

room, working out my desperate problem of individual reconstruction—building life out of premature death—none but the pen of the recording angel can ever describe.

"Suffice it to say that I was not at all satisfied with the result of the medical consultation and decision, though my own most deliberate conviction was forced to coincide with the impartial diagnosis so evidently based on the indisputable facts of the case. But I was too personally involved in the result of the decision those medical experts had reached, to submit quietly, or at least without a furious protest.

"In a word, I resolved not to die by the triumphant power of consumption and its concomitant ill, but at once to enter upon such a conflict with the insidious destroyer as either to break his hold on my vitality or to take the victory out of his grasp by falling under the effects of my own desperate experimentation.

"Yet in all this mental agitation, in which I sought as never before to penetrate the secret archives of man's fearful and wonderful organism, not one thought of drug medication entered into my conceptions while thus seeking after some remedial process or agent capable of meeting the emergency of my case.

"I knew from my brother's recent experience that drugs could accomplish nothing in such an extremity, and consequently my whole scheme of organic reconstruction aimed solely to aid and abet the physical laws of my being, thereby to counteract, if possible, the work of disease and destruction going on in my system. And with the most penetrating mental effort of my whole life, I thought I saw that the only way to counteract these rapidly culminating invasions of circulation was by some means to supplant in the circulation, the disease-bearing germs which were doing this deadly work, by the life-giving elements of pure nutrition in harmony with the laws of vital force.

"This hygienic treatment applied in pursuance of this discovery, has not only saved the writer from consumption and a complication of physical ailments, restoring him to robust health at the time of its discovery and first adoption forty years ago (now forty-one years ago), but it has saved his health from breaking under a shattered constitution, and thus preserved his life on hundreds of separate occasions when exposed to colds and to all the hardships of a roving and adventuresome life on the open plains and amidst the snows of the Rocky Mountains, long before civilization had reached there.

"Not only has he proved the absolute health-preserving and health-restoring value of this treatment in his own person during the forty years past, with an left lung lacerated by disease and almost destroyed, but he has made it known to several personal friends on different occasions, who in like manner have proved its disease-mastersing and health-protecting merits, and that so, without medicine of any kind.

"As already stated in the December (1888) Microcosm, the discoverer communicated this secret to his personal friend, R. F. Stevens, M.D., of Syracuse, N. Y., more than twenty years ago, during which time that thoroughly accomplished physician has not only used the treatment upon himself regularly, but upon numerous patients, thereby demonstrating beyond the possibility of doubt the inestimable value of the discovery as thus subjected to every physiological and anatomical test within his knowledge.

"The writer has also, within the last two or three months (in the early part of 1889), permitted an eminent practicing physician of Columbus, Ohio—Jesse Huettig, M.D.—to try the treatment on a dear and dear relative who was passing rapidly away into a decline, and whose life was in serious jeopardy. This permission was given partly on account of the urgent appeals of the doctor for aid in the case of a very precious and valuable life, but especially to test the treatment once more before offering it to the afflicted, in the hands and under the manipulation of another educated "M.D. of extensive knowledge and therapeutic experience. This doctor writes, not only endorsing the treatment in theory as a marvellous scientific discovery, while accompanying his endorsement with a correct and most critical analysis of its rationale, but he is enthusiastic over the practical benefits that have already accrued from its application to the rapidly improving health of the friend for whose life he had solicited the secret.

"Suffice it to say, that the doctor, on witnessing these marked results of the treatment, was anxious to pay any reasonable sum in money as a small token of his grateful appreciation of the favor that had been extended to him, which offer was as generously declined by Dr. Stevens, who had given him the information by our permit.

"Let it be distinctly and forever understood that this is no scheme of quackery to draw money out of the afflicted, nor is it any sort of a patent medicine business, nor there is not a grain of medicine of any kind required in the treatment. Notwithstanding this fact, it takes directly hold of the worst cases of consumption, dyspepsia, liver complaints, headaches, heart disease, incipient consumption, diabetes, and Bright's disease of the kidneys, including fever and inflammation of the lungs and of other internal organs—not by attacking these so-called diseases directly, but by radically neutralizing and removing their

causes thus allowing nature herself to do her work unimpeded.

