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Chas. A. Tyrrell.**

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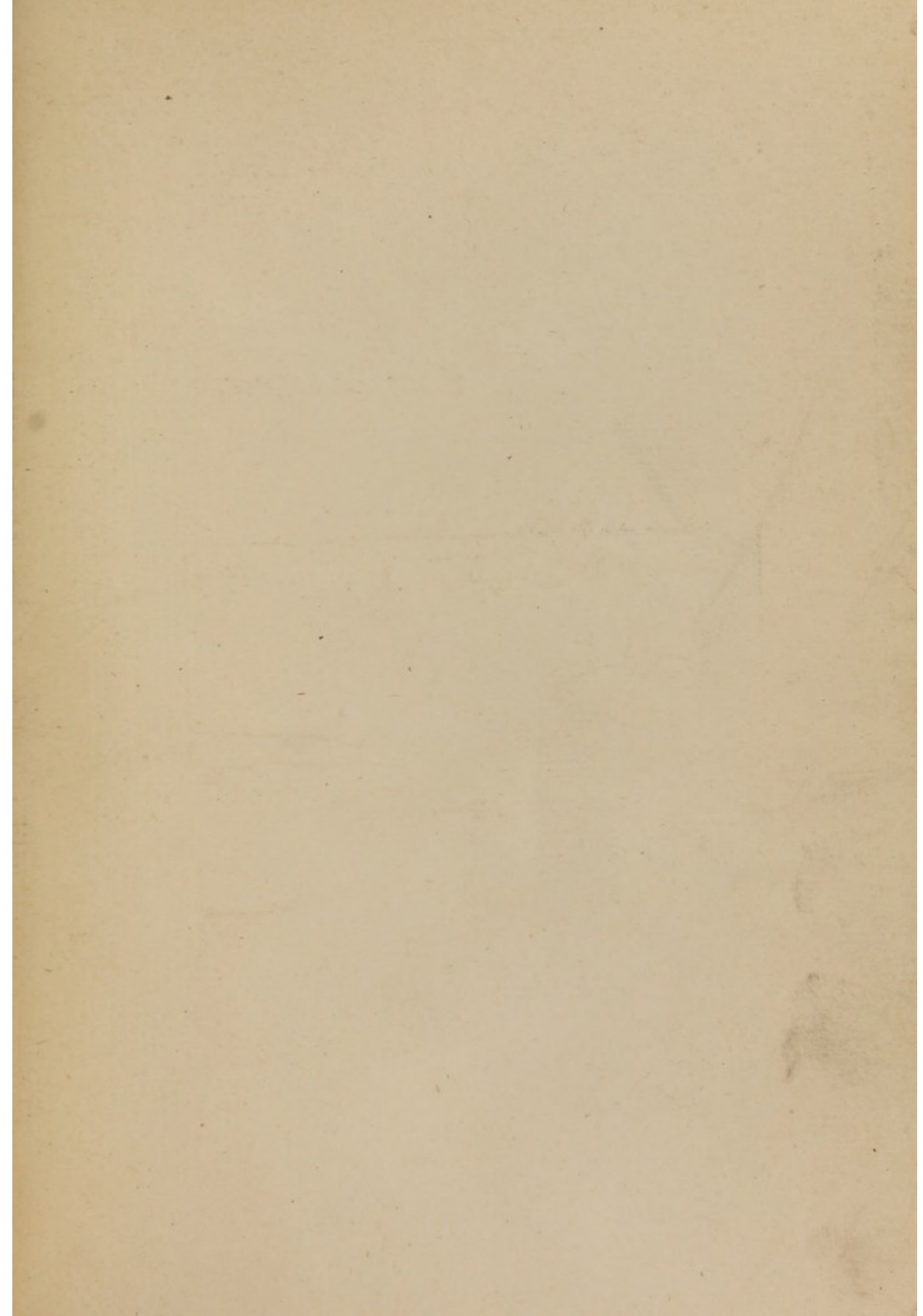
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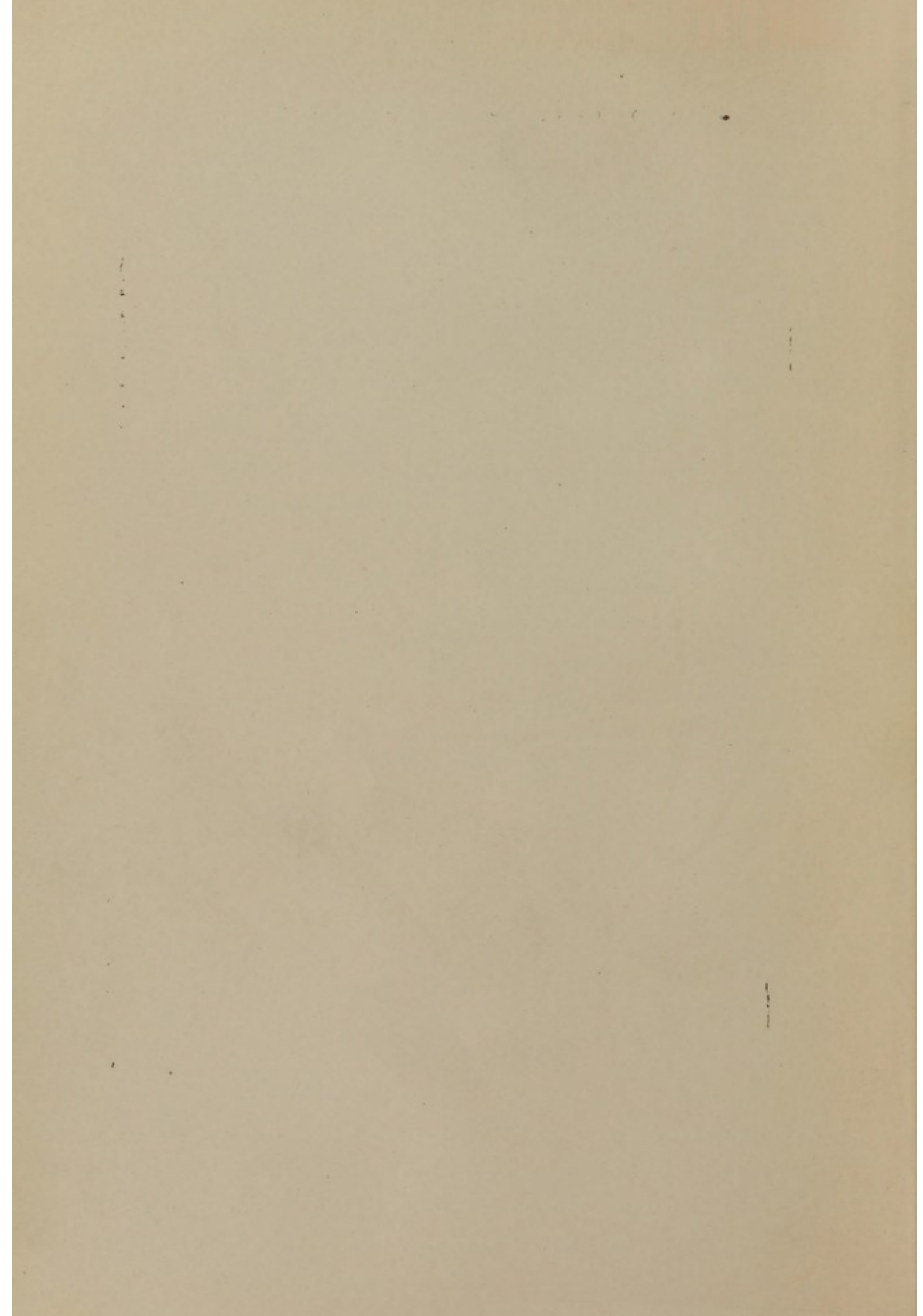
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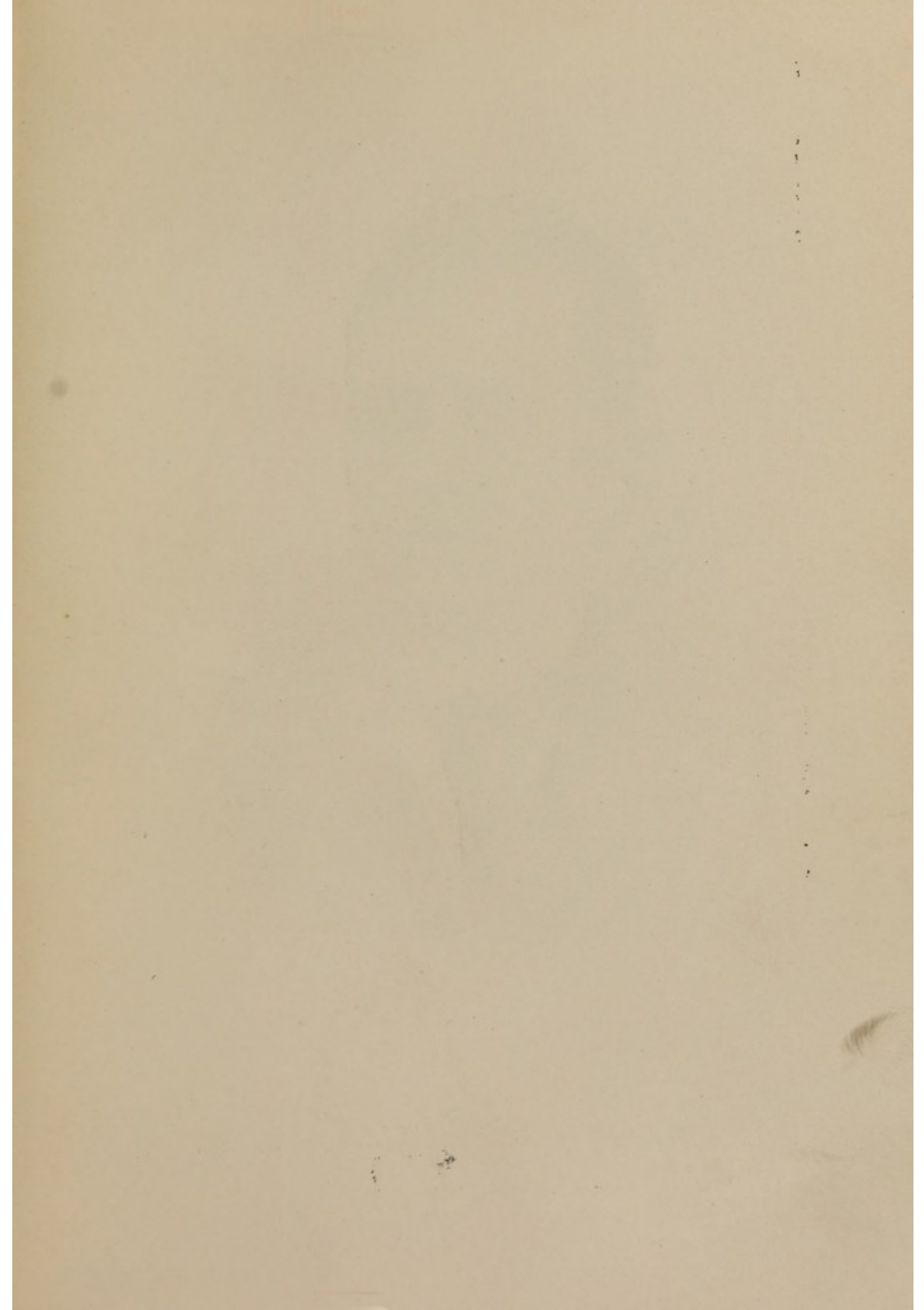
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Prof. Lewis A. Pyrell, M.D.

THE
ROYAL ROAD TO HEALTH

OR THE SECRET OF
HEALTH WITHOUT MEDICINE.

—§—

BY

PROF. CHAS. A. TYRRELL, M. D.

Professor of Hygiene, Proprietor of Tyrrell's Hygienic Institute
originator of the improved system of physical exercises,
inventor of the "J. B. L. Cascade," etc.

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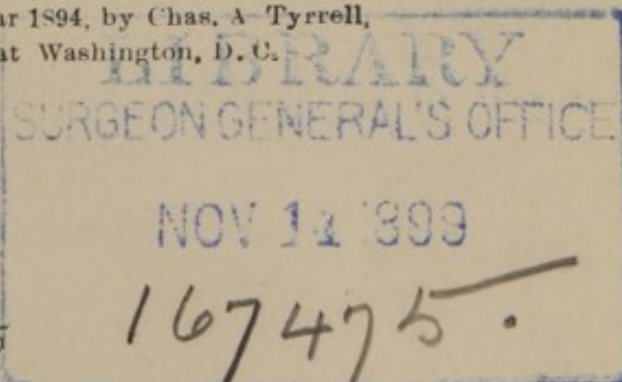
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DESCRIPTION OF THE DIAGRAM

ILLUSTRATING THE

DIGESTIVE ORGANS OF MAN.

1. Esophagus or Gullet.
2. Cardiac end of Stomach.
3. Pyloric end of Stomach.
4. Duodenum.
- 5, 6. Convolutions of Small Intestines.
7. Cæcum.
- 7.* Vermiform appendage of Cæcum, called the *appendicula vermiformis*.
8. Ascending Colon.
- 9, 10. Transverse Colon.
11. Descending Colon.

12. Sigmoid Flexure, the last curve of the Colon before it terminates in the Rectum.
 13. Rectum, the terminal part of the Colon.
 14. Anus, posterior opening of the alimentary canal, through which the excrements are expelled.
 - 15, 15. Lobes of the Liver, raised and turned back.
 16. Hepatic Duet, which carries the bile from the liver to the Cystic and Common Bile Ducts.
 17. Cystic Duct.
 18. Gall Bladder.
 19. Common Bile Duct.
 20. Pancreas, the gland which secretes the pancreatic juice.
 21. Pancreatic Duct, entering the Duodenum with the Common Bile Duct.
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The illustration here given of the Digestive Apparatus of man represents the organs of food digestion, especially the alimentary canal and glands connected therewith, and to the reader of this pamphlet, or to any student of anatomy, it will be found of invaluable service as a reference.

The diagram gives a view of the digestive organs from the ventral or front side, a proper study of which can not fail to impress every intelligent being with the reverential deduction of the Psalmist that we are "*fearfully and wonderfully made.*"

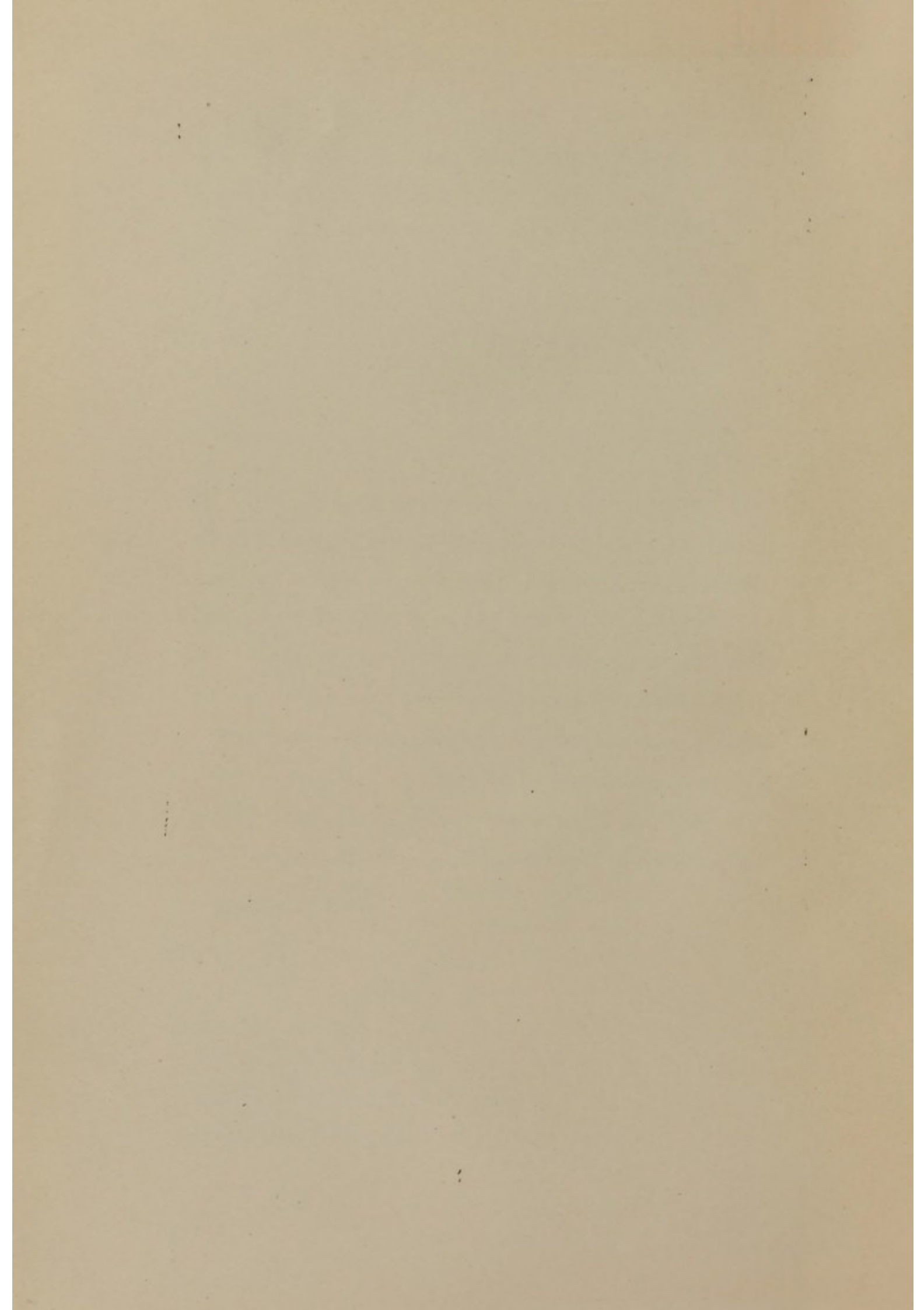
PREFACE.

In introducing this wonderful discovery to the public, through the following pages, I wish it to be distinctly understood, that I am not propounding any new-fangled idea, but a system of treatment that has triumphantly stood the test of years.

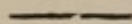
Thousands of grateful people can testify to its efficacy, not only as a remedial process—but better still as a preventive of all disease.

I only ask, therefore, a careful perusal of its claims, and an honest opinion upon its merits.

THE AUTHOR.



PART I.



THE DRUG DELUSION.

THE DRUG DELUSION.

HEALTH is such an inestimable blessing, that the individual who shall devise means to preserve it, or to restore it, when lost, is deserving of all the thanks and honors that a grateful community can bestow. Unfortunately, there are very few who estimate life at its true value, until they are confronted with the grim destroyer, Death. No one can fully appreciate the priceless blessings of health, until they feel that it has slipped from their grasp. The oft quoted phrase, "Health is Wealth," is truly a concrete expression of wisdom, for without the former, the latter is well nigh an impossibility. But its interference with the activities of life, is one of the least evils of sickness, for *perfect health* is the very salt and spice of life; without it, existence is, "weary, stale, flat and unprofitable."

But let none despair, for I propose to show how those who enjoy the blessing of robust health may preserve it indefinitely, and, how those who have lost it may regain it—with access of vigor, and once

more feel that life is *indeed* worth living. In presenting a new system of medication, I am compelled to attack the existing systems, and am therefore placed in a delicate position, for of all the problems ever presented for the ingenuity of man to solve, the most difficult, has ever been, how to present new facts, so as not to offend old errors; for persons are very prone to regard arguments levelled against their opinions as direct attacks upon their personality; and, not a few of them mistake their own deeply-rooted prejudices for established certainties.

I propose to show that the practice of drugging the human system to cure disease, is, an absolute fallacy, and, in doing so, I am bound to incur the indignant condemnation of the doctors who prescribe drugs, and, the druggists who vend them.

In the first place, the Drug Medical System would be destroyed, if it were to be examined; even to defend it, is provocative of serious damage to it. Once subject it to the analysis of calm reason, and its defects become palpable to the meanest understanding.

The Drug Medical System is divided into several sects; the Allopathic, Homeopathic, Eclectic, etc., but, they are all one, in essential principles. They may differ in unimportant details, but, in the main

premises they are a unit. They all believe in the principle of "curing one disease by producing another." In other words, their practice is, to induce a drug disease to cure a primary one. What can be thought of a system that employs *poisons* as the proper and natural remedies for diseases? When once the public mind recognises this glaring anomaly of "poisoning people to make them well, the days of the Drug System will be numbered.

Dr. Trall, says, in his admirable address, delivered at the Smithsonian Institute, at Washington, D. C.

"Drug Medication, no matter in what disguise nor under what name it is practiced, consists in employing, as remedies for diseases, those things which produce disease in well persons. Its materia medica is simply a list of drugs, chemicals, dye-stuffs—in a word, *poisons*. They may be vegetable, animal, or mineral, and may be called "apothecary stuff" or medicines; but they are nevertheless, *poisons*. They may come to us in the shape of acids, alkalies, salts, oxides, earths, roots, barks, seeds, leaves, flowers, gums, resins, secretions, excretions, etc., but all are subversive of organic structures; all are antagonistic to living matter; all produce disease when brought in contact

in any manner with the living domain; *all are poisons.*

And again,

“The true system of the Healing Art—Hygienic Medication—rejects not only the drugs, medicines, or poisons of the popular system, but also repudiates the philosophy or theories on which their employment is predicated. It is in direct antagonism with the drug System, both in theory and in practice. It does not propose to employ air, light, temperature, water, etc., as substitutes for drugs, or because they are better or safer than drugs. It rejects drugs because they are intrinsically bad, and employs hygienic agencies because they are intrinsically good. I would reject drugs if there were no other remedial agents in the universe, because if I could not do good, I would “cease to do evil.” I would not poison a person because he is sick. No physician has ever yet given the world a reason that would bear the ordeal of one moment’s scientific examination, why a sick person should be poisoned more than should a well person; and I do not believe the world will endure until he finds such a reason. The medical profession may prosecute this inquiry another three thousand years, and destroy other hundreds of millions of the human race in experiments with

drugs and doses, but they will never arrive any nearer to a solution of the problem. They will never be able to give a satisfactory answer to the question, for none exists."

Physicians of ability and long experience, who have devoted their lives to the relief of suffering humanity, both in this and other countries, have declared after close observation, that they were fully, and, thoroughly convinced that medicines do not cure patients, that they do not assist Nature's process of cure, so much as they retard it, and, that they are more hurtful than remedial in all diseases. A still larger number have reached the same conclusion with regard to certain complaints, such as *scarlet fever, croup, pneumonia, cholera, rheumatism, diphtheria, measles, small-pox, dysentery*, and all forms of *typhoid fever*, and in every case where they have abandoned all medicine, abjured all drugs and potions, their success has been marvellously increased.

Professor Austin Flint, M. D., of the New York Medical College, and physician to one of the large hospitals of our city, said, in a clinical lecture to his class of medical students, that, in treating pneumonia in the hospitals, he did not give any medicine at all. *In the hospitals*, mark you! But how in private families? "There," said the professor, "it would not do to refuse to prescribe med-

icine." Would not do? Why not? We will see presently. Dr. Flint loses no patients in the hospitals. In private families the deaths of pneumonia in the city of New York are thirty or forty per week.

Professor B. F. Parker, of the New York Medical College, said, not long since, to a medical class: "I have recently given no medicine in the treatment of measles and scarlet fever, and I have had excellent success."

Dr. Snow, Health Officer of Providence, R. I., reported for the information of his professional brethren, through the *Boston Medical and Surgical Journal* that he had treated all the cases of small-pox, which had prevailed endemically in that city, *without a particle of medicine*, and that all of the cases — some of which were very grave ones — recovered.

Dr. John Bell, Professor of Materia Medica in one of the Philadelphia Colleges, and also in the Medical College of Baltimore, testified in a work which he published ("Bell on Baths"), that he and others had treated many cases of scarlet fever with bathing, and without medicines of any kind, and without losing a patient.

Dr. Ames, of Montgomery, Alabama, some few years since published in the *New Orleans Medical and Surgical Journal*, his experience and observations in the treatment of pneumonia. He had been led to

notice, for many years' that patients who were treated with the ordinary remedies—bleeding, mercury, and antimony—presented, certain complications which always aggravated the malady, and rendered convalescence more lingering and recovery less complete. Such patients were always liable to *collapses and re-lapses*; to “run into typhoid;” to sink suddenly, and die very unexpectedly.

He noticed particularly that patients who took calomel and antimony were found, on *post-mortem* examinations, to have serious and even fatal inflammation of the stomach and small intestines, attended with great prostration, delirium, and other symptoms of drug poisoning. These “complications” were nothing more or less than drug diseases. And Dr. Ames found, on changing his plan of treatment to milder and simpler remedies, that he lost no patients.

The late Professor Wm. Tully, M. D., of Yale College, and of the Vermont, Academy of Medicine at Castleton, Vt., informed his medical class, that on one occasion the typhoid pneumonia was so fatal in some places in the valley of the Connecticut River, that the people became suspicious that the physicians were doing more harm than good; and in their desperation they actually combined against the doctors and refused to employ them at all;

“after which,” said Professor Tully, “no deaths occurred.” And I might add, as an historical incident of some pertinency in this place, that regular physicians were once banished from Rome, so fatal did their practice seem, so far as the people could judge of it.”

Professor B. F. Parker, M. D., of the New York Medical College, says, “The remedies which are administered for the cure of measles, scarlet fever, and other self-limited diseases, *kill* far more than those diseases do.

It is not enough for suffering humanity to be afflicted and scourged with disease, but, they are, in addition, made the victims of so-called medical science. The very source to which they turn for assistance in the hour of distress, betrays their trust, and adds to their miseries.

The great Magendie, of France, who long stood at the very head of Physiology and Pathology in the French Academy—which by the way, has claimed to be, and perhaps is, the most learned body of men in the world—performed this experiment. He divided the patients of one of the large Paris hospitals into three classes. To one he prescribed the common remedies of the books. To the second he administered only the common simples of domestic practice. And to the third class he gave on medi-

cine at all. The result was, those who took less medicine did better than those who took more, and those who took no medicine did the best of all.

Magendie also divided his *typhoid-fever* patients into two classes, to one of whom he prescribed the ordinary remedies, and to the other no medicines at all, relying wholly on such nursing and such attention to Hygiene as the vital instincts demanded and common sense suggested. Of the patients who were treated the usual way, he lost the usual proportion, about one-fourth. And of those who took no medicine, he lost none. And what opinion has Magendie left on record of the popular healing art? He said to his medical class, "Gentlemen, medicine is a great humbug."

In the face of such testimony from the leading lights of the medical world, what reliance can be placed in the remedies prescribed by the physicians of the day?

The melancholy truth, is, that Allopathy has become an integral part of our domestic economy. It has become incorporated into our government, and presumes upon the advantages it has gained. It distinctly, and, stubbornly sets its face against the introduction of any remedial process, or, curative agent, presented by any one, *not* a member of its mystic circle. It denounces all such things as

“dangerous experiments,” and, asserts that its dignity will not permit it to recognize any irregular system, or, any form of quackery.

Dignity, forsooth! When was dignity ever known to save a life? Must the human race perish because a bigoted coterie of individuals, styling themselves the medical profession refuse to lend the light of their countenances to a system of treatment, based on the laws of Hygiene?

It is with all schools of medicine as it is with each individual practitioner of the healing art—the less faith they have in medicine, the more they have in Hygiene; hence those who prescribe little or no medicine, are invariably and necessarily more attentive to Hygienic conditions—to good nursing—which always was, and ever will be, all that there is really good, useful, or curative in medication. Such physicians are more careful to supply the vital organism with whatever of *air, light, temperature, food, water, exercise, or rest, etc.*, it needs in its struggle for health, and to remove all vitiating influences—all poisons, impurities, miasmas, or disturbing influences of any kind. And this is *Hygienic Medication*; this is the *True Healing Art*. Nor God nor Nature has provided any other; nor can the Supreme Architect permit any other without reversing all the laws of the universe, and annulling every one of His attributes.

During the civil war, a Sanitary Commission was appointed to look after the health of the soldiers in the field. Why was this? Where were the doctors? Why did we have a Medical Bureau? Why was it necessary for a committee, with a clergyman at its head to oversee the medical department. Was it not a tacit admission of a lack of confidence in the country's medical guides? If that was necessary, then we ought to have a professor of Hygiene to supervise our cases of sickness, while the doctors deal out the drugs. Health is not in the technically professional line of medical men. The prevention of disease—The preservation of health must be left to the intelligent layman. It is a lamentable fact, that Health is not taught in the medical schools, neither is it explained in their books; nor do the physicians seem to attach much regard to it in their prescriptions. But, when the inevitable typhoid, or malaria appear as a natural consequence of neglected precautions, the doctors can drug, and dose without mercy. They can administer quinine and calomel, and subdue the vital struggle—and, too often the patient—with bleeding and narcotics.

Who imagines for one instant, that quinine is a poison? Who is not aware that arsenic *is* a deadly poison? And yet physicians and medical journals, calmly and gravely assert that arsenic is the

better article of the two, and recommend it as a substitute for quinine. Can any intelligent person believe that a harmless tonic, and an intense poison are perfect equivalents for each other?

During the Crimean war, when British soldiers were dying by hundreds—not from their wounds—but, from pure, sheer, and criminal neglect of Hygienic precautions, that good, and noble woman, Florence Nightingale, must needs go to the Crimea to teach the British surgeons, health; to instruct the graduates of the first medical schools in the world in the simplest maxims of plain, unsophisticated common sense; to show to medical men of learned lore, and scholastic honor, and high-sounding titles, and large experience, and many degrees, that invalids cannot breathe without air; that personal cleanliness is essential to the successful management of disease; that water, and light, and equable temperature, and rest, are requisite to correct morbid excretions, restore normal secretions, purify the vital current, and dissipate and destroy the ever-engendering miasmas and infections of such places.

The British surgeons could amputate limbs admirably, dress wounds skilfully; bleed dexterously; mercurialize strongly; narcotize effectually; gave quinine hugely, and administer arsenic powerfully; but they could not purify—and purification was the one thing needful in most cases.

When will the medical profession learn wisdom ?

O for a Moses, among the doctors! When Moses, in olden time, led the reckless and sensual Israelites a forty years' journey through the wilderness, how strict and inexorable were his Hygienic injunctions! How careful was that admirable physiologist in directing all the minutiae of the sanitary condition of his people. And that no source of pestilence should be tolerated, he would not allow any nuisance, or impurity even, to defile the camp ground. Fortunately for his people, he had no quinine to "neutralize malaria;" no arsenic to cure fevers; and so he was obliged to prevent them. Had Moses been as ignorant or as regardless of Hygiene as are our modern medical men, civil or military, before he could have led the Israelites a quarter of a forty years' journey, they would all have perished of the pestilences so prevalent among modern armies.

It is stated on reliable authority, that during the civil war, hundreds of sick soldiers implored the nurses to throw away their medicine. They feared drugs worse than bullets, and not without reason.

It is a curious fact, that young physicians prescribe more medicine than the older ones.

Said the venerable Professor Alexander H. Stevens, M. D., of the New York College of Physicians

and Surgeons: "Young practitioners are a most hopeful class of community. They are sure of success. They start out in life with twenty remedies for every disease; and after an experience of thirty years or less they find twenty diseases for every remedy." And again: "The older physicians grow, the more skeptical they become of the virtues of medicine, and the more they are disposed to trust to the powers of Nature."

The effect of drugging a person, is to lock up the actual causes of the disease in the system; thus producing permanent and worse diseases. It is in accordance with common sense that they should be expelled, not retained. What is known as disease, is nothing more nor less than the struggle of Nature, to cast out impurities, and, this remedial effort should be regulated, and assisted, not obstructed by administering drugs, which only complicate the situation, by producing more disease.

No man can fight two enemies better than one, and, to give drugs to a system already struggling to regain its normal condition, is like tying the hands of a man who is beset by enemies. The truth is, that the real nature of disease is misapprehended by the popular schools of medicine, and, until more enlightened views obtain a lodgment among them, it is useless to hope for any alteration

or improvement in the antiquated system of drugging. "Who shall decide, when doctors disagree," is an oft quoted sentence, and, the following conflicting opinions from prominent physicians show conclusively, how little is actually known of the action of drugs upon the human system, by those who administer them right and left.

