



For the Cure of Acute and
Chronic Diseases

S. E. Corner of First and Laurel Streets,

SAN DIEGO, CALIFORNIA

M. A. LESEM'S

☞ KNEIPP ☞
SANITARIUM



For the Cure of Acute and
Chronic Diseases

S. E. Corner of First and Laurel Streets,

SAN DIEGO, CALIFORNIA

The Lesem Kneipp Sanitarium

This is the only Kneipp institution on the Pacific Coast in which that treatment can be exclusively obtained. The system, which has been thoroughly tested and approved in Europe, requires no other method of treatment to cure all ailments of any nature whatsoever, where every other method fails.

Using only Nature's remedies, the success has heretofore been so marked that the afflicted of all classes have been permanently cured, where a fair trial has been given, as its healing powers are simply marvelous and have not been questioned.

As there is no misrepresentation connected with this treatment, it may not be amiss to state that, frankly, this is the only institution where the actual *water treatment* can be had in accordance with the real principles of the immortal Monsignor Kneipp, so well known all over the world.

With this treatment cures are effected where everything else fails, and all sufferers should investigate its claims before trying any of the much-lauded houses, where, I hereby warn them, they will be misled into believing that the true *water treatment* is practiced. As a matter of fact, my institution is the only one in this city where the Kneipp method is practiced exclusively, all other statements to the contrary notwithstanding.

I have made this specialty my life study; all the treatments are administered by myself, personally, as I have obtained my knowledge by actual study and practice in one of the foremost institutions in Bavaria, Germany.

And, since assuming practice, I have cured many men, women and children in this city, and from the North, South and East, several of whom have furnished me with the most satisfactory testimonials regarding their past condition and present state of vigorous health. These will convince the most skeptical sufferer of the great boon in store for all those who place themselves under the healing influence of this veritably beneficent system.

All persons afflicted with pains, weakness, physical discomforts, or ailments of any kind, should call for free consultation or write for my booklet, which contains a wealth of information, and is sent without any charge to all applicants.

In cases of specially delicate character with ladies, the treatment is given by attendants under

to try your treatment. I commenced on Oct. 6th, 1902. On the third day I felt some relief, and thereafter improved daily. After five weeks I was completely cured and have enjoyed the best of health ever since.

And now I am a most enthusiastic follower of your method of treatment.

I would recommend all sufferers to place themselves in your care, and know that they will have every reason to be grateful, since a cure is sure to follow.

Yours, very sincerely,

GUSTAV HOMANN, San Diego, Cal.

San Diego Quarantine Station, Aug. 23, 1903.

MR. M. A. LESEM:

Dear Sir—I feel it my duty, both to you and suffering humanity, to let you know my condition since treating with you, about one year ago, for a severe case of constipation and rheumatism and the many other ill-feelings that always go with it—too many to mention.

After taking 12 weeks' treatment with your wonderful *Kneipp Cure*, I have been a new man.

May success always be with you and your noble work.

And, furthermore, I wish to state right now, that I will be pleased to have you refer any doubting ones to me, as I would only be too glad to give my experience and any information I can in regard to your cure. With best wishes, I am

Yours respectfully,

CAPT. A. M. HAYWARD,
U. S. Quarantine Station, San Diego, Cal.

San Diego, Cal., April 15, 1898.

MR. M. A. LESEM, San Diego, Cal.:

Dear Sir—I tender you my sincerest thanks for completely curing me of chronic ailments. I had been ill for several years and treated by some of the best physicians, but relief was only temporary.

By your care and treatment I was cured in a very short time, and can boastfully say that I am as strong and healthy as any man. I therefore unhesitatingly advise all who suffer from chronic and nervous diseases to consult you and they will be permanently cured.

Wishing you success and a prosperous future in your noble work, I remain

Yours truly,

FRED A. MAILANDER,
Waco, Texas.

San Diego, Cal., Dec. 8th, 1903.

MR. LESEM:

Dear Sir—It is with pleasure that I acknowledge the benefit I received during the two weeks I was at your Sanitarium last spring under your treatment.

At that time I was suffering very severely from the effects of rheumatism. Am happy to say I am now well. Yours truly,

MRS. H. W. MCNABB,
542 21st St., S. D.

San Diego, March 6th, 1889.

MR. M. A. LESEM:

Dear Sir—I feel very happy to announce to you and the public in general, the great benefit I received from your treatment and personal care and attendance. I was completely broke down in health; a physical wreck. Besides that, I had a fearful swollen leg, full of poisonous matter, running sores, green and red and other colors, but in about three weeks' time I was restored to good health and strength, and I am now able to attend to my business as before. In the hope that others so afflicted will try your treatment and receive great benefit, I remain

Yours truly,

GEO. P. BECK.

MR. M. A. LESEM:

Dear Sir—Without solicitation on your part, I take pleasure in writing you this letter thanking you for having cured me in a short time, considering how long I suffered. At the same time, I will be only too glad if I can assist you in building up the reputation which you so honestly deserve.

For sixteen years I have had rheumatism in both my arms, and lately I felt pain in my left hip also. I visited Tia Juana Hot Springs for 10 years and Warner's Hot Springs for 3 years, in the hope of finding a cure, but failed, and then decided to try your treatment. I am happy to say this has been the wisest thing I ever did. On Sept. 17th, 1903, I commenced with your treatment and in three weeks I was so much better that I was able to resume my daily work, and now, on Dec. 22nd, I can declare myself perfectly well.

I therefore, can sincerely and conscientiously recommend you to all ailing, for I have seen many of the sufferers cured.

Again, my sincere thanks and best wishes.

Yours, very sincerely,

JOHN FORREST.

San Diego, Dec. 22, 1903.

San Diego, Cal., Dec. 22, 1903.

MR. M. A. LESEM, Kneipp Sanitarium:

Dear Sir—In writing this letter I wish to acknowledge my gratefulness to you for restoring my health.

For many years I suffered from a complication of ailments which made me unfit to perform my daily duties.

I suffered from rush of blood to the head so that I could scarcely see; and attacks of dizziness that made it difficult for me to stand up, and impossible to turn my head or my body. My face was unnaturally red, my breathing so short that it was difficult to walk, and I was in constant misery.

I tried medicines and electricity, but nothing brought me relief.

During the months of May and June I noticed many sick men and women visiting the Lesem Sanitarium.

I overheard conversations in which the people proclaimed the benefits derived from your treatment.

I made up my mind to investigate same and on June 26th, 1902, I started my cure. After eight weeks I was completely restored, not a trace of any former ailments has re-occurred. I am convinced that yours is the best method for treating the sick, and advise all sufferers to place themselves in your care.

I shall always feel deeply grateful to you for having effected my restoration to health.

Yours, very sincerely,

A. J. SANTEE.

San Diego, Cal., March 30, 1903.

MR. M. A. LESEM, Kneipp Sanitarium, City:

My Dear Sir—Before leaving the city I feel it not only a duty, but a pleasure, to say that I derived a great benefit from the Kneipp treatment under your direction. I came here last November all run down in constitution and health from overwork, and troubled with intercostal or muscular rheumatism. I began experiencing relief and improvement from the first two or three treatments and have been steadily improving ever since, and am to-day without an ache or pain and feel like a new person.

Very truly,

GEO. W. FREY, Minneapolis, Minn.

Green River, Sweetwater Co., Wyo., April 12, 1903.
M. A. LESEM, San Diego, Cal.;

Dear Sir—I take the liberty of addressing you to inform you that ever since arriving home I have been in perfect health.

The Lesem Kneipp Sanitarium

This is the only Kneipp institution on the Pacific Coast in which that treatment can be exclusively obtained. The system, which has been thoroughly tested and approved in Europe, requires no other method of treatment to cure all ailments of any nature whatsoever, where every other method fails.

Using only Nature's remedies, the success has heretofore been so marked that the afflicted of all classes have been permanently cured, where a fair trial has been given, as its healing powers are simply marvelous and have not been questioned.

As there is no misrepresentation connected with this treatment, it may not be amiss to state that, frankly, this is the only institution where the actual *water treatment* can be had in accordance with the real principles of the immortal Monsignor Kneipp, so well known all over the world.

