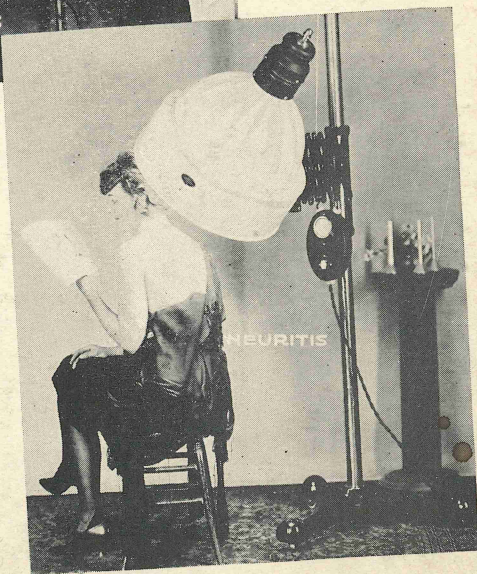
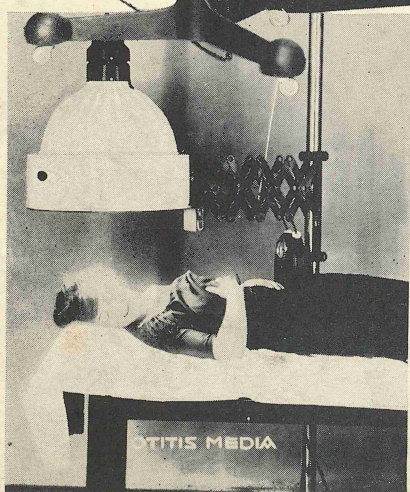
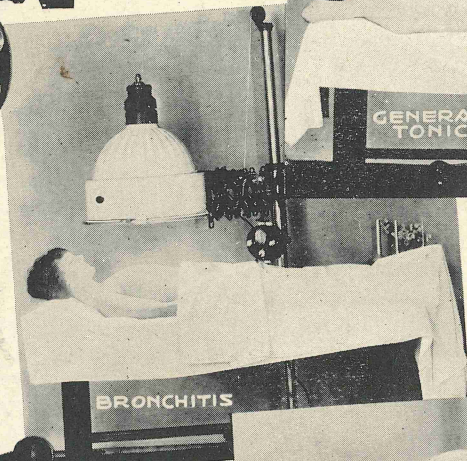
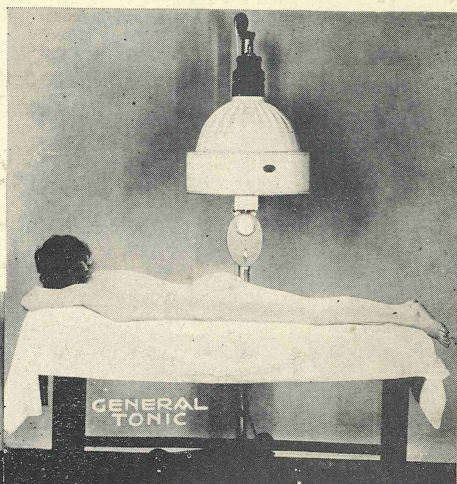
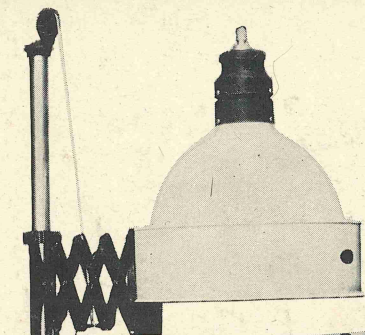


Operating
Instructions
Universal
Lamps



MODEL "A"

SUGGESTIONS FOR TREATMENT WITH UNIVERSAL THERAPEUTIC LAMPS.





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PAUL E. JOHNSON

Patentee and Manufacturer

"UNIVERSAL"

Physiotherapy Equipment

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233 W. 42nd STREET, NEW YORK CITY

TO YOU

The Progressive Physician Who
Desires Improved Results

THIS BOOKLET

Is Respectfully Dedicated.

It is not intended that this Booklet replace exhaustive treatises on the physics and therapeutics of Artificial Sunlight, but it is written rather that it serve as a practical guide for the clinical application of Therapeutic Light.

The results, methods and procedure recorded are taken not only from the author's personal observation, but are a summing up in the closest possible conformity, of the recommendations of many authors and progressive physicians who are using Therapeutic Light.

Because of the difference in patients, there are no hard and fast rules by which one may be absolutely sure of success, however, careful clinical observance of every case, together with study of the underlying principles of Therapeutic Light will insure gratifying results.

Sufficient physics are incorporated herein to insure a working knowledge of the mode or energy used.

That this work will greatly simplify the technique of Light's therapeutic application and aid you in procuring knowledge leading to better and more definite results, is our sincere wish.

"A CORRECT UNDERSTANDING OF BASIC PRINCIPLES, LEADS TO LOGICAL DEDUCTIONS, WHICH INSURE SUCCESS."

The scientific world today recognizes the Sun as the central source of life; its energy is conveyed to the world by light waves or vibrations generating an enormous quantity of electro-magnetic energy.

The earth and other planets are controlled by the Sun and spin around their orbits, being held in their positions by gravity and the influence of the magnetic lines of force which are continually given off by the Sun.

