

PSYCHO-HYGIENIC

In placing myself as a hygienic physician before the public, having charge of an institution, I determined that I -would have the largest possible combinations, and the most comprehensive arrangements of means possible to get. So in seeking to locate myself I sought a place where I should have not only good air but plenty of sunlight; and not only these, but where I could readily and easily procure the very best materials for food, and also where I could have in plentiful quantity, **pure, soft, living water**. I also took into account the importance of being so situated as to give to my sick ones quiet, freedom from social interference, freedom from conventional rules, freedom from artificial, fashionable and false methods of living; where also they could have social influences of the highest order, and thus have for their use the best and highest combinations of natural therapeutic agents. Thus convinced, and thus determined to have what I wanted, I succeeded in finding them, and so have been able to make their application in a broad, comprehensive and successful manner.

My treatment has been Psycho-hygienic—by which term I mean **treatment according to the laws of life and health**. It does not necessarily follow that because one is treated according to the laws of health he is, therefore, treated according to

the laws of life. The lesser does not include the greater, and the laws of life are greater than the laws of health; for those take hold of the essential, incorporeal part of a man, and they reach his responsible nature, governing, what we are pleased to call, his soul as well as his body. They are intended to train, culture, educate and perfect his **spiritual as well as his bodily** organization. So they range on a higher plane of action than those simple rules whose sphere is confined to the body alone. I have come to regard, therefore, the Psycho-hygienic as a superior method of treatment to that of the simply hygienic. I think I have good reason for my preference: for many persons, first and last, have come to me to be treated for diseases which were of such a nature as to baffle the best application of drug-medicating physicians; to baffle also the skill of the simply hygienic physician; but which diseases were rapidly cured under the application of the Psycho-hygienic treatment. **Counting in the influence of mental and moral causes in the production of diseases, I have found that mental and moral therapeutics, added to those which are simply hygienic, have enabled me in many instances to succeed where others had failed,** and where, had I not used them, doubtless I also should have failed. I recognized, however, as of very great effectiveness, the use of the ordinary hygienic agents.

How to Treat the Sick without Medicine by Dr. Caleb Jackson, pages 28-29