

Mrs. Wheelock

"BATHING"

"HOW TO AVOID CATCHING COLD"

"HOW TO INDUCE SLEEP IN TWO MINUTES"

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I will take up the subjects as they were announced, the first one being bathing. The majority of people are afraid of water. I am not, I was brought up a Baptist. It is said that cleanliness is next to Godliness, but the man who wrote that did not take his own medicine. Cleanliness is Godliness. Clean body and clean mind. Right living, right thinking.

In regard to bathing. I would say that if you want a clear complexion and a system well toned, you should take some kind of a bath not fewer than 365 times a year. It is utterly impossible to observe cleanliness without a daily bath of some kind. I am very well aware that some people claim that once a week is sufficient. There are a great many people who do not bathe once a week. Some do not bathe once a month. Some do not bathe once a year. I met a man, (he was the private secretary of Leland Stanford) and he never bathes. He told me he did not believe in bathing. That he believed it was the cause of much illness, and so he had gotten it into his head that one should not bathe. He reminded me very much of the man who went to the doctor. The doctor examined him very thoroughly, very carefully, and he said, "My dear sir, I can find nothing wrong with you. There is surely no organic difficulty, and I do not see that there is anything wrong, I might, however, make just one suggestion, if I were you I would take a bath." He said all right I will try it." He took the bath and a few days later he met the doctor and said, "Look here doctor, if I had known a bath would make so much difference, I would have taken one forty years ago."

Now that is the way with some people in the matter of bathing. Not long ago a young lady was showing me a beautiful home just built. She showed me all around through the house, and she said, "I want to show you just one place in particular. We have the loveliest bath room you ever saw, just beautiful, and just think it is only Tuesday, and I can hardly wait till Saturday comes to take my bath." Now there is habit for you. Some of us were brought up in the habit of bathing every Saturday night, and what a time our parents had to line us up to take that bath, and what an affliction it was, and so some of the habits of childhood cling to us in latter years.

The question arise at once, what kind of a bath shall I take? I will say that the best bath for you is the one that leaves you feeling the strongest and best. I was asked to speak of the cold water bath. I myself take the cold water bath, but I have sufficient vitality for reaction, and I want to caution you in that regard. Do not take a cold water bath simply for the sake of being heroic, simply for the sake of being able to say, "I take a cold bath every day." Now if you have not sufficient vitality for reaction, you should not take a cold water bath. Therefore, I would say, take a tepid bath, or that is a warm water bath, and follow with a cold sponge, and by that I mean a dash of cold water with the hand. I do not believe in the use of the sponge hygienically. The cold water bath, of course, drive the blood from the surface of the body to the internal organs, but if there is sufficient vitality to drive the blood back to the surface, then there will be a warm feeling that we cannot describe. I would caution each one of you about the cold water bath if you have not sufficient vitality, and then I would caution you about the hot water bath. You will find the thin neuralgic person is one who does not drink enough water, and just such a person as that is one who delights in the hot water bath, but you will find that the stimulation that comes from the

hot water bath is very detrimental, and therefore the tepid bath is better. I would say with reference to the hot water bath, as I have said of the drinking of hot water, do not make it habitual, but make it a remedial agent instead, and it will be found to be of very great benefit in opening up the pores of the skin at times. To illustrate, a young lady employed in a lithographic establishment, who stood all day, was in the habit of taking a hot bath when night came, just as hot as she could stand it; then folded a cold towel, placed it under her head, turned on the faucet and let the hot water run in, lying in the tub from fifteen minutes to an hour, and reading a book. She did this night after night, and said that the exhilaration that came was so wonderfully helpful, and the reaction that followed was such that enabled her to sleep all night long, and it was not long until she slept the final sleep. The doctor was called and found that the kidneys were out of order. Finally following the reaction, and the stimulation, the heart began to weaken until finally she had no vitality left to resist and finally she died. In this you see how the hot water bath was used to the extreme, and just so you might go to the extreme with the cold water bath if you have not enough vitality.

