

Internal baths : the principle and the process : being an exposition of Prof. Chas. A. Tyrrell's celebrated "J.B.L. Cascade," a device for eliminating the waste of the system : drugs shown to be injurious to health and longevity : essentially a home treatment.

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25 Cents

Internal Baths

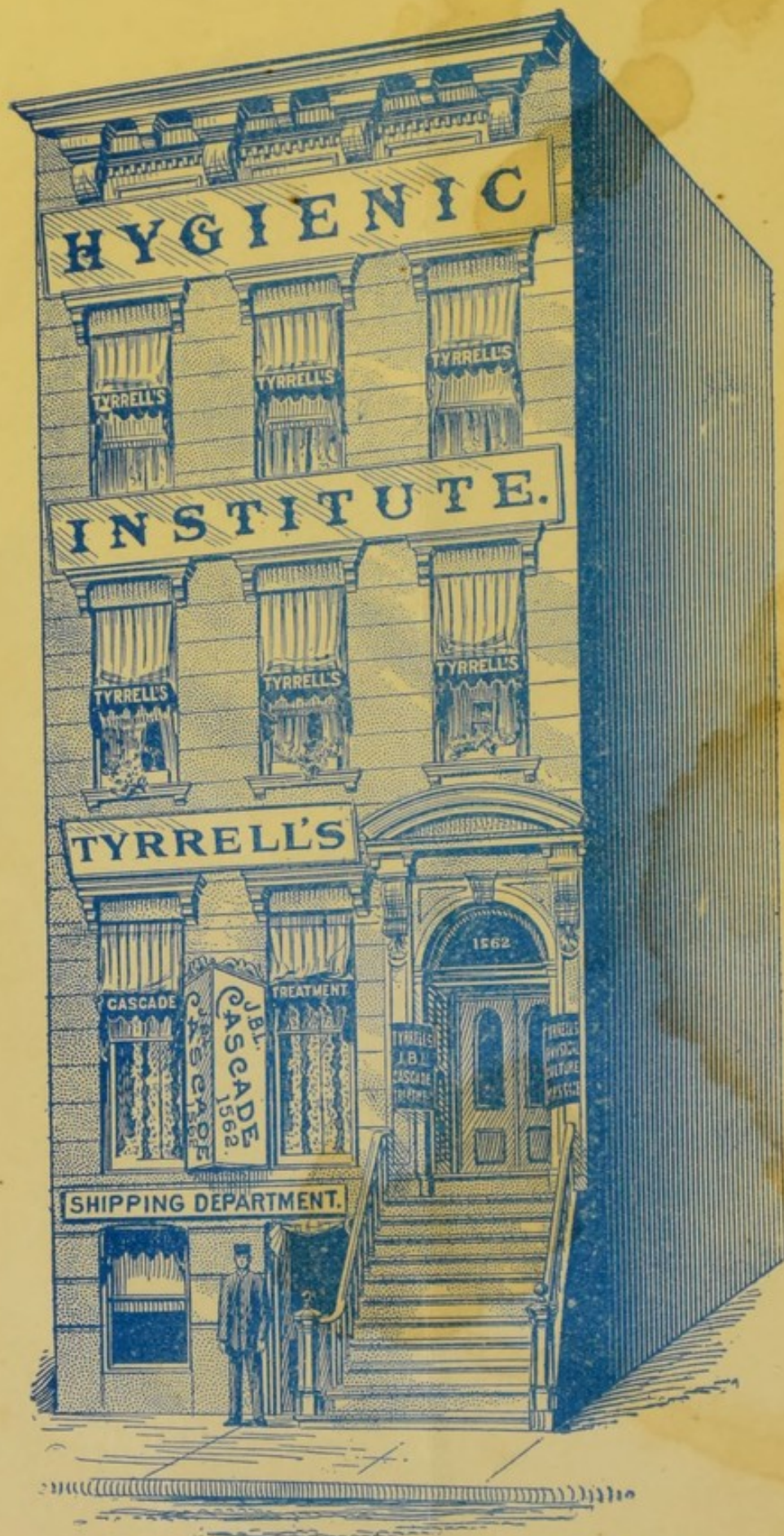
THE PRINCIPLE
..and.. THE PROCESS...