Says the "United States Dispensatory," "Medicines are those articles which make *sanative* impressions on the body." This may be important *if*, true. But, *per contra*, says Professor Martin Paine, M.D., of the New York University Medical School, in his "Institutes of Medicine: "Remedial agents are essentially *morbific* in their operations."

But again says Professor Paine: "Remedial agents operate in the same manner as do the remote causes of disease." This seems to be a very distinct announcement that remedies are themselves causes of disease. And yet again: "In the administration of medicines we cure one disease by producing another." This is both important *and* true.

Professor Paine quotes approvingly the famous professional adage, in good technical Latin,

" *Ubi virus, ibi vitus.*"

which, being translated, means, "our strongest poisons are our best remedies."

Says Professor Alonzo Clark, M.D., of the New

York College of Physicians and Surgeons: "All of our curative agents are poisons, and as a consequence, every dose diminishes the patient's vitality."

Says Professor Joseph M. Smith, M.D., of the same school: "All medicines which enter the circulation *poison the blood* in the same manner as do the poisons that produce disease."

Says Professor St. John, of the New York Medical College: "All medicines are poisonous."

Says Professor E. R. Peaslee, M.D., of the same school: "The administration of powerful medicines is the most fruitful cause of derangements of the digestion."

Says Professor H. G. Cox, M.D., of the same school: "The fewer remedies you employ in any disease, the better for your patients"

Says Professor E. H. Davis, M.D., of the New York Medical College: The *modus operandi* of medicines is still a very obscure subject. We know that they operate, but exactly how they operate, is entirely unknown."

Says professor J. W. Carson, M.D., of the New York University Medical School: "We do not know whether our patients recover because we give medicines, or because Nature cures them."

Says Professor E. S. Carr, of the same school:

“All drugs are more or less adulterated; and as not more than one physician in a hundred has sufficient knowledge in chemistry to detect impurities, the physician seldom knows just how much of a remedy he is prescribing.”

The authors disagree in many things; but all concur in the fact that medicines produce diseases; that their effects are wholly uncertain, and that we know nothing whatever of their *modus operandi*.

But now comes in the testimony of the venerable Professor Joseph M. Smith, M.D., who says: “Drugs do not cure diseases; disease is always cured by the *vis medicatrix naturæ*.”

And Professor Clark further complicates the problem before us in declaring that, “Physicians have hurried thousands to their graves who would have recovered if left to Nature.” And again: “In scarlet fever you have nothing to do but to rely on the *vis medicatrix naturæ*.”

Says Professor Gross: “Of the *essence* of disease very little is known; indeed, nothing at all,” And says Professor George B. Wood, M.D., of Jefferson Medical College Philadelphia (‘Wood’s Practice of Medicine’): “Efforts have been made to reach the elements of disease; but not very successfully; because we have not yet learned the essential nature of the healthy actions, and cannot understand their derangements.”

So it comes to this, that during three thousand years, remedies have been accumulating until twenty classes, and, two thousand drugs are recorded in the archives of the medical profession, and, yet, we have the confession of the highest authorities, that the profession is lamentably ignorant of the nature of disease—knows nothing whatever of the “modus operandi” of drugs, and, that being so, it is impossible that they can know anything of the relation of drugs to the disease for which they are prescribed.

It may be well to pause here awhile and consider the following questions. We have the admission of the best authorities that drugs cure one disease by producing another. Can one cause cure another? Can a poison expel a poison? Can the human system throw off two burdens more easily than one?

It is nothing less than an insult to an intelligent person to ask him to believe such a monstrous absurdity.

In 1855 or '56, a National Medical Convention met at St. Louis, Mo., in which was represented the very elite of the profession, professors in colleges, presidents of societies, authors of medical works, and, distinguished doctors from all parts of the country. They met for the purpose of decrying

quackery to protect the public health, and, to assert the dignity of the medical profession. The principal outcome of this great convention, was the passing of a great resolution, which was discussed and adopted, and reads thus :

“It is wholly incontestable that there exists a wide-spread dissatisfaction with what is called the regular or old Allopathic system of medical practice. Multitudes of people in this country and in Europe express an utter want of confidence in physicians and their physic. The cause is evident: *erroneous theory*, and springing from it, *injurious*, often—*very* often—**FATAL PRACTICE!** Nothing will now subserve the absolute requisitions of an intelligent community but a medical doctrine grounded upon *right reason*, in harmony with and avouched by the *unerring laws of Nature* and of the vital organism, and authenticated and confirmed by successful results.”

What are we to think of a system denounced in such unmeasured terms by the gentlemen who practice it? And, we are curious to know *when* they discovered that it was so utterly unreliable. If they made the discovery while assembled in convention, then they had been practicing for years in ignorance, undertaking what they could not perform—a proceeding, which if called by its right name, is, obtaining money by false pretences. If

they had known it all along, they lay themselves open to a much graver charge, that of wilfully jeopardising the lives of those who trusted themselves to their tender mercies. It would be interesting to learn whether they have abandoned this "precarious, and often—very often, fatal practice," since they have discovered how utterly erroneous it is. I am afraid none of them have. Drugging and dosing is just as popular with the profession now, as it was before they discovered the rottenness of their system. What moral right have they to continue to practice it? How can they expect the public to have confidence in a system which they themselves declare to be completely unsatisfactory.

Any person who continues to practice a calling which is openly acknowledged to be prejudicial—nay—*injurious* to his fellow men, lays himself open to the charge of being devoid of principle.

An eminent authority on therapeutics, says :

The medical profession holds a most false relation to society. Its honors and emoluments are measured, not by the good, but by the evil it does. The physician who keeps some member of the family of his rich neighbor on a bed of sickness for months or years, may secure to himself thereby both fame and fortune; while the one who would restore the patient to health in a week or two, will

be neither appreciated nor understood. If a physician, in treating a simple fever, which if left to itself or to Nature would terminate in health in two or three weeks, drugs the patient into half a dozen chronic diseases, and nearly kills him half a dozen times, and prolongs his sufferings for months, he will receive much money and many thanks for carrying him safely through so many complications, relapses, and collapses. But if he cures in a single week, and leaves him perfectly sound, the pay will be small, and the thanks nowhere, because he has not been very sick!

I know many of you will say, 'My physician is a very excellent man and a good scholar—I have all confidence in him.' But he says his system is false. Is your confidence in him or in his system? If in his system, you are to be pitied. If in him, take his *good* advice and refuse his *bad* medicine."

The Caucasian has not much to learn from the Mongolian, it is true, but, we might safely imitate the Chinese in our dealings with our physicians. A Chinaman of rank pays his physician a retaining salary so long as he remains in health, but, the instant he gets sick, the salary ceases. Manifestly, it is a common-sense proceeding. The doctor has a vital interest in preserving the health of his client, since sickness entails a pecuniary loss; and best of

all, the patient escapes having his system drenched with drugs. There is no valid reason why there should be any such thing, as serious sickness; nor would there be if Hygiene was taught, and practised, and the whole *materia medica* consigned to oblivion. As Dr. Oliver Wendell Holmes said, "If all drugs were thrown into the sea, it would be so much better for man, but so much worse for the fishes."

We offer the medical profession the very system which it says an intelligent community absolutely demands, and the profession not only refuses to adopt it, but even to investigate it. And it applies to those of us who advocate and practice it, such unpleasant epithets as "quack," "fanatic," "one-ideaist," etc. "Oneideaism," indeed! we will show you that the one-ideaism is all on the other side. What is drug medication? It is simply poisoning a man because he is sick. How many ideas are there in that idea? We can see but one, and that happens to be a very bad one. True, there are two thousand drugs in the list of remedies. But they are all poisons—banes, venoms, and viruses—

All the dregs and scum of earth and sea.
Take one of them separately, and it is a poison.
Give a patient the whole apothecary shop, and it is one mass of poison. It is *poisonopathy* first, last, and always.

Now the remedies of the Hygienic System, as we have already stated, comprehend everything in the universe except poisons. The Drug System rejects everything, except poisons. Our system rejects only poisons, and adopts everything else.

Nor does the medical profession grow any more tolerant with the general advancement. They are still as bitterly opposed to the introduction of fresh ideas and methods—still as ready to denounce the progressive mind that introduces some new palliative of disease—some new method of treatment. The “cuckoo” cry of *quackery*, rises as readily to their lips to-day, as it did when they pooh-poohed Jenner, and, inveighed against Harvey. It might naturally be supposed that any one who should come forward with a discovery by which the suffering portion of the human family should be benefitted, would be welcomed with open arms by the medical fraternity, or, that at least he would be allowed a hearing. Not so.

Even if the discoverer be one of themselves, they regard his proposition with distrust: but, if he happens to be a layman, they instantly stand upon their dignity—denounce all irregular practice, and, raise the cry of *quack*.

It is true there are some liberal-minded men among them, who recognise the fact, that brains are

not monopolised by physicians, as the following opinions will show.

Dr. A. O'Leary, Jefferson Medical College, of Philadelphia, says :

“The best things in the healing art have been done by those who never had a diploma—the first Cæsarian section, lithotomy, the use of cinchona, of ether as an anæsthetic, the treatment of the air passages by inhalation, the water cure and medicated baths, electricity as a healing agent, and magnetism, faith cure, mind cure, etc.”

Prof. Waterhouse, writing to the learned Dr. Mitchell, of New York, says :

“I am, indeed, so disgusted with learned quackery that I take some interest in honest, humane, and strong-minded empiricism; for it has done more for our art, in all ages and all countries, than all the universities since the time of Charlemagne.”

Professor Benj. Rush, of the greatest and oldest Allopathic College in America, says :

“Remember how many of our most useful remedies have been discovered by quacks. Do not therefore be afraid of conversing with them, and of profiting by their ignorance and temerity. Medicine has its pharisees as well as religion. But the spirit of this sect is as unfriendly to the advancement of medicine as it is to christian charity. In

the pursuit of medical knowledge let me advise you to converse with nurses and old women. They will often suggest facts in the history and cure of disease which have escaped the most sagacious observers of nature. By so doing, we may discover laws of the animal economy which have no place in our system of nosology, or in our theories of physic. The practice of physic hath been more improved by the casual experiments of illiterate nations, and the rash ones of vagabond quacks, than by all the once celebrated professors of it, and the theoretic teachers in the several schools of Europe, very few of whom have furnished us with one new medicine, or have taught us better to use our old ones, or have in any one instance at all, improved the art of curing disease."

Dr. Adam Smith says :

"After denouncing Paracelsus as a quack, the regular medical profession stole his 'quack-silver'—mercury; after calling Jenner an imposter it adopted his discovery of vaccination; after dubbing Harvey a humbug it was forced to swallow his theory of the circulation of the blood."

Professor J. Rodes Buchanan, Boston, says :

"Mozart, Hoffman, Ole Bull, and Blind Tom were born with a mastery of music, as Zerah Colburn with a mastery of mathematics, as others are born

with a mastery of the mystery of life and disease, like Greatrakes, Newton, Hutton, Sweet and Stephens, born doctors, and a score of similar renown."

Professor Charles W. Emerson, M.D., the well known president of the Monroe Conservatory of Oratory, of Boston, says:

"The progress in therapeutics has and still continues to come from the unlearned. Common people give us our improvements and the school men spend their time in giving Greek and Latin names to these improvements, and building metaphysical theories around them."

And yet, in spite of the incontrovertible fact, that so many important discoveries have been made by laymen—or men outside the pale of the *regular profession*, they continue the practice of denouncing new ideas, when first advanced, and finally incorporating them in their practice.

When Harvey discovered the circulation of the blood—a problem which medical men had been assiduously investigating for seventeen centuries—he knew so well the inveterate prejudices of the profession, and its blind adhesion to ancient dogmas, that for many years he did not dare to publish his discovery to the world. And when he did announce it, some ten years after he had completely

demonstrated its truth, he was reviled and persecuted by his medical brethren. And it is recorded in medical history, that not a single physician *over forty years of age* ever acknowledged the truth of Harvey's discovery.

So much for the charity, and the progressive tendency of the medical profession. Of all close boroughs—of all conservative institutions—the medical profession, undoubtedly stands first. What was good enough for their grandfathers, is good enough for them. They confess—by the mouths of some of their ablest members—that they do not understand the relation of drugs to disease, that their system is one, in which, they themselves have no confidence, and yet they resolutely set their faces against any new principle, unless it is propounded by one of themselves, and, even then they eye it askance, and are in no hurry to investigate its claims to recognition, nor to set a value on it, according to its merits. Dr. Trall heroically endeavored to convince them that they totally misunderstood the nature of disease, that they confounded cause with effect, that what they then endeavored to suppress in the human system, as disease, was in reality the struggle of Nature to rid itself of impurities, and that to administer drugs, was only to throw obstacles in the way of recovery,

but, they refused to hear him, and threw obstacles in his path when he endeavored to place his views before the community. Though he challenged their ablest champions to meet him in open controversy, they, one and all—perhaps prudently for themselves—ignored the challenge. They evidently overlooked the fact, that their refusal to meet him in open discussion, amounted to a tacit admission of weakness; for it must be a poor system indeed that fears to meet honest criticism.

The grand fundamental error of medical men, and the great primary mistake of physiologists and chemists, and of philosophers, psychologists, and metaphysicians, and even of theologians, so far as their doctrines and dogmas apply to the subject in hand, consists in mistaking the relations of living and dead matter. They have erected all of their systems and philosophies on a false basis—on a reversed order of Nature. And, think you, the superstructure can be reliable and enduring if the foundation be laid in error?

Medical schools and books teach that medicines—acids, alkalies, salts, earths, minerals, mere drugs—which are dead, inert and inorganic substances, act on the living system. Nature teaches the contrary; that the living system acts on the medicine.

Medical schools and books teach—and the whole drug system is predicated on this idea—that particular medicines, in virtue of “inherent affinities” which they possess for certain parts and organs of the body, act upon or make impressions on them. Nature teaches that the relation of medicines to the vital tissues is that of antagonism, not affinity.

There is no word in our language which covers so much delusion as this little word, impression. Our philosophers have in all ages wholly mistaken its meaning. And a false definition of the word, applied to pathology and therapeutics, has given the world a false doctrine of the nature of disease, and a false theory of the action of remedies; a false medical science, and a false healing art.

What is an impression? Not the action of an external object on the body or mind, as our doctors and philosophers teach, but *the recognition by the body or mind of the object*. Whatever action results from the impression or recognition, is the action of the living system in relation to the object, and not the action of the object on the living system. An impression is not the action of an inert substance—of a thing which does not act at all—but simply vital or mental recognition. And if we are correct in the definition of this word, all of the doctrines which medical men have entertained and taught for three

thousand years, in relation to diseases and remedies, are exactly contrary to truth and Nature.

On the theory that remedies act on the living system, and by a power or property inherent in themselves, and that this property enables them to *elect* or *select* the organ or structure on which they will make an impression (we drop for a moment the question whether the impression be "sanative" or "morbific"), medical men have arranged and classified their *materia medica*; as *emetics* which act on the stomach; *purgatives*, which act on the bowels; *diaphoretics*, which act on the skin; *diuretics*, which act on the kidneys; *expectorants*, which act on the lungs; *cholagogues*, which act on the liver; *stimulants*, which act on the blood-vessels; *tonics*, which act on the muscular fibres; *narcotics*, which act on the brain, etc. All this seems very plausible, but there is no truth in it.

The living system acts on food to appropriate it to the formation and replenishment of its organs and tissues. This is digestion and assimilation—the nutritive process. And the living system acts on drugs, medicines, poisons, impurities, effete matters, miasma, contagions, infections—on everything not useful or usable in the organic domain—to resist them; to expel them; to get rid of them; to purify itself of their presence through the channel

or outlet best adapted to the purpose under the circumstances.

And herein is the explanation of the classes of medicines; the rationale of the action of medicines, which has so puzzled the brains of medical philosophers in all ages.

Emetics do not act on the stomach, but are ejected by the stomach. Purgatives do not act on the bowels, but are expelled through the bowels. Diaphoretics, instead of acting on the skin, are sent off in that direction. Diuretics do not act on the kidneys, but the poisonous drugs are got rid of through that emunctory, etc.

And this equally mysterious disease! Is not its essential nature sufficiently apparent? The disease is the process of getting the poisons out of the system; and so this preplexing problem is also solved.

That the explanation here given of the nature of disease and the *modus operandi* of medicines is the true one, may be demonstrated in this way. We can take all of the medicines of the pharmacopœia, and produce all the diseases of the nosology. Thus certain combinations of brandy, cayenne pepper, and quinine will produce, in a healthy person, inflammatory fever; calomel, nitre, and opium, typhus or typhoid fever; gamboge, scammony and

ipecac, cholera morbus ; nitre, antimony, and digitalis, the Asiatic or spasmodic cholera ; cod-liver oil, salts, and sulphur, the scurvy, etc. Castor oil, epsom salts, and a hundred other articles called cathartics, will occasion diarrhea ; and lobelia, Indian hemp, tobacco, and many other drugs, will induce vomiting. And what in the name of medical science and the healing art are the diarrhea and the vomiting except efforts of the living system to expel the poisons—purifying processes, diseases ?

And this brings us to the rule for the successful treatment of all diseases. Disease being a process of purification, we do not wish to subdue it, but to regulate it. We would not repress the remedial action, but direct it. Patients are always safe, as the remedial action is nearly equally directed to the various depurating organs, or mainly to the skin. They are in danger just to the extent that the remedial action is determined from the skin and concentrated on some internal organ. Our rule, then, is to balance the remedial effort, so that each organ shall perform its due share of the necessary labor, and no part be disorganized and ruined by overwork. And to direct and control the remedial effort we have only to balance the circulation ; and to balance the circulation we have only to regulate

the temperature, and for these purposes we have no more need of drugs than a man has of a blister on his great toe to assist him to travel. He wants "useful, not injurious, things.

Imagine two gladiators, Nature and Disease, fighting, a little man (the doctor) rushes in with a murderous club (drugs) upraised, *sometimes* hitting disease, but more frequently wounding Nature, and you have a perfect parallel. As a test experiment to prove the truth of this, ask any of the drug doctors to explain how their remedies operate—the *why*, the *wherefore*, not one of them can tell you. They will tell you with pride, that their system of prescribing them, is, unmistakably the best, but, when pressed for an explanation as to *how* their medicines effect the supposed cure, they are silent. And it is extremely doubtful whether any one of them has ever seriously considered whether any system of drug medication is right. They will prate learnedly about the Law of cure, a mysterious something which has no existence, save in their imaginations. Press them for an exposition of this mysterious "law of cure," and, the replies will be as conflicting as the authorities on drugs. The Allopath will tell you that it is "contraria contrariis, curantur," or, in other words, contraries cure opposites. The Homeopath, however, will assert

that it is "similia similibus curantur," or, like cures like. Not so, says the Eclectic, Sanative medication is the law; and the Physio—Medicals still further complicate the matter by the declaration, that the law consists in employing "physiological" remedies.

In such a dilemma, what are we to believe? Why, that they are all wrong. There is no such thing as a "law of cure." Penalties have been provided by Nature, but not remedies. Would Nature stultify herself by imposing penalties as the results of violation of her laws, and then furnish remedies to render those penalties negatory? There is a *condition* of cure, and that is *obedience*.

Says Dr. Bigelow, ("Nature in Disease," page 17): "The effects of remedies are so mixed up with the phenomena of disease, that the mind has difficulty in separating them." Indeed it has. It never can separate them. The "effects of remedies" are the "phenomena of disease," and nothing else.

Consider for a moment, what the remedies are, which are *supposed* to be provided by Nature. Drug poisons—chemicals! all deadly foes to human life, any of which would make a well person ill, and, we are asked to believe that Nature has provided these deadly foes to health, as *restoratives*.

If a doctor, actuated by the best of motives, prescribes one of these drug poisons to a patient, and death ensues, the faculty claims that he died simply because the medicine could not save him. But suppose a layman, with murderous instinct, should administer the same medicine to his neighbor, and thereby cause his death? It does not need the wisdom of a Solomon to come to the conclusion, that he died because the *poison* killed him. Will any sane person assert, that the motive of the person who administered it, could in any way alter its relation to human life? If a doctor treats twenty of his patients for some particular form of disease—drugging them daily—and, fifty per cent. of them recover, while the other fifty per cent. succumb, the doctor will proudly ascribe the recovery of the survivors to his skill in prescribing a sufficiency of drugs. But, will he accept responsibility for the non-survival of the other half? Not on any account. They died because the drugs were powerless to save them. They never dream that one half are killed by the medicine, while the other half get well in spite of it.

Let me quote again, from the address of Dr. Trall, words of solemn import, which ought to burn into the very heart of each one that reads them.

“My friends, go with me, in imagination, to any

one of your rapidly-peopling cemeteries, where the freshly-broken earth tells of the newly-made graves, and there interrogate the moldering bodies of the prematurely dead. Ask them why and of what did they die? What will, what must, their answer be?

Did *cholera infantum* take that smiling babe away? Was it *scarlet fever* that dragged that beautiful child down to the cold grave? Did *rheumatism* so soon cause that vigorous youth to lie pale and prostrate beneath the clod of the valley? Did *typhus fever* send that stalwart man to his final account? Was it the mere incident of *childbirth* with a *slight cold* which hurried that mature woman out of the world so suddenly and so strangely? Or was it a "mysterious Providence," or a more mysterious chance?

No, no. Human beings do not die so easily of such trifling ailments. No, I say! Could those crumbling bones and ghastly relics speak, they would tell you in deep sepulchral but in thunder tones: "This infant died of *antimony* and *ipecac.* This child was destroyed with *calomel* and *opium.* This youth was killed with *nitre* and *digitalis.* This man was slain with *bleeding* and *blisters.* This woman perished of *henbane* and *strychnine,* and all victims to 'medical science.'"

There would be exceptions. But such would be the general rule of graveyard testimony.

“God lent his creature light and air,
And waters open to the skies ;
Man locks him to a stifling lair,
And wonders why his brother dies.”

Look at the *materia medica* of this false and fatal system once more. If you could see it but for one instant with clear vision and unbiased minds, you would recoil from it with horror. You would renounce and execrate it forever. What are its agents, its medicines, its remedies? Poisonous drugs and destructive processes—bleeding, leeching, scarifying, blistering, caustics, irritants, parasites, corrosives, minerals, vegetable excrescences, and animal excretions—all of the causes of disease known to the three kingdoms of Nature.

And are these the remedies which Nature has provided? The assumption is a libel on the God of Nature.

No, no! Nature has not stultified herself, but man has mistaken her teachings. So far from Nature providing drugs as remedies for diseases, the truth is, every drug taken into the living system induces a new disease. Every drug has its own penalty. Every dose is an outrage on the living system, and in disobedience to physiological law.’

Let any one take a pencil, and calculate the amount of drugs likely to be taken into the system

during a moderate spell of sickness—a fever, for instance. Scarcely any physician prescribes less than two kinds of medicine, more probably, three, and usually, several ingredients enter into the composition of each one, and, as a rule, they are required to be taken three or four times a day, frequently oftener. Here then, without over-estimating, we have upwards of a dozen different kinds of drugs introduced into the system in the course of one day. That is bad enough, but “worse remains behind.” Physicians are fond of changing the medicines, particularly if they are young practitioners, hence, it is no uncommon thing for the medicines to be changed daily, in which case we have the appalling total of something like a hundred poisons swallowed during a sickness of a month’s duration.

The marvel is, not that so many die under the infliction, but that so many recover. It is not surprising there are so many “complications” and “collapses,” and “relapses,” and “sinking spells,” and “running down,” and “changing into typhoid.” New diseases seem to spring up around the patient, like mushrooms, of which, it is safe to say, ninety per cent. are induced by the baleful drugs administered to cure.

Paracelsus, the quack and vagabond of the fifteenth century, and the author of the calomel an-

timony, and opium practices, acquired great reputation by curing a printer of gout in the foot. The patient died a few days afterwards of apoplexy in the head; but no one suspected that the medicine which cured the gout caused the apoplexy.

Commodore Perry died very suddenly and unexpectedly, in New York, some years ago. The *colchicum* relieved the gout, but the patient died.

How strange, that no sooner had the doctor *subdued* the rheumatism, than the *typhoid* "set in" and carried off the patient.

The trouble with the the Drug System, is, that some new disease always "sets in," or "supervenes," or "attacks," when any of its adherents are treating a case, no matter how simple. And so it will continue to the end of the chapter, unless they conclude to abandon the barbarous, and unscientific practice of "curing one disease, by producing another." Then, and not till then, we may expect a decrease in the rate of mortality among those who submit themselves to the tender mercies of the physicians. Nor do the claims of the Medical Systems to popular favor on the other side of the Atlantic, seem to rest on any surer basis than they do in America. The following opinions from some of the most eminent authorities in the British Kingdom, speak for themselves:

“The medical practice of our day is, at the best, a most *uncertain* and unsatisfactory system; it has *neither philosophy nor common sense* to commend it to confidence.”—Dr. EVANS, Fellow of the Royal College, London.

“There has been a great increase of medical men of late, *but*, upon my life, *diseases have increased in proportion.*”—JOHN ABERNETHY, M.D., “The Good.” of London.

“Gentlemen, ninety-nine out of every hundred medical facts are *medical lies*; and medical doctrines are, for the most part, *stark, staring nonsense.*”—PROF. GREGORY, of Edinburgh, author of a work on “Theory and Practice of Physic.”

“It cannot be denied that the present system of medicine is a *burning shame* to its professors, if indeed a series of vague and uncertain incongruities deserves to be called by that name. How rarely do our medicines do good! How often do they make our patients *really worse!* I fearlessly assert, that in most cases the sufferer would be *safer without a physician* than with one. I have seen enough of the *mal-practice* of my professional brethren to warrant the strong language I employ.”—Dr. RAMAGE, Fellow of the Royal College, London.

“The present practice of medicine is a *reproach* to the name of Science, while its professors give

evidence of an *almost total ignorance* of the nature and proper treatment of disease. Nine times out of ten, our miscalled remedies are *absolutely injurious* to our patients, suffering under diseases of whose real character and cause we are most culpably ignorant."—Prof. JAMEISON, of Edinburgh.

"Assuredly the uncertain and most unsatisfactory art that we call medical science, is *no science at all*, but a jumble of inconsistent opinions; of conclusions hastily and often incorrectly drawn; of facts misunderstood or perverted; of comparisons without analogy; of hypotheses without reason, and theories not only useless, but *dangerous*."—*Dublin Medical Journal*.

"Some patients get well with the aid of medicine; more without it; and still more *in spite of it*."—Sir JOHN FORBES, M.D., F.R.S.

"Thousands are annually *slaughtered* in the quiet sick-room. Governments should at once either banish medical men, and proscribe their *blundering art*, or they should adopt some better means to protect the lives of the people than at present prevail, when they look far less after the practice of this *dangerous profession*, and the *murders* committed in it, than after the lowest trades."—Dr. FRANK, an eminent author and practitioner.

"Our actual information or knowledge of disease

does not increase in proportion to our experimental practice. Every dose of medicine given is a *blind experiment upon the vitality* of the patient."—Dr. BOSTOCK, author of "History of Medicine."

"The science of medicine is a *barbarous jargon*, and the effects of our medicines on the human system in the highest degree *uncertain*; except, indeed, that they have *destroyed more lives* than war, pestilence, and famine combined."—JOHN MASON GOOD, M.D., F.R.S., author of "Book of Nature," "A System of Nosology," "Study of Medicine," etc.

"I declare, as my conscientious conviction, founded on long experience and reflection, that if there were not a single *physician, surgeon, man midwife, chemist, apothecary, druggist*, nor *drug* on the face of the earth, there would be *less sickness* and *less mortality* than now prevail."—JAS. JOHNSON, M.D., F.R.S., Editor of the *Medico-Chirurgical Review*."

What an overwhelming condemnation of a system that deals with the issues of Life and Death! Nor is this all. Evidence against it might be piled up like Pelion upon Ossa. Condemnatory opinions of it from the very High Priests of the order, might be multiplied indefinitely. But enough has been advanced to show its utter unreliability and to create a sentiment against it in the public mind, which should gather strength with every hour, un-

til, with an unmistakeable voice, the people should demand its abolition.

Far be it from me to say, that there are not able, and honorable men in its ranks—men who would adorn any profession—men who have sacrificed health, wealth and happiness in their devotion to the cause of suffering humanity. The pages of history are full of instances of such heroism. But of what avail is it to have the most perfect examples of humanity for physicians, if the system they practice is an erroneous one? It is impossible to secure good results with bad methods. We must have a sure foundation, if we expect to raise an abiding structure. When the medical profession realises the fact, that the preservation of health is their true function, we may hope for better things. At present, Health is not taught in the various schools of medicine, neither is it expounded in their books, and, (judging by results) it is very little heeded in the prescriptions of the practising physicians. I will not say, *all*, for there are many progressive minds among them, who practice Hygienic treatment, more or less, and use few, if any drugs, and statistics show, that the death rate among *their* patients is very low.

The great need of the age, is, full and complete information on the Laws of Hygiene. There is no

valid reason why Hygiene should not form a part of our school curriculum. No subject can possibly be of more importance, for with the development of the physique, mental development would follow as a natural sequence—premising, that the physical perfection attained, was the outcome of a progressive system of Hygiene—not the mere drilling of a set of muscles.

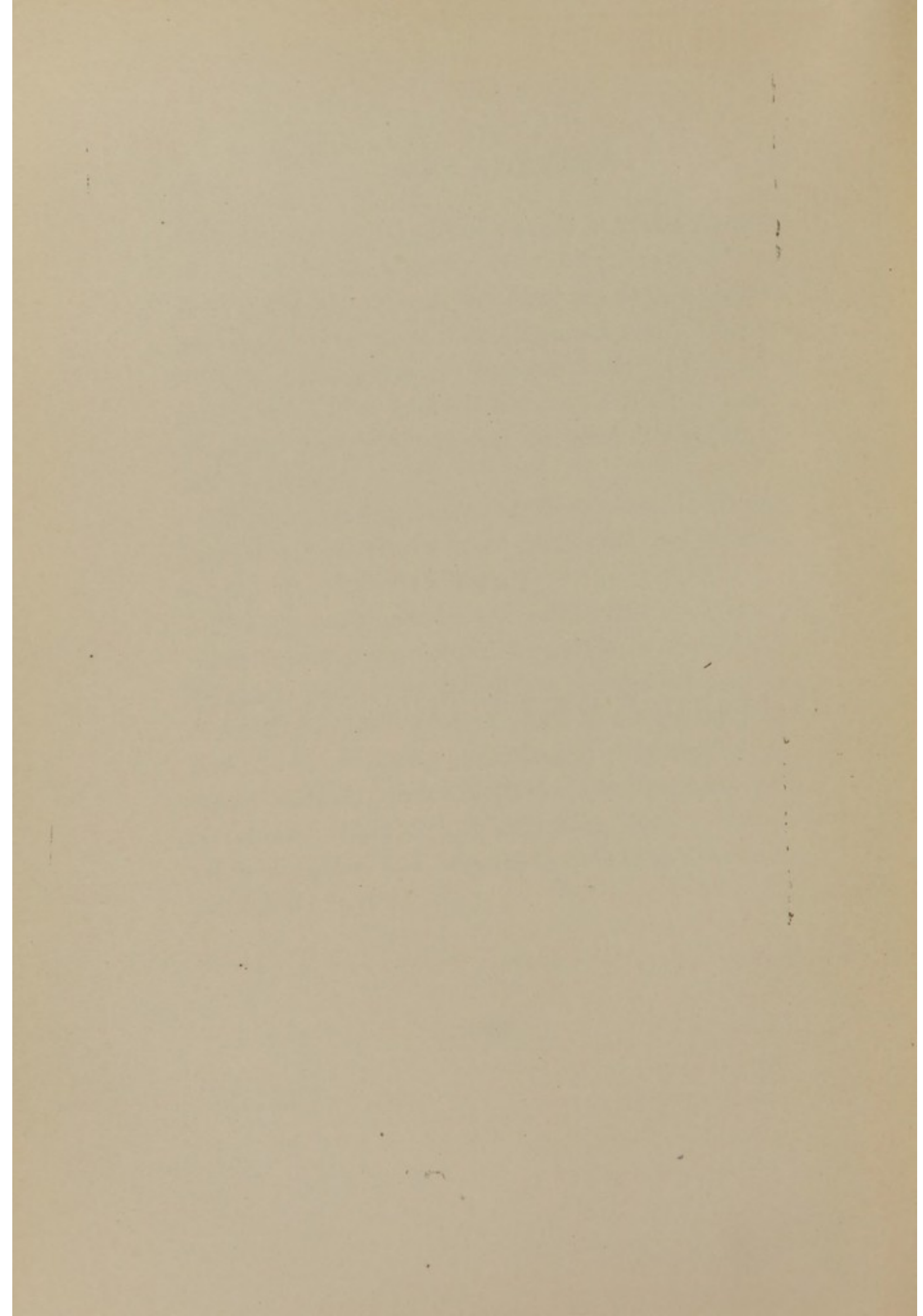
The world will yet see that day, when it will be deemed a disgrace to be in ill health, but, in the meantime, humanity suffers.