"This is wherein the secret and the great value of the new discovery consists, namely, in an original and most efficient process of getting at the root of all diseases, by removing impurities from the blood, and from the other circulatory vital fluids of the body, thus removing the efficient cause of nearly all the organic disorders and physical irregularities flesh is heir to. Thus the new treatment peremptorily inactivates by forcing a healthy and rejuvenating process of nutrition, including a normal assimilation of food; but above all by exciting a rapid elimination and uninterrupted excretion of all deleterious substances unduly retained in the circulation, such as effete matter absorbed from the abdominal viscera, as also worn out and decayed tissues of the organism clogged in the system by deranged processes of alimentation which this new treatment so infallibly rectifies, without medicine, and without the slightest restriction on diet.

"In thus elaborating the claims of the treatment, falling, as this preliminary personal statement will, into the hands of many educated medical practitioners, we are aware that we subject ourselves to the most unfavorable suspicions of being actuated by mercenary motives in setting forth a false and impossible claim of hygienic and physiological merit to our discovery. But we are compelled to take these chances or never make the discovery known to the slightest benefit of the afflicted or the least advantage to the cause for which this journal stands as the organ.

"To our old readers who have followed our discussions and investigations for these ten or twelve years past, we need to make no assertions of candor or protestations of honesty as to our convictions concerning the great value of the treatment under consideration. We can only say here that the discoverer of this treatment has been too long before the public as the relentless opponent of frauds and humbugs in science to afford to associate his name, at this late day in his life, with any scheme or process affecting health and longevity which he does not conscientiously believe to be a blessing both to the afflicted and to those in health."

And in another place he says:—

"The pages to follow this introduction will faithfully unfold and set forth the experiments justifying these predictions, the causes and processes of reasoning which led to them, and the surprising and even astounding effects which they produced in raising an emaciated invalid given up by his physician to die, to a condition of vigorous health which now, after forty years and at the age of seventy—now 71—bids fair, barring accidents, to last for many more years to come.

"In fact he writes, considering his own present longevity, taken in the light of his physical condition at the commencement of his new system of treatment, as equal already to a full century of years, lifted as he has been to robust health from an utterly broken down constitution, with one lung partially destroyed and the other badly weakened. To have revived and then survived forty years, he practically counts under the circumstances as nearly two years for every one he has since lived and worked.

"In truth he simply knows, just as he knows any other physical fact coming within his own observation, that the hygienic treatment he then discovered, and has ever since faithfully put into practice, saved him from a consumptive's grave, which his brother had found the year before, and which they had both inherited from their mother.

"To true his years ever since have been an arduous struggle for existence, his damaged lungs being like the shattered fortress of a besieged army, requiring constant watching by the most vigilant sentinels, thereby giving all the more credit to the system which has saved his life.

"He has waited patiently for these forty years of experimentation to roll around before formally announcing the effects of his discoveries, though, as stated in the Preface, he has frequently been urged by practicing physicians to give the world the benefit of his wonderful experiences. Contrary to these urgent suggestions he resolved, even at the start of his experiments, to say nothing about his discoveries publicly until he could feel, by absolute personal assurance in watching their effects upon himself, that they had done all that he claimed for them at the start, namely,—carried his shattered constitution even beyond the fair equivalent of what he regarded and still regards as five score years of longevity.

"Behaving this to be only a fair proportionate discount for his physical condition in 1849 and for his necessarily fluctuating condition since, in which the slightest cold upon his lungs would have been fatal had he been deprived of the benefits of his discovery, he has now no hesitation in boldly proclaiming to the world that, given a good constitution to start with, the new treatment would, barring accidents, carry any man or woman safely and surely beyond one hundred years of vigorous health, should it be commenced early in life and bravely prosecuted according to the programme mapped out in the following pages."

NOTE.—When young Hall began this treatment 42 years ago, his weight was 120 lbs., it is now 225 lbs., without undue carelessness or fat.

DR. HALL'S PERSONAL STATEMENTS herein find abundant corroboration in the testimony of two prominent American physicians, whose letters as published in THE MICROCOSM, are as follows:—

Dr. R. F. Stevens' Endorsement.

