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**WHY MASSAGE HAS GREAT CURATIVE VALUE**

Physical exercise is of two kinds; active and passive. Now, it is comparatively easy to exercise the arms, legs and back. We do all this to a greater or less extent in the ordinary routine of life. This is called active exercise. But the face, neck, chest, abdomen get very little exercise unless we set to work deliberately to strengthen and develop these parts. Yet they are the very parts of the body that most need exercise because they enclose the vital organs and nerve centers on which we depend for health.

Massage or vibration is the passive exercise that we may give to these neglected parts.

Vibration stops pain and cures many ailments because it stimulates the circulation to the part of the body that is vibrated or exercised, thus nourishing and strengthening it, and removing the accumulations of poison and waste matter that have been causing pain.

Vibration will cure diseases caused by congestion or poor circulation, by local lack of exercise or nourishment, and is very beneficial in all nervous troubles. It relieves localized pain immediately, because this is almost always caused by congested blood vessels pressing on the sensitive nerves.

Rheumatic pains are caused by the congestion of the blood vessels around the joints and along the nerves of the body. The blood has become thickened with uric and lactic acids, and these impurities tend to accumulate at every twist and turn of the arteries and veins.

Vibration immediately stops the pain by stimulating the circulation. The increased flow of blood flushes the artery and carries the impurities along to the kidneys, where they are eliminated from the body. The thousands of rheumatics who have tried in vain every form of drugging, will find in this simple, sensible treatment the relief that they have longed for.

Constipation is caused by congestion and muscular weakness of the large intestines. Drugs temporarily relieve the congestion, but increase the muscular weakness; hence the case grows worse instead of better.

The vibratory treatment is more logical and more effective. By massaging the abdomen up the right side, across the top and down the left side, the muscles of the large intestines are exercised and strengthened, the flow of blood increased, and the dormant bowel is stimulated into action. The massage treatment for constipation is recommended by physicians of all schools, physical culturists and masseurs. Vibratory massage is the simplest and best, and renders it unnecessary to secure the aid of a masseur.

Indigestion is wonderfully benefited by vibration. The stomach is purely a muscular organ which should rotate the food until digested. Weakness of the stomach muscles or lack of blood prevents digestion and causes endless pain and sickness. The sleepy feeling that follows a hearty meal is due to the natural increased flow of blood to the stomach. If nature fails to supply this required aid, indigestion and pain result. Vibratory treatment for indigestion relieves immediately by increasing the flow of blood to the stomach. Regular treatments tend to exercise and strengthen the muscles of the stomach, thus preventing the recurrence of indigestion.

**CONCERNING SLEEP**

Sleep is more essential to life than food. Any warm-blooded animal can live longer without nutriment than without that most concentrated form of rest called sleep.

Sleep is the result of a change in the circulation—a change automatically induced by fatigue at fairly regular intervals. After eighteen or twenty hours of wakefulness, the nervous system experiences fatigue and automatically constricts the millions of ramifying arteries in the brain and spinal cord. Consequently less blood flows

through these great nerve centers, and they become inactive, drowsy. Chloroform produces sleep by driving the blood from the brain. Accordingly, chloroform anaesthesia would seem to simulate nature more nearly than ether anaesthesia, which congests the brain. But chloroform is ten times as treacherous.

During normal sleep the pulse lessens in force, and the breathing is shallower, the diaphragm being scarcely called into play. It is estimated that one inhales only about one-seventh as much air during sleep as during an equal period of wakefulness. Yet none of the functions, either physical or mental, are completely abolished.

The lowered action of the mind is represented by dreams—the most fascinating and puzzling of all psychic phenomena. There is probably no such thing as absolutely dreamless sleep. Only those dreams are remembered, however, which are vivid or which occur during light sleep. It is said that one may dream in a few minutes through experiences and scenes which in actual life would require months for their occurrence. Only healthy persons, as a rule, can have pleasant dreams. Bad dreams are signs of physical or mental disorder. Subjects of neurasthenia and hysteria are much given to unpleasant dreaming. Of course, indigestion may bring on "nightmares," goblins and assorted devils in sufficient numbers, but only to persons of a neurotic predisposition.

A particularly vivid dream or a "nightmare" indicates that the mind is largely awake, though the rest of the body sleeps soundly. Somnambulism, on the other hand, indicates that the mind is asleep though the muscles and spinal cord are not. Thus one part of the body may sleep more soundly than another.

While the blood leaves the brain and nervous system during sleep, the skin is supplied with more blood than usual. Hence the tendency to perspire and take cold at night.

The first hours of sleep are soundest and best.

**THE CARE OF YOUR EYES IS THE CURE FOR YOUR HEADACHE**

By Dr. W. C. Dickson

Never, under any circumstances, if you value the priceless gift that the all wise Providence has given you, attempt to look directly at any very bright light such as a searchlight, the sun or a high power electric arc light. Even the beautiful scintillating rays from the diamond, especially the very white diamond, are detrimental to the eyes.

It has been discovered that the ultraviolet rays of light in our ordinary daylight cause much pain and headache in people whose eyes are even slightly defective. A peculiar feature of this discovery is that little or no pain is recorded in the eye itself but headaches, dizzy spells, nausea, indigestion and many attacks of nervousness, particularly in women, is traced to the defective eye. It is more than passingly remarkable that the eye itself should feel so little actual pain while it is causing so much disturbance in various parts of our anatomy.

Toric lenses are prescribed as the positive cure where headaches and the various nervous disturbances caused by the eye are found to be the cause.

A specialist, and a specialist only, is the one to consult where there is the least suspicion of strain on the nerves through defective eyes.

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YOU—whose mentality and personality shapes and dominates agriculture, mining, commercial, or other world improving enterprises, business, factories, labor, politics, homes or society, etc., or who wants to.

YOU—whosever you are, whose O. K. commands respect enough to be honored in every nook and corner of the world—or who wants it to.

YOU—It is to whom this heart to heart talk is addressed.

Dear fellow deserted of the almighty natural law which so equitably and compensatingly governs and energizes nature—all within the universe—of which we equal and free born humans (the very highest organic earth-bound manifestation of this law) and our comparatively tiny planet, Earth, are but infinitesimal parts.

Indeed, you know that I am making no mistake in thus addressing you if you are indisposed, pained, feeling ill, diseased, no matter the name, or where located, from the top of your head to the soles of your feet, you may just as well understand now, HERE AS HEREAFTER, that the equitable, compensating feature of almighty, natural law plays no favorites and is no respecter of person, either financial, social, political, or otherwise, paupers and kings alike must inevitably pay the terrible exacting penalty, ugly-faced, body-weakening disease, dishonorable failure and miserable short life for continued disobedience to this law.

See the point? Think it over, then, before your vitality (fire of life) burns too low to be rekindled, drop everything and come right up to Dr. J. Adolph Petter's NaturAID health preservation and natural healing institute, and have your entire mental, structural and vital bodily organisms again reharmoniously attuned with the organizing principle of this almighty natural law by NaturAID (the unprocureable elsewhere, all that is harmless, natural and good embracing) system for attaining and maintaining LOVELY FACED, VIGOROUS BODILY HEALTH, HONORABLE OPULENT SUCCESS AND LONG, HAPPY LIFE, truly all that is worth while in life. CONSULTATION, DIAGNOSES AND ADVICE FREE.

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