The object sought, in publishing this book is to bring prominently before the public, a system of Hygienic medication, which has proved eminently successful in tens of thousands of cases, and, to prove to the suffering and afflicted, that there is a simple and inexpensive method of treatment for the restoration of health, perfectly harmless and natural in its action, and, absolutely free from even the suspicion of a drug.



PART II.

THE GREAT DISCOVERY.



THE GREAT DISCOVERY.

Having demonstrated, (in a manner that should carry conviction to any unprejudiced mind), the inability of the Drug System to effect a cure, without inducing a complication of disorders—undermining the constitution of the patient—and depleting his pocket book, I shall now proceed to lay before you the treatment which it is proposed to substitute in its place: and I unhesitatingly affirm that it will be found so simple, so inexpensive, and so obviously based on common sense and the laws of Hygiene, that the reader will be lost in wonder that any one should fail to adopt it, when once made acquainted with the simplicity of the process, and its marvellous results.

Only recently, the discovery has been made, that nearly all of the diseases that afflict the human race have their origin, in the colon, or alimentary canal, which being the natural outlet for most of the refuse and waste of the body, becomes clogged. The meanest understanding can readily grasp the fact, that this retention of *faecal* matter in the sys-

tem must be, to say the least, uncleanly. But it is worse—far worse than that. It forms a prolific hot-bed for the wholesale breeding of *bacilli*. Part of it is re-absorbed into the circulation, as will be shown hereafter, poisoning the very fountain of life, and laying the foundation of nine tenths of the maladies from which humanity suffers.

Having once established the physiological fact, that the clogging of the colon was the primary cause of disease, a method of cleansing it was soon found, most simple in its action, and so beneficial in its results, that it surpassed the most sanguine expectations of the experimenters. And this remedy was neither more nor less than Pure Water. By a simple device, known as “flushing the colon,” the obstructions can be removed, disease can be prevented, the sick and suffering may be restored to the blessings of health, and life may be prolonged, and rendered more enjoyable to all those who employ this sanative method of treatment. Wonderfully simple, is it not? It seems little less than marvellous that a remedial process so simple, should not have been discovered by some one of the many thousands of practising physicians long ere this. But as I have said before, the “prevention of disease,” is a subject that has seldom engaged the attention of the medical mind, and the

laws of Hygiene have been more often "honored in the breach than the observance," by them.

In an old comedy, which used to delight our forefathers, the hero, Felix O'Callaghan, defines the practice of medicine as "the art of amusing the patient while Nature performs the cure." In that sentence, the dramatist (unwittingly perhaps) embodied a great truth. Nature, and Nature *only*, can effect a cure. Fresh air, sunlight, and pure water are the three great curative agents provided by Nature, and all that the physician can do, no matter to what school he belongs, is to remove as far as possible, all existing impediments, and to see that the Hygienic conditions are made as favorable as possible. For the rest, Nature, the marvellous builder, will, in her own mysterious way, build up fresh tissue, and, slowly but surely, repair the ravages made by disease. No one would dare to say that the farmer made the corn grow. He does all that the science of agriculture tells him is needful to furnish proper conditions for growth, but there he must stop—the rest must be left to Nature. Then, since disease is a wasting of tissue, and recovery a building up, it is a palpable absurdity to credit a physician with a cure. All that he can do is to co-operate with Nature, by seeing that none of her laws are violated, and insisting that nothing

whatever shall obstruct her beneficent functions.

Whether for the preservation of health, or the treatment of disease, when present, the chief thing is to cleanse the colon. It is useless to attempt to get rid of the effects while the cause is present.

If the principal drain in a dwelling becomes choked, what is the consequence? The noxious and pestilent gases generated by the accumulated filth having no outlet, are forced back into the building, poisoning the atmosphere, and breeding contagion among the inhabitants. Deodorising and disinfecting will simply be a waste of time and material, until the drain is cleared. The colon is the main drain of the human body, and if it be necessary, for sanitary reasons, to keep the house drains clean, how vitally important is it to keep the main outlet of the physical system free from obstructions. *Flush the drains, and the cause being removed, sickness will soon disappear.*

This wonderful preventive and curative treatment, although only recently made popular, with new and improved methods of application, is, in reality of ancient origin, as we have it on good authority, that it was practised by the ancient Egyptians, who, it is believed acquired their knowledge from observing a bird called the Ibis, a species of Egyptian snipe. The food of this bird gathered

on the banks of the Nile was of a very constipating character, and it was observed, by the earliest naturalists, to suck up the water of the river and using its long bill for a syringe, inject it into its anus, thus relieving itself. Pliny says this habit of the Ibis first suggested the use of clysters to the ancient Egyptian doctors, known to be the first medical practitioners of any nation, not excepting the Chinese. [See *Naturalis Historia*, Lib. VIII., Cap. 41, Hagae 1518.]

Another writer viz., Christianus Langins, says, that this bird when attacked with constipation at some distance from the river, and not able to fly from weakness, would be seen to crawl to the water's edge with drooping wings and there take its rectal treatment, when in a few minutes it would fly away in full vigor of regained strength.

The story of the revival or re-discovery of this method, is both peculiar and interesting. Like many other important inventions and discoveries, it seems to have been simultaneously suggested to different individuals in widely distant countries, but there can be little doubt that the first place must be justly awarded to Dr. A. Wilford Hall, of New York, not strictly in point of time, but because he reduced it to a system, and practiced it upon himself for a period of forty years, and finally publish-

ed it under the title of Dr. Hall's Health Pamphlet.

The circumstances attending his discovery of the "flushing" treatment make it one of the most interesting, and sensational events that have transpired in the history of the healing art.

I therefore make no apology for giving a brief account of the almost tragic experiences that led up to this most important hygienic discovery.

The Dr. is not an M. D., as many suppose, but a Ph. D., L.L.D., showing high literary and scientific attainments. He is the author of many scientific and religious works, and a writer of international reputation. He is probably best known as the author of what is known among scientific men as substantial philosophy and the new substantial theory of sound. He practiced the New Hygiene treatment on himself for forty years before giving its principles to the public, thereby fully proving its merits.

The circumstances leading up to it, and the story of the discovery itself, are as follows: At the age of twenty-nine years, after years of public speaking, largely in the open air, he found himself a worn-out wreck, in the grip of that most formidable enemy of the human race, consumption. His brother had just died of this disease, and the family physician who had attended him told the doctor,

with unusual frankness, that his case and that of his brother were identical, and that he could give him no encouragement, but advised him to set his affairs in order, as he had but a few months to live.

A consultation of medical experts was then called, who, after a careful examination of his lungs with a stethoscope, decided that one of his lungs was partially gone and the other badly diseased. Like his family physician they held out no hope of his recovery. He was beyond the aid of medical skill, with little, if any, prospect that he could live more than a year.

The doctor says of himself at this time that he was reduced in flesh almost to a skeleton, with hardly a shade of the color of life in his face, or energy enough to leave the room or walk a block without stopping to rest. His weight was reduced to about 120 pounds.

To see him now, a hale, hearty old man, past his eightieth year, weighing over two hundred pounds, full of physical vigor, a giant in intellect at least, it would almost seem as if a miracle had been wrought.

Though wasted in body, and under the shadow of so many discouraging influences, fortunately the doctor was possessed of a very determined will, accompanied by strong faith in the love and willing

power of the Creator, and, therefore, instead of giving up hope and lying down in the grasp of the giant, Despair, to await the seeming inevitable fate, he determined, as he says, "to seek some way out of that tangled wilderness of circumstances which had hemmed me in and chained my limbs as in a network of steel wire." How was it to be accomplished, was the great question. The greatest possible stake, life itself was in the balance. Success meant life, and a great triumph over man's worst enemy, while failure meant death.

"Such mental experience," he says, "as I passed through the following week or ten days, while endeavoring to search out the problem of individual reconstruction, none but the pen of the recording angel can ever describe."

The combined wisdom of medical science had decided there was no hope for him, that he had passed beyond the realm of human skill and must die. Had he been treated by the ordinary system of drug medication, there is no question but what that would have been his fate. The doctors judged his case by their own experience, and the experience of medical practice in general, in similar cases.

Their decision was based on the indisputable facts of experience. "But," says the doctor, "I was too personally involved in the results of the

decision to submit quietly, or at least without a furious protest. In a word, I resolved not to die by the power of consumption and its concomitant ills, but at once to enter into such a conflict with the insidious destroyer, as either to break its hold on my vitality or to take the victory out of his grasp by falling under the effects of my own experimentation."

That it was useless to experiment further with drugs, he was convinced. The combined wisdom of drug medical science could suggest nothing further in this line; besides, his brother had just died while being treated by their system. Some other way must be found, some new treatment hitherto unknown or, perhaps, but faintly hinted at in medical experience or human knowledge,

He saw at once that the first necessity was, to find some way of stopping the further multiplication of disease-bearing germs, and then to supplant those in the circulation, which were doing their deadly work, by the life-giving elements of pure nutrition. It was here his thoughts were led, as by inspiration, into that great physiological truth, since published to the world, that most of the diseased conditions of the human system either originate or are nourished by the germs of putridity absorbed into the circulation either directly from

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or through the effects of an engorged and constipated colon. These germs, microbes, or whatever we choose to call them, bred among the putrefaction of the colon, bowels or stomach, when the free passage of the waste matter of the system is obstructed, are absorbed into the circulation and carried and deposited in all parts of the system, to become seeds of disease and decay.

When the doctor's mind had fairly grasped this idea he saw that, if this theory was true, the first thing to be done to prevent the further multiplication of the mischevius disease germs was to break up their source of supply. When a sewer is clogged the wise city fathers order it flushed, in order that it may not breed and spread contagion through the homes of the people. So he reasoned with this human sewer, the colon. His was very badly constipated; it had been so for years. His kidneys, also, were clogged and not doing their work properly, his liver torpid, while his stomach was suffering from dyspepsia in its worst form. Was not this clogged sewer breeding contagion, which was sprcading through the human home and causing all these other diseased conditions?

After arriving at this conclusion through due process of reasoning the great question the doctor next grappled with was how to clean out and keep

open this main sewer. Experience had fully demonstrated, that in his case, cathartics, however powerful, would only partially accomplish this essential result. While their forced secretion and excretion of the fluids of the system through the mucous membrane of the intestines, in order to dissolve the solid contents of the colon, must weaken the whole system, and thus do more to promote disease-producing germs, by destroying the vital power to resist and destroy them, than they would remedy by partially emptying the colon.

A cathartic, by the action of the gastric juice, is dissolved in the stomach and is then absorbed into the circulation, and only acts as a cathartic by exciting the secretory and excretory processes of the system. Through these nature makes a violent effort to expel the poisonous drug by causing an extra amount of the solvent fluid to flow into the intestines through the invisible pores of their mucous membrane. This fluid dissolves the contents of the colon, and excites its discharge. It is done, however, at a terrible cost to the vital fluids, and is accompanied with pain, always the necessary accompaniment of a violent effort of nature. This extra drain of these important fluids is followed by exhaustion, making it necessary to again and again resort to the same method, until no drug is found

strong enough to excite the secretions, and exhausted nature gives up the struggle.

Some other way than this must be found, or the battle for life would be lost at the outset. The city fathers flush the city sewers when clogged, why not use the same process to relieve and clean the human sewer.

Following this line of thought the doctor says, "I saw absolutely that all my physical ailments and troubles with the near approach of death, lay in that single source of evil—the engorged colon. But was it practicable to realize my ideal thus formed of artificially flushing this reservoir to the complete removal of its contents and without injury to the organization? This I resolved to attempt; and to do so as I had mapped out in my desperation, I must needs fill that entire portion of the intestinal canal with warm water. How much it would contain in addition to its contents, normal and abnormal I had no means of knowing save by practical experiment, and my desperate condition of health or rather disease, had made me almost scientifically reckless, with my own poor body thus as a laboratory of physiological experimentation.

When the colon is clogged and slow in its action the reflex influence naturally is felt by the whole system. There not being sufficient room in the

colon for the waste matter accumulated in the small intestines, they in turn become full and sluggish and on account of an obstructed outlet can not properly receive the food from the stomach, consequently digestion is impaired. The food too long retained in the stomach ferments, and a semi-poisonous acid is produced, which causes sour stomach, heart-burn, generates gases, etc., and when occasionally belched up sets the teeth on edge. It also irritates and weakens the stomach, causing dyspepsia, and mixing with the gastric juice passes with the badly digested food into the intestines.

Here it strikes at the fountain of life by corrupting its source, the material from which by absorption new blood is made with which to build up the waste of the system. Bad blood loaded with acids from the stomach and germs of putrefaction from the colon, cannot do its work of repair properly, consequently the waste is not supplied, resulting in loss of vitality, premature weakness and old age, or the decay of some vital part. Usually first the lungs, which we call consumption, or the kidneys, or liver, resulting in early death. Or, as is frequently the case, nature will take violent means to rid herself of her enemy, resulting in inflammation of the liver, bowels, kidneys, or some other part, dysentery or fever; or, the vitality being low through imperfect

nutrition and the blood impure and unable to grapple with and destroy the accumulating multitude of decaying germs, the seed germs of some contagious disease which lives and thrives on impurities, become implanted in the system, and finding congenial soil, rapidly multiply, causing violent sickness and death.

The natural vent being stopped nature, in a vain effort to get rid of the deleterious matter which otherwise will corrupt her functions, utilizes every other channel of exit. The breath becomes loaded with foul smelling germs, the skin clogged and sallow, often emitting a bad odor. The urine of a dark color and offensive smell. The liver and kidneys in turn become overtaxed and unable to properly fulfill their functions, until, when there should be health, strength and vigor, comes weariness and early decay; or more frequently life is cut short by inflammation, fever, consumption or contagious disease which there is not sufficient vitality left in the system to resist.

In beginning the experiment, he first, with the aid of a common bulb syringe, forced one pint of water into the rectum. This was not accomplished without difficulty. Small as was the quantity, in its discharge he found relief, and, as he says, a more beneficial, restful and exhilarating effect over

his whole organism, than from any cathartic he ever took, while it left no detrimental or weakening effect, such as active physic produces.

In the next experiment he used a quart of warm water, forcing it into the colon. The effect was a still more satisfactory discharge, and corresponding greater sense of relief. Two days after this experiment was made, he tried again, this time using two quarts of water, warm enough to be comfortable to the hand, and to increase its lubricating and cleansing process a little soap was added.

The lower rectum will hold from a pint to a quart of water. In hydropathic practice hitherto, such quantities of water only was recommended, as it was thought impossible or impolitic to force water into the colon beyond the sigmoid flexure or first bend of the colon, just above the rectum, (see plate on second page). The doctor on this occasion, therefore, in following out the idea he had conceived of a complete flushing of the colon, had undertaken a new departure. This required a greater effort, but as he says, after the water had been forced past this point, the operation became comparatively pleasant, and was accompanied by no sensation of pain.

This time he made an effort to retain the water for a few minutes which required a strong effort of the

will. The longer it is retained, however, the less inclined it is to break away. This difficulty mastered, it was discharged at leisure, resulting in a great relief of the abdominal pressure.

With the success of these experiments and the decided improvement to his general feelings, resulting therefrom his courage rose and confidence in ultimate triumph became so strong that his whole mind was absorbed in this seemingly desperate undertaking.

Two evenings later the fourth attempt was made. This time three quarts of water were measured out and with resolute and careful persistence injected into the colon then lying in an incumbent position on his back he allowed the water to circulate freely throughout the whole of the colon, holding it this time for about ten minutes. No greater difficulty was experienced in retaining this larger quantity than the two quarts for the reason that, as but little food had been taken during these experiments the colon was much less gorged.

After this fourth experiment had been successfully accomplished a marked and startling, although not an unanticipated change took place in his stomach. To use the doctor's own words: "On discharging this last enema I felt a sudden relief at the region of the duodenum (see plate 4), an

emptying sensation which seemed to follow a corresponding operation throughout the entire length of the small intestines and what was more satisfactory because exactly the result I had pictured in my analysis of the treatment when the idea was first conceived. In half an hour after the discharge of the water, and after I had retired pleasantly to rest, I became so ravenously hungry that I was obliged to raid the cupboard in search of something to eat. Thus was I confirmed by the most incontrovertible proof of the intrinsic value of my physiological discovery.”

The result aimed at had now been accomplished, the colon which for years had been gorged, obstructing the other functions of the body and distributing its germs of putrefaction through the system was now through this simple mechanical process completely flushed and cleansed, resulting in the immediate resumption by the other bodily functions of their normal condition so far as it was possible after the long continued obstruction. Hunger and appetite sensations for a long time unknown to him were now felt. It was possible now by keeping the colon free to build up the waste of the system with pure nutrition.

Not content with the great and gratifying result of the fourth experiment, the doctor resolved to try

a still further increase of the quantity of water, and after waiting three evenings, measured out four quarts, one gallon, of warm water, which was slowly and carefully injected, until the result was accomplished. Although the abdomen was greatly distended, no great sensation of pain was felt. This seemingly enormous quantity of water was held several minutes and then discharged. The result was as before. The colon was completely cleansed, followed by the settling of the contents of the small intestines, to fill the vacancy this produced, and the emptying of the duodenum and stomach and the resultant hunger.

As to the final result of this treatment we shall quote the doctor's own words. He says: "And I can now aver since that time—forty years ago—I have not failed of a single second or third night to treat myself with this drugless and revolutionary remedy, while I can also state in the most truthful and solemn manner, that thousands of times since that memorable occasion I have been made intensely hungry, within half an hour after the water has passed away, by the sudden settling of the small intestine and the emptying of the stomach. I also declare that from the time the complete demonstration was made, I began to improve, both in weight and physical vigor. At the time described I weigh-

ed about one hundred and twenty pounds. In three or four weeks I had gained about five pounds, with a glow of healthy color beginning to show on my face. My cough also began to subside, the pain left my kidneys, my pleurisy ceased to trouble me, and all symptoms of dyspepsia had left me, never more to return, as I have not felt the slightest indications of it from that day to this; and so it went on, every month adding to my weight and physical vigor, till finally, some twelve or more years ago, I had reached the maximum of two hundred and twenty-five pounds of the firmest muscular structure probably of any man living, young or old, and that, too, without any undue corpulency, in the common adipose sense of that term."

The reader will bear in mind that the doctor, when he began these experiments upon himself, was almost a dead man, a victim of that unconquerable disease, consumption. In view of these facts, his recovery is almost miraculous—a wonderful triumph of the New Hygiene. Since he published the story to the world thousands have followed the same treatment with like results."

In the face of such a marvellous cure as this—in fact, a veritable resurrection—words are inadequate to fitly eulogise the merits of the treatment that achieved such startling results. How utterly ab-

surd does the method of drenching the system with drugs appear, by comparison with this simple and common-sense treatment! It is a discovery that is bound to revolutionize the treatment of disease. The experience of other doctors in the same field, proves conclusively, that the statement made, that the clogging of the colon is the primary cause of nearly all disease, is no idle exaggeration, but an incontrovertible fact. The reports of post-mortem examinations of the colons of hundreds of subjects reveals a series of horrors more weird and ghastly, than were ever penned by Eugene Sue or Emile Zola. The mind shrinks in dismay at the appalling revelations, and shudders at the possibility of the "human form, divine" becoming such a peripatetic charnel house. The following experience from the pen of Dr. H. T. Turner, of Washington, affords incontestable proof of the allegation made, that the colon is the seat of disease, and his testimony should be read with extreme care. It is no fanciful theoretical statement, but the ghastly revelation of an appalling reality. The recital of results obtained in the dissecting room may not be particularly agreeable to polite ears, but they are indubitable facts. Dr. Turner may fairly claim to be an original discoverer of the new treatment, although he did not commence his investigations until some thirty years

after Dr. Hall had commenced his experiments, but his discovery is the result of actual practical examination of the colon itself, in nearly every phase of engorgement. While reading his statement, the reader will do well to refer to the engraving, representing the digestive apparatus, at the commencement of this book, as it will greatly facilitate his comprehension of the matter.

“The recent discoveries as to the causes of nearly all of the diseases that flesh is heir to in the human body, and that is destined to completely revolutionize the practice of medicine, was set in motion of investigation by the writer, in 1880 ; since which time, investigation has been going on in college and hospital, instigated by students mostly. The history of the discovery as made by the writer was in this wise :

“In 1880 I lost a patient with inflammation of the bowels, and requested of the friends the privilege of holding a post-mortem examination, as I was satisfied that there was some foreign substance in or near the Ileo-cæcal valve, or in that apparently useless appendage, the *Appendicula Vermiformis*. (See explanation of engraving,)

“The autopsy developed a quantity of grape seed and pop-corn, filling the lower enlarged pouch of the colon and the opening into the *Appendicula*

Vermiformis. This, from the mortified and blackened condition of the colon alone, indicated that my diagnosis was correct. I opened the colon throughout its entire length of five feet, and found it filled with fæcal matter encrusted on its walls and into the folds of the colon, in many places dry and hard as slate, and so completely obstructing the passage of the bowels as to throw him into violent colic (as his friends stated) sometimes as often as twice a month, for years, and that powerful doses of physic was his only relief; that all the doctors had agreed that it was bilious colic. I observed that this crusted matter was evidently of long standing, the result of years of accumulation, and although the remote cause, not the immediate cause of his death. The sigmoid-flexure (see engraving), or bend in the colon on the left side, was especially full, and distended to double its natural size, filling the gut uniformly, with a small hole the size of one's little finger through the center, through which the recent fæcal matter passed. In the lower part of the sigmoid-flexure, just before descending to form the rectum, and in the left hand upper corner of the colon as it turns toward the right, were pockets eaten out of the hardened fæcal matter, in which were eggs of worms and quite a quantity of maggots, which had eaten into the sensitive mucous

membrane, causing serious inflammation of the colon and its adjacent parts, and as recent investigation has established as a fact, were the cause of his hemorrhoids, or piles, which I learned were of years standing. The whole length of the colon was in a state of chronic inflammation; still this man considered himself well and healthy until the unfortunate eating of the grape seed and pop-corn, and had no trouble in getting his life insured in one of the best companies in America.

“I have been thus explicit in this description, from the fact that recent investigation has developed the fact that in the discovery described above, I had found but a prototype of at least seven-tenths of the human family in civilized life—the real cause of all diseases of the human body, excepting the grape seed and pop-corn. That I had found the fountain of premature old age and death, for, as surprising as it may seem, out of 284 cases of autopsies held of late on the colon (they representing in their death nearly all the diseases known to our climate), but twenty-eight colons were found to be free from hardened, adhered matter, and in their normal healthy state, and that the 256 were all more or less as described above, except, perhaps, the grape seeds and pop-corn. Many of them as described by the writer, giving a description of the re-

sults of post-mortems, the colon was distended to double its natural size throughout its whole length, with a small hole through the center, and almost universally as far as could be learned, these last cases spoken of, had regular evacuations of the bowels each day. Many of the colons contained large worms from four to six inches long, and pockets of eggs and maggots.

“The writer’s experience from day to day, in his sanitary treatment of emptying the colon, develop startling disclosures in the form of worms, maggots and nests of eggs broken up and brought away, accompanied with blood and pus. It is a known fact that physic will not remove, or even loosen this incrustated matter.

“But why, you ask, has not this discovery been made before? There are two main reasons: the first is, in holding post-mortems, this organ was avoided, cut off, if in the way, and thrown into the slop bucket. It was known to be always full, so the ends were tied to keep its contents of gas and substance from breaking into the pleasure of the occasion. No one ever asked whether or not it was natural in its fullness of faecal matter and scent bag propensity. In the dissecting room, the student taking it for granted that the colon is like the rest of the intestinal canal—a part of it, cuts it off and

gets it out of the room as soon as possible, because of its tendency to disturb the olfactory nerve. As a result, probably the profession knows the least about this important organ, of any in the human body. Strange, is it not, that among the seven thousand physicians ground out and polished in the mills of wisdom each year, that there was not one, amid the long years of search after wisdom, who had originality and reason enough to ask the question, is it natural that this scent bag of filth should always be so full of putrid matter that we cannot abide one moment with it? Is it natural that it should be thus? And inasmuch as it is so, is it not a great detriment at least to our health, to carry this mass of filth around with us, from day to day, from week to week, and from year to year—absorbing its filth back into the circulation? Strange that these questions did not present themselves to some one of the enterprising youths of our original young America.

“The other reason is of a regular nature, and is full of selfish bigotry, characteristic of the profession; for a knowledge as given above would surely revolutionize the whole so-called science of medicine, and stop, to a great extent, medication by way of the stomach, and any departure from our regular established teaching is quackery, and always has

been since Hippocrates first promulgated a system of medicine. Nobody but quacks ever made any advance in the profession. Hahnemann was imprisoned and finally sent to the insane asylum for declaring the law of like cure like, or the Homœopathic law of cure. Michael Servetus was burned at the stake for declaring that a red fluid called blood was propelled from the heart through the arteries. Harvey found one of his pamphlets afterwards and was credited with the great discovery, but history will claim its own.

“The question is often asked, and naturally so, why this unnatural accumulation is in the colon? The horse and ox promptly obey the call of nature, and knows no time or place, and are blessed with a clean colon. So are the natives of Africa. But the demands of civilized life insist upon a time and place. Business, etiquette, opportunity, and a thousand and one excuses stand continually in the way, and nature’s call is put off to a more convenient season.

“The fæcal discharge as it is pressed through the Ileo-cœcal valve into the colon, is, if natural, of the consistency of paste, and should be but a trifle harder at its final evacuation; but if allowed to remain in the colon longer than three hours, it settles into the folds of the colon, and a little will

remain there while the residue becomes hard, and we call it constipation, for its fluid particles have been absorbed back into the circulation. This little continuing to adhere and stay in the folds, causes first irritation, then inflammation, and its dryness attracts more accumulation. Now this process going on from day to day and from year to year, the colon becomes completely lined, losing its nerve, elastic power and sensibility; then the fæcal matter passes these five feet of colon by force of pressure from above, like a shoemaker's punch, the first piece is crowded out because the others are crowding it. That which passes to day should have passed one or two weeks ago. Many times it is small round balls, hard, and apparently moulded. One lady said she thought it was the relics of each mouthful of food. But this moulding is in this wise: At the terminus of the small intestines, the last six inches terminates in a pouch, at the terminus of which, where it enters the colon, it is called the Ileo-cæcal valve, which, when the pouch is full, opens and discharges its contents into the colon when it quickly closes, thereby forbidding any return of the contents of the colon. Now, if there is an obstruction to the free discharge of this pouch, the valve closes, for fear, as it were, of return of contents. Now, supposing the colon is full at this point, or nearly

so, the moment the substance touches the obstruction the valve closes, biting off a piece the size of the ball spoken of, then the pouch demands to be emptied and again forces open the valve until again it strikes the obstruction, when again the valve closes. So it goes on acting spasmodically, moulding the contents of the pouch into small, round balls, until it is empty, (see No. 15 in engraving), and in a week or two these balls of faecal matter pass off, which should have passed within three hours, forcing their way through the small passage in the colon, hard and smooth, for nature is bound to keep, an opening, or we would die.

“Do you wonder, dear reader, that men die of premature old age, of apoplexy, paralysis, dropsy, consumption, dyspepsia, so-called liver complaint or biliary derangement, Bright’s disease, or any other kidney trouble, or catarrh—which if left alone fertilizes a field for consumption, epilepsy, rectoral diseases, syphilis, rheumatism, female diseases and ovarian troubles, in nine cases out of ten all are caused from inflammation and distention of the colon, spinal irritation and nearly all the acute diseases, skin diseases and impurity of the blood. What an absurd idea to pour down the throat medicines to purify the blood, even granting for augment’s sake that such a thing was possible, which

is not, when occupying nearly half the abdomen is a large gut, as big in many places—so extended is it—as your arm above the elbow, filled with filth that is so impure that carrion is odor of roses compared to it; this filth the lacteals absorbing and sucking back into the circulation. If a man would be as foolish as that in his business his friends would petition for the probate court to appoint a guardian over him; and still the science of medicine cries for protection by law against quackery. O! consistency and reason, why hast thou deserted the mind of man, and left him to be the prey of fools and knaves? And the more I investigate in this line of thought and explore the realms of the colon and its mysteries, the more I am convinced that in the colon lies the cause of nearly all the physical ills of this generation.

“How many people are not presentable to themselves or friends, owing to the putrid smell of their bodies, and in polite society strong colognes and other perfumes are used. Show me a woman who girts her waist with corsets or any tight clothing, and I will warrant you that the putrid smell from her body will be sickening to the extreme. The special reason for this is, that the lacing comes immediately where the transverse colon crosses her body (see No. 10 of engraving). Now, if the sigmoid-

flexure becomes loaded, first, because of its folding upon itself, how much more will the transverse colon become clogged if unnaturally folded upon itself by compression from each side folding it, as demonstrated in some instances, almost double the whole length, into two extra elbows, where it, if natural, is straight. Many reasons have been given by physiologists and humanitarians, why it is injurious for the lady to lace, but this reason outweighs them all. Wear the clothing loose, clean out the colon and heal it up, and you will smell sweet and life will be a continual blessing; for if the main sewer of the body is closed or clogged, nature has but three other outlets, the capillaries or pores of the skin, the lungs in exhalation, or the kidneys. If the colon is clogged, the penned up acid permeations of the stomach and duodenum will have to seek other outlets, which is indicated by the putrid smell of the body and a foul breath with finally dyspepsia, and what the doctors choose to call biliousness, torpid liver, etc.

“Now that we have shown where the breeding ground is for disease-bearing germs, you would be pleased to know how they are absorbed and spread throughout, or upon and into, certain organs of the body.

“We have in our bodies a system of canals call-

ed arteries and veins, having their head at the heart, which is the main pump that keeps the blood in motion. The arterial circulation is those channels which convey the blood—supposed pure blood—away from the heart to the different parts of the body, loaded with the life-giving principle of sustenance, invigoration and heat, while the vein or venous circulation conveys to the heart and lungs the impure blood, loaded many times with disease-breeding germs. (See High School Physiology for Washington.)

“The supply of nutriment and life-giving principle is got from the food we eat and the water we drink. After it passes out of the stomach and duodenum, it is taken up or sucked out of the small intestines by a mass of absorbent glands, called the lacteals; these convey it into what is called the thoracic duct, thence it is emptied into the circulation at the junction of the left jugular and subclavian veins, with the vena-cava supply from the liver; these are the principal sources of supply. (See Hygiene Physiology for Washington, pages 116 and 124.)

“Now, in the blood, as it courses through our bodies, are myriads of little vessels called corpuscles; these are what give the blood a red color. In order that you may know their use, we, for con-

venience sake and to make our meaning better understood, will call them little war vessels, loaded with soldiers, and the soldiers have in their vessel a furnace whose fire never goes out. These vessels and their little warriors are continually sailing through our bodies, hunting for germs of disease, that they catch and throw into their furnace and burn them up. Now suppose we take a violent cold in connection with a diseased and loaded colon, two of the most important outlets for the filth and decayed matter of our bodies are closed up—for the life of our bodies is one continual process of building new and tearing down; these two most important sewers are now closed. These little vessels now have their hands full, catching disease bearing germs that nature cannot throw out through the colon or pores of the skin—both being closed—and we call this condition of things fever. The red corpuscle has but two dumping places now, the lungs or kidneys. Suppose that in the colon is the tubercular ulcer, breeding the bacillus of consumption, and they are absorbed into the circulation. Ordinarily the red corpuscles would be able to destroy them, but now they are so overworked that the tubercular germ lands in the lung tissue alive and well, ready to commence his work of destruction and death. The person has a hacking

ough, and finally goes to the doctor, and he, if he knows his business, finds tuberculosis well established. The person may inhale these germs directly into the lungs. Typhoid fever has its nursery mostly in the colon, and gets possession of the citadel of life in the same way as any other germ or contagious disease. What a terrible battle there must be going on in us between our life-preservers and the germs of consumption."