Along with this, I might just say a word in regard to ocean bathing. Last summer at Asbury Park, N.J. a young lady had a three day vacation. She was strong, had never been ill, and was used to the cold water bath, and although she had vitality, she overdid. She went into the water directly after eating a hearty luncheon. Her friends cautioned her against doing such a thing, but she laughed at them, and said that nothing would hurt her; that she was strong and well, and had never been sick a day in her life, and was used to the cold water bath. But in one half hour after that she was brought in by the life saver, and placed upon the sand. She did not die, but it was a long time before she regained consciousness, and it took months for her to recover. Never bathe directly after eating. It is always detrimental, no matter how strong you are.

Then again I would caution you against taking the cold water bath when you are fatigued, but take a warm or tepid bath. Never take a warm bath in a cold room, you will be chilled by so doing. But if you take a cold bath in a cold room, then you will have real luxury. I have taken a cold water bath in a cold room when the thermometer stood at zero, with the windows wide open and the wind blowing in. If you have the vitality, you will have the reaction. Years ago I had much enjoyment at Ogden, Utah, where I visited a friend of mine when I was through with the regular work. This place was way up in the canyon, and we used to get up every morning and take our exercise regularly, and then run out of the house and jump into the stream that was almost ice cold. There was a doctor visiting there who was an Osteopath, and he wanted to be heroic. I told him not to take the plunge; that the water was too cold, but he insisted, so I took them for a long walk up the mountain, and then came down the trail at a dog trot, stripped hastily, and made the plunge into the stream. But it was too much for the Osteopathic doctor, his teeth chattered, for he did not have the vitality for reaction, and he is now doctoring for consumption.

Then as to the temperature of the water. Make that according to your feeling, not so much the feeling of the mind as of the body, and you will find that if you will take the cold water bath and follow it with an air bath, if possible, it will do you so much more good. I want to caution you on that. Too many people dress too quickly after bathing. If you have to exercise after bathing to get warm, you should not take a cold water bath. Jump into the water when perspiring freely and it will not hurt you. Exercise before you bathe. After a bath, I do not believe in vigorous rubbing. I do not believe the bath should

compel you to take that rub down to get warm. You will find that the majority of people who take the rub down start the circulation, and then dress while perspiring; the clothing becomes damp, and then when they go out on the street, they become chilled. Take the rub down IN the bath. I take the cold water bath with soap. I put soap on the body, manipulate and massage it, manipulate all the muscles of the body, and take a vigorous rub down in the bath. I knead every muscle of the body. The only reason I knead them in the bath is because I need them out of the bath. Every pore is thoroughly open; then I rinse off with the clear water, and then take a towel and merely pat the body. It does not matter whether you wipe the water off the body or not, but just pass the towel lightly over the body, and then if you can walk around where the air blows through nice and strong, there is no danger of taking cold. Get the body accustomed to taking the air, and then if you can, get a sun bath, and then if you were not compelled to, you would not dress at all, because you feel so good. We wear too much clothing any way as a rule.

If you want a tonic for the body, put in the bath water, either cold or warm, at least two handfuls of salt. It is one of the finest things in its tonic effect that you can find, and also one of the finest things for the complexion, and I say to you ladies, if you will wash your face in a strong solution of salt water, you will not have to spend any money at the drug store for cosmetics. Those of you who are settled have the advantage of us who run around the country and cannot always have things as we would like them. For the complexion, if you will wash the face in salt water at night and do not rinse it off, but wait until morning, then rinse it off and look at the water and you will be surprised at the cleansing it has caused, besides the tonic effect on the skin. Salt the water for the bath, for the face, for the hands, for the eyes, for the throat, and for the nostrils, and paradoxical as it may seem, if you will keep well salted, you will always be fresh.

If you have a stoppage of the nostrils, the use of salt water will be helpful, but never snuff any liquid through the nostrils for catarrh, for if you do, that liquid enters the Eustachian tube, and there is danger of it causing deafness. Therefore take a spray, and while you are spraying the nostrils, hum the letter "M" and that closes the tube.