Dr. R. F. Stevens, of Syracuse, N. Y., was the first M.D. to whom we revealed the treatment—more than twenty years ago. In writing to a friend, about a year ago (now about two years ago), he gives the following:

"Nearly twenty years ago in this city Dr. A. Willford Hall gave me privately a detailed history of a hygienic treatment he had discovered and adopted some twenty years before, and which he had practised continuously upon himself up to that time. The history included an account of the failure of his health, the reasons and conclusions which led him to adopt the treatment, his rapid restoration to health, etc. From the time of his first mention of it to me I have been entirely satisfied that it saved him from a lingering consumption and death; and that in the years following as I have evidence to satisfy me, its continued practice has so affected nutrient and eliminating functions as to give to his physical structure a greater degree of solidity, or in other words a higher specific gravity than that possessed by any other man living. I learn that he has persistently continued the treatment to the present time—forty years in all—and that his present health and vigorous condition may rightfully be compared to the "bloom of youth," though he is nearly seventy years of age. The tests I have made of the treatment upon myself and in my practice in the twenty years past, have convinced me that great practical benefit may be derived by members of the medical profession and others from a careful study of the rationale of the treatment as discovered by Dr. Hall, the details of which he proposes to give in his forthcoming book. A debt of gratitude will surely be due him for whatever scientific advances he may be able to unfold in the line of assisting nature to ward off disease, and in the restoration of health. R. F. STEVENS M.D.

Statement and Endorsement of Dr. Jesse Huettig.

Dr. Jesse Huettig, of Columbus, Ohio, referred to in our Personal Statement in April (1889) MICROCOSM, as the second M.D. to whom this treatment was revealed, writes to a brother physician who had inquired of him concerning the pamphlet:—

"You need have no doubt concerning the merit of the new treatment. I consider Dr. Hall's statements as true in every particular. He has, in my opinion, made the most valuable discovery of this or any other age for the purpose of combating diseased action in the human system, be the type what it may. I consider the price (\$1) merely nominal when compared with the inestimable value of the discovery. It is just as accessible to everybody under his method of selling it, by first requiring a pledge of honor, as would be a doctor's prescription for which he might charge the same price. In both cases the remedy is free to all who are willing to pay for it. It is without doubt the true secret of longevity, and is as valuable to those in health as in sickness, promoting sound sleep, perfect assimilation, freedom from weariness under exertion, and a sure protection of the circulation from impurities. I was studying the problem of pulmonary consumption and kindred diseases when I had the good fortune to procure the full understanding of Hall's discoveries and methods of treatment. To those I became an immediate convert, and with the utmost delight hailed them as being fully capable of supplying all that I had heretofore lacked in the successful treatment of consumptive cases. JESSIE HUETTIG, M.D."

As a Therapeutical System.

We do not believe that the discovery which Dr. Hall claims to have made, can be found in any medical or Hygienic work in the English language, published within the last fifty years. The embryonic idea and initial practice, recommended in certain congested conditions for immediate relief, may indeed, be found in all, or nearly all, systems of therapeutics from time immemorial. But as a fully developed system of regular periodical treatment, taking the place of, and preference over, drug medication, the anxious seeker after physical health, will search the medical books in vain; unless, indeed, he should happen on the one chance, in perhaps one hundred thousand, (as we did) and become possessed of that rare therapeutical work written by an English M.D., in 1833 and previously referred to in this journal.

So fashionable had drug medication become previous to 1849 through the development and horridous revelations of chemistry that the system which Dr. Hall claims to have discovered, about that time, had, largely in consequence, fallen into general disrepute.

This circumstance, more than anything else, especially after the elapse of over forty years since then, has been most favorable to Hall's claim of original discovery. That such is the case, and that the system is not to be found in the medical books of the present time is still further evidenced by the general expressions of surprise with which it has been received by the medical profession, although professional pride prevents most doctors from countenancing the system thus brought into prominence by a layman, and for the same reason, many others, while they cannot be honest and condemn it, speak of it slightly, while still others, disapprove it in use or moderate its value simply because it will inevitably destroy their practice; it is not a reasonable prescription, but a drug formula, and for the same reason, cragmatic generally oppose it. \$1 COPIES PAID FOR THE SYSTEM, SHOWS THE ABOVE WILL FOR ALL TIME.