

# How do you Heal? and What do you Teach? Will I Stay Cured?

are questions that naturally come to the mind of every reader when we ask them try "Natural Healing" or take a course of Lectures.

These same questioners would not think of asking the M. D. or druggist how this or that drug cures, and whether or not the cures would be permanent. No, no. But because this SYSTEM OF NATURAL HEALING is new to the common people they look upon it with distrust, and are ready to condemn it without trial, and ready to say all kinds of harsh things about its practitioners, just as the Jews did about Christ and his apostles, when He came and taught a doctrine new to them, and healed the sick, and commissioned his followers to GO OUT AND HEAL THE SICK by the laying on of hands. Just remember please He has never recalled or withdrawn that commission.

## THE INLAND EMPIRE SCHOOL OF NATURAL HEALING

Teaches the principles of that grand science which has been recognized by the legislatures of eighteen states in our nation known as "OSTEOPATHY." Now you will ask WHAT IS OSTEOPATHY? It is the science of healing without drugs; adjusting the bones properly; equalizing the nerve forces; bringing perfect co-ordination to the cerebrum, cerebellum and the abdominal brain—solar plexus; loosening up and adjusting the muscles, and freeing the circulation by taking off the pressure, so there shall be free and uninterrupted flow of arterial circulation, venous circulation, capillary circulation and lymphatic circulation. And we do this work with our naked hands. It recognizes the fact that the blood carries the building material for every part of the body, whether of bone ligament or tissue. That the body is composed of 16 chemical elements, and that the blood must contain the same elements in proper proportion, or some part of the body will suffer; and containing them it must not be restricted in its onward flow, or some part of the body will suffer just as a row of trees will suffer if one little ditch gets clogged up and shuts off the water from that row of trees in the irrigated orchard. The venous and lymphatic circulation must gather up the wastes of the body and carry them out of the system, and woe to the human being when this duty is not properly performed. It is the province of Osteopathy to TAKE OFF THE PRESSURE, to open up the ditches, so to speak, and help wearied nature to regain her equilibrium.

"OSTEO" is a prefix, signifying connection with bone, and "PATHOS" the faculty of arousing sympathy, emotion, passion, suffering, feeling—disease. The most reasonable definition of the word is, RESULTING FROM OBSTRUCTION. Hence, Osteopathy is a term that is used to designate pathological conditions, caused by the interrupted flow of the fluids of the body, or pressure due to contracted muscle or muscles, or irritation of nerves or nerve centers, paralyzing nerve function.

Dr. A. P. Davis, M. D. and D. O., is 67 years old. He graduated in the regular medical schools when a young man. Eleven years later he graduated in a homeopathic school; also in Ophthalmology, Otology, Otorhinology. The Junod System of Hemiaspasia, Therapeutic Sarcognomy. Studied Mental science, Christian science, Hypnotism, and finally mastered Osteopathy, and was the first teacher in the first Osteopathic school in the world. The statements of such a man are entitled to credit. He says, "To assume that anybody needs anything but the normal elements of the body to maintain health is to distrust perfection in creation." In other words, it is distrusting the intelligence and wisdom of God Almighty. Restore the 16 elements, equalize the nerve forces and establish the freedom of circulation of ALL the fluids of the body, and health and vitality is restored. Dr. Davis again says: "The philosophy of curing disease by this science is simple, rational, certain and safe. The marvelousness of the science of the adjustment of the system to itself, and the complete and sometimes almost miraculous change produced in the tissues, through the application of the principles of Osteopathy, place it in the front ranks of the most stupendous fact of the nineteenth century. Even the practitioner is often

appalled to witness the results. To the Osteopath, whose eyes have seen and whose hands have figured in producing these wonderful changes, it is commonplace. But to the one who has thought it possible to cure disease only through the administration of medicine, such a result as the relieving of pain, the cure of long-lasting ills by a simple adjustment of the system, by a slight manipulation or moving of a muscle, it becomes astonishing.