The foregoing statement should be read, and re-read carefully, and every consideration given to it, for it is the calm, dispassionate utterance of a clever medical man, who is simply relating facts, as revealed to him by autopsy. All possible weight should be given to the experience of Dr. Hall—(his marvellous cure remaining a monument to the virtues of the treatment—) yet, he simply conjectured that the colon was obstructed, and, acting on his belief, experimented upon himself, and succeeded in arresting his rapid journey to the tomb, while Dr. Turner actually *demonstrated* the facts, which were *surmised* by Dr. Hall. The two experiences taken in connection with one another, present an argument that is indisputable, the one, believing his colon to be obstructed, persistently cleansed it, and was restored to perfect health—the other demonstrated in a manner that cannot be gainsaid, that

seventy per cent of the colons that came under his observation, were clogged—some, terribly so. Hence, the inference is perfectly plain, that obstructions in the colon cause disease, and that cleansing that organ, removes it.

But the evidence in favor of this treatment is not limited to these two authorities by any means. Tens of thousands of people practice it upon themselves, whose names will never be known, but in whose cases, cures of greater, or lesser importance have been wrought, and scores of medical men are ready to testify to the wonderfully beneficent results that have been achieved by its use. The following article from the pen of one of the most able medical writers of the day, (who does not lay claim to having discovered this method of treatment), was published in the Chicago Medical Examiner. It should be perused with the greatest attention, for not only does the writer ably demonstrate the terrible evils that may, and do arise from a congested condition of the colon, but supplements it, by recounting some surprising cures that have been accomplished in some most aggravated cases, by the flushing process. It will be seen that some of the most unsightly disfigurations that afflict humanity, are due to this lately discovered cause, and were there no more noble purpose in view, than that of beautifying

the person, this treatment would amply merit all the attention that could be bestowed upon it.

The following is the article referred to:

FLUSHING THE COLON.

“Flushing the colon is a very simple and a very effective remedy. The muscular coats of the intestines are circular and longitudinal. In the large intestine the longitudinal fibres are proportionately longer than in the small intestine. Their greater length permits the formation of loculi,* which become the seat of fæcal accumulations† only too often unnoticed by the physician. It is undoubtedly a fact that the loculi of the colon contain small fæcal accumulations extending over weeks, months, or even years. Their presence produces symptoms varying all the way from a little catarrhal irritation up to the most diverse, and in some instances serious, reflex disturbances. When the loculi only are filled, the main channel of the colon is undisturbed. Occasionally a loculus will become greatly enlarged and filled with fæces, reaching even to the size of a foetal head, being mistaken for an ovarian tumor or a malignant growth of some abdominal organ. The most common part of the colon to become enlarged is the sigmoid flexure and the

*Loculi, cells or cavities.

†Fæcal accumulations and fæces, excrements,

cæcum.‡ Accumulations can occur in any part of the colon. The ascending colon is much more often filled in life than the books would lead us to believe; indeed it may be said that chronic accumulations are oftener to be found in the ascending than in the descending colon,§ which is also contrary to the assertions of the authors. When the accumulations are large, the increased weight of the colon tends to displace it; then the transverse colon may descend even into the pelvis. The colon may be filled in an adult so as to present a circumference of fifteen inches. These accumulations vary in density; they may be so hard as to resist the knife, and thus be mistaken for gall stones.

“The mass may be so enormous as to press upon any organ located in the abdomen, interfering with its functions; thus we may have pressure on the liver that arrests the flow of bile; or, upon the urinary organs, crippling their functions. Reported cases of accumulations almost surpass human credulity. Enough has been gathered from the colon and the rectum to fill a common-sized pail. Of course such enormous amounts occur only exceptionally; it is not to these that attention is particularly drawn in this paper, because where

‡See illustration Nos. 12 and 7.

§See illustration.

they are so excessive, any physician can detect them by palpation.* It is to the minor accumulations particularly that I wish to draw attention, the accumulations that we see in the majority of patients who visit our offices. Such patients assure us that the bowels move daily, but the color of their complexion, the condition of their tongue, and, above all, the color of the fæces, are enough to assure us that they are the victims of costiveness.

“Daily movements of the bowels are no sort of a sign that the colon is not impacted; in fact, the worst cases of costiveness that we ever see are those in which daily movements of the bowels occur. The diagnosis of fæcal accumulations is facilitated by inquiring as to the color of the daily discharges. A black or a very dark green color almost always indicates that the fæces are ancient. Prompt discharge of food refuse is indicated by more or less yellow color. It would be interesting to inquire why fresh fæces are yellow and ancient fæces are dark.

“Absorption of the fæces from the colon leads to a great many different symptoms, amongst others anæmia,† with its results, sallow complexion, with its chloasmic‡ spots, furred tongues, foul breath

*Palpation, examination of a patient by touch.

†Anæmia, bloodlessness

‡Chloasmic, yellow or yellowish brown.

and muddy sclerotics.* Such patients have digestive fermentations to torment them, resulting in flatulent distension which encroaches on the cavity of the chest, which in excessive cases may cause short and rapid breathing, irregular heart action, disturbed circulation in the brain, with vertigo and headache. An over-distended cæcum, or sigmoid flexure, from pressure, may produce dropsy, numbness or cramps in the right or left lower extremity. A physical examination that will determine this impaction is simplicity itself. By placing the patient on his back, with the knees well drawn up, the physician can place one hand on the abdomen, below the tenth or eleventh cartilage, with the fingers of the other hand in the posterior hypochondriac region. The ascending or descending colon can easily be pressed forward against the hand in front of the abdomen. The hand in front should be kept firm and immovable. A little practice will enable one to very readily distinguish these accumulations. Conjoined manipulation only enables one to decide the incontestable presence of impaction of the colon. Percussion sounds may be so obfuscated† by adventitious circumstances as to render them valueless. Conjoined manipulation can be very

*Sclerotic, coat of the eye.

†Obfuscated, obscured.

quickly practised, and is the most satisfactory method of examination. Its only uncertainty of detecting accumulations is in very obese patients. In them a flushing will dispel doubts.

“Case I. Miss O., age twenty-seven, has almost continuous universal cephalalgia;* pain over the angle of the transverse and descending colon, anorexia,† functional eye disturbances coming on suddenly and often in the day, frequent dizzy blind spells, vague muscular pain in the arms, face yellow, is green around the mouth and nose a greenish yellow all over the head and neck. On the 21st of May, 1886, first flushing five pints of water being used, discharges enormous. The appetite at once appeared; her spirits immediately improved. Daily flushings until the 7th day of July. Face almost entirely clear; color coming to her cheeks; lips red, digestion perfect; and her general health totally changed for the better.

“Case II.—Mrs. G, age thirty-two has very yellow cheeks, both covered with chloasmic spots, which extend down to the neck; is costive. Conjoined palpation indicates both ascending and descending colon filled. Is losing strength, is anæmic, emaciating. Her husband’s poverty is causing the

*Cephalalgia, headache.

†Anorexia, want of appetite.

most distressing anticipations, and her mental suffering almost drives her insane. A daily flushing was ordered on the 10th of August, 1887, and continued until November 2d. After that they were taken every other day. On the 25th of February, 1888, she reported that the flushing had completely revolutionized her health; they made her feel light and strong; they relieved the pressure in the abdomen: their presence caused eructations always. Sleeps better after taking one. In fact, if she find that insomnia (sleeplessness) be upon her she takes a flushing, and is sure to sleep soundly thereafter. Eating when fatigued will be followed by great tympanites* which a flushing is sure to relieve. Formerly had great acidity of the stomach; now she never has it. Formerly she used to have a headache, with vomiting and prostration, lasting thirty-six hours every two or three weeks; since August she has not had one. Urinates very freely after using flushing, which lightens her very much.

“Case III.—Mrs. R., age twenty nine, has had chronic digestive disturbances; a poor breakfaster for years; has gastric dyspepsia characterized by pain, load, weight, gas, acid, and bitter pyrosis; could eat but few things, butter especially distressing her; constipated and costive since girlhood;

*Tympanites, flatulent distention of the belly.

For years had a sense of pressure in the rectum ; at times of late, has had it all the time. Flushings first given May 17, 1887, twice per week at bedtime. At first they produced pain and nausea, and once vomiting followed. These adverse symptoms were relieved when the water passed. The discharges from her bowels were simply enormous. They were continued until she passed yellow fæces. On the 28th of June she was eating everything. She has become a good breakfaster. On the first of August she was doing all her own housework, the first time in three years.

“Case IV.—Miss C., age thirty, always constipated. Very muddy complexion, chloasmic spots all over her face, capricious appetite, seeks relief for a progressively increasing nervousness, which has been upon her for the past three years, and is very much worse in the past six months, and threatens to lead her to a suicide’s grave. She experiences sudden misgivings ; she has nervous prostration, colon filled to an enormous extent. Flushing was used and continued daily for a period of one month, when she reported that she was better in every way ; does not give out any more ; is stronger in all things ; her complexion is clearing out ; the chloasmic spots are unchanged ; the appetite decidedly vigorous. In this case the fæcal reliefs were enor-

mous, and the improvement so rapid that there was no question of there being cause and effect.

“Case VII.—Mrs. D., age twenty-nine, has psoriasis* covering a large portion of her body. She had as much unsound as sound skin, has had it more or less since the eighth year of her age. She is gouty, has gastric indigestion, headaches every two or three weeks, which always wind up with vomiting. After giving her medicines for a period of seven months without much benefit, I discovered an impacted condition of her colon. The effect of the flushings seemed to be to relieve her of all dyspeptic troubles, relieved her headaches entirely, and at the end of three months of using flushings, the psoriasis had almost entirely disappeared. The last time that she was seen a few spots of it remained on the abdomen and forearms.

“(The question arises, did the prevention of faecal absorption relieve a skin disease?)

“Patients can be made to receive from one to six pints of water without the slightest trouble. One of the effects of the water is to distend the colon, and in that way, pressing away the walls of the loculi from the accumulations, they fall into the current of water and are passed out while the water is leaving

*Psoriasis, a superficial scale like skin disease.

the intestine. The patient will oftentimes complain of severe tormina* checking the current of water for a few seconds, and will be followed by complete relief. The presence of such a strange foreign body in the intestine as hot water in many cases excites prodigious peristaltic† activity, thus producing the tormina. The water should be hot; cold water, or tepid water, will not do—it will produce great suffering. One patient took the flushings for a fortnight, returning vowed she never would use any more because they produced such terrific cramps. Upon inquiry it was found that she was using tepid water; The subsequent use of hot water by her was never followed by a cramp. Upon many patients this large amount of water acts as a vigorous diuretic. Where patients suffer as well from renal‡ insufficiency, I am in the habit of telling them to use a pint and a half of hot water after the flushing has passed away, and to lie upon the back with hips elevated for half an hour. Thus retaining the water, it will act as a powerful diuretic. Some patients can administer this flushing with the greatest ease, while others will develop a most phenomenal awkwardness. I am in the habit of telling patients

*Tormina, pain.

†Peristaltic, contracting, with a worm like motion.

‡Renal, pertaining to the kidneys.

to kneel in the bath tub, who are at all awkward about using these flushings."

Dr. W. E. Forest, B. S. M. D., is the author of a book, entitled, "The New Method," which was published in New York. He was one of the first progressive men to realize the priceless value of the new treatment and employed it extensively. He has done a great deal to extend the knowledge of it, and in every way to develop its usefulness to the uttermost. In this regard, he is entitled to the most unstinted praise. The following history of a case treated by him, which is taken from the before-mentioned book, will plead more eloquently for the "flushing treatment" than anything I could say.

"Jennie C., nineteen years of age was brought to us complaining of pains in the left side, half way between the ribs and the groin. This pain was present much of the time. Every now and then it would become so severe as to confine her to bed for several days.

"The young lady was a student, preparing for college, and very ambitious. She had, however, been compelled to leave school twice during the last two years on account of this pain and general debility, and thus had been kept back in her studies.

"Within the last three years she had taken courses of treatment under five different physicians, includ-

ing one clairvoyant, and all to no permanent good. While visiting relations in St. Louis she had been taken to a prominent specialist in diseases of women, who had promptly decided that the trouble was due to the ovary, and had treated her locally, much to her shame and disgust, and without any benefit.

“She was slightly constipated, the mother said.

“In general appearance the patient was pale, rather sallow, in fact, what would be called a very delicate looking girl. She had almost no appetite. Her general bill of fare was as follows:

“Breakfast—Cup of coffee and half a hot roll.

“Lunch—Tea and bread.

“Dinner—Bread and tea and cake, with occasionally a little meat, eaten under protest.

“On this diet she was studying about ten hours a day. It would have been interesting to have recorded the names of the many diseases for which she had been treated. The mother was sure it was “malaria” that ailed her daughter, and from the obstinacy of the trouble it was evidently the most malarious kind of malaria.

“We examined the abdomen externally and found impaction of fæces within the colon. Prescribed—a flushing of the colon each night for one week with hot water, molasses and glycerine.

“Before rising in the morning, she was to drink a cup of hot water. For her breakfast toasted bread and a little chopped beefsteak broiled. (At this suggestion there was a protest on the patient’s part.) The cup of hot water before dinner and supper and a regulated diet at these meals.

“But what medicine is she to take?” was the mother’s anxious inquiry.

“None this week. Wait a few days.”

At the end of the week the mother reported that the flushings were still bringing away dark, or black, hard fæces, nothing natural. Pain much better. Rather enjoyed the steak for breakfast now.

This line of treatment was continued for a month, the flushings being reduced to three times per week. During the last week she has only felt the pain once, and then very slightly. A striking change in her general appearance, better color, fleshier, and more animated. We need hardly say that in less than three months the case was entirely cured. She loses no more time from her studies, and her mother has almost ceased to look upon her as delicate.

The success in this case was due to the firmness with which the mother carried out our suggestions as to her whole manner of living, but especially to her faithful treatment of the colon by flushings.”

In the New York Medical Record of July 4th, 1891, a most able and interesting article appeared from the pen of Dr. Beverly Robinson, on "The Internal Use of Water in the Treatment of Typhoid Fever. Dr. Robinson, by the way, is the visiting physician to St. Luke's Hospital. In the article the doctor relates some most interesting facts in connection with the use of water in fever cases, and frankly acknowledges that he is greatly indebted to a most comprehensive paper, on the same subject, lately read before the "Medical Society of Paris Hospitals," on the 25th of July, 1890, by the eminent Dr. Debove. In his paper, Dr. Debove claimed to have treated 150 cases of this fever in the Paris Hospitals by the use of water alone, without medicine. To those accustomed to the drug treatment, the results were little short of marvellous, for the per centage of cures was far greater than among those who were treated in the orthodox manner with drugs.

Another great European authority, the eminent Professor Cantani, most emphatically endorses the views entertained by Dr. Debove, but goes even further. Not only does he use the internal bath, but administers water copiously by the mouth. In severe cases, he administers the flushings twice a day. Another prominent German physician, Dr.

Brand, persistently recommends the use of water in fever cases—but no drugs. His treatment is now employed exclusively in the German military hospitals, and also in many of the French.

In the German army, the mortality from fevers under the drug treatment, was forty per cent. under the water treatment, it is eight per cent. At the beginning of typhoid fever, if this simple water treatment is employed, Prof. Cantani declares that in many instances the fever may be abated.

The following extract from an editorial in the Chicago Daily Tribune, September 3, 1892, shows the value of the New Hygiene in cholera cases :

The cable news from Hamburg states that great interest has been aroused by the introduction of a very simple but apparently effectual treatment for cholera. It is nothing more than copious enemata of warm salt water (injections into the bowels). It is claimed by some that the result of this treatment is truly marvellous, the death rate having been reduced fully fifty per cent. in a few days by this method of fighting the disease. In some cases a cure has been effected by it, though the application was delayed till the patients were in such a state of collapse that it was impossible to discern the beating of the pulse, and this stage is usually regarded as beyond hope of recovery. It is claimed to cure almost every case when tried.

The following special cable dispatch, taken from the Chicago Daily Tribune, of September 20th, announces another triumph for the New Hygienic treatment :

AN AMERICAN PHYSICIAN'S TRIUMPH.—DR. ELMER LEE'S
TREATMENT OF CHOLERA PRONOUNCED A SUCCESS.

[SPECIAL CABLE.]

PARIS, September 19.—The following letter is received from Dr. Elmer Lee :

ST. PETERSBURG, September 19.—Dear Friend ; My stay in Russia is drawing to an end, and I am enabled to go home with the profound satisfaction of having accomplished the object for which I came. The cholera is abating here, but there has been quite enough for my purpose. The cases during my stay have been quite severe. The first case was that of an old man who had not yielded to treatment. The doctors gave him to me to experiment on, as they could not get the case to advance. I had no choice of cases, but I went right to work. The case rapidly convalesced and is now well. A case yesterday was received, vomiting and purging, the surface of the body covered with purple spots. To-day he is well. To-morrow he will be discharged cured. I have treated twenty-two cases, with but two deaths, one of which was a man who was moribund and treated by me under protest. The faculty of the hospitals voted to-day to adopt my treatment, not only in cases of cholera, but in dysentery as well, and give me a report in six months of all cases treated. Every cholera case is first brought into a special room and treated by irrigation of the large bowel. Afterward comes a bath. Then he is put to bed. There he receives the remedy introduced by me, viz.: Hydrogen dioxide, a powerful destroyer of infection, but absolutely harmless in any quantity. My own conclusions are established in the face of diplomatic difficulties. The patients cured by me are very deferential towards me, especially one old man,

who crosses himself and prays for me every five minutes of the day. Six new cases were treated to-day by me. Four of them are bad cases. I am supported and backed by the leading doctors of the city, the chief physician of the Department of Police, and the Governor of St. Petersburg. He says my theory is sound. I am going to-morrow to meet the directors of the Academy of Medical Research, an institution under the patronage of the Emperor and Prince Oldenburg. I may go to Hamburg. America is ahead one point.

ELMER LEE.

In response to inquiry on the subject, the United States Consul-General at St. Petersburg telegraphs:

ST. PETERSBURG, Sept. 19.—I have visited the patients attended by Dr. Elmer Lee at the cholera hospital. His treatment is a great success. I am sending a report on it to the State Department.

JOHN M. CRAWFORD.

United States Consul-General.

During the great cholera epidemic of 1830-31-32, Dr. Vincent Priessnitz, of Greifenberg, Germany, who may be said to be the father of the New Hygiene, used this treatment in treating his cholera patients. It is said out of a very large number he never lost a case.

The foregoing is but a fractional part of the evidence that could be adduced in favor of the "flushing treatment," but the limited amount of space at command, will not admit of any more being offered. From what has been placed before the

reader, though, it will readily be seen that the curative process now submitted, is no blind, experimental fancy, but a thoroughly satisfactory, yet simple method, of not only restoring, but preserving health. Compare it with the Drug System, with its nauseous preparations, and how vastly superior it *must* appear to the intelligent mind! Being based upon a correct knowledge of the laws that govern our being, and the fundamental principles of Hygiene, it will bear the most searching investigation, while its simplicity of procedure appeals irresistibly to common sense.

With scarcely an exception—all those who try this simple, drugless remedy, speedily becomes its staunch adherents. Among the advocates of the Drug System, scarcely any two of them can be found to agree upon the merits of any particular nostrum, but among the disciples of the “flushing system” there is no dissension, and, most fortunate of all, no one possesses a vested interest in the remedial agents employed. There are no elaborately prepared extracts—no costly tinctures, the purchasing of which, impoverishes the patient, while endangering his chances of ultimate recovery, for Nature, our wise and bountiful mother, has placed the principal curative agent at our very doors. It is Pure Water, which requires no costly

building, gorgeous in gilt lettering, and ablaze with colored lights, to contain it, and no army of employees to prepare it for its remedial functions.

Humanity at large has never estimated water at its true value, yet all the gifts in Pandora's fabled box could never equal that one inestimable boon of the Creator to the human race. Apart from its practical value, there is nothing in all the wide domain of Nature more beautiful, for in all its myriad forms and conditions, it appeals equally to the artistic sense. In the restless ocean—now sleeping tranquilly in opaline beauty beneath the summer sun—now rising in foam-crested mountainous waves beneath the winter's biting blast, its sublimity awes us. In the mighty river, rolling majestically on its tortuous course, impatient to unite itself with mother ocean, its resistless energy fascinates us. In the gigantic iceberg, with its translucent sides of shimmering green, its weird grandeur enthralles us. In the pearly dew-drop, glittering on the trembling leaf, or the hoar frost, sparkling like a wreath of diamonds in the moon's silvery rays, in the brawling mountain torrent, or the gentle brook—meandering peacefully through verdant meadows, in the mighty cataract, or the feathery cascade, in the downy snow-flake, or the iridescent icicle—in each and all of its many witching

forms, it is beautiful beyond compare. But its claims to our admiration rest not alone upon its ever varying beauty. When consumed with thirst, what beverage can equal a draught of pure cold water? In sickness, its value is simply incalculable—especially in fevers, in fact, the famous lines of Sir Walter Scott, in praise of woman, might be justly transposed in favor of water—to read thus:

“When pain and sickness wring the brow,
A health-restoring medium thou.”

With the physician of olden time it was a fundamental principle to exclude fresh air from the sick room, and deny water to the parched and suffering patient. In doing so, he doubtless acted according to his honest but mistaken opinions, but hosts of martyred lives have been sacrificed on the altar of “erroneous medical practice!”

Think of the scene at the death-bed of that great man, George Washington! Picture him, tossing restlessly upon his couch, in the throes of approaching dissolution, his unceasing cry being Water! Water! Give me water! His system naturally craved it, for in sickness, Nature’s promptings are seldom at fault; yet his well-meaning, but misguided medical attendants persisted in denying him that natural restorative—the one thing that might have saved that valuable life.

But brighter times are in store. We are rapidly emerging from the dark ages of medical science, and our common-sense method of treatment—the Hygienic—will, eventually, be the only one. It advocates, nay, *insists* upon unlimited fresh air, sunlight and pure water, and the day is not far distant, when people will ask, not, What shall I *take* to cure myself, but, What shall I *do* to get well.

It is proved conclusively, by a perfect avalanche of testimony, that internal, as well as external cleanliness is indispensable, both for the preservation, and restoration of health, and to attain that condition of cleanliness, which is next to godliness, there is nothing so effective as water, especially “hot water,” which is the great “scavenger of nature.” Do not be deluded by Drug practitioners into taking their nauseous compounds, for Nature never intended them for human use, and resents their introduction into the system. The all-wise mother has furnished her own unequalled hygienic agents—the chief among which—is Water.

And if we admired water, for its beauty, and esteemed it for its unequalled merits, as a beverage, how inconceivably will those feelings be intensified by the knowledge that its remedial virtues are in nowise inferior to its other qualities.

PART III.

THE SYSTEM PERFECTED.

THE SYSTEM PERFECTED.

It may be confidently assumed, without egotism, that, in the preceding portions of this work, two facts have been fully, and ably demonstrated. Firstly, that the Drug System of dealing with disease, is a gigantic fallacy, that it is inconsistent with common-sense, that it does not even possess the confidence of its ablest exponents, that in short, it has been "weighed in the balance and found wanting." Secondly, that the "flushing of the colon" is a simple, inexpensive, and above all, *effectual* method of curing, and preventing disease in all its forms.

These two points having been conclusively proved, the intelligent individual, if in search of healing treatment, will inevitably look to the flushing system for the needed relief; but his natural enquiry will be, How shall I set about it? The efficacy of the flushing treatment being established beyond a doubt: there must be different methods of practising it. Which is the best, and where can I procure the necessary information concerning it? Ours is the grateful task of furnishing satisfactory

replies to these perfectly natural queries. When Dr. Hall commenced his famous experiments upon himself, the only appliance available, was the old-fashioned bulb syringe. It is needless to say that the process of flushing the colon, copiously, (*the only effectual way*), was a tedious and inconvenient matter, with such crude and imperfect means. Then came the fountain syringe, a vast improvement over the bulb, but still, disagreeable and inconvenient.

The J. B. L. Cascade, now introduced to the reader, is a most ingenious mechanical appliance, the result of much patient and tireless experimenting, which achieves the desired result with the least possible inconvenience to the patient, and so gently and easily withal, that the operation, so far from being distressing or disagreeable, becomes a positive gratification. It is the invention of the author, who having been cured of a severe attack of paralysis by the flushing treatment, and chafing at the disadvantages of the crude system that existed, for its application, determined, if possible, to devise some better way.

The "Cascade" is that "better way," and affords additional proof, that "out of evil, good may come." It completely abolishes all the disagreeable features that have hitherto attended the practice of the method, and reduces the time consumed

in the operation by fully three fourths, thereby removing its greatest drawback, in the eyes of business men.

It is, without doubt, the most perfect apparatus yet devised for flushing purposes, and may justly be considered a fitting and worthy assistant to this great remedial process, which is destined to revolutionize the whole of the time-honored systems of medication.

Moreover, realizing the immense advantage to be obtained by attacking the germs of disease in their chief breeding place; an antiseptic preparation is furnished with the "Cascade," which is, without doubt, the most effective germ-destroyer in existence. It is the discovery of a prominent physician, of forty years practice, who has devoted a large portion of his life to the study of antiseptics, and germ-destroying preparations.

It represents years of patient experimenting, but success has crowned his labors, for its germ-destroying and antiseptic value is beyond question.

A small quantity introduced into the water used for flushing the colon, completely and speedily destroys the germs of disease, thereby greatly expediting recovery. But although so potent in its action on bacteria, et al, it is perfectly harmless, even though a thousand times the necessary quan-

tity should be forced into the alimentary canal. To the well-posted reader it is perfectly unnecessary to dwell upon the beneficial effects of antiseptics, but to those not so well informed, it may be necessary to point out, that there is a wide difference between drugs, which are introduced into the stomach, and pass into the circulation, and the antiseptic preparation now described; which is diluted in about one thousand times its bulk of water, and after being injected into the colon, passes off, leaving nothing whatever behind, but its remedial effects. Many valuable antiseptics have been discovered of late years, one of the chief, being carbolic acid, and it may safely be asserted, that a large proportion of recent successful surgical operations owe their happy termination to this valuable adjunct of the lance and scalpel.

Although strenuously opposed to all kinds of drugs—considering them sworn foes to life and health—we unhesitatingly accord our approbation to many of the products of the laboratory, such as disinfectants, anæsthetics, and antiseptics, each and all of which play important parts in sanitary and surgical proceedings. The harrowing dread of amputation has been robbed of half its terrors since the discovery of anæsthetics, while the probabilities of blood-poisoning, gangrene, and mortification super-

vening in surgical cases, have been reduced to a minimum, since the introduction of carbolic acid, as an antiseptic dressing.

With local applications we have no quarrel—most antiseptic preparations are highly beneficial.—but against the introduction of poisonous drugs into the human system, we wage uncompromising warfare. We denounce it as foolish, and barbarous. We offer instead, a method of treatment which has been proved beyond the shadow of a doubt, to be effectual; a process which every intelligent reader must concede to be based on common-sense, and Hygienic principles, a system of medication which not only *cures* but *prevents* disease.

We unhesitatingly assert, that, if the colon is regularly flushed (using the J. B. L. antiseptic tonic), and the fumes of creosote occasionally inhaled, any bacilli, or bacteria that may have obtained a lodgment in the system will be speedily destroyed and expelled.

It cannot be otherwise. Their presence in the system simultaneously with these two irresistible germ destroyers, is an utter impossibility. And once the germs of disease are destroyed, and their breeding places regularly cleansed by this simple process, Nature, the *great* physician, will quickly assert itself, and speedily effect a restoration to

health.

It may be accepted as a truism, that success invariably excites envy, therefore it is not remarkable that the almost miraculous results that have followed the introduction of the "flushing system" should have aroused the antagonism of a certain section of interested people, who plainly see a lucrative business threatened with serious loss, if not complete extinction. The history of the healing art (as has been shown) teems with instances of valuable discoveries, fraught with vital importance to the human race, that have been denounced by practising physicians. Even if they did not openly condemn them, they "damned them with faint praise." It is well known that the utterances of a doctor, with a series of mysterious letters affixed to his name, carry great weight to the mind of the average layman. Actual verbal denunciation is not necessary. We are all more or less familiar with the incredulous smile, the contemptuous curl of the lip, and the doubtful shake of the head, each and all of which convey as much professional condemnation as the most denunciatory language.

The hardy individual who dares to propose an innovation in the method of treating disease, must be prepared to hear his theories ridiculed, his system denounced, possibly his motives impugned. Con-

sequently, it is not surprising that the "flushing system has some objections urged against it, most of which emanate from its natural enemies, the disciples of the Drug System.

The first objection we are confronted with, is, that "flushing is not natural" We willingly concede that point, and will add, that, neither is an obstructed and engorged colon natural.

We are living (in a large measure) an artificial life. In his barbaric state, man obeyed the calls of nature, without regard to time or place, and it is safe to assert, that under those conditions, an obstructed colon was represented by the algebraic sign, X , i, e, an unknown quantity. But in deference to the demands of civilized life, we disregard Nature's calls, and defer the response until a convenient opportunity presents itself, and for this violation of natural law, a penalty is inflicted.

An obstructed colon, therefore, being itself unnatural, man is obviously justified in using the brains that Nature has endowed him with, to cleanse it. An artificial limb is unnatural, but, would the same objection hold good, that, because a man has had the misfortune to suffer amputation, he must therefore, limp through life on crutches, rather than use the mechanical substitute that man's ingenuity has devised?

Common sense teaches us, and experience has amply confirmed the teaching, that flushing is not only the easiest, but the most effectual means of accomplishing this purpose; and it is unmistakably the most harmless, inasmuch as we use nature's most simple, and effective cleansing agency in the process—pure water. Sickness is in itself, unnatural and until the system can be restored to its natural condition, common sense plainly shows us that we must co-operate with Nature, and assist in removing these impurities from the system, a task, which our disregard of her warnings, has prevented her from accomplishing. Cathartics simply excite the excretory processes, and stimulate nature to a violent effort to expel them, the unnatural exertion being followed by a feeling of languor, for all purgative action is debilitating. Flushing, on the contrary, acts directly on the accumulated matter in the colon (which cathartics never do), and, instead of causing an unnatural excitation of any of the natural processes, it induces a calm, restful feeling, and a sense of profound relief.

But “flushing is debilitating,” say the followers of Esculapius.

Here again we join issue. That remark emanating from them, is simply a prejudiced personal statement, The objection can only be theoretical

with them, as their methods of practice afford them no opportunity of demonstrating the truth of their assertion. We, on the contrary, are in a position to prove a decided negative.

We have the evidence of thousands of people to the contrary—people who have tested the treatment, and, setting aside the weight of testimony, even the most prejudiced mind must admit, that actual, *personal* experience is more to be relied on, than unsupported theory.

The case of Dr. Hall is, in itself, a direct and complete refutation of the objection, even if it were not corroborated by countless others.

Dr. Forrest says, his patients who have used the treatment for months, and even years have steadily gained in strength and flesh, all the time.

It is a treatment that the most delicate people can use without the slightest fear.

Of course, in the case of a very delicate person it would be prudent to commence with a small amount at first (say, a pint), and gradually increase the quantity.

“It causes the intestines to become weakened, and dependent upon this unnatural method,” is another objection of the Drug practitioner; but in making this statement they wilfully ignore the fact, that fifty per cent. of their patients are slaves to the

“purgative habit,” the system refusing to fulfil its functions without this unnatural excitation.

On this subject Dr. Forrest says: “Flushing the colon does not cause a weakening of the intestines. When this procedure is no longer necessary, owing to restored health, the intestines have also been restored and improved in tone and will carry on their functions unaided.”