One other thing for the bath. For those of you who want a quieting effect after a day's hard work; for stiffening of the joints or muscles, for society ladies who have been attending this, that, or the other function, there is nothing equal to the mustard bath. Our mothers and grandmothers used to use this for the foot bath. Put in a tablespoonful of mustard in the bath tub, and no matter how hard the water is, it will soften it and you will think you are bathing in rain water. After a long wheel ride, I take a mustard bath. I take the cold bath before I go, and when I come back, the warm followed by the cold. With the mustard there is no stinging effect, but a wonderful refreshing that will leave the skin like velvet. There are other kinds of baths, but the cold water, the hot water, the warm water, and the tepid water baths are the main ones. Then of course, there is the Turkish bath, the Russian bath, and the Cabinet bath, and they are all good for the opening of the pores of the skin, especially the Cabinet bath.

One thing more in regard to the air, and in regard to the sun bath. If I ever build a house, and I hope sometime to have a house, and if I ever do, I am going to have one room in it especially where I can have a sun bath, or else I am going to be far enough out so I can run out in the sun without being arrested.

When I was in Milwaukee quite a number of years ago, there was a gentleman who was then one hundred and thirteen years of age; he is now

one hundred and twenty-five if he is still living, and he did not look over sixty-five or seventy, and this gentleman had a very fine ranch in Santa Rosa, California (where they live long and die happy) and in regard to length of years he told me this. "For sixty-five years I have not missed one day in baring my body to the sun and air one hour or more every day of my life, and I want to say this, there is no crankiness in my method, it is simply taking the Lord's medicine he has given so free and freely, and one hour of baring the human body to the air and sun is worth all the drugs of the dispensary." And it is very true. Did it ever occur to you that the things that are so easy to have are the very things that we do not have. You know that God has given to us for our use, all the things we need for health and for strength, if we but lay hold upon them. How many of us appreciate water? And if you had to pay for it as you have to in some of the mining districts, how you would appreciate it. A gentleman told me recently that it would cost \$6.50 for just enough water for a hand bath, and a bath for the whole body would cost something like \$40.00. That was up in the Rarhide region, and there they appreciate water.

"HOW TO AVOID CATCHING COLD."

In the first place there is no such thing as cold. It is a misnomer, because a cold is a fever in its incipient stage. The Italians never talk of a cold; from the very first they call it a fever. The majority of colds, yes, I suppose all of them, I do not think there is ever an exception, I might say EVERY cold comes from the table. Remember nothing comes out of the system that does not go in, and there is nothing that goes in that you do not put in, and every disease you have, you put it there, and that is why I would like to talk for one month on the subject of eating. Just as soon as the stomach is overloaded, just as soon as one overeats, a house cleaning is necessary, and that in reality is what a cold is. If you get a cold, under no consideration should you stop it. Under no consideration should you do anything to remove the cold. That is nature's way of removing the debris. Therefore if you want to break up a cold, stop eating. I know that would be hard for some people, but it can be done. If you have a perfect physical condition, no cold could strike you. You could lie in cold water for hours and not take cold.

Then I say, a cold depends on the condition of the system. You have heard the saying, "Feed a cold and starve a fever." Can you imagine anything worse than that? The cold itself is a fever, and if you feed a cold you are feeding the fever. Suppose when winter comes on, you find the house has not sufficient warmth, and someone goes down to look at the furnace, and just chunks in some more coal, and still the house is cold. Instead, the vest should be opened up, and the coal that is already in should be stirred up and allowed to burn. So it is when a human being has a cold. He should stop eating for a time; keep the four eliminating agents of the body open, the bowels, the lungs, the kidneys, and the skin, and if you keep these eliminating agencies open, you cannot catch a cold, you cannot catch anything. But if you begin to feel a little chilly, the skin is not eliminating as it should, and the consequence is, more work is thrown on the kidneys and the other eliminating agencies, and for that reason, you should exercise until you begin to get up a perspiration, start out and take a brisk walk, which will oblige you to breathe freely and deeply, but do not keep the mouth open, for mouth breathing is very detrimental, but take a brisk walk, breathe deeply, and the cold will have to hunt someone else.