To take hold of a person, adjust the system in such a manner as to free the circulation of ALL THE FLUIDS OF THE BODY and thus change all of the chemical elements from an unnatural to a natural condition, seems incredible to the one uninformed. But that this can be done is perfectly compatible with truth and science. No other remedial system ever devised by man can boast of such a result. The larger per cent of the abandoned ills of the flesh yield to this treatment, and no medicines are necessary. We have tried the various systems claiming to possess all there is in the healing art, and demonstrated to our own satisfaction that there is a better way to relieve disease than is known to either of the medical schools. Our philosophy concerning this method of healing cannot be overthrown, and will be accepted wherever practiced, by all who desire to be cured, and it needs no legislative bolstering up. There is no harm or bad effects following a right use of this science. But HOW IT HEALS seems to be the hardest thing to show the mass of the people. It has taken 35 hundred years (since the days of Asa) to educate the people up to the idea that medicine taken into the system did in some way cure disease. To argue to the contrary seems futile. "TO REPENT" is the hardest thing for mankind to do. It is so easy to float with the tide that we seldom make an effort to change our course. We prefer to float on down the stream, unmindful of how or why." So much for Dr. Davis.

Again, HOW DO WE HEAL? We answer, we put our fingers on certain nerves, and in ONE MINUTE we stop hiccoughs after the patient has suffered for two days and two nights, and after drugs and their devotees have tried in vain to stop them. Again we put pressure on certain nerves, and in two or three minutes we stop diarrhoea, dysentery, flux or cholera morbus.

Again, we put our hands on certain nerve centers, and control the heart's action. We stimulate and increase its activity, or we inhibit and reduce the rapidity of the heart's action, and this is one great feature in the control of fevers.

In colic of the stomach we touch certain nerves, and in a few moments suffering is gone.

In pneumonia the blood fills up the tissue of the lungs—coagulates—shuts out the air, and the patient struggles and suffers for breath. With our naked hands we drive the blood from the lungs. We release and remove the congestion, and the patient is easy and the victory won. We cured a severe case recently, in two treatments, given one evening, and she resumed her household duties next day. She is 60 years old.

In cases of confinement, the Osteopath puts pressure on certain nerves, and relaxes the pelvic region as nothing else can do, and brings an easy delivery, just as the all-wise and loving Creator surely intended. Thus the dread of child-bearing is in great part removed.

But we cannot continue this explanation. Space forbids. We have explained enough to show the fairminded that this system is purely scientific and rational. By a thorough study of anatomy and physiology we are enabled to come to the rescue of struggling nature and help her to conquer adverse conditions. Aside from the work of the kidneys there are about 12 pints of secretions daily in the human body, and all these come from the blood. Some are alkaline and some are acid. Nature has arranged an equilibrium in these secretions. But somehow, sometimes, the ratio is lost, and there will be too much alkaline and a running off of the bowels; or too much acidity with a different result. Here again Osteopathy comes promptly to the rescue. It is an ever-present help in time of need. EIGHTY PER CENT of the so-called

incurable diseases abandoned by other systems are cured by Osteopathy, and about 15 per cent more are benefited, as shown by the testimony of leading healers. Is such a system worthy of consideration?

## DISEASES OF WOMEN.

Dr. Charlotte Escude, D. O., of Baltimore, Md., says:

"That diseases peculiar to women yield more readily to Osteopathic treatment than any other has been fully demonstrated in a number of cases. In regard to uterine displacements, so commonly found, we think our method of treatment the most rational because we not only replace the organ in position, but we direct our treatment to building up the ligaments which hold it in place, instead of applying caustic douches to the delicate mucous membranes, made still more delicate by disease. The Osteopath, by mechanical stimulation, directs the nerve force in the proper channels, and by freeing the circulation to the parts, secures absorption and removal of the waste products of inflammation and disease through the proper avenues of drainage, toning and strengthening of the tissues to such a degree that the disease is overcome."

She says again: "The cures resulting from Osteopathic treatment are permanent and lasting, because they have an immovable basis in nature itself."

Opie Read, the distinguished author, says: "It is worth all the curative waters in the world. I honestly believe it to be one of the most wonderful discoveries of any age." Mr. Read had tested it.

Dr. E. H. Pratt, the famous orificial surgeon of Chicago, says: "Osteopathy must rank as one of the most important measures known for the relief of all forms of chronic ailments, and IN OBSTETRICS it is winning quite a reputation for enabling women to bear their children with less pain, less frequent lacerations, and with less hemorrhage than without its aid. In eye, ear and throat work it has accomplished some wonderful things."

