

APPENDIX A
Sadler's Published
Articles and Books

ARTICLES

AMERICANMAGAZINE

- August, 1924: "Ways To Work Out Your Own Mind Cure"
July, 1924: "How The Mind Causes And Cures Disease"
October, 1924: "Pep" April, 1925: "Stop A Minute"
October, 1925: "Do People Get On Your Nerves?"
November, 1925: "Dinner Table Is No Place For Speed
Or Endurance Records"
March, 1926: "Six Fundamentals of Happiness"
April, 1926: "Joy Killers" (With Lena Sadler.)
May, 1926: "What You Need To Know About Your Blood Pressure"
June, 1926: "Seven Causes of Sleeplessness"
July, 1926: "Whew! But It's Hot!"
October, 1926: "Ouch"
November, 1926: "How's Your Appetite?"
December, 1926: "Watch Out For Health Fads"
March, 1927: "Are You Over-Working Your Conscience?"
June, 1927: "Getting Away From The Grind"
October, 1927: "Headaches"
November, 1927: "Getting Ready For Winter"
April, 1928: "When You Feel Yourself Coming Down With A Cold"
February, 1929: "They're Your Feet But Stop Abusing Them"
March, 1929: "Lost Your Pep?"
July, 1929: "Don't Fool With Tonics, They May Fool You"
August, 1929: "What To Do At Your Age To Protect Your Health"
September, 1929: "Stop Coddling Yourself"
November, 1930: "What You Can Do About Your Heredity"
March, 1931: "Are You Committing Suicide On The Installment plan?"

SUBURBANLIFE

- February, 1910: "Suburban And The City Child"

THE NERVOUS CHILD

- 1952: "Juvenile Manic Activity"

LADIES HOME JOURNAL

- September, 1911: "Can We Really Stop Worrying?"
 April, 1922: "College Women And Race Suicide"
 August, 1911: "Curing Sick People Without Medicine"
 November, 1911: "Making A Child What We Want Him To Be"
 (With Lena Sadler)
 October, 1911: "What Wears Thousands Of Us Out"
 May to September: 1911: "Why We Get Fat And What To Do About It"

THE LYCEWRITE

- September, 1907: "The Sadler Lectures: Popular Health Lectures, Unique Slum Lectures"
 June, 1909: "For Health At The Chautauquas"
 August and October, 1909: "For A Long Life In The Lyceum"
 January, 1910: "Give Your Audience Fresh Air"
 August, 1912: "The Sadler's: A Whole Chautauqua In Themselves"

THE LYCEUM NEWS

- September, 1912: "When Doctors Disagree"

PARENTS MAGAZINE

- January, 1931: "Cause And Cure Of Colds"

COLLIERS

- June 15, 1929: "We're All Afraid Of Something"

AMERICAN JOURNAL OF PHYSIOLOGIC THERAPEUTICS

- May, 1910: "The Influence Of The Oxygen Bath On Blood Pressure"

ILLINOIS MEDICAL JOURNAL

- September, 1918: "The Practice Of Preventive Medicine"
 February, 1919: "The Treatment Of Internal Stasis" (Speech)

SADLER'S PUBLISHED BOOKS

- The Central Bible Supply Company, 1909: *Soul Winning Texts or Bible Helps For Personal Work*
 A. C. McClurg, 1910: *The Science Of Living or The Art Of Keeping Well*
 A. C. McClurg, 1912: *The Physiology Of Faith And Fear*
 A. C. McClurg, 1914: *Worry And Nervousness or The Science Of Self-Mastery*
 Press Of Winship, 1916: *The Chicago Therapeutic Insititute: The Reliance Baths*
 A. C. McClurg, 1916: *The Mother And Her Child* (With Lena Sadler)

- Press Of Winship, 1917: *Measuring Men*
 A. C. McClurg, 1918: *Long Heads And Round Heads or What's The Matter With Germany*
 A. C. McClurg, 1920: *How To Reduce And How To Gain* (With Lena Sadler)
 A. C. McClurg, 1922: *Race Decadence*
 A. C. McClurg, 1923: *The Truth About Spiritualism*
 American Health Book, 1924: *Personality And Health*
 American Publishers, 1925: *What Every Salesman Should Know About His Health*
 American Health Book, 1925: *The Elements Of Pep*
 American Health Book, date unknown: *Health Hints*
 McMillan, 1925: *Americanitis — Blood Pressure And Nerves*
 McMillan, 1925: *The Essentials Of Healthful Living*
 American Health Book, 1926: *How You Can Keep Happy*
 A. C. McClurg, 1927: *The Truth About Heredity*
 A. C. McClurg, 1928: *The Truth About Mind Cure*
 Funk & Wagnalls, 1929: *Mental Mischief And Emotional Conflicts*
 Funk & Wagnalls, 1929: *The Mind At Mischief*
 Thomas S. Rockwell, 1930: *Cause And Cure Of Colds*
 Funk & Wagnalls, 1931: *Piloting Modern Youth*
 C. V. Mosby, 1936: *Theory And Practice Of Psychiatry*
 C. V. Mosby, 1937: *Psychiatric Nursing* (With Lena Sadler)
 American Publishers, 1938: *The Woman And The Home* (With Lena Sadler)
 American Publishers, 1938: *The Quest For Happiness*
 American Publishers, 1938: *Cause And Cure Of Headaches*
 American Publishers, 1938: *Truth About Mental Healing* (With Lena Sadler)
 American Publishers, 1938: *Diet And Food Values* (With Lena Sadler)
 American Publishers, 1938: *Mastery Of Worry And Nervousness* (With Lena Sadler)
 American Publishers, 1938: *The Sex Life* (With Lena Sadler)
 Funk & Wagnalls, 1940: *Growing Out Of Babyhood*
 William F. Ayers Foundation, 1941: *The Evolution Of The Soul* (Lecture)
 Wilcox & Follett, 1944: *Prescription For Permanent Peace*
 C. V. Mosby, 1945: *Modern Psychiatry*
 Wilcox & Follett, 1946: *Living A Sane Sex Life*
 C. V. Mosby, 1948: *Adolescence Problems: A Handbook For Physicians, Parents And Teachers*
 C. V. Mosby, 1948: *A Doctor Talks To Teenagers*
 McMillan, 1952: *Courtship And Love*
 C. V. Mosby, 1953: *Practice Of Psychiatry*