All physical and animal life is due to this energy. It activates all elements. The earth and its inhabitants may be compared with aërials used in wireless telegraphy, constantly receiving vibrations from the Sun and transforming them into the various activities and elements of life. The mineral, vegetable and animal kingdoms receive their energy through the transformation of the spectral energy of vibratory light.

As an example, spinach and celery are rich in iron. Other forms of plant life contain preponderant quantities of

different elements. Every element in the world, when burned, gives off numerous vibratory waves or colors, some pronounced bands or colors usually predominating. We humans are dependent upon animals and plants for food, the animals upon the plants, and the plants, in turn, upon solar energy.

The December 1922 and February 1923 issues of Popular Science Monthly carried articles describing experiments conducted by scientists of the United States Department of Agriculture which prove that LIGHT, not heat, CAUSES GROWTH.

It is shown that by covering a number of plants with a box into which the light from a candle is allowed to filter through a pin hole for a period of five minutes, the plants were found to be leaning toward the source of LIGHT.

Scientists recently announced the successful completion of experiments conducted by Westinghouse Electric Manufacturing Company, in collaboration with Columbia University, which showed that with artificial light, flowers and vegetables could be put to sleep and awakened at will.

They have been able to make flowers bloom at a predetermined time and to mature vegetables in from two to three weeks

less time than normally required.

A normal body consists chiefly of four elements: Oxygen, 72 per cent; Hydrogen, $9 \frac{1}{10}$ per cent; Nitrogen $2 \frac{5}{10}$ per cent, and Carbon $13 \frac{4}{10}$ per cent. These four dominating elements are in turn dominated by specific light waves or vibrations manifested by colors as follows: Oxygen by Blue, Hydrogen by Red, Nitrogen by Green, and Carbon by Yellow. Visible sunlight is composed of the rays named above, also of Violet, Indigo and Orange. It is of the vibrations of the latter three elements that the other three per cent of our bodies consists.

Professor Chamberlain, University of Chicago, says energy may be divided into two classes, Revolutionary and Vibratory. Revolutionary energy is exemplified by the rotation of the earth about the sun, while the Vibratory is exemplified by Light to which the human is by far the more sensitive, although the revolutionary is thousands of times greater than the vibratory.

Larkin, Director of the Lowe Observatory, speaks of new eras, beginning with proof that the Sun, and not the earth, is the center of the solar system and others with the publishing of Newton's Laws and so on down the line, touching Faraday, Guilbert, Bacquerel, Madame Curie, and many others, saying, The most important or greatest discovery ever made was spectral Analysis. It is

through it we can analyze and find all elemental compositions. He further says, Man lives by the radiance of the photo-sphere of the Sun. By THIS GREAT ENERGY EVERYTHING WITHIN ITS RADIUS IS PURIFIED EVERY OBJECT IT PENETRATES IS DISINFECTED AND EVERY KNOWN FORM OF GERM LIFE IS EITHER DESTROYED OR ITS DEVELOPMENT ARRESTED.

Michaelson, University of Chicago, says that the shortest waves of visible light are violet, sixty-three thousand to the inch while the longest are red, thirty-three thousand to the inch. Thus one can see that with the longest rays only thirty-three thousand to the inch how extremely fine our sensory system must be adjusted, but further analysis shows that measuring light by waves is crude, in comparison with measuring by vibration.

For example, sixty-three thousand violet rays to the inch gives seven hundred fifty billion vibrations each second. Red with thirty-three thousand waves to the inch shows four billion vibrations each second. Other colors show correspondingly different rates of both waves and vibrations to the second. Thus, it can be seen that color of itself does not mean anything. It is just a convenient way of labeling certain light waves or vibrations

Numerous advanced workers have used light as a therapeutic remedy and all enthusiastically acclaim its unusual healing power. Prof. E. C. Titus, in speaking of the curative value of

Light, said, "When rays of light fall upon the skin, part of them are arrested by the outer layers, others penetrate and are arrested by the deeper layers, but many reach several inches in depth".

Kellog, at Battle Creek Sanitarium, was perhaps the first to show that Light would penetrate through the body. This was shown by securely fastening a photographic plate to the back of a patient in a darkened room, covering the outer side of the plate completely with opaque paper and adhesive tape. After exposure to Light, the patient was again taken to the dark room, the plate removed and developed, showing a pronounced reaction from the Light.

It has been lately shown that with radiant light we can better take pictures of extremities than was possible with the early X-ray. To do this, however, one has to use panchromatic plates, as ordinary plates will not work well.

The foregoing is a brief sketch covering some phases of the physics of light, given that we may partly understand the mode or kind of energy given by "UNIVERSAL" Lamps. MOST VITAL TO US ARE THE CLINICAL RESULTS OBTAINED FROM THE APPLICATION OF THE RAYS WHICH THEY EMIT. LIGHT AS A THERAPEUTIC AGENT HAS BEEN USED FROM TIME IMMEMORIAL. IN FACT, IT WAS USED IN AGES SO REMOTE THAT HISTORY DOES NOT RECORD ITS INCEPTION AS A HEALING AGENT. CLINICAL

RESULTS HAVE CONCLUSIVELY PROVEN ITS UNRIVALLED THERAPEUTIC EFFICIENCY.