With this treatment cures are effected where everything else fails, and all sufferers should investigate its claims before trying any of the much-lauded houses, where, I hereby warn them, they will be misled into believing that the true *water treatment* is practiced. As a matter of fact, my institution is the only one in this city where the Kneipp method is practiced exclusively, all other statements to the contrary notwithstanding.

I have made this specialty my life study; all the treatments are administered by myself, personally, as I have obtained my knowledge by actual study and practice in one of the foremost institutions in Bavaria, Germany.

And, since assuming practice, I have cured many men, women and children in this city, and from the North, South and East, several of whom have furnished me with the most satisfactory testimonials regarding their past condition and present state of vigorous health. These will convince the most skeptical sufferer of the great boon in store for all those who place themselves under the healing influence of this veritably beneficent system.

All persons afflicted with pains, weakness, physical discomforts, or ailments of any kind, should call for free consultation or write for my booklet, which contains a wealth of information, and is sent without any charge to all applicants.

In cases of specially delicate character with ladies, the treatment is given by attendants under

the immediate supervision of Mrs. Lesem, or by herself personally.

My institution is situated in the best part of the city and can be reached within ten minutes by electric car from Fifth and D streets.



M. A. LESEM

In bringing this little folder before the public I have several objects in view.

Firstly—To familiarize people in general with the work of the Kneipp treatment.

Secondly—To influence sufferers, and by proving to them that an actual cure is obtained, and that such are being brought about daily through my treatment, thus preventing those unacquainted with it from being misled by those who cannot substantiate the claims they make.

In response to urgent requests made by many who have received great benefit, and have been restored to health by me, I publish a few testimonials selected from among hundreds in my possession, giving proof positive that *others* testify to the efficiency of my method of cure. Each of these testimonials is written by well-known and responsible citizens, who were cured after years of

suffering. Many of them could not walk without assistance.

Without exception these people are all restored to perfect health and gladly give unstinted praise to the celebrated Kneipp cure. To those who doubt and hesitate, I would say that those who do not make a trial wrong themselves,—and prolong their sufferings; whereas, they could be cured quickly and permanently by me. The testimonials offered must convince the most skeptical.

Testimonials

Dec. 14th, 1903.

MR. M. A. LEBEM :

My Dear Sir—It gives me great pleasure to write to you in regard to the satisfactory cure which I obtained by taking a course of treatments with you. I feel that I owe this not alone to you, but also to those who may be suffering as I was, and who may need to learn how and where they will find speedy relief.

There are not enough people properly informed of the very good work which you are doing in relieving and curing the suffering and ailing ones. For the last twenty years I suffered pain incessantly, never being free for a day. I tried many different remedies and modes of treatment, all to no avail. On Dec. 26, 1902, I sought your advice, and after being in your care for four months, I was fully cured, and I have had neither pain nor ache since then. I enjoy the best of health and feel as active as in my youth. I cheerfully give you the privilege of referring to me any inquiry in regard to your work, and unhesitatingly recommend your method of treatment. I advise those suffering from any ailment whatever to place themselves in your care, as I witnessed a number of successful cures while visiting your establishment. I shall always feel grateful for the perfect restoration achieved in my case.

Yours resp'y.

F. D. MURTHA, San Diego, Cal.

Mussey Pleasant Grove, Dec. 20, 1903.

MR. M. A. LEBEM :

Dear Sir—I am very grateful to you for the benefit I received while in your care. For many years I suffered from rheumatism. I tried many doctors without obtaining relief. In September I visited Warner's Hot Springs, whereby sufferings were increased to such an extent that I had to stay in bed and was unable to move my limbs,—my pain was unendurable. On returning to San Diego, I decided as a last resort

to try your treatment. I commenced on Oct. 6th, 1902. On the third day I felt some relief, and thereafter improved daily. After five weeks I was completely cured and have enjoyed the best of health ever since.

And now I am a most enthusiastic follower of your method of treatment.

I would recommend all sufferers to place themselves in your care, and know that they will have every reason to be grateful, since a cure is sure to follow.

Yours, very sincerely,

GUSTAV HOMANN, San Diego, Cal.

San Diego Quarantine Station, Aug. 23, 1903.

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May success always be with you and your noble work.

And, furthermore, I wish to state right now, that I will be pleased to have you refer any doubting ones to me, as I would only be too glad to give my experience and any information I can in regard to your cure. With best wishes, I am

Yours respectfully,

CAPT. A. M. HAYWARD,
U. S. Quarantine Station, San Diego, Cal.

San Diego, Cal., April 15, 1898.

MR. M. A. LEBEM, San Diego, Cal.:

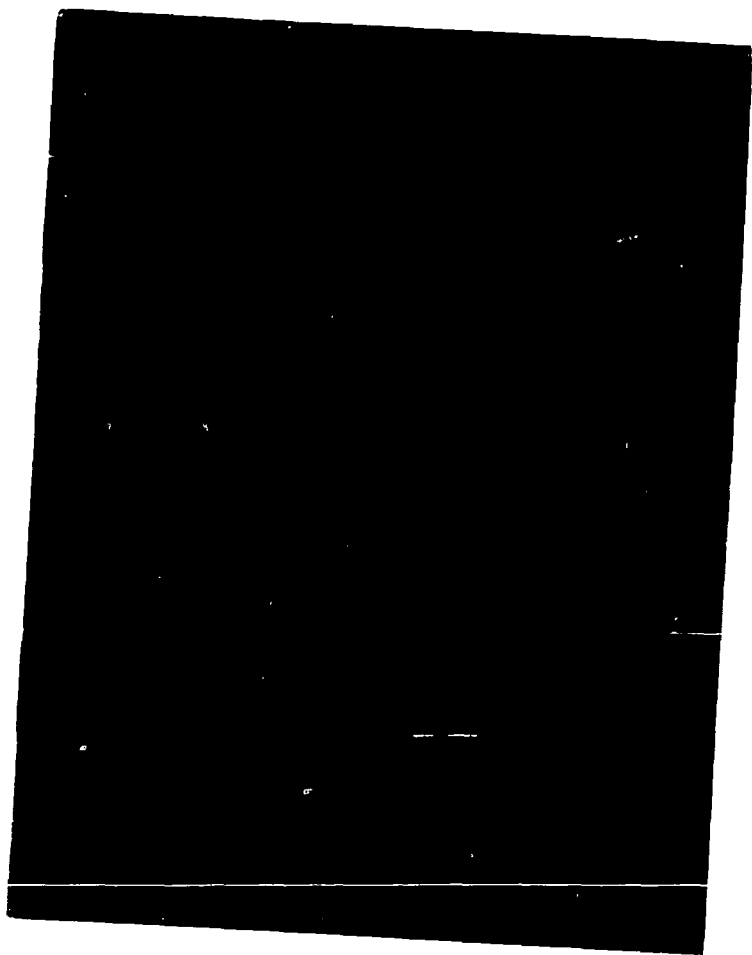
Dear Sir—I tender you my sincerest thanks for completely curing me of chronic ailments. I had been ill for several years and treated by some of the best physicians, but relief was only temporary.

By your care and treatment I was cured in a very short time, and can boastfully say that I am as strong and healthy as any man. I therefore unhesitatingly advise all who suffer from chronic and nervous diseases to consult you and they will be permanently cured.

Wishing you success and a prosperous future in your noble work, I remain

Yours truly,

FRED A. MAILANDER,
Waco, Texas.



Introduction

In publishing this my fifth edition, I feel that I am no longer a stranger to the public, and that the subject matter contained herein will appeal to the interest of the reader, and cause him or her to read all that I have written and give my words careful and kindly consideration. In stating the method of my work, and the splendid results attained by it there will be no need to draw on the imagination. The actual truth states facts which are more surprising, and all that I state can be verified by numberless testimonials in my possession.

In my institution, treatments are confined to the use of the Kneipp system exclusively. And so uniform has been my success in the cure of chronic cases that were apparently incurable that I unhesitatingly pronounce this system the most wonderful, the most satisfactory, and the most successful of all modern systems; the unequalled conqueror of all disease.