Dr. Stevens, who has used the treatment upon himself and patients for over twenty years, says that it in no wise interferes in his case with the normal movement of the bowels. To test it in this respect he has frequently discontinued its use for a week, with the result of a regular movement, as soon as enough fæcal matter had accumulated to demand it.

He recommends flushing every two or three days as a preventive of disease. For over twenty years he has practiced flushing upon himself as a precaution, and, although now between seventy and eighty years old, since beginning its use he has never known a day of sickness.

Dr. Hall says that in his forty years' use of the system upon himself, he never tried to see whether the bowels would act without flushing or not. “Moreover,” he says, “we now aver that we would not if we could, not for any amount of money that

could be paid us, come back to the old natural, involuntary, dribbling, snap judgment process of evacuation in lieu of our stated flushings and general cleansings of the colon."

Whether the practice of the treatment is to be persisted in, will of course, depend upon the nature and habits of the patient. If the pernicious habits that caused the trouble, are not abandoned a constant resort to the treatment will be necessary. If the patient is, naturally, of a costive habit, and has thoroughly weakened his intestines by a reckless, and indiscriminate use of cathartics, it will require a long persistence in reformed habits, before the weakened bowels will have gained sufficient strength to fulfil their functions normally.

It is advisable for elderly people to use it continuously throughout life, for in any case, it is a simple, harmless process, and after a little experience, no more will be thought of "flushing the colon," than taking a meal.

After flushing, it is quite possible that there will be no natural movement the next day, perhaps not for two days. This must not be taken as evidence of constipation—it simply proves that there is nothing to discharge. It will be from twenty-four to thirty-six hours before more fæces will reach the point of discharge,

We would strictly impress on the minds of those who propose to give this treatment a trial, that, like every other undertaking in life, thoroughness and persistence are absolutely indispensable to success. No great end was ever yet achieved, except by hard work, conscientiousness, and perseverance, and these three factors, are in the highest degree necessary to restore health to a system from which it has long been estranged.

If a chronic, deep-seated disease can be cured in a year, by a home process, so simple, that a child can understand it, and practice it, the individual so benefitted should consider himself or herself, most fortunate; and few will deny that the end in view—restoration to health—is a full and ample recompense for the thorough and persistent effort necessary to attain it. If it were a question of large pecuniary profit to the patient, it is scarcely necessary to say that every nerve would be strained to its utmost tension, to bring the coveted prize within his grasp; yet here, the reward is of infinitely greater value, a prize, compared with which, riches are as dross, in comparison with gold. It is Health, without which, the acquisition of Wealth is well-nigh impossible, and its possession as profitless to the possessor as Dead Sea fruit.

We write thus strongly on this point, because

there is a large class of people, who dabble in every new system of treatment projected, and toy with every medicinal device that is placed upon the market. They are the class from whom the patent medicine vendor draws his enormous annual profits. Like a bee in a garden of roses, they flit from one remedy to another, but, unlike that energetic, and acquisitive insect *they* do not gather the golden reward they are in search of—health—it is the purveyor of the nostrum, that secures whatever there is of gold.

They seem to be utterly incapable of continuity of effort, and, unless they can discern a marked improvement within a week after commencing a fresh method of treatment, get discouraged, and abandon it. To this class of people we say, in the most emphatic manner, that if they propose to give this great remedial process a trial, and expect to derive benefit from it, that the cure rests entirely in their own hands.

They must persevere. They must be thorough. They must not expect miraculous results in a few days. Their diseased condition is the growth of months, perhaps years, and it is the height of unreasonable folly, to expect to be cured in a few weeks. A merchant, whose business has been crippled, and who starts in to re-build it, will con-

sider himself an extremely fortunate man, if by watchful, and untiring endeavor he can restore it to a sound, and healthy condition in a few years. Growth is necessarily slow—and this is especially the case with the human system, Nature will not be hurried. But of one thing they may rest assured, and that is, that if they conscientiously, and persistently practise this simple Hygienic treatment, they will find Nature a responsive, and willing co-adjutor.

People of the stamp mentioned, have tried the “flushing process” in the desultory, half-hearted manner peculiar to their class, and have complained that they have received no benefit from it. Upon enquiring into their method of conducting the operation, the fact would be elicited, that they had used a cupful of water—perhaps two, that it hurt, that they were afraid to take more, that they couldn't hold it, etc., and were ready to denounce the system as fallacious, after this childish exhibition of lack of purpose. “God fights on the side of the strongest battalions” is a military aphorism, and Nature ranges herself on the side of the individual who co-operates with her most faithfully, who, in the struggle for the regaining of health, brings the greatest amount of determination and perseverance to the encounter.

What these irresolute dabblers in "medical fads" require most of all, is to be inoculated with good, sound common sense, but until some method is discovered for the accomplishment of that psychological feat, they will continue to run hither and thither, after every new remedy, dallying with all, and deriving benefit from none.

Here is the testimony of an intelligent man who realizes that the cure of a chronic disease must, necessarily be a gradual process.

"I was a great sufferer from kidney disease of long standing. The doctors and the various remedies recommended for this complaint afforded me no relief. I have now used the New Hygienic treatment for nearly six months. It is working wonders. While I am not yet entirely cured, I am a great deal better than I was, and am sure, with the rate of progress made, in six months more I shall be entirely cured."

Perseverance in the treatment, will achieve results that seem little short of miraculous to those accustomed to the "hit, or miss" methods of the Drug practitioners. And, best of all, the benefit attained will be permanent, for the system being thoroughly cleansed, and kept so, nothing but fresh, firm, healthy tissue is formed, so that after a years' conscientious treatment, the person practising it

will be, practically, a new being.

It must not be imagined however, that, because "flushing the colon" is such a wonderful curative, and preventive agent in the treatment of disease, that nothing more is necessary—that all other Hygienic measures can be ignored.

As before stated, Nature's three great curative agents are, Pure Water, Sunlight and Fresh Air. The chief of these undoubtedly, is Water, and the methods of applying it both for the restoration and preservation of health, are manifold. For internal use, in conjunction with "flushing" the "stomach bath" is a powerful auxiliary. (See end of work). By its means the stomach is cleansed of mucous accumulations, and particles of undigested food, thus enabling it to perform its functions satisfactorily. If, as is often the case (more especially with dyspeptics) undigested food remains in the stomach, it ferments, causing what is known as sour stomach, and is productive of many evils. If we keep the ferment out of the stomach by occasionally washing it, and prevent the generation of foul gases in the colon, by regularly flushing it, the bile will effectually prevent any fermentation in the intestines; and with the body in this cleanly condition, sickness is well-nigh impossible. But there are external applications of water, which are equally

important for the preservation of health, and first, and foremost, is the bath.

Without cleanliness, perfect health is impossible. By the aid of a four diameter magnifying glass, applied to the skin of the palm of the hand, the curiously inclined will observe that it is divided into fine ridges, which are punctured, regularly, with minute holes. These are the mouths of the sweat glands, and generally known as the pores of the skin. Their function is to bring moisture to the surface of the skin, which is secreted from the blood, and chemical analysis reveals the fact, that this moisture is *always* more or less loaded with worn-out and refuse matter from the body. It is estimated that there are 3,800 of these glands to each square inch of skin, and that their total length, in an ordinary person if placed end to end would be ten miles. Besides these, there are the oil glands, which oil the skin, and keep it soft and flexible. The human system is the theatre of constant change. Worn-out tissue is constantly being removed, and new material deposited by the blood. Now the pores of the skin being one of the principal ways by which this refuse matter is removed, the vital necessity of keeping the skin perfectly clean, becomes apparent at once. This refuse matter, if retained in the system acts as a poison, and fur-

nishes food for disease germs to feed upon.

It has been demonstrated by experiment upon dogs, from which the hair had been shorn, that a coat of varnish applied to the body (thus effectually closing the pores) will cause death in a very short while. No better object lesson could be given of the paramount importance of keeping the skin thoroughly clean, if you wish to enjoy good health.

Unfortunately these pores cannot be flushed in the same manner as the alimentary canal, but soap and water, and vigorous friction with a coarse towel will keep them open and active. A bath, to be thoroughly beneficial should be taken at one of the three following portions of the day, immediately upon rising, about ten o'clock, or just before going to bed. The early morning bath is, however, immeasurably the best, and if cold, will be found a wonderful aid in promoting health and vigor.

The bath being such a necessity, especially in the preservation of health, and the constant practice of it, strongly urged, we append the following useful suggestions, for guidance.

A full meal should not be taken in less than half an hour after bathing. Nor should a bath be taken in less than an hour and a half after eating a full meal.

You can bathe with impunity, in cold water,

when the body is perspiring freely, as long as the breathing is not disturbed, nor the body exhausted by over exertion.

Never bathe in cool or cold water when the body is cold. First restore warmth by exercise.

The very young, the very old, and the very weak should always bathe in tepid water, from 72° to 85° only. To all others the cold bath is strongly recommended as a great benefit.

Always wet the head before taking a plunge bath, and the chest also, if the lungs are weak.

In cases of sickness, where it becomes necessary to assist Nature in ridding the system of impurities through the medium of the sweat glands, the "wet sheet pack" will be found invaluable. It is usually regarded by those imperfectly acquainted with its action, as, simply the chief factor in a sweating process, but it is more than that. Not only does it open up the pores, and soften the scales of the skin, but it "draws" the morbid matter from the interior of the body, through the surface to the pores. It is of immense value in all cases of fever, especially bilious fever.

It should be borne in mind, that "flushing the colon" should always precede the use of the "pack."

Of this wonderful remedial agent, Dr. Trall says:

“If any one doubts the purifying efficacy of this process he can have a ‘demonstration strong’ by the following experiment: Take any man in apparently fair health, who is not accustomed to daily bathing, who lives at a first-class hotel, takes a bottle of wine at dinner, a glass of brandy and water occasionally, and smokes from three to six cigars per day. Put him in a pack and let him soak one or two hours. On taking him out the intolerable stench will convince all persons present that his blood and secretions were exceedingly befouled and that a process of depuration is going on rapidly.”

Full directions for the use of the pack will be found at the end of this work.

It will be necessary to take into consideration the vitality of the patient, and regulate the temperature of the sheet accordingly. The best time to use it, is about ten in the morning, or nine in the evening.

The Turkish Bath (see last page) is another important factor in treating disease, also the hot foot bath, for all disturbances of the circulation, cramps, spasms, and affections of the head and throat. Hot fomentations, which draw the blood to the seat of pain, thereby raising the local temperature, and affording relief; and wet bandages for warming,

and cooling purposes, will likewise be found valuable aids; but with the intelligent use of the stomach bath, and strict attention to the regular "flushing of the colon," the individual will enjoy complete immunity from most of the ills to which humanity is supposed to be heir.

The next in importance of the three great curative agents, is Fresh Air. Perhaps we ought to class it as the most important, for although people have been known to live for days without water, yet without air, their hours would be quickly numbered. Air is a vital necessity to the human organism, and the fresher the better—it cannot be too fresh. The oxygen gas in the air, is the vitalizing element. The blood corpuscles when they enter the lungs, through the capillaries are charged with carbonic acid gas (which is a deadly poison), but when brought into contact with the oxygen, for which they have a wonderful affinity, they immediately absorb it, after ejecting the carbonic acid gas. The oxygen is at once carried to the heart, and by that marvelous pumping machine sent bounding through the arteries, to contribute to the animal heat of the body.

When it is taken into account, that the lungs of an averaged sized man contain upwards of six hundred millions of minute air cells, the surface

area of which, represents many thousands of square feet, the danger of exposing such a vast area of delicate tissue to the action of vitiated air can be readily estimated. No matter how nutritious the food may be that is taken into the stomach—no matter how perfect the processes of digestion, and assimilation are, the blood cannot be vitalized without fresh air.

It is estimated that the blood is pumped through the lungs at the rate of eight hundred quarts per hour, and that during that period it rids itself of about thirty quarts of carbonic acid gas, and absorbs about the same amount of oxygen. Think for a moment, of the madness of obstructing this interchange of elements which is perpetually going on, and on which life depends!

It is more especially during the hours of sleep that fresh, pure air is needed, for that is when Nature is busiest, repairing, and building up; and calls for larger supplies of oxygen to keep up the internal fires, but her efforts at repairing waste are rendered futile, if you diminish the supply of the vitalizing element, and compel her to use over again, the refuse material she has already cast off.

Better let in cold air, and put on more bedclothes, as long as you do not sleep in a draught.

Oxygen keeps up the animal heat of the body,

and you can really keep warmer in a room with plenty of fresh air, than in a close room, where the air is vitiated.

But in the sick room, fresh air is of paramount importance, not only for the patient, but for the attendants, who are, otherwise, compelled to inhale the poisonous exhalations from the diseased body.

Let no consideration blind you, either in sickness or in health, to the imperative necessity of plenty of fresh air.

The third and last great curative agent of Nature, is Sunlight, It is astonishing how few people there are who properly estimate the hygienic value of the sun's rays. A valuable lesson on this point may be learned by observing the lower animals, none of which ever neglect an opportunity to bask in the sun. And the nearer man approaches to his primitive condition, the more he is inclined to follow the example of the animals. It is a natural instinct, which civilization has partially destroyed in the human race.

The effect of sunshine is not merely thermal, to warm and raise the heat of the body; its rays have chemical and electric functions. As a clever physician lately explained, it is more than possible that sunshine produces vibrations and changes of particles in the deeper tissues of the body, as

effective as those of electricity. Many know by experience that the relief it affords to wearing pain, neuralgic and inflammatory, is more effective and lasting than that of any application whatever.

Those who have face-ache should prove it for themselves, sitting in a sunny window where the warmth falls full on the cheek.

For nervous debility, and insomnia, the treatment of all others is rest in sunshine. Draw the bed to the window and let the patient lie in the sun for hours. There is no tonic like it—provided the good effects are not neutralized by ill-feeding. To restore a withered arm, a palsied or rheumatic limb, or to bring a case of nervous prostration up speedily, a most efficient part of the treatment would be to expose the limb, or the person as many hours to direct sunlight as the day would afford. With weak lungs, let the sun fall on the chest for hours. If internal tumor or ulceration is suspected, let the sun burn through the bare skin directly on the point of disease for hours daily. There will be no doubt left in the mind that there is a curative power in the chemical rays of the sun.

For the chilliness which causes blue hands, and bad color, resort to the sun; let it almost blister the skin, and the circulation will answer the attraction.

It is a finer stimulus than wine, electricity, or massage, and we are on the verge of great therapeutic discoveries concerning it.

Some years ago a London surgeon by using the sun's rays, (presumably, with a lens) removed a wine mark from a lady's face, and destroyed a malignant growth in the same way.

Says Dr. Thayer, of San Francisco :

“During a practice of more than a quarter of a century I have found no caustic or cautery to compare with solar heat in its beneficial results. Unlike other caustics it can be applied with safety on the most delicate tissues and the system receives this treatment kindly. The irritation and inflammation following are surprisingly slight and of short duration, the pain subsiding immediately on removal of the lens. There is a curative power in the chemical rays of the sun yet unexplained.”

Women especially need to make systematic trial of the sun's healing, and rejuvenating rays. The woman who wants a cheek like a rose should pull her sofa pillows into the window, and let the sun blaze first on one cheek, and then on the other, and she will gain a color warranted not to wash off.

Thus it will be seen that the curative properties of sunlight, are in no wise over-estimated, but, in cases of sickness, its beneficial action is purely

supplementary. The system must first be thoroughly cleansed, by "flushing the colon," then, the groundwork of improvement being laid, Fresh Air, and Sunlight will prove themselves worthy and efficient colleagues in the task of restoring health.

Singly, each is of intrinsic value, but inadequate to cope with disease single-handed (although they may mitigate it), but combined, they form a Trinity so powerful that disease can never successfully oppose them.

There is no question but that our method of treatment, if persisted in, will not only cure every disease where a surgical operation is not necessary, but will prevent a recurrence of sickness. Still, it must not be imagined that the bad habits that occasion most of the ills from which humanity suffers, can be persisted in, and health still preserved. Unfortunately, harm can be accomplished much more readily than it can be remedied, and the delicate mechanism of the body has quite enough to do to meet the ordinary requirements of existence, without having its functions obstructed, and its working capacity overtaxed by man's thoughtless folly—sometimes criminal negligence.

There is one pernicious habit, to which, unfortunately, a large proportion of the American people

are addicted—the liquor habit.

Without going so far, as to say that a man is lost to all sense of decency, because he takes an occasional drink, we will say, that it is in no wise necessary to the system—that the habit, indulged in to excess, is the most fatal that can be contracted, and that inasmuch as the majority of people have not sufficient will-power to curb their appetites, the wisest plan is to avoid the use of alcoholic beverages altogether.

The man who is addicted to the excessive use of alcoholic stimulants, is over-taxing the vital organs of his body in the most outrageous manner, and although Nature incessantly enters protest against being overworked, he either ignorantly fails to recognize the warnings, or wantonly disregards them. Let us for a few moments consider the work which the heart is called upon to do, and the amount of extra labor imposed upon it by the unwise use of alcohol. The average life of man is thirty-eight years, and, in a healthy man the number of heart-beats per minute is seventy, or during an average life, 76.536.740.000. Now the use of alcohol in anything like an excessive quantity increases the action of the heart, ten beats per minute, making 600 extra beats per hour, 14.400 per day, 482.000 per month, 9.784.000 per year,

195.568.000 in twenty years, and 372.793.000 in a lifetime of thirty-eight years. Or, supposing a man should live fifty years, the number of pulsations of the heart during that period, at the normal rate, would be 917.239.680. Now if ten extra beats be added to this, for, say the last twenty-five years, we find that the heart is called upon to make 91.840.000 extra beats. Think of that enormous amount of additional work imposed upon a delicate, complex piece of mechanism, like the human heart!

But that is not the worst of it. The heart should rest and sleep when we do. During sleep, the character of the beats is different from what it is during our waking hours - the beats are made singly, and deliberately, with a pause between, for the heart is taking its necessary rest, to fit it for its functions on the morrow; but, if we take alcohol into the system before retiring, then the heart works harder during sleep, than a healthy man's when he is awake.

Is it any wonder that we hear of so many cases of heart failure? Is it strange that the average duration of human life is steadily, and surely growing shorter. Three score and ten *was* the average number of years for man to sojourn here, it is now thirty-eight, and will inevitably become still less **if**

man persists in wilfully violating the laws that govern his being.

Another habit equally pernicious in its effects upon the system, is g'uttony. Instead of "eating to live," a large proportion of people simply "live to eat." But sooner or later Nature exacts the penalty for violation of one of her cardinal laws, which is "temperance." An outraged stomach will not always remain quiescent, and when the reaction comes, the offender realizes that "they who sow the wind, shall reap the whirlwind."

But people may, and do, continually do violence to that long suffering organ, the stomach, without being gluttons—we refer to the habit, so universally practised in this country, of bolting the food without properly masticating it. So long as this iniquitous practice is persisted in, and the equally hurtful one of swallowing large quantities of liquids with the meals, and so long as sufficient time is not given the food to digest—just so long will you suffer from a disordered stomach. Speaking generally, America is a nation of dyspeptics, because they are perpetually in a hurry. The acquisition of wealth, in moderation, is a commendable pursuit, but it is the height of folly to sacrifice the priceless jewel of health to acquire it. But it is a fact, nevertheless, that the average American considers eating, an

unprofitable interference with business, without stopping to weigh the advantages of sound health, against the almighty dollar.

This habit must be abandoned by those who are addicted to it, before they can expect to regain health, or preserve it. Strange, is it not, that a race, proverbial for having an eye to the main chance, should fail to recognize the financial wisdom of husbanding their health, a factor so important in successful business enterprises! They might, with advantage, copy the example of John Bull in the matter of eating.

The average Englishman regards his meals as a solemn responsibility, and tarries long at the table. The consequence is, that with them, dyspepsia is the exception, and not, as with Americans, the rule.

And while on the subject of eating we would urge, most strongly, the advisability of studying *what* should be eaten. How to eat, and What to eat, are important questions for every individual to consider, but the number of ill-nourished, and over-nourished forms constantly met with, furnishes abundant proof of how little such questions are regarded by the bulk of humanity. The proportion of bread, meat, and water should be consumed in about the following proportions, to nourish the body properly:

Bread.....	18½ ounces.
Meat.....	16 “
Fat, butter, etc.....	3½ “
Water.....	56 “

This represents the daily portion, with the addition of fresh vegetables, herbs, and fruits.

ARTICLES OF FOOD, EASY TO DIGEST.

For assistance in selecting foods that will not overtax the stomach, consult the following table, which shows the amount of time necessary for different articles of food, to digest. It is mainly designed as a guide for those having weak digestive powers; those having sound, healthy stomachs, may also read it with profit:

	Hours.
Apples, raw.....	2
Barley boiled.....	2
Beef, roasted.....	3
Beefsteak, broiled.....	3
Beef, boiled.....	4
Beets, boiled.....	3:45
Brains, animal, boiled.....	1:45
Bread, corn, baked.....	3:15
“ wheat “.....	3:30
Butter, melted.....	3:30
Cabbage, raw.....	2:30
“ with vinegar.....	2
“ boiled.....	4:30
Cake, corn, baked.....	3
“ sponge, baked.....	2:30
Catfish, fried.....	3:30
Cheese old strong.....	3:30

	Hours.
Chicken, fricasseed	2:45
Corn and beans, boiled.....	3:45
Custard baked.....	2:45
Duck, roasted.....	4
Dumplings, apple, boiled.....	3
Eggs, hard boiled.....	3:30
" soft boiled.....	3
" tried.....	3:30
" roasted.....	2:15
" raw.....	2
Fowls. boiled.....	4
" roasted.....	4
Goose, roasted.....	2:30
Lamb, boiled.....	2:30
Milk, boiled.....	2
" raw.....	2:15
Mutton. roasted.....	3:15
' broiled.....	3
' boiled.....	3
Oysters, raw.....	2:55
" roasted.....	3:15
' stewed.....	3:30
Pig. roasted.....	2:30
Pigs' feet, soused.....	1
Pork, roasted.....	5:15
" salted and fried.....	4:15
Potatoes, Irish, boiled.....	3:30
" " roasted.....	2:30
Rice, boiled.....	1
Salmon, salted.....	4
Soup. barley, boiled.....	1:30
" bean.....	3:30
" chicken.....	3
" mutton.....	3:30
" oyster.....	3:30
Tapioca, boiled.....	2
Tripe, soused.....	1

Trout, salmon, boiled.....	1:30
“ “ fried.....	1:30
Turkey, roast.....	2 30
“ boiled.....	2.20
Turnips, boiled.....	3 30
Veal, broiled.....	4
“ fried.....	4.30
Vegetables and meat hashed.....	2.30
Venison Steak.....	1:35

Phosphorus, and phosphates, important elements in the production of brain force, are obtained—the first from blood, bone and flesh, (particularly, the flesh of fishes), the second—from grain and vegetables.

All hot condiments promote indigestion. Alcohol certainly serves as fuel, but is valueless to form tissue. Tea and coffee neither form tissue, nor serve as fuel. The digestibility of meat is very little, if any, improved by cooking, unless the meat is tough. Broiling or boiling is the best way to cook it. Bread made from superfine flour should be eaten sparingly, Graham bread is by far the best.

HOW TO EAT.

Eat slowly, masticating the food thoroughly, thereby allowing the saliva to mix properly with the food.

The process of digestion commences in the mouth, as the saliva acts chemically on the food, converting the starchy matter into glucose. Drinking at

meals may help the food to pass easily down the gullet, but retards digestion when it reaches the stomach.

WHEN TO EAT.

Regularity in eating assists digestion. Three moderate meals a day are preferable to two heavier ones. The first, should be eaten soon after rising in the morning, the second, not less than four hours afterwards, the third, not less than five hours later. This gives the stomach time to rid itself of one meal, before the next is introduced; otherwise, the undigested food remaining in the stomach prevents that organ from acting properly on the fresh food.

Never eat between meals.

To assist digestion, one hour's complete rest, and idleness should be indulged in after each meal.

To sum up, eat wholesome, nutritious food three times a day—thoroughly masticate it, and—be temperate.

TREATMENT OF DISEASE.

For the benefit and guidance of those who are desirous of recovering their own lost health, or that of their families, by the aid of the J. B. L. Cascade, we shall now proceed to give a concise, yet intelligent and simple form of treatment for a number of the more common forms of disease, including those to which children are especially liable.

They are not crude, theoretical formulas, but sound hygienic methods, which have proved effectual in thousands of cases, and, to the sanative value of which, no intelligent drug practitioner even could take exception, although he would doubtless attempt to supplement their use with useless nauseous drugs.

CONSUMPTION.

Of all diseases, consumption is the most widespread, and destructive to human life. Over 3,000,000 people die annually from this disease. It is not only an acquired disease, but surely preventible, and in its early stages, curable. In the majority of cases it commences just beneath the collar bone, because here is the part of the lung that is least used, the reserve portion, not much used in ordinary breathing. In most of the avocations of life the shoulders are drawn forward, thus cramping the lungs, and weakening them, then the consumption bacillus finds lodgment. A person with healthy lungs might inhale millions of tubercle bacilli daily, with impunity, hence the inference is plain—to prevent consumption, distend the lungs fully, by deep breathing, hundreds of times daily.

TREATMENT.

The first thing necessary to improve the nutrition of the body, is to stimulate the digestion, and

absorbent functions of the stomach and intestines. Therefore, dispense with all so-called cough medicines. The drugs used to stop a cough are invariably sedatives. Now no sedative or nauseant is known, that does not lock up the natural secretions, and thus lessen the digestive powers. Flushing the colon is the first step to improve nutrition. This unlocks the secretions, and prepares the stomach for food.

Next, flush the stomach. Then, give the stomach food that the organs can digest, and assimilate. First on the list is cod-liver oil, which is *not* a medicine, but a food, pure and simple. Next, comes sweet cream, then concentrated raw meat foods, such as Bovinine, or Murdock's Food. They are stimulating, easily digested, quickly absorbed, and highly nourishing. Ten drops of beechwood creosote morning and night, on a fifty cent respirator, is all the drug treatment necessary, or useful. An external bath for those able to walk about, and a "sponge off" for those confined to bed, must not be neglected. The skin exudes more matter, and is more likely to become clogged, in disease than in health. Take a sun bath daily, and all the fresh air possible. Practice deep breathing assiduously. Improved nutrition is your salvation, and that must come through exercise, diet, and fresh air.

Pay especial attention to the flushing of the colon, using our antiseptic preparation—the greatest germ-destroyer known, which will cleanse and purify the system, and quickly restore it to a healthy condition, in which it can successfully combat disease. Remember, the cure rests in your own hands—depends upon your own courage, and perseverance.

CATARRH.

This is a disease resulting from cold. It is the exception rather than the rule, to meet with individuals in our Northern climate, who are not afflicted with it in some form or other. It is easier to prevent than cure. Strong, well developed lungs, a clean colon and skin, and catarrh, are seldom found together in the same body. Perfect lung development, and a clean colon, will alone effect a permanent cure. Keep the feet warm and dry, never go into a hot room and sit or lie, but sleep in a cool, dry atmosphere. The disease takes two different forms, nasal and throat. Nasal catarrh is first caused by inflammation of the membrane of the nasal cavities, and air passages, which is followed by ulceration, when nature, in order to protect this delicate tissue, and preserve the olfactory nerves, throws a tough membrane over the ulcerated condition. At this stage it is designated chronic catarrh.

TREATMENT.

Flush the colon regularly every day, with water as hot as can be borne, and guard scrupulously against taking cold. The membrane must next be removed, and for this purpose we most unhesitatingly recommend the J. B. L. Catarrh Remedy.

Half a lifetime of careful research has been devoted to perfecting this admirable preparation, which to-day, stands first as an effective agent in removing this membranous obstruction. It is composed of several kinds of oils, and gently, but effectually removes the membrane that nature has built over the inflamed parts, while its emollient character soothes, and allays the inflammation. These oils are not absorbed into the system, but act only locally.

The method of application is as follows : A small quantity is placed in a glass douche (especially manufactured for the purpose), and inhaled, allowing the fluid to pass up the nostrils, and into the throat, using the nostrils alternately.

There is no case of catarrh so obstinate, but will readily yield to this treatment. But as a preventive of all this, keep the colon clean, and pay attention to lung development.

ERYSIPELAS.

This disease arises from impure blood. A peculiar

poison is generated, which declares itself in the form of a red, puffy swelling, closely resembling a blister, and very much like it, to the touch. If the finger is pressed upon the inflamed part, it will leave a white spot there for an instant. It most usually attacks the face and head. In the majority of cases it arises from an obstructed colon, a fermentation being generated there from the long retained fæcal matter, consequently, a positive and sure cure is, to thoroughly cleanse that organ. As a local application take loppered sour milk and apply it to the inflamed parts, or if not this, the next best thing is hop yeast mixed with charcoal to the thickness desired. The lactic acid in sour milk, is a direct antidote to the poison of erysipelas.

DYSPEPSIA.

This disease does not come by chance. Infection or contagion can never be held responsible for it. It is the penalty which Nature inflicts upon you for violating physiological laws. Do not be deluded by extravagantly worded advertisements into the belief that any nostrum has been, or ever will be invented, that can possibly effect an immediate cure. You must entirely abandon the habits that induced it. You must masticate your food thoroughly—allowing the saliva to mix with it, not bolt it, and then wash it down with copious draughts of tea,

coffee, or water. This superabundance of fluid only serves to distend the stomach, and impede digestion. A change of diet is necessary, but not so essential as a change in the habit of eating. Dyspepsia is more or less, catarrh of the stomach. Its lining becomes coated with a slimy mucus, that arrests the action of the glands, coats the food, and prevents the gastric juice from acting upon it.

TREATMENT.

First, flush the stomach (see last page). This should be done every morning, not lest than half an hour before breakfast. Next, flush the colon, which is of even more importance than the other, for when this organ is thoroughly cleansed, it is quickly filled again by the debris from above, which relieves the stomach of its burden. Fermentation in the stomach and intestines, is the great danger to guard against, so starchy foods must be avoided. Good, lean meat, broiled, boiled, or baked, with toasted bread, do not ferment easily, and contain all necessary nutriment for the body. Live on this diet for a week or two. Masticate the food thoroughly, and drink nothing at meals, or, if anything, a glass of hot milk and water. If faint between meals, take a glass of hot milk with a raw egg beaten in it. Food must be oxygenised before it can be converted into nutrition, hence, exercise for lung develop-

ment is highly beneficial. This method of treatment, if faithfully persisted in, will cure the worst case of dyspepsia, with all its train of attendant evils.

RHEUMATISM.

Both chronic and acute rheumatism, are diseases of the blood, due to an excess of acid. The presence of this acid is due to excessive, and imperfect action of the liver. Imperfect nutrition, and deficient excretion, are the primary causes, and the result is, that the blood becomes loaded with poisonous matter. The trouble manifests itself in the joints, toes, ankles, knees, or hands, but the seat of the disease is elsewhere.

TREATMENT.

The first thing to be done, is to stop the formation of acid, and its absorption into the blood, by regulating the liver. The best way to accomplish this, is by daily flushings of the colon, first with hot water, then with cool water, to which add a tablespoonful of salt. Use this twice a day, for a week, then once a day, for a month. Take a Turkish bath daily, for a time, to restore the functions of the skin. Rub the disabled joints with hot oily applications, followed by massage, and pressure movements. The diet should consist largely of beef, mutton, and whole-wheat bread, or toast, eggs,

milk, and fruit. Avoid pastry, and starchy food, such as potatoes. A cup of hot water, not less than half an hour before breakfast, should not be omitted.

This treatment will speedily cure the worst cases.

TYPHOID FEVER.

The chief seat of this terribly prevalent disease, is in the stomach and intestines, particularly the colon. It is a germ, bacteria disease, and originates in filth. The germs may be taken into the system by drinking impure water, inhaling the gases from defective drains, or by eating food which has absorbed such gases. Once in the system, the bacteria must have decayed matter to feed upon, therefore it is impossible for a person who is clean both inside and out, to take typhoid fever, there being no facilities for the germs to breed and multiply. A peculiar secretion from the colon, mixed with the fæcal matter of long standing, induces a fermentation that generates a putrid smelling gas. This fermenting gas is the home of the bacillus, and from it, millions of germs are multiplied, and pass into the circulation. In this fermentation a peculiar worm is bred, which is the cause of ulceration in the bowels of typhoid patients.

