

**MESSAGES TO MOTHERS.
A PROTEST AGAINST
ARTIFICIAL METHODS**

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Messages to Mothers. A Protest against Artificial Methods by Herman Partsch

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HERMAN PARTSCH

**MESSAGES TO MOTHERS.
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ARTIFICIAL METHODS**



MESSAGES TO MOTHERS

A PROTEST AGAINST ARTIFICIAL METHODS

*Presenting a Simple,
Practical and Natural Scheme for
the Right Diet, Care and Treatment of
Mother and Child, and for the Conservation of
Power in Physiological Functions, the
Result of Twenty-three Years
of Successful Practice*

BY *e*

HERMAN PARTSCH, M. D.

AUTHOR OF
THE ILLS OF
INDIGESTION, THEIR CAUSES
AND THEIR CURES

PAUL ELDER AND COMPANY
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AND NEW YORK

Preface

THIS work is the combined utilitarian results of a series of vital human-nature studies, as pursued by a regular physician in the course of twenty-three years of practice. The work is offered as a contribution to the common stock of hygienic learning.

It is addressed primarily to mothers, because it concerns them chiefly, and because the writer therefore regards them as the most impartial judges of the findings presented, and because through women lies the line of least resistance to these particular steps in the progress of hygienic learning. If my work passes woman's trial and judgment, it will receive the serious attention of the medical profession all the sooner for having been first submitted to women.

I do not encourage the domestic practice of medicine, and, with one harmless exception, have not mentioned a drug or a medicine.

I recognize a subconscious intelligence, otherwise referred to as nature or instinct, the promptings of which are called intuitions.

Preface

These intuitions I have sought to understand and have learned to trust unreservedly, and in all matters of food selection and rejection I do so trust them and am by the results fully justified in so doing.

Accordingly, in the dietary details of the treatment of disease, I must differ radically from the prevailing practice of the medical profession generally.

The prevailing scheme of practice, for example, in the great group of digestive disorders, especially of young children, does not succeed, and I have no doubt about the propriety of assailing it, especially since I have an extremely simple, successful and perfectly natural scheme to offer in its stead.

H. P.

Berkeley, California.

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Chapter I

Power in Physiological Functions

*And in All Organization, Growth
and Work*

ALL PERSONS who are successfully engaged in affairs mechanical agree that perpetual motion is a fallacy, that nothing mechanical can be done without power to do it. But all sorts of authorities ignore the idea of power being involved in physiological functions. One whose word has weight has even declared to me that no power, or at any rate no appreciable amount of power, was involved in the organization, development and growth of a fetus.

It will only be necessary to present a series of familiar and interesting facts, and the conclusion becomes apparent and evident that power is involved in *all* forms of organization, development and growth. This conclusion is almost the entire foundation of my book, and I must necessarily devote considerable space to the very interesting grounds upon which it is based.

We cannot successfully employ at the same time, for distinctly different purposes, a combination of muscles and a combination of mental