

milk when it can be obtained good and fresh. White bread should not be eaten; and refined sugars should be used very sparingly, and better if not at all.

Sugars are necessary to good health, and people inclined to obesity need them as well as others; but they should be in the crude form. The refining process takes away practically all their valuable food elements except carbon, which has little value alone other than in the production of heat.

Ordinarily one will not eat to excess of these crude sugars, if the refined article is not used. Where crude sugars can not be obtained, raisins and dates should be used freely. New Orleans molasses and sorghum are valuable forms of crude sugars. The ordinary brown sugars on the market are not crude sugars, though the darker grades of these are only partially refined and are preferable to the white and light grades.

People who are overfat should use plenty of green vegetables and acid fruits. These are an important part of a reducing diet.

In following the dietetic rules here given, quick and miraculous results should not be expected. It will take time to strengthen the weak

glands of the body and thereby correct this deep-seated difficulty, and no perceptible falling off in weight should be looked for in less than three to eight months. But a reduction in weight must and will result from a persistent adherence to proper dietetic and hygienic rules. Never use drugs for reducing, as they only diminish the vitality.

In dieting for obesity we can not emphasize too strongly the importance of avoiding the foods and drinks which we have herein noted must be abstained from. In addition to these it is hardly necessary to mention that the use of alcoholic drinks and tobacco in all forms is decidedly detrimental.

In obesity, as well as in all other forms of persistent chronic affections, it is well to consult a competent spinal specialist for examination for trunk nerve pressure. Where this exists the system will not readily respond to diet in the overcoming of these troubles. Comparatively few people are entirely free from nerve pressure, which directly and indirectly is either a cause or an influence in probably seventy-five percent of all chronic troubles.

### Vaccination *By Dr. H. R. Rickards*

(Reprinted from *The Quest*)

**S**MALLPOX, scarlet and typhoid fever, measles, etc., are simply manifestations of abnormal conditions in the body, the safety valves through which the "vis medicatrix naturae"—the healing power of nature—rids the system of toxins and wastes that impair its function. In these and other disorders the body actually treats itself, and "therapeutic" measures which are helpful are those that prevent the body from being interfered with during this process.

Thinking people would rather have smallpox than vaccination, because the latter sows the seed of syphilis, cancers, eczema, erysipelas, serofula, consumption, even leprosy and many other loathsome affections. Hence the practice of vaccination is a crime, an outrage and a delusion.

Prof. Alfred Russell Wallace, "dean of British scientists," wrote: "I affirm that vaccination is a gigantic delusion; that it has never saved a single life; but that it has been the cause of

much disease, so many deaths, such a vast amount of utterly needless and altogether undeserved suffering that it will be classed by the coming generations among the greatest errors of an ignorant and prejudiced age, and its penal enforcement as the foulest blot on the generally beneficent course of legislation during our century."

Prof. Edgar M. Cruikshank, world-famous bacteriologist of King's College, London, says: "Vaccination is the inoculation of a healthy person with putrid pus, taken from a festering sore on a diseased animal, and of a distinct syphilitic character."

Dr. Carl Ruata, Prof. Materia Medica, University Perugia, Italy, stated after citing the disastrous results of the practice in Italy: "Were it not for this calamitous practice, smallpox would have been stamped out years ago and would have wholly disappeared. Believe not in vaccination; it is a world-wide delusion, an un-

scientific practice, a fatal superstition whose consequences are measured by thousands of dead and wounded; by tears and sorrow without end."

Dr. Lippincott, chief surgeon, U. S. Army, in the Philippines: "No other army was ever so thoroughly vaccinated as ours. Vaccination and re-vaccination went on as regularly as the drills," yet the official report showed that the fatalities for the year 1900 were the highest ever recorded from smallpox in any army.

Dr. Chas. Creighton, England, a recognized

authority in Epidemiology, a pronounced vaccinator, was selected by the publishers of the Encyclopedia Britannica to write an article on vaccination. To his own surprise and that of the editors, the fifteen-column article resulting from his original and exhaustive investigation was packed with irrefutable proofs of the fallacy of vaccination. It is significant that following the "hue and cry" of the medical profession over Dr. Creighton's pronouncements, the editors of the said work had a subsequent article prepared by one, mark you, who had an interest in a vaccine farm!

### Aluminum Experiences and Observations *By H. A. Scott*

**M**Y WORK takes me into many homes, where, in the past eighteen months, I have had good opportunities to learn of the experiences of others with aluminum-ware cooking utensils.

A friend of mine has a son who is fond of lettuce wilted with bacon, which his mother has been in the habit of preparing in an aluminum pan, letting it stand until ready to serve. The boy was continually bothered with heartburn and stomach trouble, and grew worse as time went on. His father, a subscriber to *The Golden Age*, discarded the family's aluminum cooking utensils. The son recently remarked, "I do not know I have a stomach, and everything agrees with me." The father's health also is improved.

Another friend was made sick by eating a pudding which was made in an aluminum pan and allowed to stand in the pan over night. Another told me that in cooking salty meat in an aluminum pan you could actually see the unfavorable change in the meat taking place. Four ladies and one gentleman told me it is impossible to make good tea in an aluminum teapot.

I was in a grocery. A customer came in and asked for a different brand of coffee, complaining that the brand last purchased was not giving satisfaction. The grocer said: "We have

other brands that are fine, but I do not understand why you have failed to get satisfaction with the brand which we consider our best. What kind of percolator have you?" The customer said: "We have a good aluminum percolator." The grocer replied: "I fear that is where your trouble lies. Go home and throw away your aluminum percolator and get some other kind. I think your troubles will end."

In another location a clean new gallon kettle, filled with buttermilk in the evening, was black in the morning, and the buttermilk also was black. Twenty aluminum pitchers in which buttermilk was kept week after week were discolored or eaten and appeared to be covered with an ashy substance.

A doctor's wife, who knew something of the danger, carefully read over the instructions sent out with the first aluminum ware. These instructions were to the effect that certain foods should not be cooked in aluminum.

A lady who attempted to use her aluminum kettle for dyeing purposes found it so eaten that it had to be sent away to be reconditioned. A hardware clerk told a prospective customer that aluminum is not as good for kitchen utensils as is commonly supposed.

### Power Trust Scares Policy Holders

**T**WENTY-FIVE million copies of a pamphlet prepared by the National Electric Light Association and signed by the president of the Metropolitan Insurance Company, Haley Fiske, were distributed to policy holders, telling the

policy holders the wisdom of keeping silent while the Power Trust was going through their pockets. Persons being robbed by great corporations should not make any outcry. And, anyway, nobody would listen.