Dr. A. A. Basye, D. O., Saulte Ste. Marie, Mich., says: "Osteopathic treatment is particularly adapted to all FEMALE COMPLAINTS, including painful, suppressed or excessive menstruation. Here positive results are promptly shown, and the treatment is given with the least possible annoyance and NO suffering. We almost invariably find some interference with the blood or nerve supply, causing lack of tone in the supports of the organ, rather than affection of the organ itself. It has been truly said that Osteopathy is the greatest boon of the century to womankind. Every woman ever treated by it for female troubles received benefit, and the record shows that more than 90 out of every 100 were completely cured." The same doctor then names the following as a partial list of the diseases which have been successfully treated by Osteopathy, viz: Asthma, atrophied limbs, appendicitis, Bright's disease, diarrhoea (all kinds), constipation, catarrh, cold extremities, dislocations, dyspepsia, dropsy, dizziness, eczema, epilepsy, eyetroubles, flux, female troubles, granulated eyelids, general debility, gout, goitre, gall stones, headache, hiccoughs, hay fever, hip disease, heart troubles, indigestion, insomnia, jaundice, lumbago, liver complaints, locomotor ataxia, nervousness, neuralgia, piles, pain in the back, paralysis, quinsy, rheumatism, all stomach troubles, sciatica, stiff joints, St. Vitus dance, spinal curvature and other deformities, throat troubles, tumors, tonsillitis, tetter, varicose veins, etc., etc.

The above is only a small portion of the ailments that can be reached by OUR INSTITUTION, for we combine with this king over human disabilities, two amiable queens known as Suggestion, or Suggestive Therapeutics, and also Vital Magnetism, or human (animal) magnetism, and thus we have the conquering trine known as the ZEDIKERS' COMBINED SYSTEM, which has no equal anywhere. It is purely scientific, peerless and matchless. Hence we treat successfully ANY AND EVERY DISEASE, where the patient is not too far gone. Even that nightmare to humanity, CONSUMPTION OF THE LUNGS CAN BE CURED. Quinsy and its

sister, tonsillitis; also appendicitis and its brother, typhilitis, so often mistaken for appendicitis, can all be readily cured without lancet or knife. Call us early; don't lay and suffer until one foot is in the grave.

## ANIMAL MAGNETISM

Has long been recognized as a very valuable Therapeutic agent in the cure of diseases of the human body. When we broke away from the environments and thrall of early training and life-long influences in favor of drugs and drug doctors the first system we studied was the system of MAGNETIC HEALING. We mastered the Weltner course, Sage's course, Adkins' course, Murphy's course. Also The American College of Sciences by Thirty Authors, and Haraden's, Munsinger's, Durville's and others. We have made important cures by this system, and we have reason to be a firm believer in HEALING BY ANIMAL OR VITAL MAGNETISM.

One writer says magnetism is an electric fluid and that "Vital Magnetism is a life current," for it is admitted that electricity is life. This fluid is generated in the human body from the food we eat, and is gathered from the air we breathe. Magnetism is surely the twin sister of Electricity. There is some difference but hard it is to define it. We have seen a man light a gas jet on the wall in the clerk's room of the legislative chamber in the capitol building of Nebraska with his naked index finger. His name was Frank Harrison. Not everyone can do this, but there are thousands who can, after they learn how to start the current.

This proves that every human being who has two hands has an electric or magnetic battery all the time. This is no special gift. Every person has this power in a greater or less degree, and every person can learn to use their battery—this power in removing pain from the body of another.

Then if an all-wise and kind Heavenly Father has endowed each of the human family with such a precious gift of power are we doing right to neglect to cultivate it? This is an important question for every father and mother to answer. How many, many little mounds might never be made in the churchyard if parents would learn some of these simple things that we teach. Children might live to grow up to bless the world and bury their parents instead of being buried by their parents, if only prejudice were laid aside, and the people spend as much time and money in learning how to protect their children as they do spend for information about raising their stock.

'Tis true, 'tis pity, and pity 'tis, 'tis true.

Then having established the fact that we have a veritable battery in our two hands, and that we generate the currents in our own body, all we need to do is to apply the hands properly, and send the currents from OUR nerves—wires—through your nerves—wires—to do the work desired. We can connect the two magnetic systems in our two human bodies, just as truly as the operator can connect two telephone systems or two telegraph systems, at a general office.