TREATMENT.

To give physic in a typhoid fever case, is a grave

mistake. Instead of assisting Nature, it more probably hastens the death of the patient. Knowing the cause of the disease, common sense tells us that the first thing to do, is to check the multiplication of the germs, by removing the putrid matter in which they breed. When the symptoms first appear, give the patient a warm water emetic. Drink until the stomach throws it back. Do not be afraid to drink. If the stomach is obstinate, use the index finger to excite vomiting. This washes out the contents of the stomach, which will be found fermenting, and full of bacteria. Then give him a large cup of hot water—very hot—with a little salt in it. Let the patient rest for an hour or so after vomiting, then flush the colon with water just as hot as the hand will bear, so it will not scald. Let the patient lie on his back while taking the injection, and gently rub the bowels along the line of the colon. Let him retain the water from ten to fifteen minutes if he can. Next, the patient must be sweated, to open up the pores of the skin, and for this, nothing equals the wet sheet pack. Roll the patient in a sheet wrung out of cold water, on top of this, a couple of blankets and a comfortable. At his feet place hot bricks, in flannel, on his head, a towel, wrung out of cold water. Give him plenty of fresh air. When he has perspired freely, take

him out of the pack, wash him with warm water and soap, rub him down, give him a drink of cold water and put him to bed. Repeat the injections daily, using tepid water. In cases of extreme weakness, the treatment must be modified. Let the patient have all the cold water he wants to drink, and give him plenty of fresh air. Use flushings daily, also the external bath, remembering, in the latter, to use cold water when the fever is high, and he will speedily be restored to health. Let him eat nothing until nature calls for it. The best test of hunger, is a piece of stale, dry graham bread.

BILIOUS FEVER

This disease generally makes its appearance with one or more chills, sickness of the stomach, and more or less fever. The tongue has an ill-looking yellow coat, and food is unacceptable. The cause of all this, to an intelligent mind, is perfectly clear. The colon is clogged, and the acids in the stomach, and the duodenum, together with the abundance of secretions from the liver, have no outlet. In this condition a slight cold will close up the already over-worked pores of the skin, and turn the tide of corruption into the stomach, lungs and kidneys, and bilious fever is the result for Nature being unable to get rid of the filth by the ordinary methods, resorts to her last expedient, of burning it up.

TREATMENT.

The remedy is obviously simple. Cleanse the colon, and open the pores. Wash the stomach, take two or three hot injections daily, and, a hot sheet pack. This treatment, with baths, and rubbing, will cure an ordinary case of bilious fever in about three days. Avoid all drugs. Nature will call for food, when it needs it.

LA GRIPPE.

This is the modern name for influenza. It resembles an ordinary cold in its symptoms, but is far more violent in its effects. Acute pains in the head and kidneys, are symptoms that are usually present. If neglected, it may develop into pneumonia, or consumption. It is both epidemic, and contagious, and thousands of victims were left in its trail, when it swept over the United States and Europe, during the winters of 1890, '91, and '92.

TREATMENT.

Possibly you are not aware that this disease is almost invariably accompanied by constipation, but it is a fact, nevertheless, consequently, the internal bath is the first remedial process to be resorted to. Make them hot and copious, and use them daily, for three days at least. Next, relieve the internal congestion, by opening the pores of the skin. To do this, use the Turkish bath (see last page), take

it at night, drink a glass of hot lemonade, and go to bed. Tuck yourself up warm. Doubtless it will make you sweat, but you need that. In the morning, take a bath, and a good rub down. Drink a cup of hot water half an hour before breakfast, and let that meal consist of plain food, soft-boiled eggs, oatmeal, graham bread, and fruit—oranges, if procurable. Two days of this treatment will put La Grippe to flight, but the better plan is to prevent it, by keeping the colon cleansed.

DYSENTERY.

This is a disease of the colon. The retention of faecal matter in the folds of the colon inflames the parts until they become dry, then the soft evacuations dry on the sensitive mucous membrane. These secretions produce a peculiar acid, which, in its turn breeds worms, and there, in the early stages of their existence, eat into the foreign matter and even into the mucous membrane itself, causing what is known as dysentery.

TREATMENT.

In either the acute or chronic cases, the patient must be treated, lying down, with the hips elevated above the shoulders. This will relieve the pain and congestion in the lower part of the colon. In acute cases do not let the patient sit up a moment. Use a bed-pan always. Flush the colon with hot water,

letting it flow gently, and add a little salt to the water. After the discharge, follow with an injection of two ounces of vaseline oil, which should be retained as long as possible. This is an emollient, and will soothe and heal the ulcerations.

DISEASES OF THE NERVES.

Most people imagine that nervousness is the result of too much nerve force, but the opposite is the case. The trouble is a too sensitive battery, and inadequate nerve force. The batteries, or nerve centres, are too easily discharged. It is nervous irritability therefore, that we have to deal with.

The causes are manifold, the restless American nature, the stimulating climate, neglect of physical training, giving too little time and attention to eating and sleeping, concentrating too much attention on money getting and living, to the neglect of recreation and repose. One of the gravest causes is a constipated colon, which promotes indigestion, and through it, lack of nutrition, thus cutting off the supply of nerve food. The habit of tea and coffee drinking, and the use of tobacco, are also fruitful causes of this distressing affliction.

TREATMENT.

You must apply a brake to that restless motor within you that is driving you too fast. You must

step out of the busy stream of life for awhile, let it rush past you and take things easy. Flush the colon regularly—remove that great source of nervous irritation, for we have yet to hear of a nervous person that was not costipated.

If you suffer from nervousness, you are dyspeptic, your whole course of life tends to render you so. Follow the treatment, especially the diet, given under the head of "Dyspepsia." Practice deep breathing, for lung development, for strong lung power is never associated with nervousness. Take plenty of exercise in the open air, but not to excess.

Be moderate in all things, except sleep, you cannot sleep too much. Cultivate the sleeping habit, and don't give up until you can sleep ten hours a day.

THE MATTER OF FOOD

is important, for, as before stated, nervous people eat and sleep too little. Fatty foods, or those that are easily converted into fat, are what is necessary. Cod-liver oil is one of the best nerve foods in existence. Take a teaspoonful at a time with a little maltine, and gradually increase the quantity until you can take a tablespoonful at each meal. If you really can't take cod-liver oil, the best substitute is sweet cream. Olive oil is also good, and celery.

Cultivate slow and measured movements, avoid undue activity, take life easy and be moderate in all things.

To sum up. Flush the colon, sleep long, eat slowly, and plenty of oily or fat food, exercise freely, but in moderation, develop the lungs by breathing exercises, and take life easy.

This line of treatment, faithfully carried out, will cure the very worst cases in time.

HEADACHE.

There are many causes for this distressing complaint. Generally the cause is to be found in the stomach. Something that has no right there, is in that organ, and irritating the pneumogastric nerve that connects the stomach with the brain. It is a common symptom of dyspepsia.

An engorged colon is one of the most common causes, on the same principle that it causes paralysis and apoplexy. Stimulants invariably promote headache.

To prevent the attacks, live regularly, avoid late hours and excessive brain work, shun alcoholic beverages, and tea and coffee, avoid sweets and pastries, and anything fried in fat. Eat good plain food, including fruit, (especially oranges), but never eat late at night. Develop the lungs. Never let a day pass without gently exercising all the

muscles. Massage the abdomen each night before retiring. Keep the colon clean, by flushing, and bathe at least, three times a week.

To relieve an attack, flush the colon thoroughly. Take a hot foot-bath, and while taking it, take a cup of hot lemonade—without sugar—so hot that you have to sip it.

DROPSY.

In this disease the outlet to the intestinal canal has become clogged. The kidneys wear out trying to evacuate the bowels through its delicate tubular network, and the capillaries have become helpless through misuse in trying to do the work of others. So the tissues and muscles of the extremities are loaded with this cast off material, and we call it bloat. This is dropsy.

TREATMENT.

Empty and clean the colon. Take the following injection every night, and retain it. To a pint of hot water, add ten drops of the homeopathic tincture of Indian Hemp. If that is not to be had, use the fluid extract of Merrill's preparation. Use every night until a decided improvement is seen. If you do not get the desired effect, double the dose—even forty drops will do no harm. It is not a poison, but an excellent diuretic for dropsical effusions.

Take a Turkish Bath daily (see end of **work**), to open up the pores of the skin, but if the patient is too weak, use the hot wet sheet pack.

Eat as little as possible, and let that consist of dry toast, well masticated. Do not take tea or coffee.

INFLAMMATION OF THE BOWELS.

This may be caused by injury, but more frequently it is due to foreign substances getting into the appendicula vermiformis, or from the cæcum, (the lower pouch of the colon), getting filled by seeds of berries, cherry stones, or hardened faecal matter, in which case, the action of the ileo-cæcal valve is obstructed, and the natural passages of the bowels are stopped.

The accepted medical practice is to put the patient to sleep with tincture of opium, or veratrum viride, and let Nature right herself, if possible. If Nature can maintain herself against the doctor and his drugs from seven to nine days, the patient may get round, but, not well.

TREATMENT.

Give from three to four hot injections daily, and alternate them with hot sitz baths. If the obstruction does not give way on the fourth day, inject a pint of castor oil and a pint of hot water, mixed, but before giving it raise the patient's hips several

inches higher than his shoulders. After giving it, turn the patient on his right side, and rub the reverse way of the colon. Let him hold this two or three hours—seven or eight, if necessary. If this does not break loose the obstruction, try the hot water injection again. Apply local applications vigorously, hot fermentations, or hop bags steeped in weak vinegar. Above all, give no physic, it can do no good, but infinite mischief. If strangury hernia does not exist, as a cause, this treatment will cure every case, but if the cause be hernia, the only remedy is a reduction of the hernial sack.

DISEASES OF THE LIVER.

Liver complaints are always closely related to other diseases of the digestive organs. The colon being clogged, the intestines are rendered sluggish, which in turn acts upon the duodenum, or second stomach, and prevents the food from promptly passing out—then fermentation takes place. Bile is poured out on the accumulated food again and again, for the presence of anything in the duodenum, is a demand for the secretion of bile. As a result, too much bile is mixed with the food to be absorbed—the blood becomes tainted with biliary secretions—showing itself in a yellow skin, dizziness of the head, dull, sleepy condition, and lack of ambition. This overtaxing of the organ

results in what is known as acute congestion, the symptoms of which, are, tenderness to touch, and a feeling of painful tension on right side just above the edge of the ribs, slight jaundice, furred tongue, loss of appetite, and scanty high colored urine.

TREATMENT.

Open the colon by flushing, when the intestines and duodenum will be in turn, relieved, then open up the pores of the skin with baths, and allow Nature to expel the waste from the system in that manner. The wet sheet pack will be found specially valuable for that purpose.

An unnatural appetite often accompanies bilious attacks, but it should be resisted. Eat sparingly of bread and milk, slightly salted, for two or three days, then take more solid food—but do not eat meat more than once a day, for a week or two. Any exercises that call the muscles of the stomach into play are beneficial, and should be practised daily, especially horseback riding and rowing. Exercise by bending forward strongly, at the same time taking a deep breath—you then have the liver in a vise, thus inducing active circulation.

Walking about the room on all fours is one of the best exercises for a torpid liver, that can be imagined, but it should be practised in private, or your friends may question your sanity.

DISEASES OF THE SKIN.

These diseases usually have their origin in constipation, therefore the first thing to be done is to relieve this condition of the colon, by copious flushings. Bathe the body daily, in tepid water, being careful not to use soap that will irritate the skin.

Never use common soap, nor any of the highly perfumed varieties. A pure soap will float in the water. An occasional wet pack sheet is of great value. Attend carefully to the diet, and avoid all foods fried in fat, especially buckwheat cakes, and food of that description.

DISEASE OF THE KIDNEYS.

This is caused by irritation of the kidneys, brought about by those organs being forced to do work which does not properly belong to them.

Congestion is the first step towards chronic or acute inflammation. The second stage is a breaking down, or degeneration of the kidney cells. If degeneration has passed a certain point, there is no hope.

TREATMENT.

The only possible cure is to remove the cause. The colon, intestines, stomach, and skin, must be got into good working order, so that they will do their own work, and relieve the poor scapegoat—

the kidneys—of unjust burdens. The colon should be constantly and copiously flushed, and warm baths frequently taken. Better still, is the Turkish Bath, especially the home bath described in this book, as the patient's head being free, the hot air is not drawn into the lungs.

Every night, after flushing the colon, inject a pint of warm water, and go to bed, it will pass off through the kidneys, cleansing them. If there is acute pain repeat the injection every two hours until relieved. Hot fomentations applied to the back, over the region of the kidneys, will relieve the pain, and gentle massage in the same locality, will be found beneficial.

Avoid sweets, pastries, starchy foods, like potatoes, alcohol, tobacco, tea, coffee, and overfat foods. The diet recommended for dyspepsia is good. Skim milk, buttermilk, and whey should be used freely, as they exercise a very beneficial influence on the kidneys. A wet compress worn over night, will help draw out the poisonous waste matters.

ASIATIC CHOLERA.

This disease is caused by the presence of a microbe, known as the "comma bacillus," which manufactures a virulent poison, called a ptomaine. Although the germs are taken into the system through the medium of the mouth and stomach—

they only multiply in the bowels, which is proved by the fact, that the vomit from a cholera patient contains none, while the discharges from the bowels abound with them. If the system is in perfect condition, the germs are destroyed by the gastric juice in the stomach, as soon as inhaled. If the stomach is out of order, the bacilli escape into the intestines, where the fluids are alkaline (in which they thrive) and cholera is the result. The symptoms are, first a slight diarrhœa, almost painless, then tremors, vertigo, and nausea. Griping pains and repressed circulation follow—then copious purging of the intestines, followed by discharges of a thin watery fluid, lividity of the lips, cold breath, and an unquenchable thirst.

TREATMENT.

First, flush the colon thoroughly with warm salt water every few hours. Next induce perspiration by means of the Turkish Bath, but if the case has set in violently, and vomiting and cramps appear, put the patient to bed instantly, give the injection, using a bed pan, then take two heavy sheets, dip them in water as hot as can be borne, fold them and lay them over the chest and abdomen, and cover up with blankets, tucking them in closely at the sides. Put a jug of hot water to the feet. In about ten minutes re-dip the sheets

quickly, and re-apply. In fifteen or twenty minutes the perspiration will appear, and the cramps will vanish.

Take nothing into the stomach during the duration of the disease except moderate sips of cold water, or pieces of ice, to quench the burning thirst.

Use simple strengthening food (milk is best) until health is restored. All water and milk should be boiled before using.

CHOLERA MORBUS.

The symptoms are similar to those of Asiatic cholera, but not so violent. The treatment is the same in principle. If there is a feeling of nausea, take a warm water emetic.

PERITONITIS.

Is inflammation of the sack containing the bowels, and is generally caused by concussion or injury to the membrane—but in many instances it is caused by the breeding of worms in the hardened fecal accumulations in the colon.

No matter what the cause may be, flush the colon vigorously with injections as hot as can be borne, and place bags of hops, steeped in hot vinegar on the outside. This will soon reduce the inflammation, and effect a cure.

UTERINE DISPLACEMENT.

This prevalent complaint among the women of

America, is due, in ninety per cent. of the casēs, to constipation, and that, is mainly attributable to tight lacing. In the majority of our countrywomen the sigmoid flexure (see diagram) is distended to nearly double its natural size, pressing upon the womb, which necessarily displaces it, but in addition, the colon, through impaction frequently becomes highly inflamed, and communicates the inflammation to the womb, making it heavy and relaxed.

The ascending and descending colon lies immediately behind the ovaries, and if (as is often the case) it becomes distended to double its size, it stretches the broad ligaments and ovarian connections frequently breaking them away from their peritoneal attachments, or carrying the peritoneum downward with them.

The Fallopian tubes, which penetrate and are attached to the peritoneal sack, together with the uterine broad ligaments, are designed to hold the womb in place, but if the womb and ovaries are crowded down into the pelvic cavity, and the womb doubled upon itself, dysmenorrhea or painful menstruation, or amenorrhea, with convulsions is the result. Perhaps there may even be a complete stoppage, so that nature menstruates internally, and casts it off through the lungs or bowels.

TREATMENT.

Empty the colon, and keep it clean by regular flushing, and wear your clothing as loose as your husband's or brother's, and the womb will go back into its place, and all the bad symptoms disappear. It may be thought that the tendons and ligaments have become partially paralysed through the uterus having been so long out of place.

After emptying the colon, if there is pain in the back, with a bearing down sensation, sit in half a tub of hot water for fifteen or twenty minutes, once every other day. Throw yourself on your back with the hips raised as high as possible, then rub up from the pelvic bone, this will reduce the displacement of the sigmoid flexure, besides giving relief. Should the womb not go back into place, call in a physician to replace it.

Painful menstruation, Leucorrhœa, which are caused by displacement of the womb, inflammation and hypertrophy, or hardening of the womb, enlarged and sensitive ovaries, can all be speedily cured by flushing the colon.

ANTEVERSION.

Which affects nine out of every ten women, is the womb falling forward on the bladder, (causing frequent desire to urinate) and downward, which with the falling of the sigmoid flexure, produces

obstruction of the bowels, and great straining at stool.

RETROVERSION

Is a falling down, with the body of the womb thrown backward. Frequently it is doubled upon itself, when it becomes hardened and inflamed, an adhesion often takes place. Doctors frequently call this spinal disease, but it is the displaced organs pressing on the great sympathetic nerve, which produces partial paralysis of the lower limbs, and loss of memory, sometimes causing insanity. In retroversion, after emptying the colon, assume the following position. Kneel on the bed, or a sofa, with the body thrown forward until the chest also touches. Retain this position as long as possible, and repeat it frequently during the day. Sleep with the foot of the bed raised eight inches. These positions all facilitate the return of the womb to its normal position.

Eat nutritious, easily digested food, and avoid all stimulants.

COMMON COLDS

Are very disagreeable things, and though not dangerous in themselves, yet are frequently the cause of serious complications, and the forerunners of consumption, pneumonia, and catarrh. Colds are commonly due to sudden changes of tempera-

ture, and are caused by the sudden closing of the pores of the skin, thus preventing the escape of those waste matters of the body which Nature has designed should be expelled in that direction. The blood is thus driven inward, causing congestion. If the system is in a sound, healthy condition, with respiration good, and the colon clean, it should be next to impossible to take cold. If, however, there is a weak spot in the body, be sure the cold will find it, when if not promptly dealt with, serious results may ensue.

TREATMENT.

Constipation is an almost invariable accompaniment of a cold, hence the first thing to do, is, to flush the colon. Use it copiously, and take it daily, for at least three days. Do not eat any supper the first night. The next thing to be done is to take the Turkish Bath (see end of book). It should be taken at night, after which, drink a glass of hot lemonade, and go to bed, covering the body thoroughly. No doubt you will perspire profusely, but that is what you need. In the morning, take a good bath, and rub down, following the directions given for bathing, drink a cup of hot water, an hour before breakfast, and let that meal be light—such as graham bread, boiled eggs, oatmeal, and oranges. You are then ready to attend to

your daily business, and if you take another flushing at night, the next morning your cold will be only a memory.

CONSTIPATION.

This condition of the system has been so frequently referred to already, that further comment upon it may be deemed unnecessary. Its causes are varied, insufficient exercise in the open air, hastily eaten, and imperfectly masticated food, also many articles of food tend to induce the evil of habitual constipation.

Whatever you may do, avoid everything in the form of drugs, for they are injurious in the highest degree. The continual excitation of the excretory processes by the use of cathartics is a most pernicious practice, and should be shunned. A constant indulgence in the "purgative habit" often renders the coating of the stomach so sensitive, that even the presence of food in that organ irritates it, and is frequently hurried out, half digested.

Flushing the colon, massage, exercise, and properly selected food, carefully eaten, are the only means by which constipation can be cured.

Whole wheat bread, and acid fruits should be eaten freely, but sweets, tea, coffee, tobacco and alcohol should be studiously shunned.

PILES OR HEMORRHOIDS.

This is a disease of the rectum and muscles of the anus, and is the direct result of constipation. The accumulation of hardened fecal matter distends the sigmoid flexure, causing inflammation, until from its own weight, it falls down, producing prolapse of the bowels. Frequently, ulceration follows, and the bowel is pressed out—tumors forming, on the protruding portion.

TREATMENT.

First, empty the colon by flushing, thus removing the cause, then the inflammation will subside, and the protruding bowel go back into its place. Tumors will soon absorb if they are put back when they protrude. Sitting in a tub of hot water will cause the bowel to go back immediately. Hot water is Nature's astringent, and never fails. The following salve will be found of great value in facilitating recovery. Two heaped tablespoonsful of vaseline or cosmoline, willow charcoal, one teaspoonful, canadies pinus canadensis, twenty-five drops, sulphate morphia, five grains. Mix well, and apply up, with the fingers, as far as possible.

Bleeding piles are caused by congestion of the rectal blood vessels. In these cases, after flushing, inject a pint of hot water, and lie down immediately, face downward. The heat of the water in the

sigmoid flexure will draw the blood away from the congested vessels in the rectum, and quickly remove the tumor.

PARALYSIS OR PALSY.

These two terms signify one and the same disease, that is, a condition of the system, in which the power of voluntary motion is lost. It is the outward manifestation of a deep-seated disease, that can usually be traced to an obstructed colon, and consequent disordered circulation. The same causes promote apoplexy. A blood vessel is ruptured in the brain, causing a clot to form, which presses upon the nerves that convey the will of the mind to the muscles, thus stopping their action. It is not, as is usually supposed, an affection of the muscles, but of the nerves that control the muscular movements. Sometimes one entire side of the body becomes affected, and completely deprived of voluntary motion. Congestion of the brain is a preliminary of paralysis, and congestions of the brain are invariably due to an enlarged transverse colon.

One form of paralysis affect only certain parts of the body, such as the lower limbs, or the reproductive organs, and is caused by pressure upon some large nerve, communicating with the paralyzed portion. This is doubtless due to the pressure of

an enlarged ascending or descending colon upon some of the lumbar plexus nerves, or their branches. This however, refers to what may be termed local paralysis, or paralysis of certain parts.

Paralysis of an entire side of the body is due to pressure on the brain, and this is caused by defective circulation, induced by an unnaturally distended colon. While in this condition, some severe physical exertion, or mental strain increases the pressure beyond the power of resistance, and a rupture is the result—when the patient falls, wherever he may happen to be.

TREATMENT.

Prevention of paralysis is very easy, for with a clean colon, it is an impossibility, and the remedy is too plainly indicated to need pointing out. You have but to remove the cause—the accumulation in the colon. Massage is a most valuable part of the treatment. To prevent the muscles from stiffening, and to retain the suppleness of the affected parts, frequent rubbings are necessary, and the mind should be stimulated to resume its control over the refractory muscles. During an attack it is necessary to pay particular attention to diet—easily digested, non-constipating food only. You may have to revert to a spoon diet for awhile—and, as the liability to a second attack is great, during the

period of recovery special attention must be given to diet, to guard against it.

When power begins to return to the affected parts, a system of graduated exercises should be arranged, gradually increasing in force, with the return of strength and normal control. These exercises will gradually educate the mind, and restore its harmonious working with the body.

EPILEPSY, OR FALLING SICKNESS,

Is distinguished from apoplexy, or paralysis, by the convulsive action, and foaming at the mouth. One prime cause of this most distressing complaint is the action of worms in the colon. In a number of cases treated by Dr. Turner, quantities of worms were expelled, and recovery always followed. The treatment is simple. Flush the colon with hot water, and our antiseptic tonic until the worms are entirely expelled. During a fit, loosen the clothing at the throat, and place something in the mouth—a cork, for instance—to prevent the patient from biting his tongue. Some fine salt thrust into the mouth will shorten the duration of the fit.

Another prolific cause, is masturbation, in which case, nothing but the abandonment of the habit, and a cleanly life, both physically and morally, will effect a cure.

INEBRIETY

Is responsible for many of the ills of the present generation, in the form of transmitted constitutional weakness; not to mention the functional derangements, and organic destruction, of which it is a potent and direct cause.

There are two grave reasons why alcohol should not be taken into the system, or if at all, in very minute quantities, and at distant intervals. The first, is the moral reason, because it undermines and destroys the finer part of man. It has the peculiar effect upon the brain, of stimulating all the baser qualities, and blunting the finer ones. The second, is the physical reason (see page 135). When alcoholism becomes a fixed habit, it must be treated as a disease, for it is one in reality. In many cases, the large intestinal, or tape-worm, is at the root of the trouble. Now worms cannot exist in a perfectly clean body, with every function working properly. Few, if any animals can resist the solvent power of the gastric juice if it is secreted in normal quantity, and in full health and vigor, consequently, to cleanse the body of all superabundant filth, and restore it to a sound working condition, will prevent their growth. But if they *are* present, and developed (as they sometimes are) to an enormous size, the vital forces are unable to dislodge

them, unaided, and recourse must be had to a "vermifuge" diet. This may be found in two articles—the crusts of good, sweet wheat-meal bread, and good, ripe, uncooked apples. It is important that the food be hard, so that it be well masticated, and that it be eaten slowly, so that the stomach is not overloaded.

TREATMENT.

First, get the alcohol out of the system, by flushing the colon, daily, this will help you to stop drinking, (which is so much easier advised than accomplished) then proceed to sweat it out, by a daily Turkish Bath (see page 191), or a Turkish Bath one day, and a wet-sheet pack the next.

Second, sip a cupful of hot water, not less than half an hour before each meal, and use the wheat bread crusts and apple diet mentioned before, for one week, certain, two weeks are better (if possible). By that time, the worm, if present, will be dislodged then for a month, at least, follow the diet laid down for dyspepsia, when the alcoholized blood in your veins will have been replaced with good, rich blood, and your cure practically effected.

OBESITY.

The condition of the body, to which nosologists have applied this term, is that of general engorgement, or, over-fullness, and is the result of excessive

eating, or imperfect depuration, or both. Over-eating and inactivity, are the chief producing causes. It is the especial prerogative of children, to be fat, but when too great an accumulation comes, with advancing years, it brings discomforts, disadvantages, and oftentimes, fatal diseases, among which are Apoplexy, Fatty Liver, Diabetes, Bright's Disease, and Heart Failure. The *sanguine* or *entonic* variety is distinguished by florid skin, full strong pulse, turgid veins, with firm and vigorous muscular fibres, and the *serous* or *atonic*, is denoted by a full, but frequent and feeble pulse, smooth and soft skin, plump but inexpressive figure, and general languor or debility of the vital functions.

TREATMENT.

Flush the colon regularly, and take as much exercise as is possible, without fatigue. A brisk three mile walk, daily, will work wonders, in reducing weight, especially if you perspire freely. Drink a pint of hot water, an hour before each meal, and half an hour before retiring, to wash the sour yeasts and bile from the stomach before eating and sleeping. Live principally on roast or broiled meat, fish, poultry or game, boiled rice, green vegetables, and brown bread. When people are unable to take the necessary amount of exercise, the dieting

process, known as the "Salsbury system," is very effective. This consists of the lean part of good beef, from which every particle of fat and sinew is removed, then chopped to a pulp, made into small cakes and *broiled*—then eaten hot. The reduction of adipose tissue demands a certain amount of self sacrifice, but the above method, if faithfully followed, never fails to effect the purpose.

LOST MANHOOD

Is the term now generally employed to describe impotence, or physical disability to perform the sexual function. It is frequently due to conjugal excesses, but the principal cause, is the baneful widespread practice of masturbation, or self-pollution. It manifests itself in what is known as Spermatorrhea, or involuntary emissions of the seminal fluid, and if allowed to continue unchecked, speedily depletes the vitality of the sufferer, and renders him a physical wreck. Do not be deceived by the lying advertisements of unprincipled charlatans, that any drug can help you. The treatment must be hygienic and thorough, and may necessitate a change in your whole mode of life.

TREATMENT.

Firstly, the colon must be kept clean, as the fecal accumulations there, irritate the sensitive nerves. So it is advisable to use the "Cascade"

every night, for two weeks, at least, then every second night. Secondly, practice the breathing, and bodily exercises described on pages, 179 and 183, and take all the exercise you can in the open air, as these things are important factors in strengthening the nervous system and hastening a cure. Thirdly, special attention must be paid to diet. If you can practice strict vegetarianism for a time, so much the better, choosing those articles most easily digested. Only plain roast or boiled beef should be eaten, (if any meat be taken at all), shun all hot condiments, also, tea, coffee, tobacco and alcohol—especially the latter, for nothing can help you, while you use these articles. Fourthly, after flushing, take a cold bath every night, or, if this is impracticable, bathe the genital organs, and the spine (up to the base of the brain) in cold water, and rub down vigorously with a crash towel. Fifthly, resolutely form cleanly habits of mind, as well as body; take up a course of good reading, to occupy the mind, and divert it into healthy channels, and shun all reading of a sensational nature. Sixthly, avoid thinking impure and lascivious thoughts, and do not allow your mind to dwell upon your condition, but cultivate self-control. The above treatment has cured hundreds of bad cases, and will cure you, if stead-

ily persevered in, but a strict abstinence from sexual indulgence, and an absolute abandonment of the pernicious vice, is an indispensable condition.

Frequently, quite aged men write us, complaining of their sexual disability—to all such, we say that the restoration of lost power, after fifty years of age, is in the highest degree, improbable, and after the grand climacteric (63), is passed—it is practically impossible.

NURSING MOTHERS.

Under the above heading, we class the following troublesome complaints: Inflammation of the Breast, Milk Fever, Sore Nipples, Puerperal Swelled Leg, and Puerperal Fever, or Peritonitis, all of which complaints are practically unknown, under intelligent Hydropathic treatment.

We would point out that a simple hygienic mode of life, (including careful diet, and the regular practice of the "Cascade Treatment" during pregnancy, will not only have the effect of making the labor easy, and the recovery, rapid, but will almost preclude the possibility of any of the above complaints manifesting themselves.

During pregnancy, the "Cascade Treatment" should be regularly used, twice a week, by which means the absorption of the poisonous waste matters of the system into the circulation is completely

avoided, and the future health of the infant assured. The body should be bathed daily, or, if impracticable, then a brisk rubbing from head to foot, with a towel, and exercise—more or less—taken every day. The diet should consist largely of vegetables and fruit, especially after the fourth month, avoiding farinaceous foods as much as possible, such as wheat, peas, beans, barley, and especially fine wheaten flour. These foods contain the bony constituents, and their avoidance tends to deossify the systems of both mother and child, and make child-birth what Nature intended it to be, a comparatively painless proceeding.

Careful attention to the foregoing hygienic mode of life, during pregnancy, will effectually prevent the appearance of those distressing complaints, (before mentioned), peculiar to Nursing Mothers.

INFLAMMATION OF THE BREAST

would never occur, if the "Cascade" had been regularly used, and the treatment for it, when present, is to "flush the colon" thoroughly, and apply cool wet cloths, well covered with dry ones, to the breasts. If there is a surplus of milk, draw it off with the breast pump, or the more convenient method—the mouth.

SORE NIPPLES.

Do not require anything but a little cream or olive

oil applied to them, with occasional applications of cold, wet cloths when they are hot and painful, and occasional fomentations when they are cracked and sore—but do not fail to “flush the colon.”

MILK FEVER

Is principally due to over-heated, or ill-ventilated rooms, and should be treated by, at once, flushing the colon, and if the patient is not too weak, use the wet sheet pack, (see page 192), otherwise, tepid ablutions should be frequently used.

PUERPERAL SWELLED LEG

Should be treated as an acute inflammation. The colon should be thoroughly flushed, the wet sheet pack, or tepid bath, used frequently, and cold wet compresses applied to the afflicted limb. The patient may drink cold water freely, and the diet should consist mainly of Indian or wheat-meal gruel.

PERITONITIS.

Medical authors distinguish several varieties of this disease, but they are all modifications of the same. Although a frequent, and often fatal disease, under oid-school methods, it may be considered almost an impossibility under judicious water treatment. Warm foot baths, and cold applications to the head, are valuable, (see page 165).