In his latest works on Surgery, Dr. Albert J. Ochsner states that light will relieve pain and congestion better and quicker and will do more to combat infection, either local or general, than anything else known to medical science. Dr. C. S. Neiswanger, favorably known by most students of physiological medicine, and the most widely read of the older men, says in his latest book that "THERAPEUTIC LIGHT IS INDICATED IN MORE CLASSES OF CASES, WILL DO MORE GENERAL GOOD, REQUIRES LESS TECHNICAL TRAINING TO PROPERLY APPLY, IS THE MOST EFFICIENT AND ECONOMICAL OF ELECTRICAL MODALITIES".

Plank, in a recent book, reiterates the statements of many predecessors that Light is the best single method we have for relieving congestion, pain, etc., stating that he often succeeds even in pus cases, and that Light has a decided tonic effect, creating a general comfort, a sense of well-being and stimulating nutrition.

No other physical remedy has ever found its way so rapidly into general favor as has the properties of light, in combatting the inroads of disease.

It is not necessary to invoke the aid of any mysterious influence to find rational reasons for the therapeutic effects of Light; its benefits are quickly and easily shown to any observer.

It has been shown by Quinche that hemoglobin gives off oxygen more quickly in the light than in the dark, which proves that light increases the oxidating powers of living organisms.

According to Moleschott, carbon dioxide is eliminated in direct ratio to the intensity of light, thus we have a rational explanation of the marvelous effects of high wattage light and heat upon auto-intoxication of any disease producing a pronounced toxemia.

LIGHT'S ACTION ON THE SKIN

It has been well said by Pratt, preeminent Orificialist: "ANY AGENT THAT FLUSHES CAPELLARIES IS REMEDIAL".

Conclusive evidence shows that Light is of decided value in aiding the skin in its battle against invading parasites. It exerts a stimulating influence that makes the skin more firm and dense--one may observe the following:

1. Pronounced dilation of both superficial and deep cutaneous blood vessels.

2. Migration of the leucocytes.
3. Increase in number and activity of tissue cells.
4. Swelling of the collagen.
5. Thickening of the rete mucosum.
6. Hyperplasia of the epidermis.

ON THE NERVOUS SYSTEM

Through overstimulation of the optic nerves by strong light, headache, giddiness and at times nausea are produced. Sun-stroke is a conspicuous example of the ill effects that may be caused to the nervous system.

However, light properly applied exercises a most profound influence for good on the nervous system--by relieving pressure in congested areas, relieving toxic irritation by destroying the toxins, sending impressions to the central nervous system through its influence on the skin and improving all processes of nutrition, aiding the maintenance and activity of all vital organs.

ON THE CUTANEOUS GLANDS

The stimulation by rays of light excites their activity

to a marked degree, causing profuse perspiration--IT IS WELL TO MENTION HERE THAT IT IS SHOWN THAT THIS ACTIVITY IS MORE DEPENDENT UPON PROPERLY DIFFUSED LUMINOUS RAYS THAN ON HEAT--the temperature of the air around the body may be many degrees lower than the temperature of the body itself--the significance of this and of the benefits to elimination are too obvious for comment.

LIGHT AND HYPEREMIA

Artificial hyperemia is accorded a high place in progressive medicine, it having been demonstrated that by early increasing inflammatory symptoms, a beginning infection oftentimes can be made to subside. More general practice of abortive treatment of incipient troubles, such as Phegmoms or Feruncles, etc., is rapidly gaining favor. No claim is made that we can suppress every infection before pus is formed, still there is no question as to our ability to avoid suppuration in a larger percentage of cases than by any other known method.

When suppuration is unavoidable or has already set in, we are able to successfully treat with much smaller incisions than were heretofore possible. Value of hyperemia produced by light in these cases is largely because of favoring absorption of the exudate and pathologic changes. Summing it up, one will observe the following:

1. Diminution of pain
2. Suppuration of infection.
3. Favoring absorption.
4. Avoiding or limiting suppuration.
5. Hastening the course of pathologic process.
6. Enabling smaller incisions.
7. Therefore, can be advantageously employed in a large variety of acute and chronic inflammatory diseases.

ON CUTANEOUS CIRCULATION

Examination of those portions of skin habitually exposed to light shows a marked activity of the circulation and ruddier color. The blood vessels are much more numerous and more widely dilated than in the sections which are protected from light. "THE BEGINNING OF BLOOD STASIS IS THE BEGINNING OF PATHOLOGY", Pratt.

Prolonged exposure produces a cutaneous congestion of great intensity, the action causing a corresponding or compensatory anemia in the underlying tissues. THE EFFECTS ARE HIGHLY IMPORTANT AS THEY CONSTITUTE THE BEST MEANS OF SECURING RELIEF IN VARIOUS CASES OF VISCERAL CONGESTION AND IT IS, THEREFORE, THE BEST REMEDY IN SUCH CASES AS HEPATIC CONGESTION, CHRONIC BRONCHITIS, INTESTINAL CATARRH, GASTRITIS, SPINAL CORD, OVARIAN AND OTHER DEEP SEATED CONGESTION.