Being an exposition of PROF. CHAS. A. TYRRELL'S celebrated
"J. B. L. CASCADE," a device for eliminating
the WASTE of the System. Drugs shown
to be Injurious to Health and Longevity

ESSENTIALLY A
HOME TREATMENT

REVISED EDITION OF
"Glad Tidings for the Afflicted"

TYRRELL'S HYGIENIC INSTITUTE,
1562 BROADWAY, NEW YORK



HEADQUARTERS OF THE "J. B. L. CASCADE."

Especially designed for "Treatment at Home." Its operation can be easily mastered in five minutes. . . .

Appointments made with either sex, for "Private Treatments," at all hours.

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THE WHAT,

THE WHY,

THE WAY

OF

“Internal Baths.”

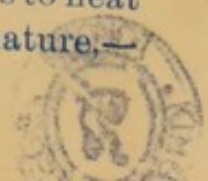
—§—

THE WHAT. By “Internal Baths,” we mean what is usually designated, “flushing the colon,” and “rectal irrigation,” but *not* what is known as “taking an injection.” Mere injections of a pint to a quart or two of water are not only insufficient but may lead to the formation of bad habits; they are certainly not internal *baths*.

To take an “internal bath,” properly, four or five quarts of clean, antiseptic water are scientifically sent into the colon or large bowel (see illustration of large intestine and explanation further on).

This gutter is capable, when fully distended, of holding (in a large person), 5 quarts. It is the receptacle for the waste matter of the system. Whenever this physiological sewer or gutter is washed out and cleansed, we may describe the process as taking an “internal bath.”

THE WHY. All sewers should be flushed, cleansed, disinfected. Do we need to argue such a reasonable proposition? Civilized man is the subject or victim of very bad habits, practices and misfortunes: irregularity in going to stool; irregularity in rising and retiring; irregularity in taking his meals, etc.; overfeeding; improper food; undue excitements; undue depressions; worries; rectal lacerations from hard substances swallowed (such as pieces of nut shells or bones), etc.; inner scratches that result in piles, ulcers, fissures, etc.; inflammation from neglect in having the diaper changed in childhood, (bringing on in later years hemorrhoids, etc., which in turn bring on constipation or diarrhoea); indolence; too little exercise; too much exercise; sedentary habits; nervous exhaustion; sensitiveness to heat and cold, and many other departures from the normality of nature.—



THE WHAT, THE WHY, AND THE WAY.

all these bring upon him the penalty of disobedience by interrupting or suspending or rendering inadequate the great protective and self-preservative function of elimination or discharge of rejected material. In consequence of this retention, in all of us, of some quantity, much or little, of the offscourings of the system, the blood becomes corrupted; and the immediately-related functions of the small intestines, of the liver, and of the stomach, are thwarted, which in turn thwart functions closely related to them, and so on and on. As an outcome, the weakest organ becomes the first noticeable victim, which in one person may be the kidneys, in another, the lungs, in another, the stomach, the liver, the brain, etc., thus furnishing the hot-bed for the growth of the multitude of diseases that necessitate doctors and drugs, the shame of our sham culture. The surcharged sewer becomes stagnant, and soon a crust forms on the inner walls (even among those that have a passage daily), which no cathartics will ever wholly remove. A hole through the centre of this incrustation may permit of a gradually lessened passage *daily* of effete substance, but the absorbant glands keep up their incessant work on the incrustated poisonous mass,

Even persons that believe themselves to be in good health, should take an internal bath occasionally, *as a preventive measure*. Surely, if it is "natural" to take an external bath, it must be equally so to take one internally.

Cathartics, purgatives, liver medicines, etc., irritate the coating of the stomach and urge it to hasten out its contents. These drugs (like the spur to a jaded horse) subject the system to unnatural strain and excitement, in the endeavor to excrete a small quantity of fluid to dissolve the accumulated mass, while the reaction is even more trying. Thus, the whole system becomes deranged and weakened. The relief is temporary, the mischief lasting.