Suppose you are in church, and very few churches and halls are well ventilated, and in looking over the congregation before the sermon begins, you see a lady sitting near a window, and there is a little

whiff of air coming in, and she begins to fear that draft, and if she has a beautiful fur boa, she will draw that up around her neck. If the janitor happens to see her do this, he will shut the window, not only that window but every window in the building, and if there is one thing that will affect you, it is breathing stale air. Better by far had the janitor thrown open every window in the building. Do not fear the air. Get the mind right. If you sit through a sermon fearing that you will catch a cold from a draft, you will catch cold just as sure as you feel that way. Poor old Job got everything he expected. Everything you fear you will get as sure as you live. Fear is a negative condition. When you are negative, you are liable to attack. Instead, become positive, mentally and physically. Just the moment you become negative, then you are liable to attack. Defy fear, and then breathe deeply, and you can breathe deeply and do it inaudibly. You can breathe deeply and get up the circulation until your whole body is warm, and you can defy the cold.

You are aware that the back of the neck is the most vulnerable part of the body to cold. If you are susceptible to cold, if you have over-eaten and feel cold, do not fear the cold but defy it. Get your mind positive. You can stand in the strongest kind of a draft and not take cold, but if you HAVE to stand in a strong draft, preferably let the draft strike the chest. One of the best protections you can have for the back of the neck is cold water. It will strengthen you, and you will have no trouble. Many people foolishly wear chest protectors. It is absurd. If you want to wear a chest protector, turn it around and wear it on the back. Far better, throw it in the waste basket. But if a cold comes on, you should let up on the eating, take a hot bath, get into bed and take a hot lemonade without sugar (and it is fine for the complexion) and sweat the cold out of your system, but wuit eating, and in the morning you will feel like a new person. Take the precaution in the first place and avoid the cold.

Now it is very generally known that Gen. George Washington died of too much doctoring. He simply had a cold, and they went after it according to the old fashioned way and bled him three times, the last time taking a quart of blood from him. They gave him calomel to purge him, tartar emetic to vomit him, poultices to draw him, and bled him to finish him, and they did. A simple cold that could have been remedied without any doctoring.

But there is too much prejudice, even amont Chiropractors. Doctors are prejudiced against chiropractors and chiropractors against doctors. It has been said by one of the cult, that the medical proffssion has in it some of the best men in the world, and some of the worst. Now we must be careful. There are doctors today who will not give a single drug because they know that the drug will only stir up nature to fight more. Some use drugs because the patients are not satisfied unless they can carry away a bottle of drugs. There are a great many who use only water in a hypodermic injection. It is the suggestion that follows, whether they use the dope or the water, the effect is obtained through suggestion.

"HOW TO WOO AND WIN SLEEP IN TWO MINUTES."

I will tell you how to do this if you will promise not to practice now. In the first place, insomnia is a self inflicted curse. No one is troubled with insomnia who has followed nature's laws. In the matter of insomnia, you should be able to command yourself so you can go to sleep within two minutes after your head touches the pillow, no matter what have been the cares or anxieties of the ~~busy~~ day. Anxieties we will have, but mark you, it is worry that is causing the furrows, and you have no right to worry, and although I know some of you will feel that I am pretty strong in my remark, but I tell you no Christian worries. I believe it. When a man or woman tells me, "I worry, yet I profess to be a Christian,"

I say you are not living up to your profession. Christ was the first of all great teachers to abide by faith. You show me a person who worries and I show you a person who has no faith, but if they have faith, they have the cardinal principles of Christianity. My dear old father said to me years and years ago, when I was walking back and forth, worrying and worrying, and he wanted to know what was the matter. He said you are wrong, wholly wrong. I asked him if he ever worried. He said no, I never worry; it would not be consistent with what I profess. But some of you say, I would never worry, never, if everything was all right. Just so, any fool would get along when everything is all right; it is when everything is all wrong that the test comes to you. That is the time that will show the amount of your faith. I know I have in my life become bowed so low as to almost kiss the dust of the earth, but I positively knew, though burden after burden was laid on, I positively knew that, although unseen, there was the hand above, and no matter what was on the sides and back of me, I never turned back. If we look up and keep up, all is well. So I say that to you in the matter of worry; I touch on it for this reason, for so many people lie in bed at night thinking hour after hour of things about the home, business, of what is to be, and all that kind of stuff, which is wrong. Worry will not help what is past, and things that have not gone right in the past you can avoid repeating in the future.

