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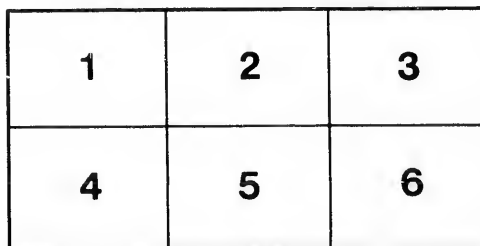
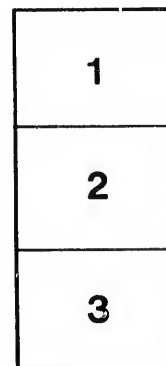
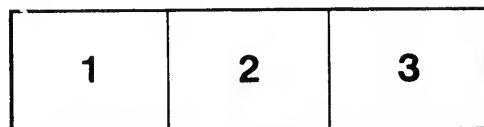
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n à

M. A. James  
Teacher  
Winfield  
Ont.

# Dr. Ryder's Hygienic Institute.

## "RIVERSIDE"

Is a HEALTH, or HYGIENIC INSTITUTE for the treatment of sick persons by sanitary appliances alone. It is situated two miles above Niagara Falls, on the Banks of the Niagara River, and affords a splendid view of the River and Rapids above the Falls. The scenery is all that could be desired; the air is most salubrious; the surrounding country abounds with the choicest fruits. Those advantages combine to make our location all that can be desired. Add to this our close proximity to the Falls, and our central position, and it must be admitted that our location is not excelled by any on the continent.

### THE BUILDINGS

Were put up without regard to expense, and are attractive in appearance, conveniently arranged, with commodious rooms. The arrangements for heating and ventilation are so arranged as to admit a continued supply of pure air, which is heated by a well arranged furnace before it is distributed to the different apartments; and the arrangements for the disposition of exhausted air are ample.

The most thorough arrangements are provided for exercise, in doors, as well as out. A commodious room is being fitted up, and will be supplied with the most approved machinery for the administration of the celebrated *Swedish movements*.

### THE OBJECTS

Of this Institution are two-fold: (1) The *treatment* and CARE of persons suffering from the various diseases incident to our climate; and (2) to furnish a pleasant HOME for those who wish to spend a short time in the vicinity of the Falls.

### MY PRACTICE

Previous to my coming here was attended with marked success, which is the result of a thorough knowledge of the principles upon which the Hygienic method of treatment is based, combined with my own experience as an INVALID who was *given up to die*. From the date of the commencement of my recovery (March, 1858) to the present time, the study of diseased conditions, and their treatment, has been the most interesting subject that has been presented to my mind.

Patients, during their stay with us, will become so well acquainted with our different processes, as to be, in large measure, their own "Doctor" after returning to their homes. They not only learn how to get well, but, what is better, how to avoid getting sick.

HYGIENIC MEDICATION is the process of curing the sick by such agents only as are conducive to health. Its advocates do not believe in poisoning people because

they are sick ; nor do they believe that swallowing substances which would make a well man sick can make a sick man well. Let the strongest, healthiest man take, on retiring, an ordinary dose of calomel, lobelia, ipecacuanha, podophyllum, or nuxvomica ; —will his sleep be as refreshing, his digestion as perfect, next morning, and his strength as vigorous as before ? Or let him take daily, for a few weeks, powders of quinine, such as are commonly given for “chills ;”—he will not repeat the experience of thousands when his blunted sensibilities, his stiffened limbs and his aching bones reveal the fact that his whole nervous system is shattered, and perhaps ruined for life. Will the sick man who swallows these poisons fare better ?

The Hygienic System employs *exclusively* the self-same agents, both to maintain health and to cure the sick—the only distinction being that we modify the application of these agents to *suit the condition of the individual*. We take *Nature's Materia Medica*, viz : Air, Light, Temperature, Electricity, Magnetism, Exercise, Rest, Food, Drink, Bathing, Sleep, Clothing, Passional Influences, and Mechanical or Surgical Appliances. From these we cull and combine, and so apply as to meet the demands of every patient, and of every known disease. Our method is adapted to the wants of ALL. Prominent among our remedial appliances are the following :—

### BATHING.

In most forms of chronic disease, and in all forms of acute, we prescribe baths more or less, and we use water in various ways. But the bathing processes, simple as they seem, are not to be trifled with by inexperienced hands. A single bath injudiciously taken, might cause harm to the patient ; and yet, if properly administered, might be just what is needed. Besides the bathing appliances of an ordinary “water-cure,” we have Russian, Turkish and sun-baths, which will be in successful operation at all seasons.

### DIE

In all cases of disease, acute or chronic, we deem it important to adapt the *diet* of the patient to the condition of the body. What is eaten should favor the processes of purification and reparation which are essential to recovery. By attention to these common-sense matters we can make our cures rapid as well as thorough

### MOVEMENTS.

Movements, like all other Hygienic agencies, pre-supposes on the part of the physician a thorough acquaintance with the functions of the various organs of the body ; else his movements might result in harm instead of good. They *assist in balancing the circulation*—without which health is impossible—and eliminating impurities from the system.