Human magnetism is closely allied to that of the lode-stone. It will attract or repel. It cannot be confined or shut in. It rises on the wings of human thought. It recognizes no limits, it bows to no barriers. 'Tis thus the work of absent healing goes on and triumphs over relentless opposition from those who never candidly investigated the merits for a single hour. A million people can testify to the efficacy of magnetism as a curative agent. Those who make a specialty of this line, claim to cure most of the diseases to which the human family is heir. It certainly makes a valuable adjunct in connection with Osteopathy. We use it daily and teach it in our class work.

## SUGGESTION—SUGGESTIVE THERAPEUTICS.

What is suggestion? And how does it heal? and what will it cure?

Dr. H. A. Parkyn, our Preceptor at the Chicago School of Psychology, says he has graduated over one thousand students from his school, and that over six hundred of them were M. D.'s, and that he has treated seven thousand pa-

tients by suggestion, alone, and with marvelous success.

He says: "A SUGGESTION IS AN IMPRESSION, CONSCIOUSLY OR UNCONSCIOUSLY RECEIVED through OUR FIVE SENSES."

Our Dr. W. E. Zediker gives a better definition. He says: "It is any impression or sensation, from any source, either spiritual or material, of which the mind is either consciously or unconsciously the recipient."

Please study our definition and you will see it embraces more than merely saying, "You are getting better," you are getting well," etc. People do have the most vague ideas about what suggestion is; and hence condemn it from their view point.

We have repeatedly said Suggestion rules the world and we can maintain it. We begin to receive them at mother's knee, then in the day school, then the Sunday school, and from the 8 cred Desk, from the political platform, and everywhere, and every day all through life. When Garfield waved his hand and quieted the tumultuous mob in New York and cried out in clarion tones "GOD REIGNS, THE FLAG FLOATS, AND THE GOVERNMENT AT WASHINGTON STILL LIVES," it was all suggestion, but it appeased the wrath of men, and made his name famous. Referring to the power of thought, the old French commission on Animal Magnetism, observes: "The imagination renews or suspends the animal functions; it animates by hope or freezes by fear; in a single night turns the hair white; in a moment it restores the use of the limbs or speech; it destroys or develops the germ of disease; it even causes death." This imagination is the work of suggestion. A criminal was condemned to death by the courts in New York and turned over to men of science for experiment. They assured him they were going to bleed him to death, then blindfolded him and went through the the maneuvers of bleeding him; talked gravely over the matter, set the minute for him to expire, and scratched his arm; he felt and heard the warm water flowing and dripping and sank away and died at the appointed minute. What was it that killed? Suggestion. Not a drop of blood was taken. Another made to believe he was put into a bed where a man had just died of the cholera, and he took the disease and died. Another that he was in a smallpox bed and he took the disease at the proper time, etc., etc. All this was purely suggestion. So then suggestion has power to kill, and why not to cure. We assert it can and does cure thousands of cases that nothing else can reach.

Geo. C. Pitzer, M. D., principal of the St. Louis School of Suggestive Therapeutics and Medical Electricity; also Professor of the Principles and Practice of Medicine in the American Medical College of St. Louis since 1873; and clinical Lecturer at the City Hospital for twenty-five years, where from 400 to 600 patients are always on hand; editor of the American Medical Journal for thirteen years; author of the work, "Electricity in Medicine and Surgery," three editions of which were sold in two years; twenty-eight years residence and practice in St. Louis, and forty-one years a practitioner, says over his own name that he can cure hundreds of people by suggestion that he could not cure by medicine. And when such a leader in medical science comes out strongly in favor of suggestion, what can the average, every day drug doctors do or say to condemn it? and why won't the people accept such evidence as conclusive?

Dr. Pitzer answers the question as to what Suggestion will cure as follows: He says, "We treat ALL diseases, none are sent away, and if a cure be within the bounds of reason, we engage with confidence to absolutely cure them. \* \* \* We prefer, however, to treat nervous diseases, chronic ailments and stubborn cases of long standing. We cure organic cases as well as functional ailments.

For insomnia, suggestion approaches a specific. Certainly it is the safest remedy to produce quiet, refreshing sleep, and break up the wakeful habits of nervous people, that is known to the medical profession. Severe headaches are quickly relieved by suggestion. For