

Reducing In An Easy Chair



Cut showing patient undergoing treatment with general application of sand bags to body, causing muscles to work harder. The ease in which this treatment is accomplished allows patient to chat, read, sleep. System in repose.

Easy Chair

Science

has found a remarkable obesity cure that does away with starvation and all other forms of physical torture

IT WILL pleasantly surprise the millions of women folk in this broad land to know that the onward march of our country's genius has given due recognition to the dictates of Dame Fashion by making it easily possible now to remold the human form with machinery. There is no longer any excuse for the corpulent lady to despair over her unwieldy and unattractive figure. To her has been brought a boon that is delightful in its operation and safe and sure in its results. It is nothing more or less than a flesh-reducing machine which merrily dismisses the superfluous fat from one's person and at the same time builds up the general health.

The Ergotherapy treatment bids fair to become quite popular among the stout who would become the counter part of the Greek athlete or the "perfect 36." What would be more pleasant than to take an afternoon nap in the treatment chair while any part of the body is being reduced to normal while the balance of the body is unaffected.

This treatment will probably do away with the old method of walking around golf links or going through the physical tortures of the gymnasium, strict diet, injurious drug treatment, etc., and then with only uncertain results.

This new method of treating obesity while the patient reclines in an easy chair or lies on a couch, while a whole or a part of the muscular system is exercised to the extent of oxidizing the redundant fat tissue, originated in the mind of Dr. Bergonie of Paris, and is now being used in this country with astounding results.

There are six of these machines in use on this side of the Atlantic, and one of these machines has been purchased by Dr. C. E. Wheeler of this city and was installed several weeks ago in the Hammam baths of the White Pelican hotel. These baths have been taken over exclusively by Dr. Wheeler for this treatment. These baths are among the finest on the Pacific coast representing upwards of \$50,000 to install.

The treatments are given under his directions, with the assistance of a trained nurse. Doctors Bergonie, Nagelschmidt and Veith, who were the originators of this logic cure for obesity, and who have watched the results from the start, all report efficient fat reduction without observing any special diet. In typical cases, after three sessions, there was a loss in weight of a little over three pounds and a reduction in girth measurements of three inches. Some of the cases under treatment here have shown some very marked results, losing weight at the rate of four and a half pounds in three treatments.

Some of the causes, cure and effects of obesity are outlined by Dr. Wheeler below.

Why Excessive Weight Should Be Reduced, and Why Obesity is a Dangerous Disease
The overgrowth of adipose tissue (fat) leads to disagreeable and dangerous complications which disappear only when the fat is reduced. Most people dislike the idea of getting fat because it is a nuisance to be of unwieldy size. But there is a much more serious reason why people should resist the tendency to take on weight. Fat is dangerous; fat is the undent-

able evidence that things are not going well with the body. You may feel perfectly well, but the evidence of something wrong is there.

If fat was confined only to the outside of the body there would be no great harm—outside of the inconvenience in moving about with this unnecessary weight. But this outside fat is a certain indication of the state of affairs inside—pressure on organs, restriction of the expansive territory of the lungs and digestive organs, and positive proof that you are not getting rid of bodily poisons.

Arterio Sclerosis
And all of these conditions bring about one of the diseases which are killing good men and women long before their time. This is called arterio sclerosis, which means hardening of the arteries. It is due to a deposit in the lining of the arteries—brain or body—because the natural channels through which this deposited material should go out are clogged by the man's or woman's condition. This deposit causes a brittleness of the arteries. The elasticity of the blood vessels is destroyed. They become like old and hardened rubber pipes which are incapable of carrying any stream without danger of bursting.