DISEASES OF CHILDREN.

The following simple methods of treating the ailments of childhood, will be found remarkably efficacious, easy of application, and may be used with confidence.

CROUP.

This disease often runs in families, and is most frequently caused by sudden alterations of temperature. The symptoms are usually, a harsh cough, hoarseness, sore throat, and slight fever. A croupy child needs watching.

The treatment cannot be too prompt. Place the child immediately in a hot bath, and rub the lower limbs thoroughly. Wring a cloth out of cold water, and place it on the throat and chest, covering it with a thick flannel, to exclude the air. Change the cloth as often as it gets dry,

SCARLET FEVER.

This is a bacillus disease. The colon being clogged, Nature is trying to cast out the impurities by way of the pores of the skin, and when these become congested, we have fever. First flush the colon, then use the hot sheet pack (see end of work), if the fever is not very high, or if the child has chills. If the fever is high, use the cold sheet pack. With this treatment the rash will soon come out, and the child be easy. If fever appears again, give another

injection, and a sponge bath. Feed the body with water outside, and give it all it wants to drink. Give no food until Nature calls for it, then a raw egg beaten in milk. When the appetite comes back, give soft-boiled rice, or oatmeal with milk. Keep a cool head, and this treatment will save your child.

CHOLERA INFANTUM,

Is a disease that can be readily cured by flushing the colon—adding a little pure salt to the water. It is purely a disease of the alimentary canal, consequently, cleansing that passage, affords relief. A tepid bath, covering the legs and abdomen, is of wonderful benefit when fever is present. Be very particular with the diet. A raw egg well beaten, in boiled milk is very nourishing, as also is Mellin's food.

DIPHTHERIA,

Is a terribly fatal complaint, the result of a poison or germ produced in the body during the illness. The symptoms being difficult to identify, all cases of sore throat, if accompanied by fever, loss of strength, and white spots on the tonsils, should be regarded as diphtheretic.

Give full hot water flushings twice, or four times every twenty-four hours. If the throat is of a grayish color, add a teaspoonful of borax to every quart of water. If it is of a dark red color, add a teaspoon-

ful of acetic acid to every quart of water. If the child cannot retain it, place it in a hot hip bath, and then it will. After the discharge, induce perspiration with the hot sheet pack, (if chilly), if not, in the cold pack, and apply a cold compress to the throat. Give the child all the cold pure water it wants.

To treat the throat locally, take equal parts of fine salt, borax, and common soda, pulverize, mix well, and, by means of a quill, blow well down the throat, using one quarter or half a teaspoonful.

SMALL POX,

Is a very contagious eruptive fever, caused by a bacillus germ, peculiar to the disease. It commences with chills and fever, with aching of the limbs, in from nine to twelve days after exposure.

After forty-eight hours the eruption usually appears. When rightly treated, it is not a dangerous disease.

In the case of a young person or child, the treatment is the same as for scarlet fever. Let the patient have all the water it wants in frequent drinks—a little cold water at a time.

After the eruption appears, no further treatment is necessary, except a daily flushing of the colon, and a daily sponge bath in tepid water. If there is pain in the head, apply a cold compress. There is no appetite during the progress of the disease,

but when the stomach demands food, great care should be exercised. A quantity of Murdock's food twice a day, is a good thing. When strength returns, toasted graham bread, mush, boiled or broiled chicken may be given.

TO PREVENT POCKMARKS.

The marking is caused by exposure to dry air and light, therefore, paint the hands and face with a mixture of glycerine and charcoal—the glycerine keeps the skin soft, and the charcoal shuts out the light. It should be washed off every morning, and re-applied. Under no circumstances must the patient be allowed to scratch off the pox.

MEASLES

Is an eruptive disease peculiar to children, slightly contagious, but not dangerous. It may commence with a slight chill, or not. The fever is usually attended with a slight cold, swollen watery eyes, and sneezing.

The first thing to be done, is, to bring out the rash, which is quickly done, by flushing the colon, followed by a wet sheet pack, as in scarlet fever. When the eruption is out, nothing is needed, but to keep the colon clean, and wash down daily, with tepid water. In all eruptive diseases, guard against taking cold—for a cold closes the pores of the skin, shutting up Nature's vent through which

she is expelling the disease germs.

WORMS IN THE INTESTINES.

This exceedingly prevalent and troublesome complaint may be quickly and effectually relieved by colon injections, coupled with the J. B. L. antiseptic tonic. It should be retained until the preparation has time to destroy or loosen the hold of the worms. Its action may be greatly accelerated by rubbing and churning the bowels.

INFANTILE CONVULSIONS, OR FITS.

These spasms sometimes indicate the approach of one of the eruptive fevers, but usually, the cause is the irritation of teething, or worms in the intestines. Although the appearance of a child under such conditions, is painful, yet the danger is much less than appears.

Get the little sufferer into a hot bath as quickly as possible, and draw the blood to the skin, which will afford relief. Next, direct your attention to the bowels. If, as is exceedingly likely, worms are the cause, treat as for worms.

PHYSICAL CULTURE.

BREATHING EXERCISES.

Lung development is the most important end to be obtained by physical culture. Weak lungs and imperfect digestion are inseparably associated, for to secure perfect nutrition, every particle of

food has to be thoroughly oxygenised ; thus passing through a state of chemical combustion. The oxygen inhaled, uniting with the carbon of the food produces this combustion. Hence the necessity for an ample supply of oxygen. Test your lungs, by inhaling a full breath—inflate the lungs to their full capacity, if it makes you dizzy, you are in danger.

HOW TO EXERCISE THE LUNGS.

1. When in the open air, walk erect, head up, chin drawn in, shoulders thrown back, thoroughly inflate the lungs, and retain the air for a second or two, then expel it gently. Practise this several times a day, and if your employment keeps you in, make time and go out.

2. The first thing in the morning, and the last thing at night, when you have nothing on but your under-clothing, stand with your back against the wall, and fill the lungs to their utmost capacity, then—retaining the breath—gently tap the chest all over with the open hands. Do this regularly every morning and night, gently at first, but gradually increasing the length of time for holding the breath, and the force of the blows, as the lungs grow stronger.

3. Stand upright, heels touching, toes turned out, place the hands on the hips, the fingers resting

on the diaphragm, the thumbs in the soft part of the back. Now inflate the lungs, and force the air down into the lower back part of the lungs, forcing out the thumbs. Do this half a dozen times at first, gradually increasing the number. Women seldom use this part of the lungs—tight dresses and corsets prevent them.

4. While in the same position, fill the upper part of the lungs full, then force the air down into the lower part of the lungs, and back again, by alternately contracting the upper and lower muscles of the chest. Do this repeatedly, for besides being a good lung developer, it is an excellent exercise for the liver.

5. Stand erect, arms hanging by the side, then slowly raise the arms until they are high above the head, at the same time gradually taking in a full breath, until the lungs are completely filled, then gradually lower the arms, at the same time, slowly expelling the breath. After doing this a few times—while the lungs are full—raise and lower the arms several times, quickly.

6. Place the hands on the hips, the fingers resting on the diaphragm, the thumbs in the soft part of back, then keeping the lower limbs rigid, bend forward from the waist line, expelling the breath at the same time, quickly, then straighten up, in-

haling slowly, then perform the same movement backwards. Repeat this five or six times, then, holding the breath, with the lungs full, backwards and forwards a few times.

NERVE EXERCISE.

TO DEVELOP NERVE FORCE, AND VITALITY.

This exercise, while it develops the muscles of the arms, also has an important effect in arousing the absorbent action of the great vital batteries, or nerve centres, and will be found of immense benefit in cases of weak digestion, as it induces a flow of natural electricity through the nerves of the stomach.

THE EXERCISE

While standing, inflate the lungs to their fullest extent, then raise the body, on the toes, three times, at each time of raising, inhale a little more air, but allow none to escape. Now, still holding the breath, raise the hands, in front, to the level of the shoulders, the arms extended to their full length, with all vitality taken out of them. Slowly draw the hands toward the shoulders, gradually putting force into them, so that by the time they reach the shoulders, the fists will be tightly clinched—so tightly—that a tremulous motion is felt. Then, without relaxing the tension, thrust the hands slowly forward, and draw them back to the shoulders with the greatest

rapidity possible, still maintaining the intensity, as many times as possible.

The speed of the drawing back motion must be great, to be of value, in fact, upon extreme speed, full lungs, and clinched hands, the success of this exercise depends. If practised in the manner described, it will be found of the utmost benefit in nourishing the nerves.

BODILY EXERCISES.

WHOLE BODY.

1. Raise the arms above the head, alongside the ears, then bring them down with a steady sweep, without bending the knees, until the fingers touch the floor. Be sure to relax the muscles of the neck, and allow the head to hang.

2. Place the hands upon the breast, and drop the head backward, a little to one side, then bend the body backward as far as possible.

3. Curve the right arm above the head, toward the left shoulder, and allow the weight of the body to rest on the left leg, the right foot being carried slightly outward. Allow the body to hang down as far as possible on the left side, without straining too much. Then reverse the movement.

SHOULDER AND ARM.

Allow the arms to hang by the side, now, press the shoulder as far back as it will go, then, as high

as it will go, then forward as far as it will go, and drop it again, then rotate it several times. Do the same with the left, then both together. Strike out with the right hand, tightly clinched, then the left, then both together. Repeat horizontally, right and left, then straight up overhead, then down by the sides.

LEG MOVEMENTS.

1. Stand on left leg, relax the muscles of right leg, keeping all other muscles rigid, then swing right leg backwards and forwards, loosely, from the hip-joint. Then, keep the thigh rigid, and swing the leg from the knee-joint. Perform the same movement with left leg.

2. Stand with the legs about eighteen inches apart, the hands on the hips, then lower the body until almost in a sitting position on the floor, then straighten up again. Repeat this a dozen times, increasing the speed with each movement.

STRETCHING

Is quite a luxury, but few people know how to do it.

Stand in the position described in the last exercise, but with the hands raised high above the head. Now raise yourself on the tips of your toes, and try your best, to touch the ceiling. You will appreciate this exercise as a relaxation.

MASSAGE,

Which is the application of motion and pressure to the body, is a most important factor in preserving or restoring health. It affords a sick person all the benefit to be obtained from exercise, without the physical effort, which he is unable to exert. The sweat glands, capillaries, and lymph channels, which constitute thousands of miles of tubing, in the body of a grown person, are, by carefully and systematically applied massage stimulated to action. The currents in these vessels are a necessity of life. When they are obstructed, weakness is the result, when they cease, decay and death ensue.

When we rub our hands or feet, we say the friction warms them, in reality it is the inner vessels which are stimulated, and bring more warm blood to the parts. If this process is extended over the whole available surface of the body, the most beneficial results will follow.

There are three recognized methods of application.

First—Rubbing, to stimulate the skin to action.

Second—Rolling, and pinching gently, also a kneading movement, used principally to stimulate the stomach, bowels, and muscular tissues.

Third—Percussion, or tapping with the ends of the fingers, softly—most efficacious in stimulating the action of the lungs.

Rub the surface first, with a little palm oil, or vaseline. Use the tapping movement for the chest, and back, the rubbing movement for the stomach and bowels, and the pinching, or kneading move-

ment for the limbs. In dyspepsia and constipation, great benefit is derived from massage treatment of the stomach and colon—starting the movements in the right groin, where the colon commences, and following its course to its rectal extremity, (consult diagram). For rheumatism, sprains, etc., commence with hot oily applications.

Most people find massage treatment to have a gentle, soothing effect. Nearly all find their appetite increased.

THE STOMACH BATH.

The first method is simplicity itself, and consists in drinking from half to a pint of hot water, as hot as can be drunk with comfort, in the morning after rising, or half an hour before breakfast. It loosens up the mucus in the stomach, and in half an hour it will have passed out.

The second consists in drinking tepid water until nauseated, then the stomach will throw it back, with its contents. This thoroughly empties and cleanses the stomach. From a pint to a quart, is usually sufficient, although two quarts will do no harm. If the stomach does not reject it readily, thrust the forefinger down the throat to the end of the glottis.

THE TURKISH BATH.

Provide a wooden bottomed chair, and having stripped the patient of all clothing, except a pair of woolen drawers to protect his legs from the heat, let him sit on it, with his feet ankle deep in a hot foot bath, just as hot as he can bear. Wrap him about first with a blanket, tucking it close around

the neck, but letting it hang loose over the chair and vessel containing the foot bath, but so arranged as to exclude the air from his person. Over the blanket wrap one or two heavy comfortables, the object being to prevent the escape of the heat and exclude the outside air from the body. Raising one side of the comfortables and blanket, place under the chair an old tea-cup half full of alcohol. Set it on fire and again close the opening. Give him a drink of cold water, and if the head feels oppressed, apply a wet towel wrung from cold water. Add more hot water to the foot bath once or twice, keeping it as hot as he can bear it during the continuance of the bath. Keep him in the bath until the alcohol is all burned out. Then wash him down with soap and tepid water, sponge off with cool water, rubbing the flesh and working the muscles vigorously the meanwhile. Then dry off by patting the skin with the towel (not rubbing it), leaving a little moisture on it; dress quickly and let him lie down for an hour or put him to bed.

It should not be taken either immediately before or after a meal.

THE WET SHEET PACK.

Spread over the bed or cot two or more heavy comfortables, over these a pair of blankets then, if for a person of strong vitality, wring a sheet out of cold water just dry enough not to drip, and spread it over the blanket; lay the patient stripped of all clothing on the sheet with his arms by his sides, tuck the sheet around him, then the blankets and comfortables, leaving his head out but tucking it

close around the neck and over his feet—making a mummy of him, so to say. If the head is hot or aches, apply a towel wrung from cold water and renew it as often as it gets warm. To the feet apply a jug of hot water. Let him lie in the pack from twenty to forty minutes, or even longer if he is comfortable. He will soon get warm and sweat freely. This is the end desired. If he goes to sleep, as is often the case, don't be in a hurry to wake him up. He will take no harm so long as he keeps warm. See that there is plenty of fresh air in the room. When he has been in the pack a sufficient length of time close the windows, then take him out and wash him down thoroughly with soap and soft, tepid water, then sponge off with cooler water, rubbing him down vigorously and working the flesh the meanwhile. If not too weak he should assist in this operation. Then dry off by patting the skin with the towel (not rubbing it), leaving a little moisture on the skin. Then, if in the day time, and the weather is not too cold, a little exercise in the open air will be beneficial. If he is too weak to exercise put him to bed again.

Before and during the pack let him have all the cold water he wants to drink, in small quantities at a time. If the patient has but little vitality, wring the sheet out of tepid instead of cold water.

The hot sheet pack is used in the same manner, the only difference being, that the sheet is wrung out of water, as hot as can be borne.

VALEDICTORY.

In conclusion, we would ask the reader to carefully consider the facts herein set forth, to weigh the testimony AGAINST the old system, and FOR the new, and let sober reason decide which of the two is the more rational. Bring the same dispassionate judgment to bear on this question, that you would on a matter involving your financial welfare. It will amply repay you to do so, for the matter at stake is a weighty one. The preservation of health is a DUTY that each member of the human family owes to self and friends.

Such is the power of health, that without its cooperation, every other comfort is torpid and lifeless as the power of vegetation without the sun. And yet this is commonly thrown away in thoughtless negligence, or in foolish experiments on our own strength, we let it perish without remembering its value, or waste it to show how much we have to spare, it is sometimes given up to the management of levity and chance, and sometimes sold for the applause of jollity and looseness. Others there are, who inherit weak constitutions, and fall an easy prey to sickness; while others who are neither thoughtless nor naturally weak, invite disease through simple ignorance of the laws that govern their being. Owing to these manifold causes sickness is rife, and the medical profession has come

to be regarded (and not without cause) as an exceedingly lucrative one.

This would not be a matter so much to be deplored, if so-called "medical science" had kept pace with the other sciences; but the lamentable truth is, that the practice of medicine (so far as healing value is concerned) has not advanced one jot since the days of Esculapius. Surgery has made wonderful strides, but medicine has stood still. True, they have increased the number of remedies, aye, a hundred fold, but the only result has been to complicate the system, without improving it.

The reflective individual cannot pick up the smallest country newspaper and read the record of daily events, without being struck with astonishment at the gigantic strides that science and invention have made—especially during the present century. The fact, that for the paltry sum of one or two cents, a man can read at his breakfast table the record of the doings of the previous day, in all parts of the world, is little short of the miraculous. Think of being able to traverse the breadth of this vast continent—3,000 miles—in five days, or of crossing the broad Atlantic in the same limited space of time!

Read the triumphs of astronomy. Look at the progress in engineering, which has rendered possi-

sible such achievements as the Suez canal, the Brooklyn Bridge, and the crossing of the Rockies by the locomotive! Ask the farmer concerning the value of his steam ploughs, his reaping, binding, and mowing machines.

Reflect for awhile on the marvellous developments in electricity, the telephone, the telegraph, the phonograph, and the electric railroad! And future generations will yet see wonders of which we have not even dreamed. But not in medicine.

Everything else has progressed, but *that* has stood still. The scientists have been busy subjugating the forces of Nature for the benefit of mankind, but that petted, favored coterie of individuals composing the "medical profession," who claim as their especial function, the keeping in order of that delicate, and complex piece of mechanism, the "human system," have done nothing. The reason is obvious. Being based on a fallacy—progress on rational, and defined lines is impossible. The exact sciences *have* progressed, which is tantamount to a tacit admission, by the drug practitioners that, so-called medical science, is in reality no science at all.

What people need is fewer doctors, and more instruction in the art of preserving health.

Hygiene should form a part of our school curriculum. Children should be taught the mysteries

of their own bodies, then the future generation would have little need of medical men—they would know what to *do* to regain their health, when assailed by sickness, instead of seeing a member of a close corporation to order them what to *take*.

Our purpose in this little work has been to show the people that they can, if they will, be their own physicians and that in doing so, their chances of recovery are immeasurably greater—that the preservation of their health is in their own hands. The administering of drugs in sickness, is a barbarous practice, illogical in its reasoning, unsound in its theory, and pernicious in its practice. Thoroughly cleansing the system by flushing the colon, is a simple, common-sense method of treatment, easy of application, thoroughly hygienic in theory, and, beyond all question, immensely beneficial in practice.

Thousands of grateful people can testify to its efficiency, frequently in case where the “faculty” had abandoned all hope, and why? Because it assists Nature instead of thwarting it. The principal drawback under which our system has labored hitherto, has been the lack of perfect apparatus for the introduction of the cleansing stream, but we now have the satisfaction of introducing to the public a means for that purpose, that leaves nothing

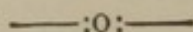
to be desired. The J. B. L. Cascade is the most satisfactory, and effective appliance for flushing the alimentary canal that has yet been invented.

It is the outcome of years of patient toil and thought, but the thoroughly satisfactory results obtained by it, and the enthusiastic encomiums lavished upon it by its beneficiaries, are regarded by the proprietor as an ample and commensurate reward (not wholly undeserved) for the mental labor involved in its successful evolution.

Its simplicity is such, that it can be manipulated by any intelligent child, and its price, by comparison with its remedial virtues is insignificant. With this perfected apparatus, and the J. B. L. antiseptic tonic, any parent can constitute himself the physician of his family, and by following the directions for the treatment of the various diseases described in this work, can successfully combat them—and all at a cost not exceeding one physician's visit. But more than that, he can, by periodical use of it, so improve the physical condition of himself and family, that they will forget what sickness is, and rejoice in that exhilaration of spirit that only comes with perfect health.

Our system of treatment is *true* in philosophy, in *harmony* with Nature, and thoroughly rational in practice.

FINIS.



1. The best time to use the Cascade, is just before retiring for the night, and not less than two hours after taking the last meal.

2. The water should be at animal heat, or as hot as to comfortably bear the hand in.

3. The reservoir should always be *completely* filled, without regard to the quantity to be injected at the time. This excludes the air, which would otherwise be forced into the colon, preventing the entrance of the water, and causing griping pains.

4. Those who have never practised the flushing treatment, should proceed with discretion. The capacity of the colon, in the average adult, is one gallon, but if it be impacted it would be impossible to inject that quantity of water in addition to the fœcal matter present. The best plan therefore, in commencing the treatment, is to use a quart or three pints the first night, the next night, double the quantity, and the third or fourth night, the full quantity should be received.

5. Dissolve the antiseptic thoroughly in a teacup, with hot water (boiling water is best), and add it when the reservoir is about half filled.

6. While receiving the water, it is advisable to follow the course of the colon with a gentle stroking motion, commencing in the left groin, up, to a point just above the navel, then across, and down to the right groin. This facilitates the entrance of the water, and at the same time loosens any adherent fœcal matter in the colon. When expelling the water, reverse the movement, commencing in the right groin. Study the diagram of the digestive apparatus in this book.

7. After expelling the water, it will be found very beneficial to inject about half a pint of *cold* water, and retain it. This will act as an excellent Rectal tonic.

8. For the simple preservation of health, it will be found amply sufficient to use the "Cascade" twice a week, or, at the most, three times.

9. It is advisable to solicit the bowels, before using the "Cascade," gas being frequently expelled, if nothing else, and if this is done, and the reservoir completely filled, pain will rarely, if ever, be felt. If, however, pain *should* be experienced, make a strong decoction, by pouring a pint of boiling water, on a tablespoonful of aniseed, and add the liquid to the water used for flushing.

A PARTING WORD.

Better omit the external bath than the internal cleansing. Keep the fountain pure, and the stream will be pure.

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THE J. B. L. CASCADE,

PATENTED JAN. 1894—and AUG. 1897.

FULLY DESCRIBED AND ILLUSTRATED.

This invaluable appliance, which has proved such an inestimable blessing to thousands of unhappy sufferers, takes its name from the initials of the three words that constitute our trade mark.—

JOY. BEAUTY. LIFE.

It will be readily seen, by referring to the illustrations on the following leaves, that the “J. B. L. Cascade” is entirely different from any other appliance, for “flushing the colon,” that has ever been offered to the public. It is, in fact, *the Only Apparatus Ever Specially Made For The Purpose*, either in this or any other country; for the Bulb and Fountain syringes, were constructed for an entirely different class of operations, and were only used for intestinal treatment, because there was nothing better at hand.

The simplicity of the method of operation, can be seen at a glance, for the patient sits in ease and comfort, *upon* the “Cascade,” while receiving the cleansing stream. Personal weight, it will be seen, is the motive power that forces the water into the colon, without the slightest physical effort, the time required for the reception of the water being from three to four minutes only. By following our directions, the time occupied in the whole operation of “flushing,” need not exceed fifteen min-

THE J. B. L. CASCADE.

utes, or about one-fourth of the time necessary by other methods; a valuable saving of time to busy or weakly people.

The reservoir, which holds five quarts, is made of the very best *cloth rubber* (the only hot water appliance, made of this material), and the "injection points," which are shown, "actual size" in the illustration, are so constructed, that the natural constriction of the sphincter muscle holds them firmly in position in the rectum, and while affording the water free passage into the colon, prevents the escape of a single drop, externally, thus rendering soiled garments impossible. They are furnished with six rows of perforations, through which the water is evenly diffused over the walls of the rectum, giving it the full benefit of the treatment, a most desirable thing in cases of "piles," and "rectal inflammations."

The faucet, is considered, by expert physiologists, to be anatomically correct, for the "dome" portion accurately fits the natural arch of the body, when in a sitting position, affording perfect support to the parts, and preventing any prolapse; while the handle of the faucet, projecting forward, between the limbs of the patient, may be manipulated with the greatest ease, in controlling the flow of water.

Another great advantage is, that the patient is seated on a warm cushion, which soothes the system, and allays any desire to expel the water, and the lower portion of the body can remain covered,

THE J. B. L. CASCADE.

which is impossible when using any other method.

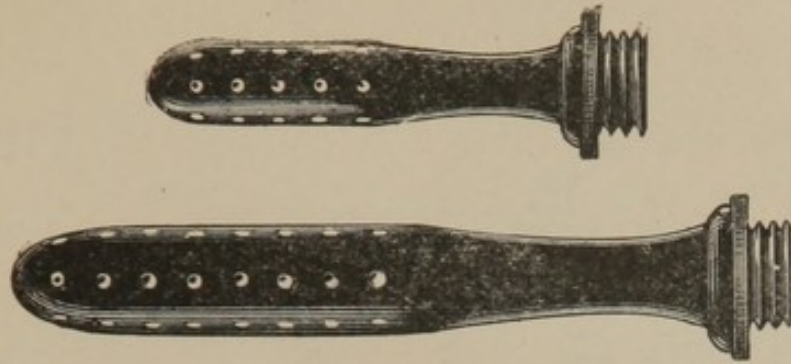
But, not only is it the one, perfect instrument for the practice of the "flushing" treatment for, by a simple change of stoppers it can be converted into the largest *fountain syringe* in the world; and by merely shutting off the faucet, and filling the reservoir, it is transformed into a *hot water bottle* that has no equal, as its great bulk enables it to retain the heat for many hours. It is the most *cleanly, convenient, expeditious*, and in fact, the *most perfect instrument* for all the above purposes, that has ever been manufactured, suitable for both sexes, adults, or children, and in its handsome case, it forms an attractive and sensible present, and should find a place in every home.

With reasonable care, the "Cascade" should last for several years. We know of many that have been in use for three years, and are still in good condition, but, in any case, *We Guarantee Them For One Year.*

We also furnish with every "Cascade" a box of our invaluable Antiseptic Tonic, the most perfect antiseptic and germ-destroyer in existence.

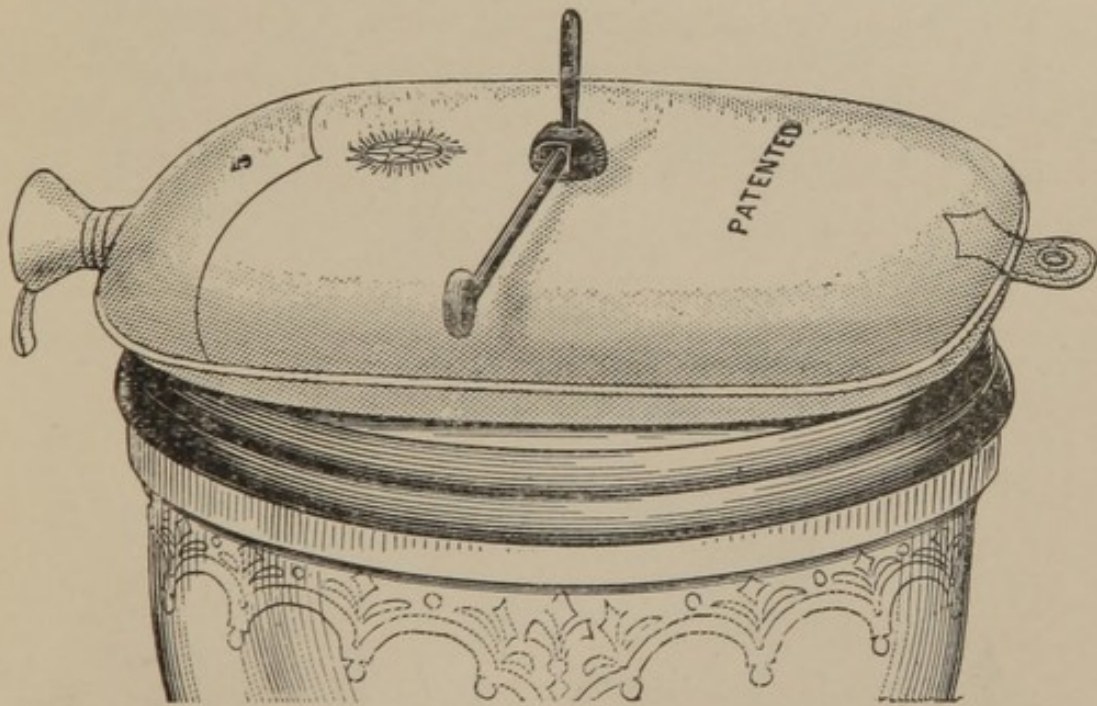
The quantity sent, will last for several months, and a like amount will be sent, by mail, post-paid, for fifty cents, but *only* to purchasers of the "Cascade."

Send for our thirty-six page illustrated and descriptive pamphlet, containing convincing testimonials, from prominent people. Mailed Free.



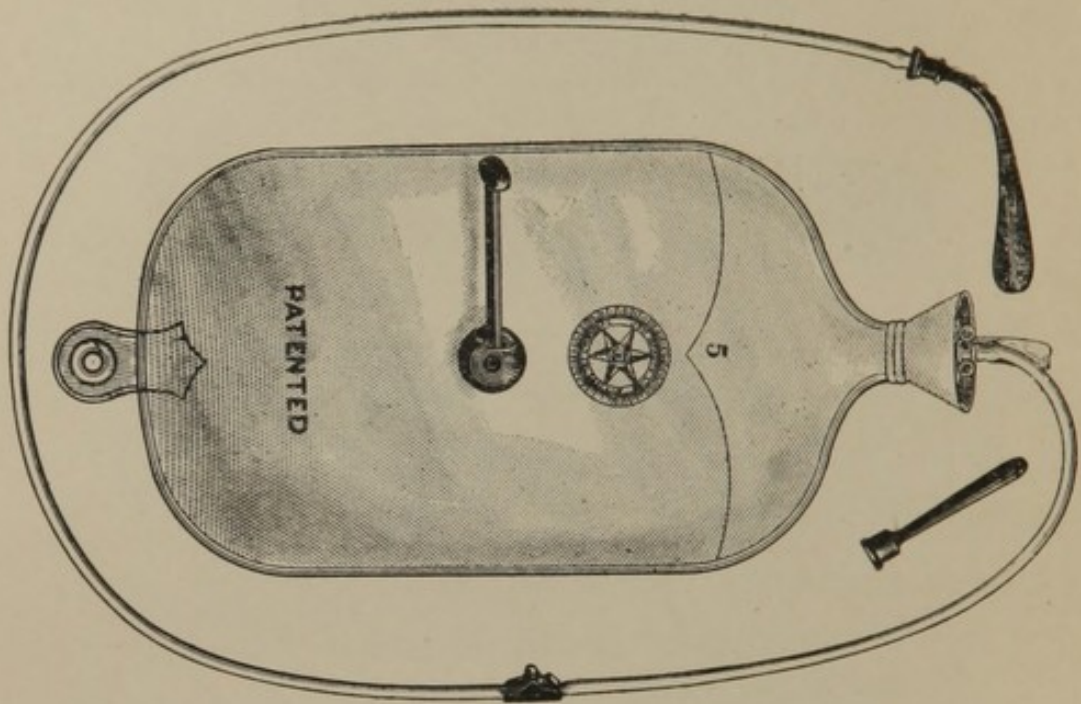
The above illustration, shows the special "Rectal Injection Points," (actual size), used in the "J. B. L. Cascade. They are anatomically perfect in construction.

(Patent Applied For).

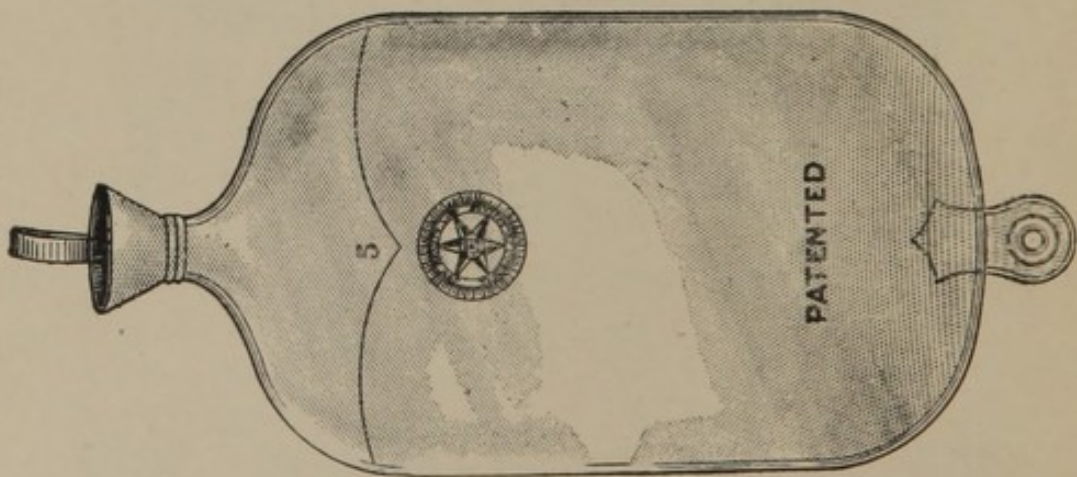


*The "J. B. L. Cascade," (on seat,) in position
For Treatment.*

PRICE,	without Fountain Attachment,	\$6.00
“	with “ “	7.00



The "Cascade," as a Fountain Syringe,



The "Cascade," as a Hot Water Bottle.

