

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*

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**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, scrofula, 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-