Let such a condition prevail in the small arteries of the brain and you can readily see that when any extra blood pressure is put upon them something will happen. A man may think he is in perfect health and unknowingly put some strain on his vessels, such as over-indulgence in eating or drinking, perhaps some physical strain, as lifting, or running for a train; some slight or big strain, it matters little. The inelastic and clogged pipes cannot stand it and one or more will burst, allowing the escaping blood to flow over the sensitive cells of the brain. Apoplexy, we call the resultant state. The extent of this "shock" depends upon what region of the brain is flooded and the size of the artery which has burst. Usually it is one of the smaller arteries in the region of the motor center of the brain—the part which controls the movements of the limbs. After a period of rest and treatments the blood clot becomes absorbed and the victim recovers somewhat the use of his limbs. But the arteries still remain in a breakable state and the next rupture will be a larger one and hence the damage more serious, perhaps fatal. Each time it is a larger artery which breaks; consequently a greater brain area is flooded. Centers governing the action of the heart or respiration are flooded and death is sure to follow. These are the only reasons for the old saying, "The third attack will kill him." If it is one or more of the tiny arteries or vessels in the kidneys, similar conditions are produced. That is, some of the functions of the kidneys are affected or stopped and there is serious trouble. If it is the vessels of the liver, then this organ becomes

a menace to health and eventually to life. Cirrhosis of the liver is one of the diseases resulting from this condition. Alcohol has a great affinity for the liver; it will destroy this organ quicker than any other drug used by man.

The Heart
With much fat, an enormous amount of work is thrown on the heart. First, because the body is heavier and every movement requires more labor to perform it. Just in proportion as does the weight of the individual exceed normal, so does this individual's heart have a definitely increased amount of work to do.

Second, because a much larger area of blood vessels must be supplied as many new vessels have formed in the new fatty tissues.

Third, because development of fat in the chest and around and about the heart exercises mechanical pressure and works interferences with its action.

Fourth, because fatty degeneration of the vessel walls has occurred with the loss of elasticity and so increases the strain upon the heart muscles.

Fifth, because, owing to the development of fat in the abdomen, the movements of the diaphragm are seriously interfered with and there is a general contraction of the thoracic space above it.

Lastly, because of this over strain, fatty disease of the heart muscles at once occurs. As a matter of fact, this heart affection is probably the most serious consequence of obesity, for most obese people die of heart failure. At the same time, if they should become affected with some intercurrent affection, such as pneumonia, typhoid fever, tuberculosis, etc., the resisting powers of the heart are so slight as to result in acute failure to do its work.

The freedom of the lungs and proper ventilation of the chest are interfered with, causing rapid breathing and shortness of breath. Chronic bronchial catarrh, severe cough, with tough mucus secretion difficult to expel, frequently occur and in turn is a strain upon the heart.

This bronchitis does not yield to ordinary remedies, but when the reduction of fat takes place the heart condition improves. Many fat people contract tuberculosis, and when they do it usually goes very hard with them, and they make up a large proportion of the class of so-called "galloping consumption."

Other Organs
Hemorrhoids (piles) and constipation result either from the heart weakness of the fat persons, or from obstruction (also due to fat) of the flow of blood through the portal veins to the liver. Pressure upon the bowel causes interference with the bowel's peristaltic action and besides there is always much difficulty in raising voluntarily

the abdominal pressure sufficient to promote normal bowel movement.

Fatty infiltration of the liver is also not uncommon. Friction of enlarged and adjacent skin surfaces as in the groin or armpits produces irritation, as likewise does the profuse sweating that many experience. Eczema, boils, carbuncles and other skin affections are prevalent.

A great variety of functional disorders of the nervous system occur, many of them of the neurasthenic type, but most of them due to inadequate blood supply to the brain resulting from the heart weakness. Habits of listlessness, laziness and indifference are usually produced, resulting sometimes in what is popularly interpreted as a good-natured disposition, but which really is a condition of apathy, or a plegmatic temperament.

The inability to speedily carry out successfully the demands of the will, although at times energetic, is one of the unfortunate symptoms of obesity. I have summarized a few complications of obesity, somewhat at length, so that the sufferer may understand that in all these symptoms and affections the only intelligent effort to cure must consist in the reduction of obesity.

Uniformly rapid reduction Results are produced by Ergotherapy.

Formerly the only means of treatment in the hands of physicians has been a limited diet, massage, a few medicines of little account and some directions as to exercise which the patient failed to follow. We prescribe in each individual case diet suited to it, and make the diet as liberal as possible.