Much of my uniform success is due to my local experience in knowing how to apply the Kneipp Method in the treatment of diseases. Through my success the cause has gained great numbers of followers, and so many requests for treatment and accommodation have reached me, from every part of the country, that I was obliged to build an addition to accommodate the demand for rooms on the part of those desiring to avail themselves of my treatments.

This addition is designed to offer a most comfortable and pleasant place of abode to all. The rooms are all sunny, well-furnished, well ventilated, provided with arrangements for steam heating; and a well arranged dining room caters to the needs and desires of the guests. A homelike atmosphere prevails that is always soothing to our patients, and no effort is spared to make all feel comfortable and well contented. Those taking my treatments will certainly find themselves benefitted by them. In this book you will find many names of former patients

who gladly give testimony to cures effected. And as many are residents of this city, will be found to be pleased to give personal testimony as well. For many of these cures were truly wonderful.

Full details in regard to the method of treatments employed will be given in this book. And in the light of past experiences in which so many of those were cured by me who had borne their afflictions for years and had become hopeless of ever receiving even a little relief from their sufferings, these give me the desire to say to each sufferer, that if they will give me a fair trial, they will never regret it. Or if you have friends or relatives who are ailing, give me their address, and I will mail one of my books to them—free of charge.

WHAT IS THE KNEIPP TREATMENT?

The treatment as at present applied for the cure of all diseases was the result of 40 years of experience, during which time the founder had opportunities of testing its virtue in every respect. It is now recognized universally as the most wonderful system for combating all diseases, even the most critical.

Known as the "Kneipp Water Cure" or as medical men term it—a hydropathic treatment, it is not by any means a matter of questionable merit, nor is it altogether an idea of recent times. The ancients knew well the value of these applications, employing them in different forms. From time to time men have performed great cures by the use of hydrotherapy. But it was left for the Rev. Father Kneipp to so amend and arrange the use of the various applications that a system possessing an unusual degree of merit has been evolved. The liberal minded men among the medical professors recognize the value of this system of treatment, and the daily press records frequent cases of remarkable cures effected by means of this system. And the most obstinate cases may take courage—in that, through this system of treatments there is hope and help for them. However it needs the knowledge of an experienced specialist to achieve these results.

In my institution all applications are made in strict accordance with the Kneipp rules for giving same; the results are always gratifying.

WHY I AM A BELIEVER IN THE KNEIPP SYSTEM.



M. A. Lesem

The Kneipp system, in its wonderful effect upon diseases of whatsoever nature; its perfect adjustment to nature of recuperation must impress the thoughtful public, and appeal to all those seeking to be healed of ailments and infirmities. It builds up the tissues, strengthens the nervous system, and acts upon the diseased organs without causing any violent reaction. It is simple, safe, reliable, and withal absolutely reasonable in every detail—effecting cures where all other methods fail.

This was proven to me in my own case. In 1876 a severe attack of typhoid fever left me in a very debilitated condition, and for four years I was a great sufferer from a complication of diseases, and this in spite of the fact that the most eminent physicians in New York and Chicago had charge of my case. But medical advisers, medicines, drugs and mineral waters were alike unable to relieve my sufferings. Even a noted German watering resort, famous for its mineral springs was tried in vain.

In 1879, upon the advice of a friend I went to Bavaria, and there at last I was cured; and this cure—battling the best medical skill for years—was effected in a few months by the simplest methods. No medicines were employed—merely various forms of water applications. The joy of knowing myself completely restored by the above treatment made me not alone a convert to the cause, but an enthusiastic follower of this wonderful health restorer. When in 1881 I returned to Chicago well and strong, my friends gave me congratulations, inasmuch as they had thought that I would scarcely survive the journey. Since then my experience has been augmented by many other cases which came under my notice, for I continued studying and investigating unceasingly. For all these years I have devoted myself to study-

ing this system thoroughly, and I have become convinced that in this as in all else, nature has provided for the good of mankind a healing agent capable of curing all ills—and a remedy pure and simple withal. The number of cases which I have known to be cured by this treatment have firmly convinced me that its success is phenomenal, and my faith in its power is so firm, that I do not consider any case hopeless until this treatment has been given a fair trial and failed to cure; for I myself have cured a number of cases pronounced hopeless by others, and in confirmation of this statement can furnish testimonials given to me, by people well known in this city, and also from people elsewhere.

I thoroughly understand this method of treatment, which tends to renew the strength, invigorate the system, removes the cause of the disease, and thus cures the ailment. All I ask is: Give my method a fair trial, and I feel assured that the most skeptical will be convinced, while those seeking relief will obtain a cure.

WHO WAS KNEIPP?

HOW DID HE BECOME FAMOUS AS THE GREATEST HEALTH RESTORER?

The entire life of Kneipp, although of unusual and remarkable simplicity has left a profound impression, and his name is uttered with reverent gratitude by countless thousands. Actuated only by the motive of conferring a benefit on his suffering fellow-man, his name stands forth as that of one of the great benefactors of mankind. He sought neither fame nor glory, and yet achieved both.

He was born on the 17th of May 1821 in a little hamlet of Suabia, the son of poor people. His extreme poverty left him but scant time for either study or recreation, and he was early apprenticed to a linen weaver, much against his will. His desire was to study for the priesthood, but for many years this was impossible. Eleven years of struggle passed, and then a kind friend gratified the ardent desire of this poor youth. With all the fervor of his nature he threw himself into the work, studying hard and earnestly; but a serious illness interrupted his labors, pronounced by the physicians to be consumption



Monsignor Sebastian Kneipp

and incurable. One night, while visiting the library, he chanced to find a little, old, paper-covered book lying upon a shelf where, covered with dust, it had long lain. Finding that the booklet gave some valuable hints in regard to the cure of diseases by means of cold water, he became interested, and determined to try that method. Taking advantage of the night, and in defiance of the rules of the school which had forbidden this experimenting, he found a secluded spot on the banks of the Danube River, and there he went every night bathing in the cold waters; and the invigorating and stimulating power of the old German river soon gave him a new lease of life. He began to improve in health and to gain in strength, and to the surprise of those who had predicted his early death, he became an unusually vigorous young man. And from this small beginning dates the movement, which in later years grew to such tremendous proportions; elaborated through experiences with many thousands of cases of illness of all descriptions, that it has become known as the "Kneipp Method of Treatment." Thus he who in his youth seemed destined to an early death, was until his old age the embodiment of health and vigor—reaching the age of 76 years. The experience of his youth became, in the hands of this illustrious man, a blessing to countless fellow-men. Among the German peasants he practiced his system of curing for many years; until his success made him so famous that people came to see him from near and far, and from every country, to receive help. His kind heart prompted him to extend this help freely and without pecuniary remuneration to himself; but as a result of his labors, the little parish town of Woerishofen has become a world-famous resort which, from a little hamlet has developed into a prosperous, cosmopolitan town; and all this as the result of a practical effort to benefit suffering human-

ity and to cure its ailments. Kneipp became the greatest healer of the 19th century, and his elaboration of the water treatment, combined with a judicious use of healing herbs of the field resulted in a success in effecting cures which may properly be termed miraculous.

The cholera epidemic in 1892 lost much of its terror through the successful efforts of Kneipp, who saved many lives by his treatment.

From 1891 to 1894 over fifty thousand patients sought his help. He was often visited by from 300 to 400 sick people in the course of a single day, while from three to five physicians served him as assistants. Many eminent physicians, recognizing the merit of his system, came to him for instruction in his method of curing diseases. Kneipp institutions were established in all the large cities of Europe, and the cause is constantly gaining new followers.

TREATMENTS.

WHAT THEY ARE—AND HOW THEY ARE APPLIED

Many people are laboring under an erroneous impression in regard to the Kneipp treatment, thinking that all applications consist of "cold water" treatments. While it is true that cold water is largely used, there are many cases the treatment of which requires the use of warm applications—the nature of the disease deciding the kind of treatment required.

Limid people recoil at the thought of taking water treatments. But the reaction resulting from all such applications is exceedingly agreeable, and results in a sense of comfort and well-being that is obtained in no other way, and proves an agreeable surprise to those taking the treatment for the first time.