ITS ACTION ON THE BLOOD

Light rays cause a splitting off of oxygen from the hemoglobin of the blood and tissues much the same way as it causes oxygen to be set free in plants, the hemoglobin of red cells absorbs light and is increased. According to Quinche, hemoglobin gives off its oxygen more quickly when exposed to light than when in the dark, which proves that light increases the oxidizing power of blood, and thereby the process of oxidation in the human body may be stimulated or improved.

Experiments conducted on rats showed a diminution of the hemoglobin content of red cells, when kept away from light, and that prolonged darkness lessened the number of red cells, the amount of hemoglobin and the total quantity of blood. Clinical observation leaves no room for doubting that man is similarly influenced.

Borrison kept dogs in light, after a brief decline there was increased appetite and considerable gain in weight, while those left in darkness showed no gain. Examinations conducted by Freund at the end of the polar night showed extension of the hemoglobin bands.

Finsen, Father of Modern Heliotherapy, examined microscopically the body of a tadpole while exposed to the light and

noted--Dilation of the capillaries, Slowing of the blood stream, Contraction of the red cells and Migration of the white cells-- Similar phenomena to that observed in simple inflammation.

Luminous and heat rays act on the connective tissue, muscular and nerve cells, also upon the white and red blood cells in the circulatory vessels penetrating to a depth of several inches. They act not only upon the blood cells in the smaller vessels, but also upon those in the venous trunk and larger arterial vessels. Because of its rapid movement through the vessels, the entire volume of blood may in a short time be acted upon by the rays.

Laboratory and clinical results conclusively prove an increase in blood production and a relief of pain and nerve pressure by stimulating active circulation, not only through the congested areas, but this influence reaches the entire venous system.

AS A RESULT, THERE IS A MARKED STIMULATION OF THE FUNCTIONING OF THE BLOOD CELLS, THEREBY GREATLY INCREASING OXIDATION OF WASTE MATTER AND THE DESTRUCTION OF BACTERIA, ALSO STIMULATING THE ELIMINATION OF THE RESULTANT DEBRIS FROM CONSTITUTIONAL DISEASES OR ACCIDENTS.

ACTION ON THE BLOOD VESSELS

Experiments have shown that the blood vessels are perhaps first to be acted upon. Through prolonged exposures to very strong or greatly concentrated light the endothelial lining of their walls swells and shows rapid growth ending in endarteritis and completely obliterating the vessels.

An increase of arterial blood to any portion of the body hastens absorption of infiltrations, adhesions, chronic exudate, etc., therefore, CHRONIC CONDITIONS, BEING THE RESULT OF ACUTE INFLAMMATIONS, ARE PARTICULARLY FAVORABLY INFLUENCED BY LIGHT APPLICATIONS.

All repair is made through the blood, therefore, any agency that will favorably affect circulation is of great therapeutic value, which probably explains why PRACTICALLY ALL USERS SAY THAT LIGHT IS THE MOST POTENT THERAPEUTIC REMEDY KNOWN TO SCIENCE.

ON BACTERIA

Too much attention cannot be given to the important effects of Light on Bacteria. It is well known that Light has a detergent action upon fungi and other plants of the lower organism.

Research workers have shown that Light rays possess great bactericidal properties--SEWER WATER HAS BEEN EXPOSED AND STERILIZED BY PROLONGED APPLICATIONS.

River water which showed 520 bacteria per centimeter at 4:00 A.M., after exposure to sunlight, at 8:00 P.M., showed only five bacteria per cubic centimeter.

Investigators, while in accord as to Light's therapeutic and bactericidal action, disagree as to how this action occurs, some feel that it is due almost solely to the ultra violet section, while others are equally insistent that its action is because of tissue changes induced by the luminous and thermal energy.

It has been conclusively shown that this energy, by increasing leucocytosis, phagocytosis and oxidation, must be of great indirect bactericidal value.

It was this energy that Dr. Albert J. Ochsner stated was the best thing known to Medical Science for relieving congestion and pain and combatting infection, either locally or generally. It is well to mention that Dr. Ochsner's equipment includes practically all types, and his clinical facilities are unexcelled.

ON GENERAL METABOLISM

An analysis of the foregoing shows that there can be no doubt as to the beneficial influence of Light on general metabolism through reflex action and because of the marked increase in the elimination of carbon dioxide and uric acid; as shown by Quinche, humans, like animals, show increased oxidating activity under the influence of Light. Hibernating or starving animals and humans lose less weight and eliminate less carbon dioxide at night than in the daytime, even when the same degree of quietness and inactivity is maintained.

THEREFORE, WE CAN READILY ACCOUNT FOR LIGHT'S DECIDED INFLUENCE FOR GOOD IN THE MANY ACUTE AND CHRONIC DISEASES THAT SO QUICKLY RESPOND TO ITS USE. IT IS WELL KNOWN THAT CHILDREN WHO ARE FREQUENTLY EXPOSED TO LIGHT SHOW BETTER GENERAL APPEARANCE AND HEALTH AND ARE MUCH LESS SUBJECT TO ANEMIA, TUBERCULOSIS, RICKETS, AND OTHER CONSTITUTIONAL DISORDERS.

Briefly stated, Light increases local activity in the way of elimination and tissue building.
Diffuses heat through the channels of circulation.
Increases local and general perspiration.
Softens and re-establishes circulation in scar tissue.
Stimulates and dilates capillaries.
Stimulation to remote centers through its effects on peripheral end neurons.