Similar conditions prevail in regard to exercise and our patients are prescribed according to their necessities, their heart power and the condition of the nervous system.

All medical treatments, as well as the supposed cure based on the drinking of mineral waters at various springs, have never been more than a temporary success. Only two methods have heretofore been able to hold permanent places in therapeutics; namely, strict diet and physical ex-

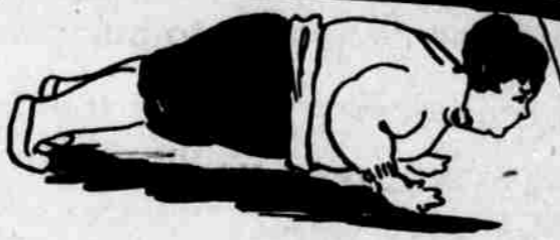
ercise. These methods have this defect in common; they make hard demands on the action of the heart and for this reason would not be applicable in diseased conditions of the heart. Vascular troubles and hardened arteries will permit but little exercise, and no patient can exercise who is afflicted with preceding diseases or conditions, such as operations, stiffness of the joints, flat foot, gout, diabetes, asthma, paralysis, congenital deformity, rheumatism, etc.

An entirely new method of treating obesity was first suggested by Bergonie, that caused the muscles of the whole body to be compelled by mechanical stimulation to perform passive muscular work.

His original treatment has, however, been much improved upon until the present perfected apparatus as employed by me was reached.

By its use, a very powerful contracting of working muscle is obtained; for instance, the biceps can be made to lift a load of twenty pounds or more. Not only individual muscles may be called upon, but all the muscles of the body as well, without any individual discomfort.

Fasting cures are unsuccessful, and many persons are affected injuriously, as, for example, by the milk cure, when the general strength is lessened and the heart action depressed, compelling the abandoning of the attempt; or by the lemon-juice cure, which produces a serious condition of the gastric mucosa, and has only lessened weight by its interference with proper digestion and assimilation. These defects are completely sup-



child birth these facts are well displayed.

It is very important that diabetics should perform a certain amount of muscular work and, being unable to do so for systematic reasons, that defect is supplied by my treatment.

The patient lies comfortably upon a couch or easy chair and the pads are applied to the groups of muscles which are surrounded by much surplus fat. A pleasant and energetic wave is applied to various muscle groups until exercised as desired.

By applying this treatment over the muscles, they are compelled at each contraction to lift a given amount of weight, and it is estimated that a single group of muscles may in thirty minutes do 15,000 foot pounds of actual mechanical work.

This apparatus has several distinct advantages over any other, even over the original of Bergonie, as we employ only a sinusoidal treatment which produces powerful contractions without sensations which are disagreeable to the ordinary patient.

It is to be remembered as an unfailing rule that any active exercise which calls for expenditure of nervous energy does far more harm than good. No violent exercise should be undertaken until there is a difference of at least two inches between the chest and waist measurements—in favor of the chest.

Your fatty condition was a process of gradual growth. Your reasonable and helpful consideration is hoped for, that judicious results may be obtained which will be lasting and contribute at the same time to an increased strength and virility and to a greater adaptability for taking your part in the every-day affairs of your life.

We have also noted results at first unexpected, in co-existent conditions accompanying the obesity. Especially in many chronic ailments of the female, pelvic constipation, rheumatism, impaired digestive process, as well as in gout, diabetes and nephritis, have startling improvements been secured. These are due in great part to the increased metabolism resulting from the increased activity of the muscular and other tissues, as during the vigorous activity produced the rate of metabolism is increased from eight to ten times that in the state of rest.

We are safe in assuring that the reason fat is less abundant about the hands and forearms or feet and lower legs is because these parts are exercised more freely than those of other parts of the body.

Our method applies the treatment just where it is required; in other words, the increase of metabolic activity can be excited at the very place where needed. Walking, sitting or any other form of exercise will not do this important and desirable adjustment.

Examinations, case reports, testimonials, conducted by the very best with assistance of competent physicians, are at our office in the hotel or 704 Main Street, Klamath Falls, Ore. (Paid Advertisement)