The applications comprised in this method are of greater variety than can well be explained here. But some of these are:

- Packs—cold and warm, with or without herbs.
- Compresses—cold and warm, with or without herbs.
- Bandages—cold and warm, with or without herbs.
- Vapor baths and steam baths.
- Pure cold water baths applied in many different forms.
- Hip baths cold and warm, the warm ones always with herbs.
- Warm herb baths in great variety.
- Ablutions. Walking bare foot when necessary.
- Douches are applied in many ways, and are arranged in accordance with the requirements of the disease under treatment.
- These are but a few of the treatments as applied; all of them re-

quiring skillful manipulation, care and judgment. In addition to the above a limited use of herbs is advised.

Exercises as suited to the individual are recommended. The fundamental idea is to cleanse the human body of accumulated impurities, which are the cause of diseases; to stimulate and regulate the circulation of the blood, and to tone up the system according to hygienic principles. Since irregular habits and an unhealthful mode of living cause all disease.—diet, dress, bathing, exercise and rest all form part of this system of treatment. Besides this, the various applications have an effect little short of marvelous.

The Douches, having a powerful dissolving effect, are used to eliminate stagnant impurities, while their use at the same time strengthens the nerves.

The various compresses and packs act upon the skin, extracting accumulated poisonous matter, removing obstructions that cause pain and illness, and stimulating the internal organs to healthful action.

The cold baths, as given in the different forms by the Kneipp method, are the best, and the only true tonic. They brace up, invigorate and strengthen the whole system.

The nervous system is particularly benefitted by these applications, their effect upon the nerves being to produce a quieted and soothed condition. Suffering humanity can find no healing agent so potent; no remedies which prove so unflinching in their power to heal and to invigorate as does this treatment in every case.

CLIMATE.

That climate is a factor to be considered in connection with the curing of diseases is a matter beyond doubt, and it is in this particular that San Diego is singularly adapted, as the place of all places, for the practice of my method of treatment.

We can truthfully claim that in the matter of climate—we have the best on earth; and this is an incalculable advantage in administering this treatment. Whereas places further inland show strong traces of alkaline dust, which is so hurtful in many cases of disease—especially in asthma, catarrh and lung troubles; San Diego is entirely free from this objectionable feature. The sea-breeze is tempered by the proximity of the mountains; and the remarkable purity of our atmosphere, the great number of sunny days, and the exceptionally favorable junction of sea-level and mountain elevation, make a combination rarely to be found. The cure can be administered advantageously throughout the year, and there is no place better suited for the continuance of this work. There is no necessity that sufferers should seek relief elsewhere; no need to try change of climate. I have in my experience, never found it necessary to advise change of climate for

my patients. San Diego climate, and this method of treatment as administered by me are capable of working marvels.

Those suffering from nervous diseases and general debility will derive especial benefit; while for all curable diseases, regardless of age, sex, or previous condition of suffering, the treatment as given by me achieves superb results in this climate.



THE SANITARIUM.

The Sanitarium is situated in the very best part of the city, on the south-east corner of First and Laurel Streets, built in a high elevation. Visitors enjoy a most beautiful view. To the south are the bay and Coronado Islands; to the west—a most magnificent view of Point Loma and the Pacific Ocean; to the east and north, a grand view of the inland mountains to the boundary line of Old Mexico, and besides all this a charming survey of the whole city. This location insures purest air, no trace of alkaline dust to inhale—not one objectionable feature—Beautiful walks all about, and to any part of the city tempt the pedestrian; while to those unwilling or unable to walk the street cars offer a convenient, clean and safe mode of transit.

TERMS.

Weekly payments to be made in advance.

The terms are reasonable, varying in accordance with the requirements of each individual case, and regulated by the mode of treatment necessary for the cure of the disease.

Location of rooms determine the price, but my terms are so

reasonable that prices including rooms, board and treatments are no higher than is paid in first class hotels without treatment.

Testimonials and the best of references will be furnished upon request.

Persons afflicted with insanity, epilepsy, lupus, cancer, consumption in advanced stages, and all contagious diseases are not admitted to the Sanitarium

I shall always be pleased to supply all inquirers with any special information they may desire. All correspondence promptly answered.

Patients must submit to the rules and regulations of the institution in regard to treatment and daily routine of life.

Steam and Herb-vapor Baths will be given to any one upon application.

The Sanitarium can best be reached by the First Street Electric cars.

Patients desiring admission to the Sanitarium and wishing to secure accommodations are requested to apply in advance.

DISEASES CURED BY THE KNEIPP METHOD.

All abdominal complaints, Abscesses Apoplexy, Asthma, Anaemia, Ague, Atrophy of the muscles, Appendicitis.

Bladder Diseases, Blood Poisoning, Bright's Disease, Bruises and Contusions, Bloody Flux, Bowel Complaint, Brain Diseases, Bronchitis, Burns, Boils and Ulcers.

Constipation, Cancer, Catarrh in all its various forms, Chlorosis, Cholera, Colds, Colic, Carbuncles, Cataract, Congestion of the lungs, Consumption in its first stage, Coughs, Cramps, Croup, Convulsions.

Debility, Defective circulation of the blood, Delirium Tremens, Diarrhoea, chronic and acute; Diphtheria, Dropsy, Dysentery, Deafness, Difficult Breathing, Discharges from the ear, Diabetes,

Ear-cramps and other ear diseases, Epilepsy, Eruptions, Eczema, Egyptian Eye disease, Emaciation.

Faintness, Ferers of all kinds, Fistula, Flatulency, Fractures, Giddiness, Swollen Glands, Gout, Gravel, Gall-stones, Green sickness, Gastric Catarrh, acute and chronic.

Headache and Head Complaints, Heartburn, Heart Complaints, Hemorrhoids, Hoarseness, Herpes, Hysteria.

Indigestion, Inflammations, Influenza, Injuries, Jaundice.

Kidney Complaints, Lameness, Liver Complaints, Lumbago, Lung Complaints, Lock jaw, Loss of voice.

Malarial Fever, Melancholia, Mucous Fever, Measles, Mental Diseases, Muscular Rheumatism, Weakness of Muscles.

Nausea, Nervous Complaints, Nose-bleed, Nicotine Poisoning, Obesity, Open Feet, Offensive Breath, Pectoral Fever, Piles, Phlegm obstructions, Podagra, Paralysis, Peritonitis, Poisoning, Pulmonary Diseases, Palpitation, Poverty of blood, Pleurisy, Phthisis, Respiratory Difficulties, Rheumatism, Rickets, Rush of blood to the head, St. Vitus Dance, Scalds, Scarlet Fever, Sciatica, Scrofula, Shivering, Skin Diseases, Sleeplessness, Sores, Spinal Complaints, Sprains, Stomach Acidity, Stomach Cramps, Stomach Tumors, Strokes, Spasms, Sweating of the feet, Sore Throat, Swollen Feet, Syphilis, Tumors, Typhus Fever, Toothache, Trichinella, Tetters, Tape-worm, Ulcers, Urinary Difficulties, Varices, Vomiting, Varicose Veins, Vertigo, Whitlow, Whooping Cough, Worms, Female diseases yield to this treatment without the use of instruments.

Health Hints

Hundreds of families mourn the loss of some beloved member stricken in the prime of life. Not because of old age, nor through accident. But the true reason why so many men, women and children, apparently robust, pass away, is that the laws of Nature and health are being constantly violated. This, and the wrong treatment, and application of dangerously poisonous remedies, cause much unnecessary sacrifice of life.

In every station of life people have acquired a mode of living contrary to the laws governing their well-being. Food which is adulterated, fit neither for man nor beast, is freely consumed. In fact, one of the greatest evils that we practice is that of over eating. Whereas, it is conclusively shown that people who habitually over-eat do not live long. And just as much harm is done by drinking injudiciously. The many popular drinks, reduced to an icy temperature, are very harmful, producing fermentation, troublesome gases, catarrh of the stomach and bowels, and thus developing other diseases. To speak of the harm done by alcoholic drinks, when used to excess, is superfluous. Everyone knows the damaging results of those. Then too, drinking with meals is a bad habit. The food should be well masticated before being swallowed, and should never be washed down with draughts of water, tea, coffee, and least of all with milk. Swallowing food which is but half chewed, and washing it down with copious draughts of liquids into an unresisting stomach is a universal custom that claims

hundreds of victims, making them invalids. With this custom established, it is small wonder that the digestive and nervous system alike break down.