23 Park Row
New York, Nov. 20/94

My dear Prof Tyrrrell.

I have tested your "J. B. L. Cascade" practically upon myself and have become convinced that it is the best apparatus for flushing the colon ever invented. It is constructed on truly scientific principles, and its operation is by the simplest mechanical means.

I can cheerfully recommend the "cascade" to the hundreds of thousands who have purchased and are still purchasing my "Health Pamphlet" wishing you all success in its introduction.

I am very truly yours

A Wilford Hall
Author of the "Health Pamphlet" "Problem of Human Life." &c &c

The "J. B. L. CASCADE" is endorsed in the highest terms, by the following authorities in medical, hygienic, and professional circles :

Dr. ROBERT WALTER,

Proprietor Walter's Park Sanitarium, Walter's Park, Pa.

Dr. F. WILSON HURD,

Proprietor Water Gap Sanitarium, Minsi, Pa.

Dr. G. W. BROOKS,

Late of Board of Health, N. Y. City.

A. WILFORD HALL, Ph. D., L. L. D.,

Author of the "Health Pamphlet."

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Author of "The New Method," Los Angeles, Cal.

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43 West 45th St., N. Y. City.

Dr. THEOPHILUS STEELE,

169 West 91st St., N. Y. City.

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Private Sanitarium, 177 West 47th St., N. Y. City.

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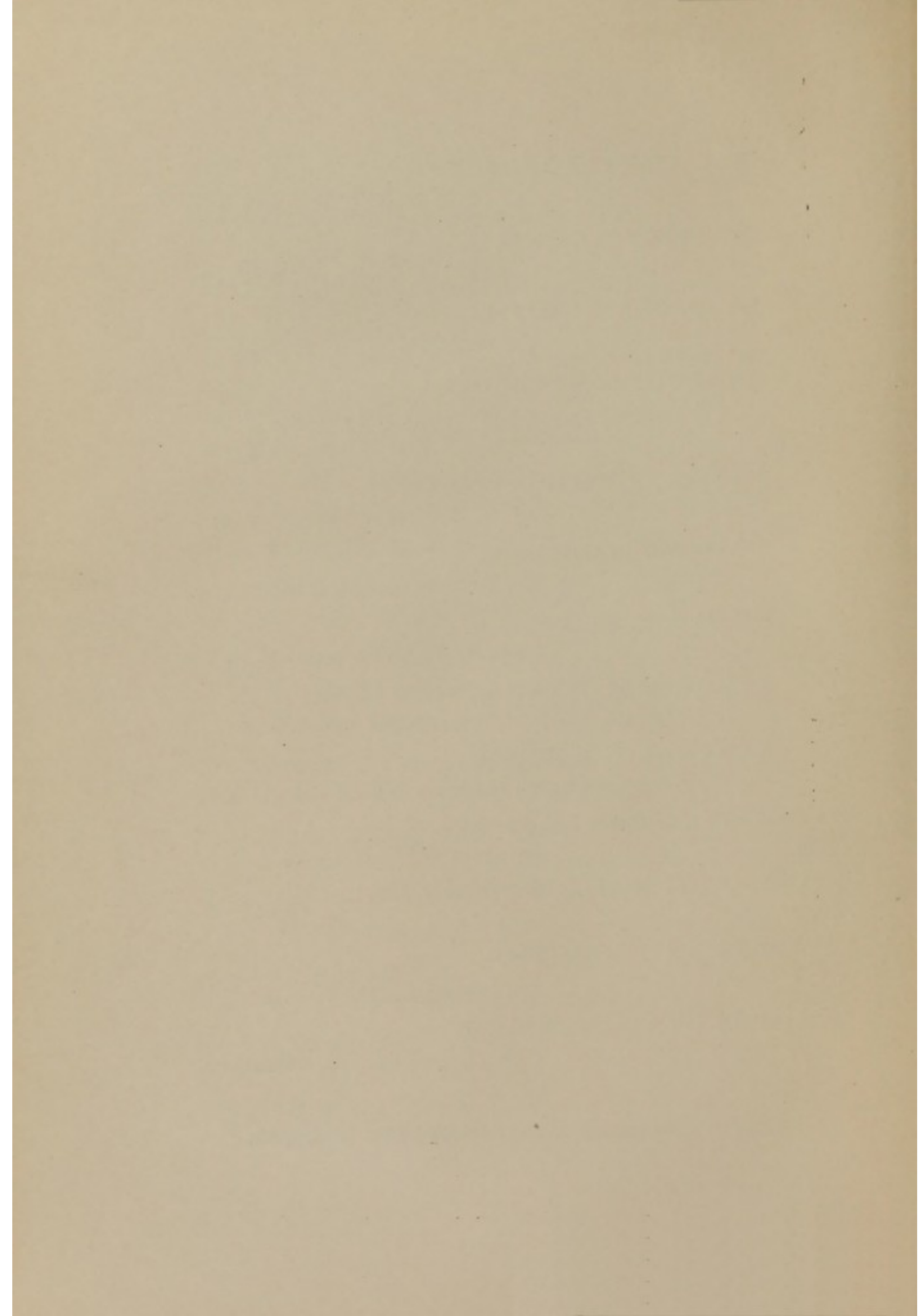
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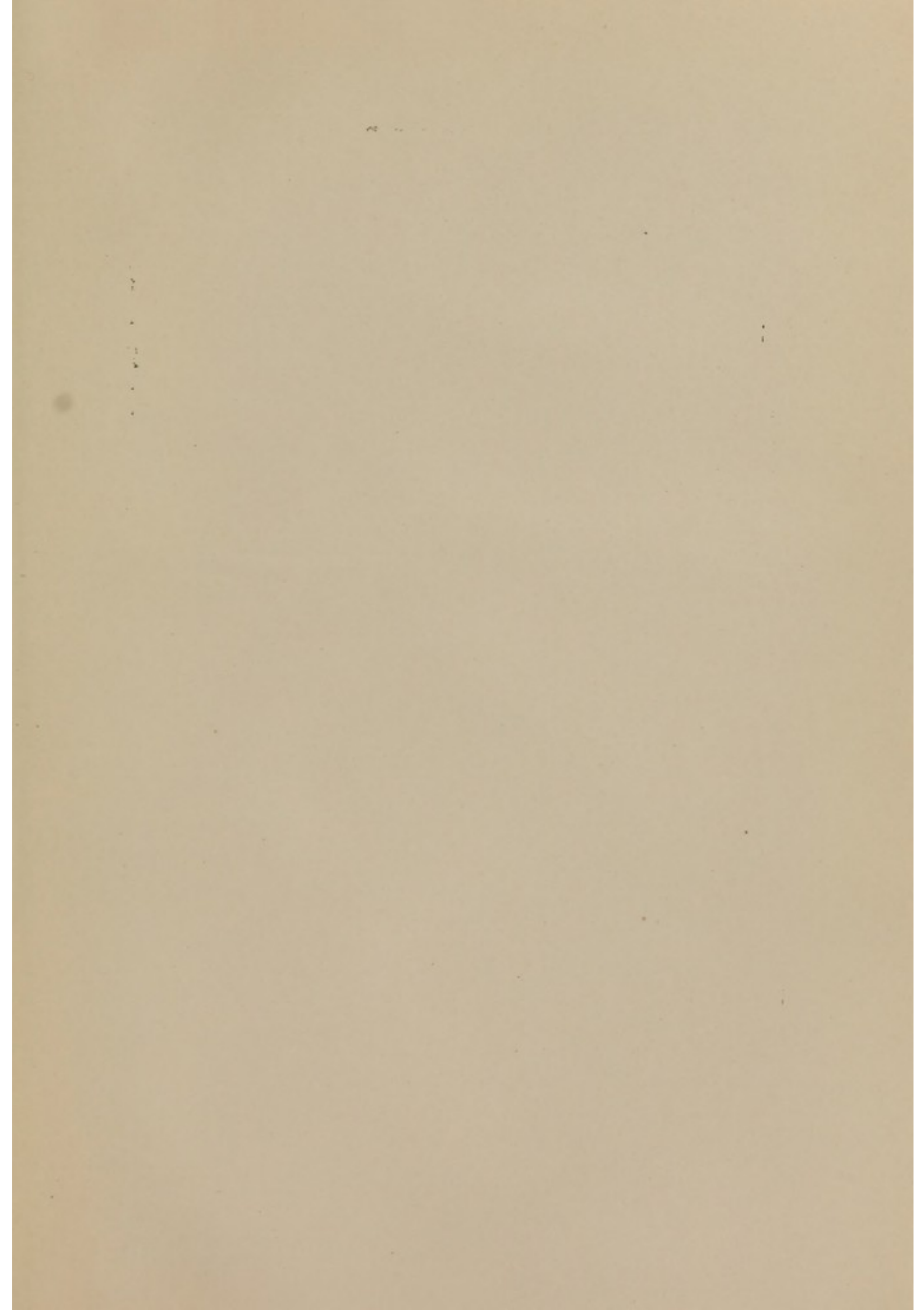
Late Police Commissioner of Newark, N. J.

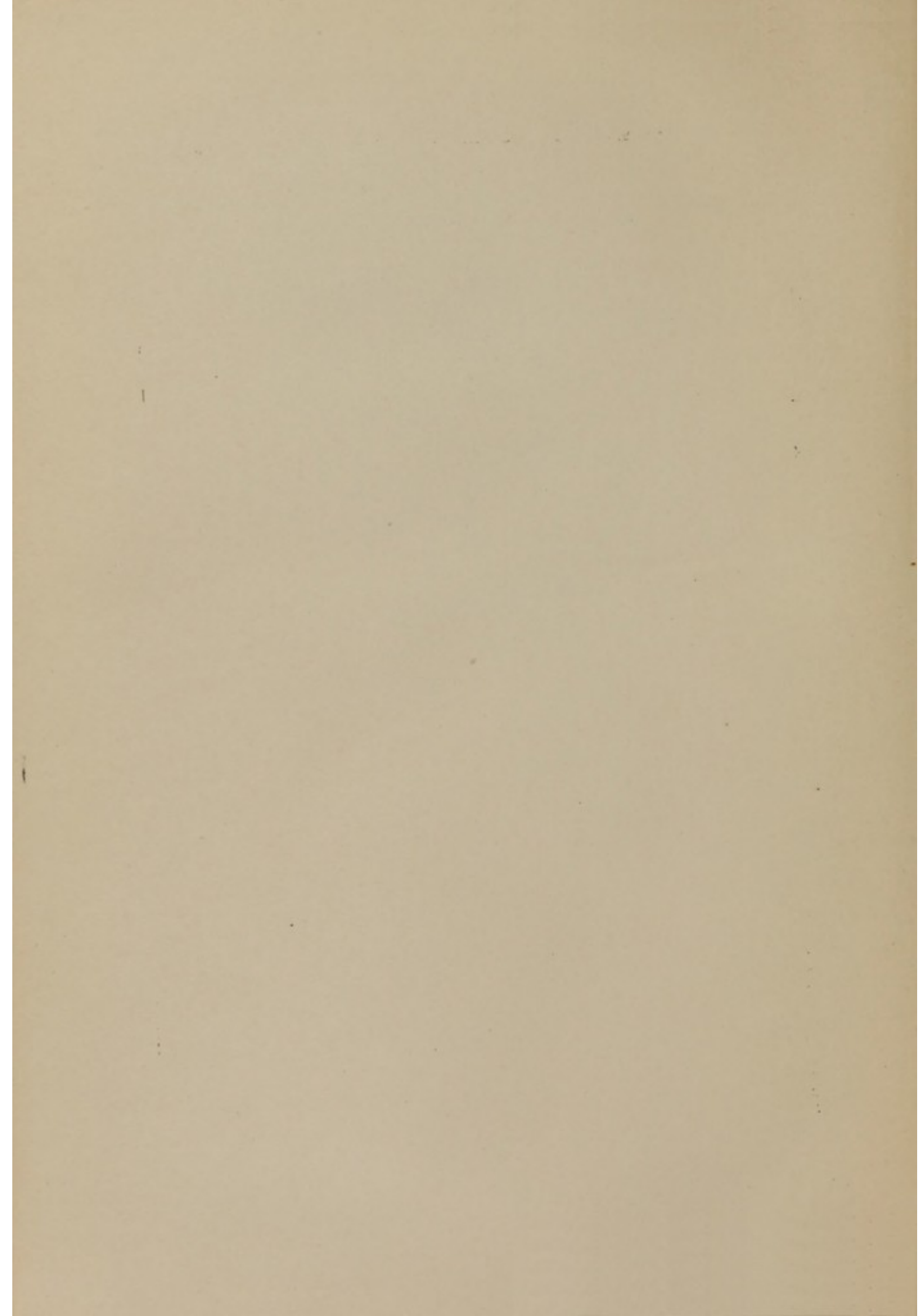
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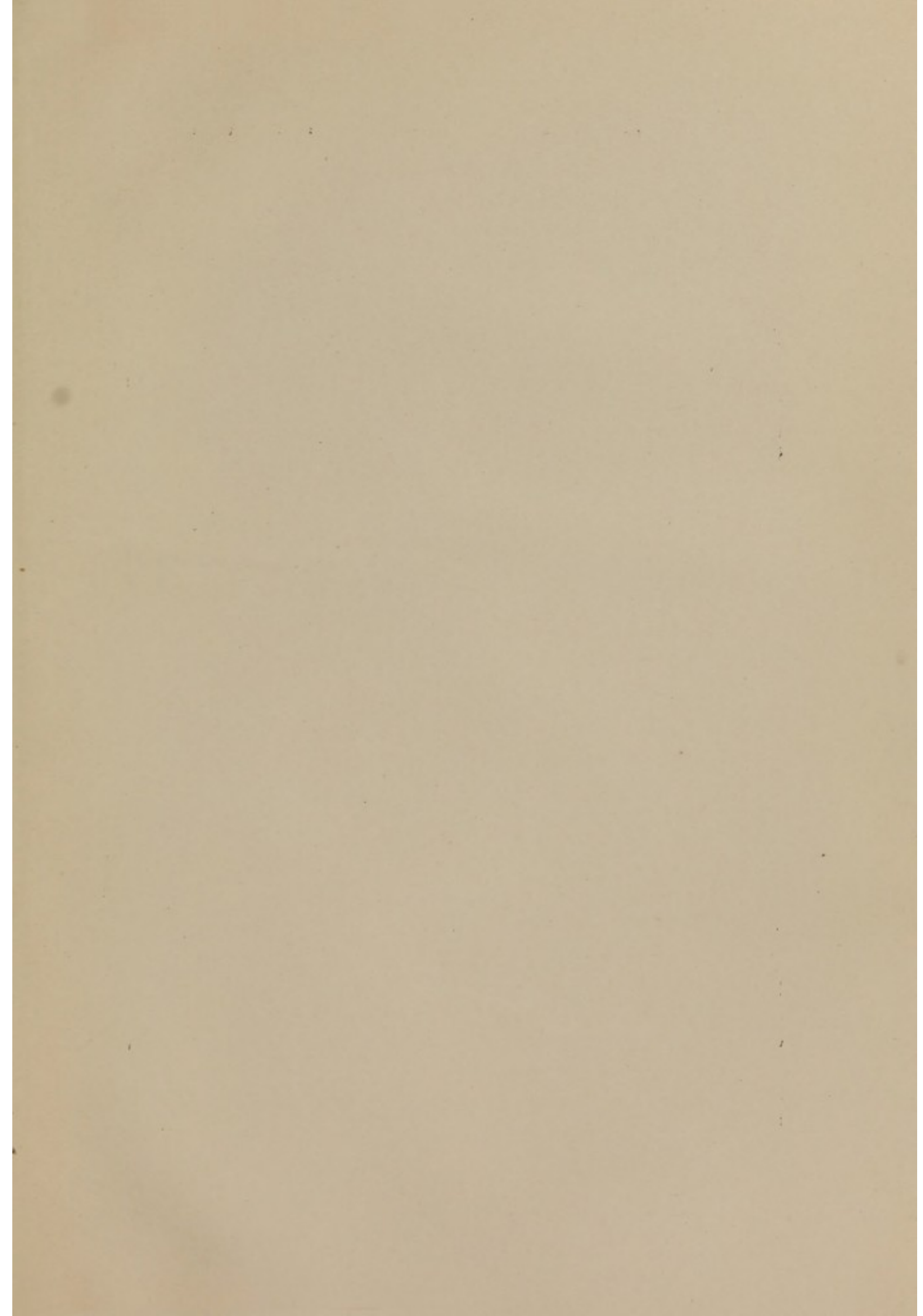
The Great Character Actress,

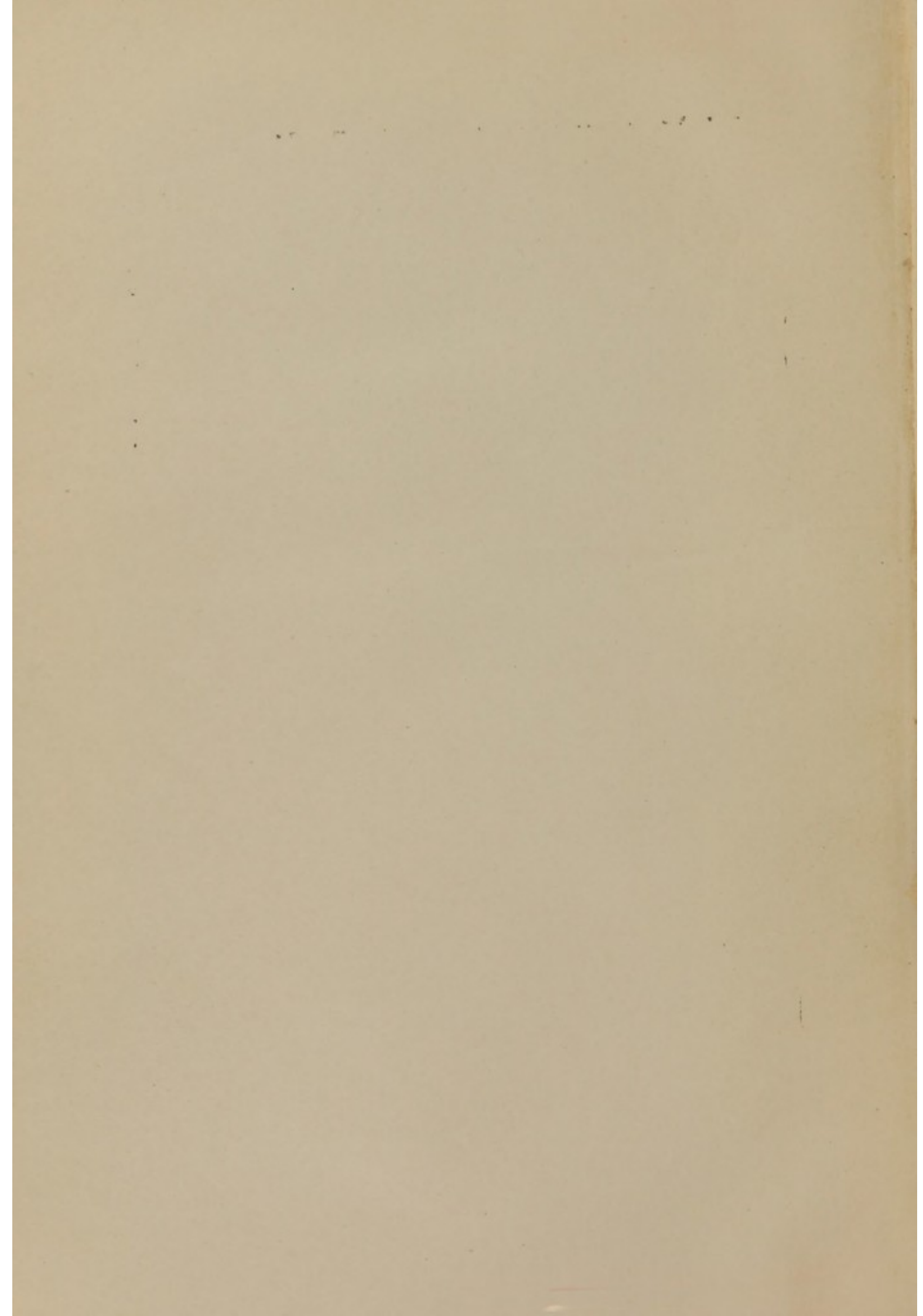
“In a multitude of counselors there is wisdom.”

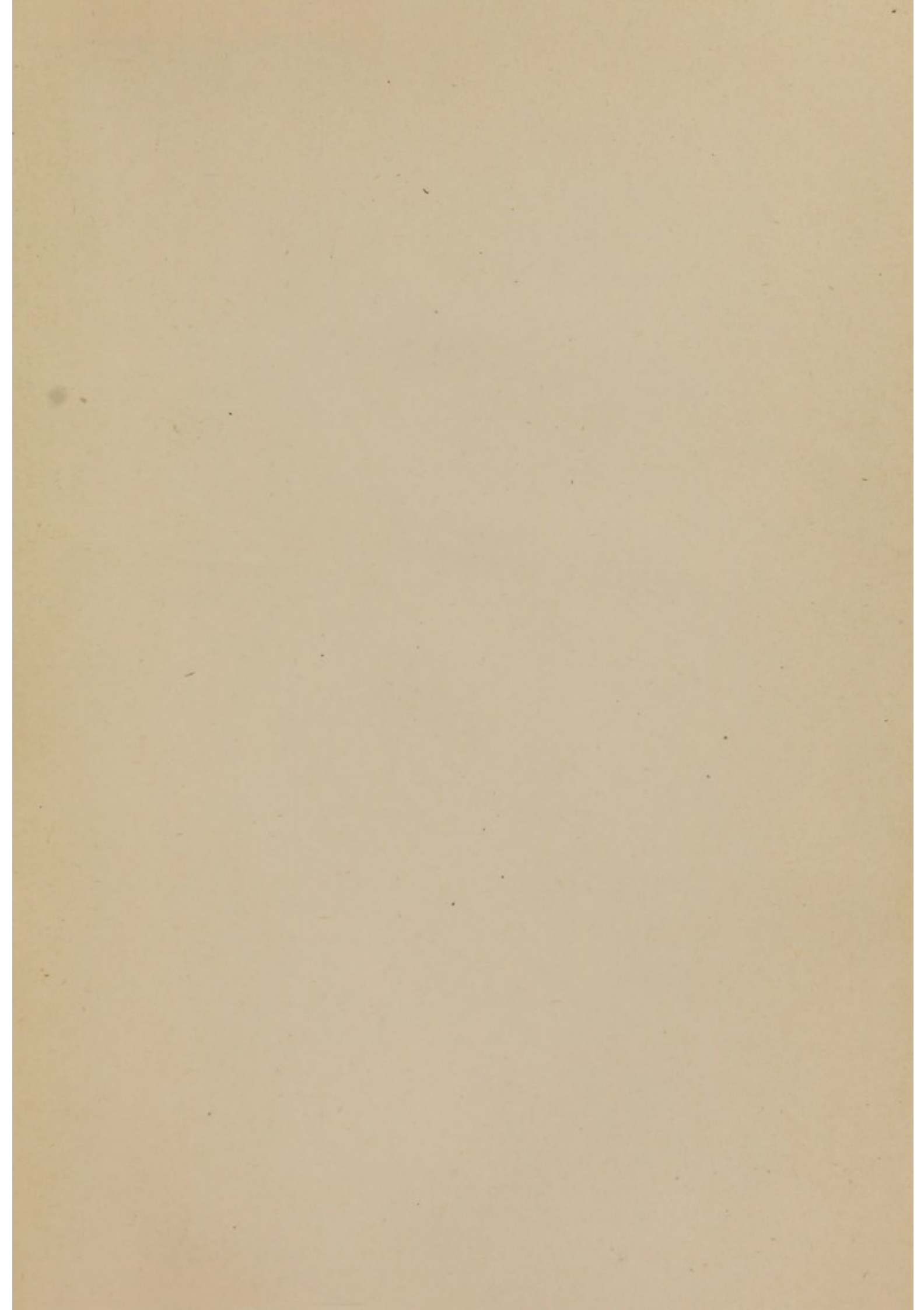


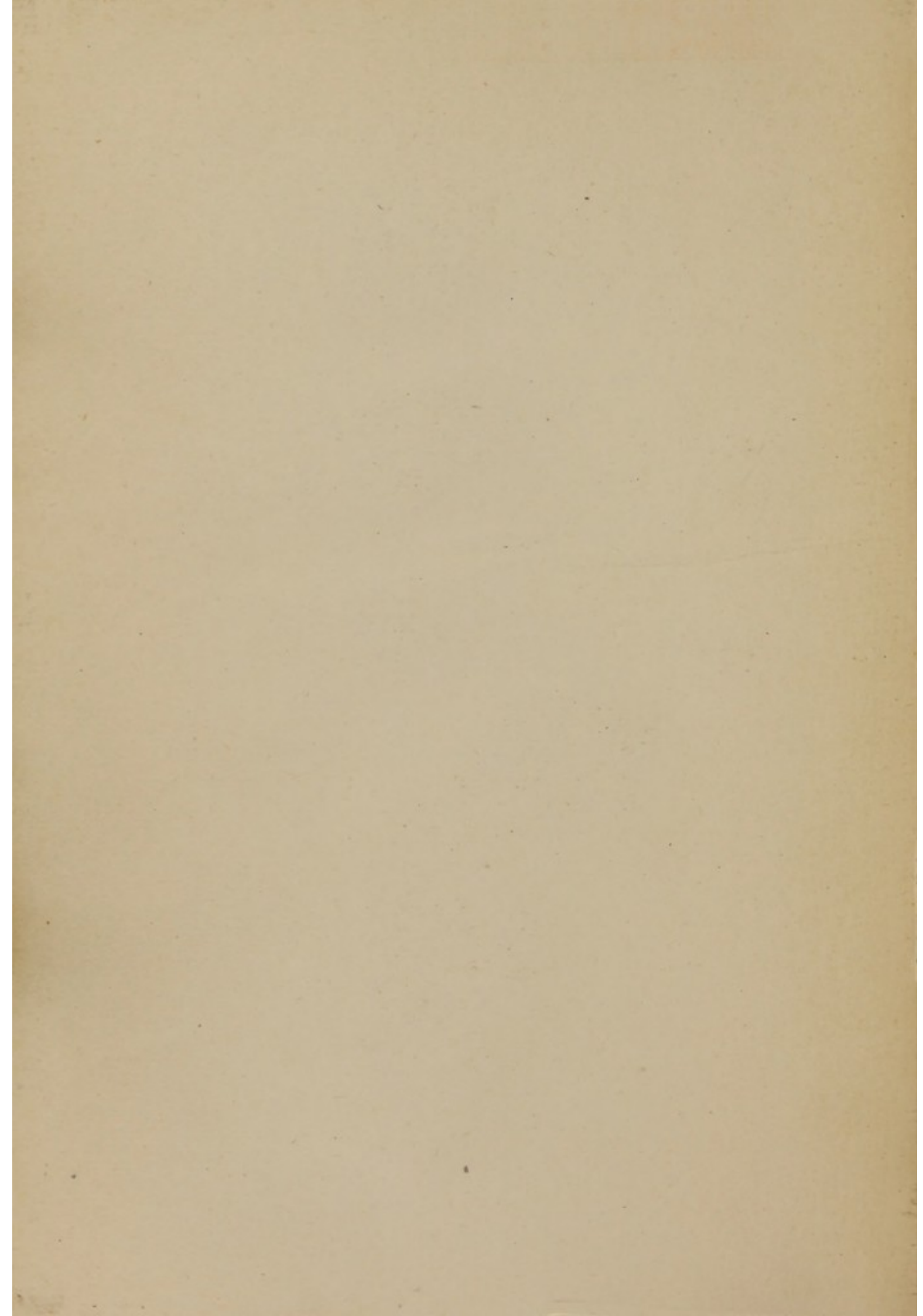


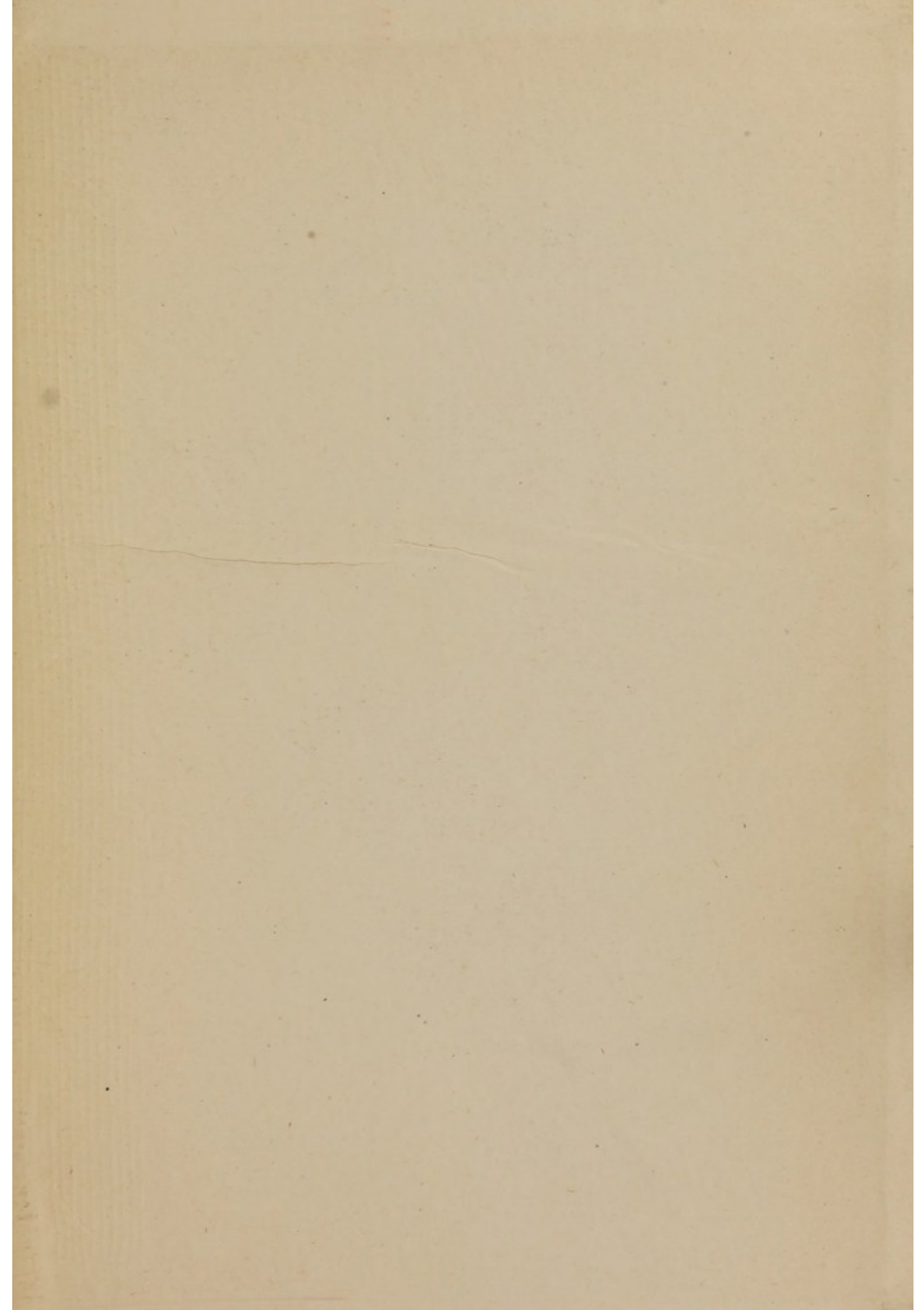












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