Valuable nutritional effects on the tissue cells.
Relieves pain promptly without the ill after effects
that usually accompany narcotics.
Increased oxidation, local and general.
Improved quality of the red blood corpuscles.
Stimulates the organs to perform their natural functions.
Promotes absorption and quickens elimination.
Pronounced effect on surface and internal temperature.
Produces leucocytosis.
Stimulates excretion of urine and CO₂.
Dilates the smaller blood vessels and expands the muscular tissues, re-establishing free circulation.
Promptly relieves inflammation and stasis.
Has a special action on the vaso-dilators of the arteries.
Bactericidal: Destroys pus germs and superficial suppurative conditions, hastening reparative processes, greatly stimulating granulation.
Induces tissue relaxation, lowers high blood pressure.
Relieves the tissues of products of faulty metabolism.
Will remove early stasis in conditions of traumatism, curing if treated promptly after injury.
In acute or sub-acute infectious conditions, increases hyperemia, phagocytosis, absorption, elimination, etc., and inhibitory action of micro-organisms.

These quotations are of such importance that we restate them just prior to the beginning of more concrete rules of procedure.

"ANY AGENT THAT FLUSHES CAPILLARIES IS REMEDIAL!"

"THE BEGINNING OF BLOOD STASIS IS THE BEGINNING OF PATHOLOGY!"

"A MAN IS AS STRONG AS HIS BLOOD! JUST SO STRONG,
JUST SO WEAK!"

GENERAL DIRECTIONS

All clothing, bandages, etc., should be removed from the parts under treatment, for while some light will filter through the average garment, anything, even transparent glass, will offer some resistance.

Best results will be obtained if the patient lies on a comfortable table or couch in a quiet room. Left alone, the average patient will go to sleep, thus securing complete relaxation.

For SYSTEMIC TREATMENT, bare patient's entire body or at

least to the hips. The lamp should be no farther away than to permit the rays to cover the bare area.

GENERAL TONIC TREATMENT (See P. 35)

The widest field of application is in what is known as the tonic effect of therapeutic light. Light rays, generally applied, penetrate the tissue to a depth of several inches, with the following effects:

1. Improving and increasing metabolism.
2. Re-establishing normal circulation.
3. Improving and increasing elimination.
4. Lowering arterial tension.
5. Lessening the quantity of blood in congested areas.
6. Elimination of products from impaired metabolism.
7. Aiding and relieving an overworked heart.
8. Building up general resistance.
9. Stimulating every vital organ.
10. Aiding the system in combatting any specific disorder.

That's the reason of the ever increasing list of amenable diseases, a few of which, together with specific directions for treating, are listed on the following pages:

ACNE: Open postules, apply rays locally from ten to twenty minutes with the lamp just as close as the patient can stand in comfort; general tonic treatments should be given to insure best results. Treat three times a week.

ABSCESS: Open and drain, treat daily for fifteen minutes. Have reflector as close as patient can tolerate.

ADENITIS: Same treatment as given Adenoma.

ADENOMA: General Tonic Treatment given daily followed by the most intensive local treatment that the patient can tolerate.

ADHESIONS: Give local treatments for ten minutes with the lamp as close as patient can tolerate. General tonic treatments will be of great value. Treat daily until favorable progress is made, then three times a week.

ALCOHOLISM: Give daily General tonic treatment with prolonged intensive applications over the spine. It is important that some saline or other remedy be given to insure that patient drink plenty of water.

ANEMIA: Daily General tonic treatment of ten minutes duration, front and back, followed by five minutes intensive raying over the spleen.

ALOPECIA: No claim is made that succses will reward you in every case. We recognize that where there is complete atrophy, no remedy will be of value. Clinical experience has shown good results in number of cases where there was a seeming atrophy. One may be very certain that the falling hair can be arrested, and a general alopecia avoided.

MALE: Have the hair cropped short, moisten with water or apply any good germicidal ointment at the beginning of the treatment. Treat daily or thrice weekly. Do not overlook the underlying cause and systemic remedies. Have the patient brush the scalp briskly each morning.

FEMALE: Same technic as for male. During treatment, it will be necessary to have the hair put up in kid curlers, the greater number of portions, the greater certainty of results, because it enables treatment to a larger scalp area.

ANTHRAX: Give daily treatments of twenty minutes duration, first fifteen minutes with the lamp as close as patient can comfortably tolerate. Apply nascent or free iodine or your favorite ointment, draw back the lamp just as close as patient can possibly tolerate for five minutes.

ANGIOMA: Same treatment as for Anthrax, excepting the application of ointment should be given after ten minutes or in the middle of the treatment, and the patient treated three times a week.

APPENDICITIS - ACUTE: For the usual case O P E R A T E:
When conditions make this undesirable, apply the usual first aid remedies, place the patient in Trendelenburg's position, apply the light for half an hour at intervals of one hour. Get evacuation through rectal dilation or through suppositories, give about four light applications first day and at least one daily for some time. Keep patient in bed and insist on absolute fasting until twenty-four hours after symptoms have abated, then treat as a Chronic case.