And then there is the habit of being in a hurry always, which we Americans have acquired, and by dint of which we allow ourselves too little time for our meals. We hurry through our meals, only to waste time later on trying to recover from the evil effects which our habit of hurrying has wrought upon our health.

"An ounce of prevention is worth a pound of cure." And to those who continually violate the laws of health I would earnestly give this advice: Choose wholesome food; avoid drinking while at your meals; drink moderately of pure water between meals. And I am, at all times, glad to instruct those so desiring as to what is classed with wholesome food, and what is not. How to live so as to get well, and to keep well is only one of the branches embodied in the Kneipp Treatment.

There are many who claim to give these treatments, who, in reality, are ignorant of the first principles governing the method of the Kneipp System. Beware of these!

It requires years of study and experience to become thoroughly familiar with all the various methods of using the applications, and to work in accordance with the precepts of the illustrious founder.

I have had rare chances for acquiring the necessary knowledge. I understand the methods thoroughly, and those placing themselves in my care, and taking treatments in my institution will regain their health. I address myself to all those suffering from disease, no matter what the name or nature of the ailment, nor whether it be acute or chronic; nor even though it be called incurable or hopeless.

This mode of treatment is the only method by which the foreign matter which lies at the root of the disease can be removed from out of the system, and the affected organs restored to their normal activity—bringing mind and body to a healthful state. In this institution there is no guess work, no experimenting. Based upon an experience of forty years, during which time disease in all its varied forms was presented, the venerable Father Kneipp built up a system which overcomes disease. And it is this system as outlined and so successfully used by him, to which I faithfully adhere, and which has given me the most satisfactory results, and unqualified success. During all the years in which I have been engaged in this work not a single case was lost under my treatment, but hundreds have been restored to health through it. But I must add that for those suffering from chronic ailments, time is required to effect a cure. Diseases that have held the victim for years cannot be overcome in a week. It needs time, and a strict observance of directions regarding diet and hygiene. This co-operation on the part of the invalid will secure a certain cure.

Sufferers from any ailment desirous of finding relief and a permanent cure, should, by all means, avail themselves of this opportunity. Leave those oft-tried remedies that are of no avail! They bring positively no results.

In my institution the best results are obtained. And I have proofs and evidence that my method of treatment is the surest in curing disease. I hold the confidence of the public, and I always state the truth only, and I never misrepresent. To all those taking a course of treatment instructions will be imparted so that they may keep well, and remain free from further disease. Additional information, if desired, will be gladly furnished.

DISEASES

And now a few remarks in regard to the so-called incurable diseases:

APPENDICITIS, a disease which in modern times is very prevalent is very easily overcome by this method of treatment. The inflammation of the appendix yields readily while the diet prescribed is of prime importance, these insure a certain cure, without resort to the knife, which so often proves fatal.

INFLUENZA OR LA GRIPPE is one of those dreadful diseases which if not thoroughly cured is apt to lead to pulmonary diseases. By my method of treatment it is so easily overcome, that I have cured many cases in the worst stage, in five days' time.

KIDNEY DISORDERS. The ailment known as **BRIGHTS DISEASE** can be cured by applying the Kneipp Treatment in time, and have it administered by one who understands the applications. By the use of herb packs all the poisonous matter which causes the decay of the kidneys is extracted. In addition to these packs various water applications are given. These bring about an improved activity of the kidneys, hence strengthen the entire body, creating a normal circulation and restoring the sufferer to perfect health.

HEART DISEASE is usually classed with the incurable diseases. But this method of treatment invariably relieves the trouble. Gentle and mild applications tend to equalize the circulation, withdrawing the surplus from the region of the heart, and distributing the blood naturally through its proper channels; thus relieved, the over-taxed organ soon regains vital strength, performs its functions naturally and without causing pain, the sufferer soon regains strength, and is restored to a normal condition. This can be accomplished only by my method.

THOSE CHRONIC STOMACH TROUBLES

Many people suffer from this malady nearly all their lives, and have come to regard it as one of the incurable ills. But this is an erroneous idea. To effect a cure it is necessary to know just which application to make use of. I have been highly successful in curing

numberless cases that had refused to yield to any previous treatment, but which were entirely cured by me. My work, and obedience to my directions on the part of the sufferer will prove effective every time, and establish a cure.

GOUT also one of the troubles of which it is said that once in the system it is incurable. I do not agree with this idea. Give me the opportunity to use my treatment, and the unwelcome guest will soon be routed. The sufferer will be amazed to witness the ease with which I can relieve him from that miserably painful ailment.

RHEUMATISM which has been so loudly proclaimed as incurable is mistakenly called so. Very many men and women in this city have been cured by me that it is needless for me to dwell upon the subject. It is easy to satisfy the community as to this by reference to those who have been cured by me, and who are living here and enjoying perfect immunity from their old troubles. Besides these I have many testimonials from others, not residents here, testifying to their complete recovery.

CONSUMPTION in its first stages is curable. Even when somewhat advanced it can be cured. But when people wait until the lung is entirely wasted away then it is too late to do any good. But take this treatment before the disease is too far advanced, and a cure is certain to follow. All pulmonary diseases are treated with the utmost success by this method.

CATARRH, in all its various forms, whether nasal, bronchial, throat or stomach catarrh, or in the head or ear, are troubles from which many people suffer. This is due to the fact that the ordinary methods in use are powerless to overcome these ailments. At my institution I have cured very many cases, as my system is the only really rational method of curing these troublesome ailments, and on this subject I wish to add a word of explanation.

BAREFOOT WALKING is one of the practices useful in helping sufferers from catarrhal troubles. The benefit derived from this custom is very great; and though ridiculed by many, it is adhered to by those who have found out the great advantage it offers as a means to strengthen and to heal the sufferers from the above mentioned ailments. Did the habit of barefoot walking prevail more generally, there would be fewer people troubled with the various forms of catarrh, which now afflict the majority of people in one form or another.

PARALYSIS. For this much dreaded and pitiful disease a series of gently stimulating treatments have been recommended by Kneipp, which have been applied with unvarying success. The sufferers however must be willing to grant time for the treatment to take effect, and must be patient and willing to obey orders. The treatment brings about a thorough circulation of the blood, supplying the lame, cold

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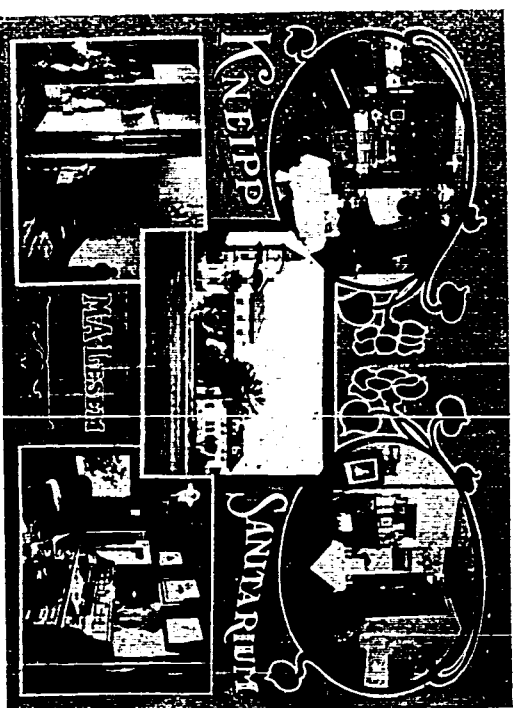
limb or affected part with artificial heat, and thus a cure is effected. And it can only be done by means of this treatment.

NERVOUS DISEASES. Diseases of the nervous system manifest themselves in many different forms. Volumes might be written about them. But of whatever nature the affliction may be, or in whatever manner the disease manifests itself, it yields readily to my treatment.

