

The Cheapest Book in the English or German Language !

Plain Home Talk embracing Medical Common Sense

NEARLY 1,000 ILLUSTRATED PAGES, Bound in Extra Cloth, and sent, Postage Prepaid,
FOR ONLY ONE DOLLAR AND A HALF.

By E. B. FOOTE, M.D., author of "Science in Story," etc.

Look over Summary of Contents and observe the great variety of subjects treated !!

PART I

DISEASE—ITS CAUSES, PREVENTION AND CURE.

	PAGE		PAGE
Disease and its Causes.....	25	Wealth.....	204
Ignorance.....	40	Excessive Study and Labor.....	211
Causes of Nervous and Blood		Melancholy.....	213
Derangements.....	40	How to Have Healthy Babies.....	220
Violating the Moral Nature.....	46	To Preserve Health of Chil-	
The Food we Eat.....	54	dren.....	226
The Liquids we Drink.....	75	Dietetics for Old and Young.....	234
The Atmosphere we Live In.....	95	Physiological Instruction of	
The Clothes we Wear.....	112	Children.....	239
Bad Habits of Children.....	130	Mental and Physical Recrea-	
Bad Habits of Manhood.....	141	tion.....	241
Sexual Starvation.....	164	Sleep, Cleanliness.....	252
Prostitution.....	174	Pure Air and Sunshine.....	257
Unhappy Marriage.....	187	A Good Temper.....	262
Impure Vaccination.....	189	Keep the Feet Warm.....	264
Adulterated Medicines.....	193	Spring Renovation.....	268
Brutality and Inhumanity.....	196		
COMMON SENSE REMEDIES.			
Vegetable Medicine.....	273	Water.....	309
Therapeutic Electricity.....	285	Medicated Inhalation.....	313
Animal Magnetism.....	302		

DOCTORS.

Doctors, "Jacks at all		Female Doctors.....	321
Trades".....	319	Rapacious Doctors.....	326

PART II

CHRONIC DISEASES, THEIR CAUSES AND TREATMENT.

CHRONIC DISEASES OF THE BREATHING ORGANS.

Chronic Catarrh.....	339	Bronchitis, Asthma.....	345
Affections of the Throat.....	343	Consumption.....	351

CHRONIC DISEASES OF LIVER, STOMACH AND BOWELS.

Affections of the Liver.....	370	Falling of the Rectum.....	401
Dyspepsia, Constipation.....	380	Ulceration of the Bowels.....	401
Chronic Diarrhoea.....	392	Intestinal Worms.....	402
Piles, Fistula, Stricture.....	394		

ACHES AND PAINS.

Bilious Headache.....	404	Neuralgia.....	409
Nervous Headache.....	407	Rheumatism.....	411
Congestive Headache.....	408		

AFFECTIONS OF THE EYES AND EARS.

Old Eyes, Near Sight.....	415	Cross Eyes, Amaurosis.....	423
Chronic Sore Eyes.....	423	Defective Hearing.....	428

DISEASES OF THE HEART.

How People are Mistaken.....	435	Advice to Invalids.....	436
------------------------------	-----	-------------------------	-----

CHRONIC AFFECTIONS OF THE URINARY ORGANS.

Diseases of the Kidneys.....	430	Affections of the Ureters.....	443
Affections of the Bladder.....	443	Gonorrhoea and Stricture.....	446

PRIVATE WORDS FOR WOMEN.

Derangements of Monthly.....	453	Falling of the Womb.....	474
What Menstruation is for.....	456	Vaginal Affections.....	476
Leucorrhoea.....	460	Amorous Dreams.....	479
What the Hymen is for.....	467	Sexual Apathy.....	481
Chronic affections of the		Sexual Dyspepsia.....	481
Womb.....	474	Ovarian Diseases.....	483

HINTS TO THE CHILDLESS.

Causes of Barrenness.....	489	Excessive Amativeness.....	507
Local Inadaptation.....	490	Temperamental Inadaptation.....	509
Diseased Condition of Wife.....	493	To Promote Childbearing.....	511
Do. do. of Husband.....	504		

(This chapter is invaluable to the childless. In many instances ten and more years of fruitless marriage have been remedied by pursuing the hints herein given.)

PRIVATE WORDS FOR MEN.

The Penis and its Diseases.....	521	Seminal Weakness.....	532
The Scrotum and its Diseases.....	526	Satyrism.....	541

IMPOTENCY.

Females may be Impotent.....	544	Causes and Treatment.....	546
------------------------------	-----	---------------------------	-----

CONCITING ESSAYS ON DISEASES.