APPENDICITIS - Chronic: Have the lamp fifteen inches from patient. Give daily applications of thirty minutes duration. Put patient on liquid diet for the first ten days, on vegetable diet until the symptoms disappear; usually this will take from thirty to sixty days additional. The results in these cases are universally good, if operator and patient will be faithful; if you have a mechanical vibrator, use intra-rectal applications from it. Treatment should be continued three times a week for from one to two months following the clearing up of all symptoms. If there be constipation, use rectal dilation, suppositories, or, best of all, use intra-rectal applications from a mechanical vibrator. If there be sharp pains during or after treatment, it usually indicates the presence of pus. This may not be noticed until you reduce the distance between lamp and patient

which will be done gradually after first ten days of treatment.

ANKYLOSIS: Apply locally for twenty minutes daily for two to three weeks, then three times a week. General Tonic Treatment and other progressive measures, diathermy, etc., should be used in conjunction.

ASTHMA: General applications for ten minutes and local for twenty minutes. Have lamp as close as is comfortable. Treat daily or three times a week.

AUTOINTOXICATION. Thoroughly clean colon. Give daily and thrice weekly general tonic treatments with five minutes' intensive application over the spleen. Same diet as in Appendicitis.

AMENORRHEA: General tonic treatment ten minutes back and

front followed by ten minutes' intensive raying with lamp centered over second lumbar. Intermittent applications of ice bag or cold air are of great value, so are short vibratory applications over first, second and third lumbar.

ARTERIOSCLEROSIS: General tonic treatment applied and local applications to the spleen daily for a week or ten days, thrice weekly thereafter.

BARTHOLINITIS: Apply for twenty minutes, the last ten minutes just as close as the patient can possibly tolerate. Treat daily.

BATH CABINET EFFECTS: Cover the body with a sheet attached to the lamp and you will not only produce a general sweating just as profuse as that obtainable from a Bath Cabinet, but it is by far more

restful to the patient. The effects are wonderful for elimination and are, of course, indicated in Ptomain Poisoning, Rheumatism, etc.

BRONCHITIS: Thirty minute daily applications with the lamp twelve to fifteen inches away. General tonic treatment and local applications over the spleen will be of value.

Burns: Treat daily for twenty to forty minutes, with lamp fifteen to twenty inches away. Transparent cellosilk may be used to cover wound, you will avoid disturbing the new granulations. If burn is exceedingly severe, treat continuously until inflammation is allayed.

BORSITIS: Intensive local applications as close and as long as the patient can tolerate. Treat daily.

BUBO: Same treatment as for Borsitis.

CARBUNCLE: Daily treatments of twenty to forty minutes duration. Keep free drainage and clear away exudate. The treatments will greatly limit the extent and shorten the duration of the disease.

CARCINOMA: We do not claim any benefit other than marked relief of pain in local conditions. Systemic and local treatment over the spleen are of undoubted value in the prevention of spreading and likewise exercise some beneficial influence locally. If you are using electro coagulation, desiccation, radium or other remedies, add Therapeutic Light--Watch your results, you will agree with our findings.

CATARRH: General tonic treatments as well as local applications. Daily Epsom Salt baths are of undoubted aid. Treat three times a week.

CELLULITIS - Either Pelvic or Surface: Thoroughly drain. Treat daily for thirty minutes with the lamp as close as is comfortable, followed by five minutes intensive application. Nascent or free iodine applications seem to be of great value.

CHOLECYSTITIS: If there be no calculi present, treat daily for thirty minutes.

CHOREA: Pay careful attention to local conditions and hygiene. Give general tonic treatment daily, twenty to forty minutes' duration.

COLDS - Chest: Twenty minute applications both front and back will relieve the acute congestion and invariably prevent pneu-

monia. Patient coming into office on the border line of Penumonia should be given the aforementioned treatment and kept in the office for an hour and have treatment repeated, then carried home or to Hospital and have light applied for several hours, and diet restricted to citrous fruit juices. Keep bowels open and patient quietly in bed --Thirty-six to forty-eight hours will usually save the prolonged lay up of pneumonia.

COLDS - Head: Wrap a sheet or towel around the bottom of reflector with the other portion tucked under the body in a manner to expose the face. Shine light directly in patient's face. This "pocket" will cause the patient to inhale his own breath which has been subjected to the action of the Light rays, thus forming a sort of anti-toxin the results from which are most gratifying. This same

procedure may be used effectively in Chest Colds.

COLITIS: Daily applications thirty to forty minutes duration. Keep colon thoroughly clean; start with a twenty-four hour fast, insist that patient drink plenty of water and confine himself to a vegetable diet.

CONSTIPATION : Treat same as Colitis. If you have a mechanical vibrator, treat with short rectal applications, also apply to fourth and fifth lumbar.

CYSTITIS: Twenty minutes general tonic treatment thrice weekly. Watch diet and personal hygiene.

DYSPEPSIA: Daily local and general tonic treatments of twenty minutes each. Same Diet as in Colitis.

DYSMENORRHEA: Twenty minute applications thrice weekly,

with the lamp centered over second and third lumbar, five days before period is due, extend treatment to thirty minutes and treat daily. Mechanical vibrator or sinusoidal treatments to the same area will help.

DYSENTERY: Treat daily with general tonic applications of thirty minutes duration.

ECZEMA: Correct the diet, keep the lesion clean, treat daily for twenty minutes. Avoid acueous applications.