INSOMNIA is a much dreaded form of nervous disorder, and indeed there is no other form of nervous trouble which so completely destroys the comfort and equanimity of the sufferer as does long-continued sleeplessness. Many have been driven to sheer desperation by it. But to those calling in the assistance of my course of treatment prescribed for this trouble, the dreaded disease soon loses its terrors, and the result shows well-nourished nerves, and vigor and energy restored. Occasionally these troubles require some little time, and some perseverance on the part of the patient. With these given, a cure is sure to follow.

CONSTIPATION. But few people are entirely free from this trouble. It originates from a wrong mode of living; eating food that is indigestible, and consequently unwholesome, drinking too much of liquids with the meals, eating at irregular hours, and hurrying through the meals. Another source of this trouble is the habit of disregarding the call of nature. The evacuation thus deferred, the foul matter is re-absorbed into the system causing many and various forms of trouble. Then to relieve the constipation, purgatives are resorted to. This grows into a habit, and the bowels become torpid, making continually increasing doses necessary. The reaction from this forcing of the functions causes a weakness of the entire digestive system. In treating this complicated trouble I have recourse to a variety of water applications and various packs. No medicines whatever are used; but gradually the natural functions are restored, a renewed activity results, evacuations take place regularly, and the health of the sufferer is re-established. I have cured many cases in a comparatively short time. In two weeks' time I have cured acute cases, while chronic cases require from three to six weeks' time.

FEMALE DISEASES. All the different ailments peculiar to women can be cured with remarkable success without the use of any instruments whatever. The cures are accomplished painlessly to the patient, there being nothing used excepting herbs and mild applications of water treatments; also packs which act upon the diseased parts, strengthening the weakened organs and curing the ailment. Herbs are also used for injections, healing inflammations and curing the disease. No medicines whatever are employed, and the results obtained are exceedingly satisfactory to the sufferer. More information will be given



in consultation; suffice it to say, that the treatment is soothing, does not excite the nerves, and the cure is permanent.

DROPSY. This peculiarly dangerous disease is also classed with the incurable ailments. This I venture to contradict. With the Knapp System hundreds of cases have been cured, and this is the method which I follow exclusively.

DIABETES. A great many victims of this disease, not having received the right treatment, have for nil a premature grave. It is a disease, which if not checked, brings about complications and great sufferings. I advise all who are afflicted with this complaint to avail themselves of my treatment at once. A permanent cure will be effected.

DEAFNESS. Even those unfortunate, who are afflicted with this ailment, can find a cure through this marvelous treatment. Knapp formulated a system by means of which the hearing may be restored, provided that the ear-drum be uninjured. Instruments are frequently the means of causing injury to the delicate organism of the ear. In my method no instruments are used. Warm applications, gently dissolve-

ing the obstructions caused by catarrhal affections of the head and ear, and water applications which have a stimulating effect bring about a perfect restoration of the sense of hearing. This is the only known method by which this result is reached.

THE EYES. I cannot say too much in favor of this treatment as to the benefits to be derived from its use in cases of weak eyes, granulated eyelids, and all manner of eye diseases. The simple, natural remedies that are applied have great restorative power; improving impaired vision, and causing the eye to regain its healthful state. To effect this, I use the eye-bath and eye-douches in connection with the eye-salves and washes, all prepared from herbs. With packs and water applications, which I employ in connection with the above mentioned applications, I derive results that are as amazing as they are gratifying to the patient.

LIVER COMPLAINTS have a tendency to make people feel disheartened and discouraged, keeping them in continued misery. If not cured betimes, these ailments are apt to bring on jaundice, as also other complications. These rarely yield to ordinary methods of treatment. With my method a certain cure is effected. It is as easy for me to cure liver complaints as it is for some people to eat a big Thanksgiving day turkey dinner.

DEFORMED AND WEAK LIMBS. To those who have children with deformed, weak limbs, or suffering with rickets, I would give the advice to put the little ones under this treatment without fail. It is the surest cure for all such ailments. Why torture the poor little ones with iron machines from which no benefit is derived? This treatment will bring healing without torture.

SPINAL DISEASES. A cure for diseases of the spine can also be achieved; difficult as they are to heal, nevertheless if not allowed to run on too long they yield to the applications as used for this class of ailments. There are no remedies as effective as the genuine Kneipp water applications as administered by me, for restoring the health and a normal condition to people who suffer from spinal trouble.

CANCER, one of the worst diseases with which we have to contend, and claimed to be positively incurable. Records however will prove that even this most disagreeable disease has been overcome with his treatment by the reverend Father Kneipp. Hundreds have submitted to operations, in which the diseased parts were cut away. But with what results? Anything but favorable. All such operations fail to cure, and frequently terminate fatally. Cancer being a blood disease, must be treated accordingly. We have herbs that eat away the diseased parts, and in addition we give other treatments which serve to purify the blood, and bring about a cure for cancer in fact. It is necessary to rid the body of the old diseased blood; to build up new

tissue, strengthen and brace up the entire system. A strict observance as to diet, and time and patience, and a cure will surely result.

LUPUS, being a disease similar in nature to cancer, is treated in much the same manner, but requires a shorter period of time for a cure to take place.

The foregoing are only a few examples showing the good results which follow this treatment. I mention these as they are of common occurrence. But there are many other ailments, too numerous to mention, which are cured by means of this treatment, where all else fails.

HEALTH UNDERWEAR.

The very best makes of Linen Underwear for men, ladies and children are to be obtained from me at all times; nothing but the very best all linen. No cotton mixed goods are kept. Our prices for fine linen are no higher than others ask for cotton mixed goods, and sometimes I sell for less than the cotton mixed.

An all linen garment is the only real hygienic underwear, and should be worn by every man, woman and child for its healthfulness as well as cleanliness.

I also sell the real German imported Health Footwear; such as Sandals and open mesh shoes. This foot wear can not be praised enough for its wholesome qualities as well as comfort and restfulness to the feet, and if persons once wear them they will never want to wear anything else. A full line of many different styles can be had at my Institution. Among them are some very handsome designs for ladies, children and men at very reasonable prices.

IN CONCLUSION.

I wish to say a word to those who despair of finding a cure for their ailments; to those who, having tried all means and methods of treatment, such as electricity, massage, patent and other medicines, without success, being sufferers more or less. Small wonder that they have lost confidence and are discouraged after finding all these remedies unavailing and incapable of effecting a cure.

But there is a mistake made, when they say they have tried everything. The expression "tried everything" is faulty, for that means—everything but the Kneipp Cure. This, the method which I follow, is the only one to which they have not given a fair trial, and it is the only system of treatment that really does effective work and cures the sick. I do not hesitate to thus strongly express myself. For this is the truth, and truth only.

References to numbers of people in San Diego and elsewhere, whose experience is such as is cited above, will convince the most skeptical. For among them are many who had tried all else and came to me as a last resort, doubtful of the results, and yet willing to

take one chance more. And these people gratefully acknowledge that their health is due to the effect of the Kneipp System, and my method of using same. Therein lies a large part of the success—to know how to apply the treatment properly. And this I do know, for I have spent many years in studying the method in all its branches, and many will testify to my success. These now find themselves well and in good health, after having become almost reconciled to the idea that they were incurable. These cures, many of them astonishing to all who knew the sufferers—cover a period of many years. And with the wide experience thus gained I feel confident of success in cases that will not yield to anything else. Therefore I would impress those who feel hopeless about their ailments, so that they may avail themselves of my "wonder-working treatment." For what man has done, man may do, and with many their hopelessness will be changed into rejoicing. If they who thus suffer will come to me—the same kinds of herbs, the same method of treatment, the same use of water—will prove as potent in their cases as they have been heretofore with many, who equally hopeless before coming to me, now gladly attest to this strength-giving, health-restoring, natural method of healing.

Consultations are free. Do not hesitate nor delay—but come in justice to yourself, and give my treatment a fair trial. Nature gives us the remedies to heal our ills; and to Kneipp was vouchsafed the wisdom of applying them for the welfare and general advantage of mankind. And his teachings have impressed me so deeply that I know and fully understand the method as promulgated by him. "A sound mind in a sound body," this is reached by means of the Kneipp Cure! But the Kneipp Cure only as administered in accordance with the founder and original teacher's methods; and not such treatment as, ostensibly called by this name, and now being practised with the addition of various means and methods which were utterly condemned by Kneipp himself. Now my method is simply and purely the method so successfully inaugurated and perfected by the Woerishofer founder, Sebastian Kneipp, the greatest health restorer of the nineteenth century.