### ACUTE DISEASES.

In acute diseases the Hygienic System works like a charm ; and in nothing has its merits been more thoroughly tested than in diseases of children. Scarlet Fever, commonly so fatal among infants, yields readily to the Hygienic treatment, and recovery is rapid. The same is true in Croup, Measles, Whooping Cough, Diarrhoea, Dysentery, Cholera Morbus, and Cholera Infantum. Hygienic physicians have treated hundreds of these cases, and rarely lose a patient. Lung Fever is a disease, under drug treatment, in which a large per cent. proves fatal. Hygienic physicians have treated hundred of cases, and lost *none*. There is, in fact, no disease, however malignant, that is not greatly shorn

of its terrors under the Hygienic plan of medication; while the milder ones disappear so rapidly that persons are apt to conclude "there was not much the matter." Typhus Fever, Diphtheria, &c., are usually considered (and justly) as dangerous; yet the Hygienic system restores nearly all that are treated before medicines have been resorted to.

### CHRONIC DISEASES.

To those who are suffering from chronic diseases we offer words of cheer. The Hygienic system is admirably (because naturally) adapted to diseases the most obstinate and chronic, and otherwise hopeless. Movements alone enable the Hygienic physician to treat, with eminent success, chronic disease *and deformities* hitherto deemed incurable. And again, when our patients are cured, other diseases do not "set in." We do not believe in "curing one disease by producing another;" instead of adding new ones, we remove the *causes* of disease, and so get rid of it entirely. Persons who are in the habit of taking drugs when sick, will find their ailments increase, both in number and severity, so that the more they "doctor" the more they need to; and sooner or later their lives will be prematurely cut off. By employing *Nature's* life-giving agents, the sick are not only saved the nausea of drug-taking, and the suffering induced by its *terrible effects*, but they *save their constitutions*. After the purifying process is over, they rise from their beds, not with aches and pains and swollen limbs, but feeling as if life had been renewed.

### CONSUMPTION.

Probably, under drug treatment, four fifths of the cases treated result fatally, while of those who, in the first stage of the disease, resort to the Hygienic method, four-fifths recover. There is but *one method by which consumption can be cured*. That method consists in *vitalizing* the blood corpuscles, and changing the color of that fluid to a bright scarlet. If this is done before the disease has progressed too far, it will be arrested, and the patient will be saved. The Hygienic system, when intelligently administered, most admirably accomplishes this desirable result. On the other hand, the treatment with medicines poisons the blood and prevents the recovery of the patient. There is a time, in the progress of this disease, when no earthly power can save. Thousands have lost their lives with consumption by depending on patent medicines that are so persistently advertized in almost every newspaper in the country. The Cod-Liver Oil and Alcoholic treatment is, also, as unscientific and fatal as it is common in the treatment of this disease.

### DISEASES OF WOMEN.

The Hygienic system presents facilities for treating those obstinate diseases with which women are afflicted, and by its aid we shall be able to do for woman-kind what the ordinary methods of treatment can never hope to accomplish. Movements are worth more in these cases than all the supports, braces, pessaries, &c., in existence. In most cases these troubles are caused by a weakened condition of the muscular system; hence *all* the Hygienic appliances can be made available with decided advantage.

### TO MARRIED WOMEN.

The Hygienic system lessens the dangers incident to raising a family to a degree that is scarcely credible, except to those who are acquainted with the results. Fatal hemorrhage, puerperal fever, &c., together with accidents, so common

at present to mother and child, are almost unknown in this school of practice. Freedom from those dangers depend largely upon previous habits and management.

### SPERMATORRŒA.

Young men who have injured their health by injudicious practices will find a ready means of restoring their lost energies by undergoing a course of treatment at our Institution. The common practice of administering medicines in those cases, is as injurious as it is unscientific.

### THE VIRTUES OF HYGIENE.

"As we place more confidence in Nature, and less in preparations of the apothecary, mortality diminishes."

"Hygiene is of far more value in the treatment of disease than drugs."

PROF. W. PARKER, M. D.

"The more simple the treatment in infantile diseases, the *better* the result."

PROF. B. F. BARKER, M. D.

"Many different plans have been tried for the cure of consumption, but the results of all the trials have been unsatisfactory. We are not acquainted with any agents that will cure consumption. *We must rely on Hygiene.*"

PROF. ALONZO CLARK, M. D.

"My preceptor used to give *colored water* to his hospital patients. It was noticed that those who took the water *recovered* more rapidly than those of another physician who bled his patients."

PROF. J. W. CARSON, M. D.

"I wish the *Materia Medica* was in Guinea, and that you would study *Materia Alimentaria*. You are taught learnedly about *Materia Medica*. And but little about diet. We will have less of doctors when people eat to live."

PROF. W. PARKER, M. D.

"The chief duty of the accoucheur is to protect his patient from the meddling interference of her friends." During a practice of twenty-eight years, I have applied the forceps *but once* in my own practice."

PROF. C. R. GILMAN, M. D.

"A sponge bath will often do more to quiet a restless, feverish patient than iodine." "A hundred different and unsuccessful plans have been tried for the cure of cholera. I think I shall leave my patients, hereafter, nearly entirely to Nature; as I have seen patients abandoned to die, and, *left to Nature, recover*, while patients died who were treated."

PROF. ALONZO CLARK, M. D.

### TERMS.

Our terms for Board without treatment are from \$4 00 to \$7 00 per week.

With treatment from \$5 00 to \$10 00 according to rooms and necessary attendance.

For further information address,

DR. RYDER,

CHIPPAWA, Ont.