EMPHYEMA: General tonic applications of fifteen minutes duration, back and front. Oftimes drainage is necessary.

ENURESIS: General tonic applications daily, twenty minutes duration. Short intensive applications over twelfth dorsal and fifth lumbar. Mechanical vibrations or sinusoidal application over same

areas are desirable.

EPIDIDYMITIS: Twenty to thirty minutes daily applications with patient in reclining position. Pain and swelling are promptly dissipated.

ERYSIPELAS: General tonic treatment followed by twenty minutes' intensive local treatment.

FATIGUE: General tonic treatment applied daily for from twenty to thirty minutes.

FELON: Drain thoroughly. Intensive daily local applications for thirty minutes.

FOLLICULITIS: General tonic applications from twenty to thirty minutes, followed by ten minutes intensive local treatment.

FURUNCULOSIS: Drain and treat daily with 20 minute local applications.

GANGRENE: Twice daily, apply general tonic treatment of thirty minutes duration, followed by thirty minutes intensive local application. At intervals of five minutes, APPLY A GOOD ASEPTIC.

GASTRITIS: Daily local and general tonic treatments of twenty minutes each. Same Diet as in Colitis.

GENERAL TONIC TREATMENT: Bare the body entirely, or from the waist up. First, treat the back for ten minutes, then treat front fifteen to twenty minutes. Have lower edge of reflector twelve inches from patient. Treat daily and have patient drink water freely. (See Page 20).

GOUT: General tonic and daily local applications of thirty minutes duration. Watch diet, etc.

GONORRHEA: Twenty to forty minutes local applications

daily. Have patient take full glass of saline solution every half hour. General tonic treatments are also indicated, and usual medical treatments.

GONORRHEAL ARTHRITIS: Same treatment as for Gonorrhea and Arthritis. Intensive raying to the affected joints.

HAY FEVER, INSOMNIA: Local treatments daily and general tonic, thirty minutes duration.

HEART DISEASES: We remind you that short treatments of Light stimulate, long treatments produce sedation, prolonged treatments inhibit. Treatment over any area has a constructive effect, withdrawing a quantity of blood from the arterial circulation and the arteries; also that light increases oxidation and metabolism in general, and will necessarily aid the heart's functional activity.

HYSTERIA: General tonic treatment, also treatment for sedation will give excellent results.

HYPERTENSION: Give general tonic treatment daily with local treatment of ten to fifteen minutes duration.

ICHTHYOSIS: Intensive local raying with the lamp as close as patient can tolerate for five minutes followed by twenty minutes of general tonic treatment.

INFECTIONS: Give general tonic treatment accompanied by fifteen minutes intensive application over infected area.

IMPETIGO: General tonic treatment with intensive local raying of ten minutes duration. Treat daily.

KELOIDS: Produce a pronounced blister by concentrating rays through a sun glass. Repeat treatment as soon as irritation

subsides. This may be greatly hastened by giving the usual treatment for Sun Burn.

LARYNGITIS: In the Chronic stage, treat daily with long general and local applications with highly intensive raying.

LUKEMIA: General tonic treatments daily. Diet, etc.

LEUCORRHEA: Local applications through regular glass

See Anemia.

Speculum. General tonic treatment is indicated in Chronic cases.

LICHEN: General tonic treatment with intensive local applications, daily or thrice weekly.

LUPUS: Draw the lamp close to the patient; treat with raying as intensive as patient can tolerate. It is also advisable to concentrate rays through a sun glass to a point of blistering. Also give General tonic treatment.

LUMBAGO: Intensive daily local raying followed by general tonic treatment- Watch Diet -have patient drink plenty of water.

LYMPHANGITIS: Heroic methods must be resorted to and the patient treated twice daily. General tonic treatment and intensive local raying.

MARASMUS: General tonic treatment of thirty minutes duration, daily for first two weeks, thrice weekly thereafter.

NAEVI: Treat the same as Keloids.

NEISSERIA: General tonic treatments, also local raying. See Gonorrhea.

NEURALGIA: Thirty minutes general tonic treatment, followed by local raying.

NEURASTHENIA: Thirty minutes daily general tonic

treatment. BLUE bulb gives quicker sedation action.

NEURITIS: Twenty-five minutes general tonic treatment followed by local intensive raying; if you do not get results, blister by use of a Sun Glass. Treat daily.

ONYCHIA: Intensive local treatment; it is often advisable to blister by use of a Sun Glass.

ORCHITIS: Forty-five minutes daily local radiations.

OSTEOMYELITIS: Forty-five minutes local and general tonic treatment given daily.

OVARTIS: Give local applications of twenty minutes duration, followed by general tonic treatment of thirty minutes. Daily treatment is preferable, but thrice weekly will often be sufficient. Do not overlook the use of proven remedies.

PANCREATITIS: Heavy general tonic treatments given daily from thirty to fifty minutes.

PERIOSTITIS: Keep abscesses open. Give local treatment and thirty minutes daily general tonic treatment.

PNEUMONIA: The derivative effects of light can be employed to great advantage in Pneumonia; apply over the limbs, it will not only heighten the blood supply to that area, but will prevent the dangerous venous and lymphatic rise. See Chest Colds.

PHLEBITIS: General tonic treatment given daily for forty five minutes followed by intensive local raying of ten minutes.