M. A. LESSEM,
Kneipp Sanitarium, 2455 to 2467 First St.
corner Laurel.

No charge for Consultation.

The following pages will give a few testimonials which were tendered to me unsolicited, by people who were suffering from ailments which had been pronounced incurable. Of such testimonials I possess a great number and value them highly. I will be glad to show them to those desirous of reading them, and this collection of autographs will be found to contain much interesting reading matter.

TESTIMONIALS.

In response to urgent requests made by many who have received great benefit, and have been restored to health by me, I publish a few testimonials selected from among hundreds in my possession, giving proof positive that others testify to the efficiency in my methods of cure.

San Diego, Cal., Nov. 9, 1906.

Mr. M. A. LESSEM:

Dear Sir—When I contrast the almost hopeless condition of my health for five long years before taking your treatment, with the splendid health I am now enjoying I can scarcely realize that but four short weeks were required to bring about the great change. I consider the money spent for your treatment the best investment I ever made.

Yours truly,
CHARLES S. MACK

3879 Fifth Street,

San Diego, Oct. 20th, 1906.

Mr. M. A. LESSEM:

Kneipp Sanitarium 2467 First St.
Dear Sir—I take my pen to inform you that I am well and able to work again. And to the inquiring sufferer would say that after suffering with Pneumonia for 60 days and doctoring without finding a cure, I gave my case into your care, and after a few days treatment the pain left and I gained steadily. Coughing ceased, and haven't coughed since. And after 5 weeks I considered myself cured. To those that are suffering from any ailment and wishing honest and upright treatment consult Mr. Lessem, and if he cannot benefit you he will freely tell you so. I would gladly answer any inquiries.

GEO. L. SKINNER,
San Diego, Cal.

2305 L Street.

San Diego, Sept. 12th, 1906.

Mr. LESSEM:

Dear Sir—I have been suffering for years from chronic Catarrh of the Bladder and Bright's Disease of the Kidneys, and although I have tried many doctors I got no relief, until I took the Kneipp cure as given by you. And am pleased to say that after three weeks treatment I was greatly benefited. Bright's Disease has entirely left me, and the bladder Catarrh nearly so. After many years experience I am confident that there is no cure for chronic diseases, such as Bright's Disease of the Kidneys, Catarrh of the Bladder and Constipation but by the Kneipp Cure as given by you.

Very truly
F. L. THURSTON.

3527 Fourth Street.

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Boulder, Colorado, Mch. 1906.

Mr. M. A. LESSEM:
San Diego California.

Dear Sir—It gives me great pleasure to write you in regard to the satisfactory treatment I obtained at your Kneipp Sanitarium during January and February. I had kidney and bladder trouble for fifteen years. I applied to several noted specialists of this country, took their prescriptions, had no relief from either of them. While in San Diego last January I was attacked severely with both bladder and kidney ailments. Providentially I believe I was directed to your Sanitarium, and after five weeks treatment I considered myself entirely cured. I was eighty-two years old last February.

Sincerely Yours,
CHAUNCEY STOKES

Kent, Ohio, May 23rd, 1906.

Mr. M. A. LESSEM:
San Diego, Cal.

Dear Sir—I reached home May 9th and find I am in good shape so much improved that I think I owe you this letter telling you. I can run up and down stairs, which I have been unable to do for ten years until I took your treatment for six weeks, in March and April as you know. I am feeling better every way and want you to know it. And I wish a great many people knew what I know of your treatment. I expect to come to San Diego next fall, and will see you then. I would be glad to tell anyone suffering—of my experience, or will gladly give my permission to use my name for reference or in any way to let people know what you can do for them.

Yours truly,
A. C. SMITH.

San Diego, Cal., March 2nd, 1906.

Mr. M. A. LESSEM:
I most heartily recommend the Kneipp treatment as practiced by you at your Sanitarium.

After twenty years of great suffering from stomach troubles during which time I was reduced to diet of Por, for which purpose I was obliged to live at Honolulu, I finally concluded to try the Kneipp treatment. And I am most grateful to say that my health has been entirely restored, and no trace of the stomach troubles remain, so that I am again able to eat a regular meal without restriction to my diet.

Yours,
C. W. SCHLEIFER.

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San Diego, Cal., Jan. 25, 1906.

Mr. M. A. LESSEM:

My Dear Sir—Before leaving your city I feel it not only a duty but a pleasure to say that I derived a great benefit from the Kneipp treatment under your direction for a severe case of Constipation and the many other ill feelings that always go with it, my legs from my knees down were cold, pains in my head. After four weeks with your wonderful Kneipp Cure I feel like a new person.

Very truly,
G. C. GETZLAF,
Willow City, N. Dak.

San Diego, Cal., March 2nd, 1906.

Mr. M. A. LESSEM:

The Kneipp Treatment has done for the severe sick headaches, from which I have been a sufferer for seventeen years, more than all the drugs and medical skill I've tried during that time.

With health restored, and the true manner of living having been made evident to me by the Kneipp method, life is really worth living.

Yours gratefully,
(Mrs. E. C.) CHRISTINE H. HINSDALE,
San Diego, Cal.

"La Rochelle," Box 72, R. F. D.

San Diego, Cal., February 26th, 1906.

Mr. M. A. LESSEM:

My Dear Sir—It is with the greatest of pleasure, and heartfelt gratitude to you for the wonderful cure of myself and wife of ailments of many years' standing, that I address these few lines to you, which certainly are your due. Your excellent system of treatment, and your expert adaptation of the treatment, to meet and conquer the various stubborn complications that our chronic conditions had enveloped us in (I. of nervous debility of 25 years' standing, and my wife of years of chronic Catarrh) finally triumphed. Surely, this is the treatment preexcellence of all treatments, and so mild and simple, and yet without so far searching and reaching and rejuvenating, especially when one is interested enough in their own welfare, to strive with all their heart to regain their health by carrying out all (not half) of your advice and instructions, honestly, faithfully, and persistently, which we certainly did, and thus was rewarded by regaining complete health, which we now enjoy. We wish to be remembered to your good little wife and true helpmate, Mrs. Lessem, and as we now know the true value of health and all the happiness it brings, the very best wish that we can bestow upon you is that which poor Rip Van Winkle so often expressed to his friends, viz: "Here's to your very good health and

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your family's." In closing, I feel that I must add the rest of his blessing "May you live long and prosper" is the sincere wish of
O. S. ISBELL.
Yours gratefully,

Dec. 14, 1903.

Mr. M. A. LESSEM:

My Dear Sir—It gives me great pleasure to write to you in regard to the satisfactory cure which I obtained by taking a course of treatments with you. I feel that I owe this not alone to you, but also to those who may be suffering as I was, and who may need to learn how and where they will find speedy relief.

There are not enough people properly informed of the very good work which you are doing in relieving and curing the suffering and ailing ones. For the last twenty years I suffered pain incessantly, never being free for a day. I tried many different remedies and modes of treatment, all to no avail. On Dec. 26, 1902, I sought your advice, and after being in your care for four months, I was fully cured, and I have had neither pain nor ache since then. I enjoy the best of health and feel as active as in my youth. I cheerfully give you the privilege of referring to me any inquiry in regard to your work, and unhesitatingly recommend your method of treatment. I advise those suffering from any ailment whatever to place themselves in your care, as I witnessed a number of successful cures while visiting your establishment. I shall always feel grateful for the perfect restoration achieved in my case.

F. D. MURRAY, San Diego, Cal.
Cured of chronic lumbago and sciatica.

Mussey, Pleasant Grove, Dec. 20, 1903.

Mr. M. A. LESSEM:

Dear Sir—I am very grateful to you for the benefit I received while in your care. For many years I suffered from rheumatism. I tried many doctors without obtaining relief. In September I visited Warner's Hot Springs, whereby sufferings were increased to such an extent that I had to stay in bed and was unable to move my limbs—my pain was unendurable. On returning to San Diego, I decided as a last resort to try your treatment. I commenced on Oct. 26, 1902. On the third day I felt some relief, and thereafter improved daily. After five weeks I was completely cured and have enjoyed the best of health ever since.