Paralysis.....	551	Scrofula.....	560
Cancer.....	554	Syphilis.....	564
Salt Rheum.....	557	A variety of Chronic Dis-	
Spinal Curvature.....	558	eases.....	572

TREATMENT OF DISEASE.

People Dosed to Death.....	574	Evidences of the Curability	
Everybody his own Doctor.....	575	of Chronic Diseases.....	589

PART III

PLAIN TALK ABOUT THE SEXUAL ORGANS; THE NATURAL RELATION OF THE SEXES; CIVILIZATION, SOCIETY AND MARRIAGE.

	PAGE		PAGE
The Cause of their Disgrace.....	608	How made the Instruments in	
Influence on Physical Devel-		Perpetuating the Race.....	630
opment.....	612	The Influence on the Social	
Their Influence on Health.....	616	Position of Women.....	635
How made the Instruments of		Influence on Civilization.....	640
Pleasurable Emotions.....	622		

HISTORY OF MARRIAGE.

History of Polygamy.....	647	History of Monogamy.....	659
Why Adam had One Wife.....	647	Marriage in Ancient Rome.....	660
Egyptian Marriages.....	648	Ancient German Marriages.....	665
Chinese Marriage.....	649	Under the Christian Emperors.....	666
Ancient Hebrew Marriages.....	653	From the 6th to the 15th cen-	
Grecian Marriage.....	653	turies.....	669
Marriages in Ancient Persia.....	656	Marriages in Ancient Scandi-	
Mohammed's Polygamy.....	657	navia.....	671
Early American Polygamy.....	659	Historical Chips.....	673

MARRIAGE AS IT IS IN BARBARISM AND CIVILIZATION.

Marriage in the Old World.....	684	Marriage in New World.....	711
--------------------------------	-----	----------------------------	-----

DEFECTS IN MARRIAGE SYSTEMS.

Why Marriage is Unimproved.....	740	Demerits of Polygamy.....	753
Is it a Divine Institution.....	750	Demerits of Monogamy.....	754

THE REMEDY.

New Order of Things Neces-		Rome had a Censor.....	772
sary.....	765	We Want a Secretary of Mar-	
A Clergyman on Institutions.....	767	riage.....	772

SEXUAL IMMORALITY.

The Causes.....	777	The Cure.....	780
-----------------	-----	---------------	-----

CONCLUSION OF PART III.

Roman Austerity and Pari-		We must Avoid a Reaction.....	785
anism Compared.....	785	Agitation on the Question.....	787
(Part III takes a view of marriage and the sexual relations from a		physiological stand-point. It is searching, interesting, original and	
startling.			

PART IV.

THE IMPROVEMENT OF POPULAR MARRIAGES, ETC.

Marriage must be Improved, 793	What its upholders should do. 794
--------------------------------	-----------------------------------

ADAPTATION IN MARRIAGE.

What is Mental Adaptation? 802	Plain Rules as to Marriage ..	\$13
What is Physical Adaptation? 805	Difference between Vitality	
Magnetic Adaptation..... 805	and Vital Tenacity.....	\$24
Temperamental Adaptation. 806		

LAW SHOULD ENFORCE ADAPTATION IN MONOGAMIC MARRIAGE.

Marriage like a rat-trap.....	830	Science brought to bear.....	831
-------------------------------	-----	------------------------------	-----

THREE PHASES OF MONOGAMIC MARRIAGE DAGUER-REOTYPED.

Mental Marriages.....	842	Lucifer Matches.....	356
Physical Marriages.....	846		

PHILOSOPHY OF ELOPEMENTS.

Ascribed to Depravity.....	832	The True Philosophy.....	832
----------------------------	-----	--------------------------	-----

INTERMARRIAGE OF RELATIVES.

Effects of such Marriages.....	857	As well Marry half-sisters as	
		full Cousins.....	858

ESSAYS FOR MARRIED PEOPLE.

Necessity for Confidence.....	861	Jealousy.....	873
The Wife the equal Partner.....	863	An Infallible Remedy.....	873
Sleeping Apart.....	867	Sexual Indifference.....	880
Sexual Moderation.....	859	Food for Pregnant Women.....	884

PHILOSOPHY OF CHILD-MARKING.

Rules and Facts.....	887	Why Resemble Neighbors.....	893
Key to the Mystery.....	887	Why Children by 2d husbands	
Why Resemble Both Parents.....	890	resemble the 1st.....	894
Why Resemble One Parent.....	892	How Frights Mark a Child ..	895

ESSAYS FOR YOUNG AND OLD, HEARING ON HAPPINESS IN MARRIAGE.

Early Marriage.....	896	Ladies should be allowed to	
Locations for Females.....	903	Pop the Question.....	906