So when you lie down, the first thing to do is to relax. How many of you do? The majority of people go to bed tensed. Just let go every muscle, every nerve of the body. Let go mentally and physically, and imagine that you weigh at least a ton, so heavy that you can hardly raise hand or foot. Just let go; quit thinking. You may say that it is not an easy thing to do. Yes, it is. Get yourself in that happy condition of thinking of nothing; shut your peepers. Some people try to go to sleep with their eyes open, wide open looking around wondering why they do not go to sleep. Shut your mouth. Do not begin asking your husband or your wife about things that have happened through the day. Shut your thinking box. Lock it up and put the key under the pillow and do not touch it until morning. Then relax and think SLEEP with every inhalation, sleep, sleep, think nothing but sleep, and you will have sleep. Never think of the shortcomings of your husband, your children or anyone else. Just think sleep.

If you would get fifteen minutes sleep in the day, it would add years to your life. Far better, those of you who work vigorously and have one hour at noon, far better to take fifteen minutes sleep in a chair and omit the noon meal.

All night do not lie on the back. The pressure on the great aorta will interfere with you sleep very materially. So many women complain of pain in the left ovary--in the left side. Why? Because of unnatural position in sleeping, the pressure on nerves and arteries. If you want to sleep all night long, like a good baby, sleep on your liver, on your right side, and you will find that the circulation is better, the heart action is not interfered with, but the moment you sleep on your back, you give the heart that much more work to do, and more than that, you snore. You know the saying, "Weep and you weep alone, snore and you sleep alone." In sleeping on the back, the back part of the tongue drops in to the pharynx, but sleep on the right side and you will never snore. If any of you have trouble or interference with the upper air passages, try sleeping on the right side. Sleeping on the left side interferes with the passage of food from the stomach. Try sleeping on the other side.

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Now about sitting down to sleep. You will find it better than lying down in the day time, as a rule. One advantage you have in sitting is that when you wake up you do not have to get up. You should have an easy chair that you can recline sufficiently so there will be no undue pressure on the back, and turning a trifle to the right, place your feet on a chair as high as the one in which you are sitting, or preferably on something soft, as a bed. Then interlace the fingers, cross the limbs at the ankles.

A minister in Galveston, Texas, said, "Talk about sleeping in the day time, I can hardly sleep at night, but to think of my sleeping in the day time would be impossible." But I told him how he should do, and he tried it, reclining in his study chair, and he has not been able to sleep, but has found that the sleep has been very beneficial to his nerves.

Is there any medicine under the sun that you can take to restore the nerves? None. Physicians can deaden the nerves, can stop pain, and I can hit you on the head and stop pain, and you would be much better off when you came to again. But in this way I have described to you, as the minister did, you restore the nerves. It is nature's way of doing it.

Then you can go to sleep for just a few minutes. When you close your eyes, and go to sleep, charge your subjective mind, your objective mind you know goes to sleep, but the subjective mind never goes to sleep. It is always on the watch, and you can charge your subjective mind like this, "I am going to sleep, and I want to awaken in fifteen minutes, or seventeen minutes, or twenty minutes," and to the very minute your subjective mind will rouse you to consciousness, and you will waken in time, even if you have an engagement, but you must charge your subjective mind.

I have sat down in a chair within twenty minutes of an appointment across the street, and told my wife under no circumstances was she to wake me, and just at the minute I was to wake up, the minute I had charged my subjective mind to awaken me, I was awake and ready to fill the engagement. That is faith, faith in the subjective mind.

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