And now I am a most enthusiastic follower of your method of treatment.

I would recommend all sufferers to place themselves in your care, and know that they will have every reason to be grateful, since a cure is sure to follow.

Yours, very sincerely,
GUSTAV HORNANN, San Diego, Cal.

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Mr. M. A. LESSEM,
San Diego, Cal.:

Palisade, Colorado, August 18th, 1904.

Dear Sir—During the four weeks under your treatment I was so much benefited by your method of treatment, and relieved of the many complicated ailments and sufferings that I feel it my duty to write this to you and give you the privilege to publish same, and refer anyone you may to me and I will cheerfully give all information as to the good results derived from your treatment.

I am a very busy man, but in the interest of humanity I will answer any letter of inquiry which I may receive.

I had been failing in strength for two years, prior to Oct. 1st, 1903, on which date I had a severe attack of pleurisy which was not properly treated. I had two doctors treating me for four months, but continued to grow worse until February 5th. I went to San Diego, California, and on February the 18th commenced taking treatments with you. When leaving my home no one expected me to live more than a few weeks; the doctors included. I showed the following symptoms: My blood did not circulate below my hips, my limbs were cold all the time, blood settled in my head and throat, which was greatly swollen, dry and inflamed inside. My stomach had troubled me for many years, my head pained continually, and at times could scarcely realize things occurring around me. After ten days' treatment in your institution I noticed quite an improvement, and after six more days limbs showed more natural color, and after ten more days I noticed a remarkable change in my condition. Lower limbs were restored to a healthier circulation and natural warmth. Pains in head almost or nearly disappeared. After four weeks I was compelled to return home, but following your instructions I can now say that my stomach is perfectly well and in better condition than it has been in fifteen years. My limbs in a healthy condition, pains in my head entirely gone, blood circulation is entirely restored, and cure seems complete and permanent. I take pleasure to inform you that we got a new born boy, and in honor and gratefulness to you we have named him after you.

I will answer all letters addressed to me by those who may wish information relative to the above statement.

Truly yours,
JOS. J. FITZ,
Lock Box 126, Palisade, Colorado.

San Diego, Cal., Dec. 22, 1903.

Mr. M. A. LESSEM, Knecipp Sanitarium:

Dear Sir—In writing this letter I wish to acknowledge my gratefulness to you for restoring my health.

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For many years I suffered from a complication of ailments which made me unfit to perform my daily duties.

I suffered from obesity and rush of blood to the head so that I could scarcely see; and attacks of dizziness that made it difficult for me to stand up, and impossible for me to turn my head or my body. My face was unnaturally red, my breath so short that it was difficult to walk, and I was in constant misery.

I tried medicines and electricity, but nothing brought me relief. During the months of May and June I noticed many sick men and women visiting the Lessem Sanitarium.

I overheard conversations in which the people proclaimed the benefits derived from your treatment.

I made up my mind to investigate same and on June 26th, 1902, I started my cure. After eight weeks I was completely restored, not a trace of my former ailment has returned. I am convinced that yours is the best method for treating the sick, and advise all sufferers to place themselves in your care.

I shall always feel deeply grateful to you for having effected my restoration to health.

Yours, very sincerely,

A. J. SANTEE.

San Diego, Cal., March 30, 1903.

Mr. M. A. Lessem, Kinship Sanitarium, Cal.

My Dear Sir: Before leaving the city I feel it not only a duty, but a pleasure, to say that I derived a great benefit from the Kinship treatment under your direction. I came here last November all run down in constitution and health from overwork, and troubled with intercostal or muscular rheumatism. I hope a experiencing relief and improvement from the first two or three treatments and have steadily improved ever since, and am today without an ache or pain and feel like a new person.

Very truly,

Geo. W. Faye, Minneapolis, Minn.

Green River, Sweetwater Co., Wyo., April 12, 1903.

Mr. M. A. Lessem, San Diego, Cal.

Dear Sir: I take the liberty of addressing you to inform you that ever since arriving home I have been in perfect health.

When I entered your Sanitarium I was suffering with anaemia and nervous prostration, but I can truthfully say that after five weeks' treatment with you I was completely restored to health and gained 22 pounds in weight during that time.

Thanks to your treatment, I feel better now than I have for many years.

Yours respectfully,

Miss Lena Egg, Green River, Wyo.

ELI
PULL
ALL

parent who scolds, and the parent who
and the parent who whips and whim-
and they all and every one of them do
these things on principle—because things
put diets for the children, and arrange
certain suitable styles of dress for them,
and choosing certain people for them to
like, and certain ways for them to enjoy
themselves—whether they like or no.

And I repeat that, for all I can see, the
children are all one quite as good as an-
other. It occurs to me, too, that they are won-
derfully patient under all these experimen-
tal tests. Patient and loving, even after
they find out that mother is stuffed with
sawdust, which must be something of a
shock. And I notice they yield—it may be
a cowed, or it may be a sullen, or it may be
even a cheerful neck—to the parental yoke,
according to their poor little natures, but
they nearly all yield. And some of them
are really happy, and some of them are cer-
tainly not.

The parents are all equally worried. They
talk children, children until one's head
swims. It is the uselessness of it all which
makes it so appalling. The wasted energy
and the burnt offerings of happy young
hours which will never come again.

Perhaps the most interesting of my class
of mothers whom I would love to educate
is the educational mother herself, who has
views as firm as the fixed stars on just what
branches her child shall excel in. And, by
the way, I knew a father once who was even
worse, for he was the father of five girls,
and they feared him as the righteous fear
the wrath of God. He laid down laws which
would have turned the Medes and Persians
all colors of envy, and the five girls abided
by them to the letter. They were, to know
the languages. All! All! And not a single
wretched girl of them had the gift of a
glib tongue. They passed their dreary
youth at Volapuk and grew up to be five
fools. They were sacrificed bodily to a
theory, and I think they might as well have
been murdered and done with it, yet their
father prided himself on his devotion to his
family, and his world patted him on the
back and said he had the right.

The educational mother is not so virulent
and she rarely has more than one child to
warp at her motherly will.

It is the finished impertinence of her
which takes my fancy. What right has one
human being, mother or no, to go prowling
and poking into the cells of an-
other human being's brain and decid-
ing what they shall absorb? What are brains for if they are not to decide
such little points for themselves? It is like
that passion, rife among parents, for plant-
ing the poisonous piano-playing germ in
the striving souls of unmusical children,
thence to work its way through racked
fingers to the aching ears of others.

Why piano? Why piano any more than
the dudelsack?

I wish I could remember what charming,
gifted, cultured man of letters it was who
said he got his education looking out at a
window while his tutors cursed him for a
dunce. I do not suppose that would be a
brilliant idea to introduce to a board of
education, but in the case of clever children
and of thoughtful youth it has supreme ad-
vantages. There's a deal of senseless cram-
ming of little minds. The three R's can
always wait.

The poor, unhappy, misguided, absorbed,

without the barriers of conventional
accustomed, straight away over
meanings by looks.

which is a topic
to be covered by a slower pen. If only
there were as many teachers as there are
pupils in every school that stands, if
parents had but time, patience and
tution to be teachers, too, there would be no
nuts to crack. Meantime, we take chances
who send our children anywhere, it seems,
where we are not. I am not wise enough
to know the remedy for such a public woe,
nor bold enough to feign. I am bewildered,
shocked; stricken like every woman in San
Francisco to-day who knows the plague that
set upon the church and festered in the
schools. That public schoolteachers are

so child who sees only straight before and
has not the perspective that teaches ten-
derness and understanding—one may come
comfortable and happily to learn that chil-
dren are creatures who may be nourished,
tended and encouraged to grow, but that
they would seem to me that one can best
children love by loving them and
truth by telling it, and courage by being
brave and charity by every act of life. And
when, as sometimes comes to mothers, there
is one who turns away from all these beau-
tiful things and searches among the stones,
there is this to think of, that as the life of
a child is like the unfolding of a flower, it
may be nourished by the soil that bore it,
but the mothering touch clings to the roots
alone and no meddling finger ever helped a
petal to perfection.

ALICE RIX.