PHLEGMASIA ALBADOLENS: Local treatment through regular glass speculum followed by forty minutes general tonic application, also over thighs.

PROSTATITIS: General tonic treatments of ten minutes duration followed by prolonged intensive pelvic and stratum raying. Massage and sinusoidal treatments are indicated. In acute cases or those in the early stages, the results will be most gratifying. Both operator and patient will have to be faithful and apply treatments daily. Have patient refrain from drinking water close to bedtime.

PURITIS. ANI OR VULVAE: General tonic treatment followed by intensive raying. Treat three times a week, or daily if convenient.

PSORIASIS: General tonic treatment given daily. Where treatment has been continued a few months beyond the clearing up of local symptoms, results are semi, if not actually permanent. It

must be borne in mind that this disease is nearly always accompanied by a focal infection or systemic toxemia. Locate and eradicate.

PYOSALPINX: General tonic applications with intensive local raying. Treat daily. Surgery is indicated.

PYONEPHROSIS: Same as Pyosalpinx, with the omission of Local treatment.

RHEUMATISM: Thirty minutes general tonic treatment given daily followed by from two to twenty minutes local raying over painful areas. Increase water consumption--Watch diet.

RHEUMATISM--GONORRHEAL: Treat same as Gonorrheal Arthritis.

RHINITIS: Twenty minutes local treatment. Dilate parts with regular speculum and expose to light ten minutes. Treat daily.

RHINOSCLEROMA: Twenty minutes treatment with light as

close as is comfortable, followed by treatment sufficiently heavy to blister. Use a Sun Glass.

RHINOPHYMA: Same technique as for Rhinoscleroma.

ROSECEA: Same technique as for Rhinoscleroma.

RICKETS: Daily general tonic treatment accompanied by local applications will yield most gratifying results. It is, of course, advisable to pay attention to general hygiene and diet.

SALPINGITIS: General tonic treatment of thirty minutes duration given daily, followed by intensive local treatment.

SCIATICA: General tonic radiations of thirty minutes duration followed by intensive local treatment. Daily treatments are desirable, but thrice weekly are usually ample.

SCROFULOSIS: Intensive local treatment with heavy blistering. Treat daily.

SEBORRHEA: Treat as for general Alopecia. (See Page 22.)

SEPTICEMIA: General tonic treatments given daily for thirty minutes, followed by ten minutes intensive local raying are of pronounced value. Surgery should precede or accompany treatments.

SINUS INFECTION: Local treatment of twenty-five minutes with the lamp as close as the patient can tolerate, followed by twenty minutes general tonic treatment.

SYPHILIS: General tonic treatment for thirty minutes given daily, followed by local applications, if there be manifestations. No claim is made that this remedy possesses sufficient potency to cure syphilis; however, there is no question as to its ability to heighten elimination and aid in the healing of ulcers, if there be any, and, therefore, is an indicated remedy.

SYCOSIS: Intensive local treatment will be of great value. It is sometimes necessary to blister. Treat thrice weekly.

SYNOVITIS: Thirty minutes treatment as close as the patient can tolerate in comfort, followed by ten minutes intensive treatment; results will reward you, but YOU MUST BE PERSISTENT. Treat Daily.

TELANGIECTASIS: Use a condensing glass, blistering heavily, repeat as soon as irritation subsides.

TENDOSYNOVITIS: Treat locally for thirty minutes daily.

TINAE: Same as Telangiectasis.

TONSILITIS: Treat through mouth (use gag and tongue depressor), also treat external area of throat both sides. This will hasten the subsidence of irritation and relieve congestion and soreness of glands and connective tissue. Treat daily.

It is recognized that there will be a number of cases for which removal will be indicated; when they have progressed to this stage, the treatment hastens healing, and since a resultant toxemia is always present, daily or thrice weekly general tonic treatments should be given.

TUBERCULOSIS: General tonic light baths given daily or as frequently as possible are, of course, of great value in any wasting disease or form of malnutrition. Light, being a stimulant, short applications are naturally advisable in pulmonary conditions until the temperature is under control. In Glandular, Bone, Joint, Peritoneal and Laryngeal, local treatments are indicated as well as the general tonic treatment, such measures as surgery in bone and joint, the lancing of abscesses and other

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treatments of recognized value should not be omitted.

ULCERS: Daily applications local and general.

URTICARIA: Twenty-five minutes general tonic treatment given daily, accompanied by full use of salines to bring fullest response.

VAGINITIS: General raying of the pelvic area, with local applications through regular speculum in combination with usual routine treatment.

WHOOPIING COUGH: Daily applications of general tonic treatment for thirty minutes.

WOUNDS: Daily general tonic applications of thirty minutes duration, followed by intensive local raying.

CHROMO-THERAPY

(Sensitizing of patients or the treatment with colored lights and dyes.)

Directions for the use of Chromo-Therapy or specific energy have been purposely omitted from this Booklet, though it is extensively used by some well known men. Any of our lamps can be fitted with the necessary filters, bulbs or screens for its application.

Reports indicate that this avenue of adaptation offers a remedy of great potency, perhaps the necessary refinement of the visible spectrum to both widen and make more scientific the application of Therapeutic Light.

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CLEVELAND PLAIN DEALER

SUNDAY, MAY 6, 1923



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