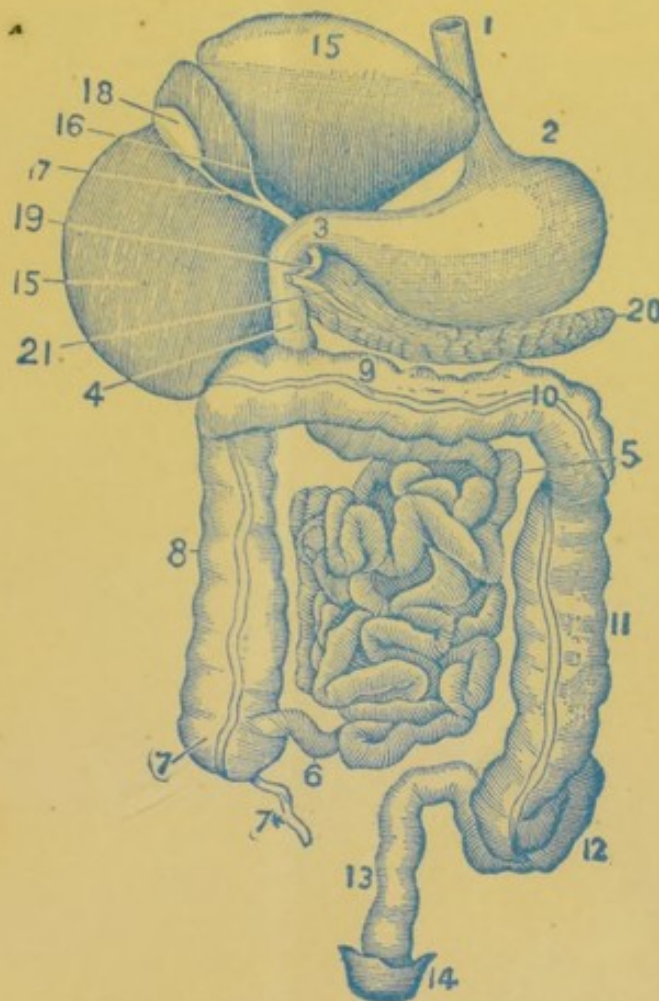
Why, if the seat of the trouble is local, should we get at it by the roundabout way of swallowing drugs, and thus compel the glands and nerves, swamped by these drugs, to wallow in intestinal mire, when we may use a few grains of reason mixed with a few quarts of water, to wash out the waste matter and clean the sewer passage?

THE WAY. But the *way* we indicate in this little pamphlet. It is described and prescribed (for special cases) more fully in Prof. Chas. A. Tyrrell's book, "The Royal Road to Health." (See notice of the latter near the end of this pamphlet). But read what follows concerning the *Cascade*,—the scientific appliance for taking an "Internal Bath."

READ THIS, IT MAY SAVE YOUR LIFE.

ORGANS

DIGESTIVE



OF MAN.

DESCRIPTION OF DIAGRAM.

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 Duct, 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.

The following is from the pen of the well-known Dr. H. T. Turner :

In 1880 I lost a patient with inflammation of the bowels, and I 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 the 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 condition of that part 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 faecal matter, and 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 the patient into violent colic (as his friends stated) sometimes as often as twice a month for years, and that powerful doses of physic were his only relief; they further stated that all the doctors had agreed that it was bilious colic,

I observed that this encrusted matter was evidently of long standing, the result of years of accumulation, and 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 fully double its natural size filling the gut uniformly, with a small hole, the size of one's little finger, through the centre, through which the faecal matter passed. In the lower part of the Sigmoid Flexure, just before descending to form the Rectum, and also in the left-hand upper corner of the Colon, as it turns toward the right, was a pocket eaten out of the hardened faecal 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 the adjacent parts and were the cause of the hemorrhoids or piles, which I learned were of years standing. The whole length of the Colon was in a state of chronic inflammation, and still this man had no trouble in getting his life insured in one of the best companies in America, and was considered a strong and healthy man by his family and neighbors.

As I retired to my room that night, not to sleep, but to meditate upon the revelation revealed in that human privy, I naturally went to my eminent medical authorities for causes of disease, to learn if any had given this new revelation and discovery as a cause of disease. I found not even a hint that the etiology of any disease described was found in the Colon. My memory went back during the years of education and college life, and followed along down the after years of study of journals and text books of reference to see if perchance, among all the multiplicity of causes of diseases some eminent author had not referred to this human privy, whose vault was ever full to overflowing, as the immediate or remote cause of disease, but all were as silent as the grave, so silent that one would suppose that they were, ignorant even of the existence of a Colon.

Owing to this fact, the prevailing fear of digression from the opinion of authorized authority took possession of me, and for years I practised my hygienic treatment in silence, only telling a few of my most intimate friends of the conviction of truth that continually revealed itself to me, until my mind and whole being became absorbed with the wonderful truths (although in contradiction to all medical authority) evolving into actual existence from continued experience until the continued demand of friends and patrons induced me to publish the experience of my life as a result of hygienic and sanitary science, developed in my daily experience. One Mr. G. W. Bradbury, after being entirely relieved from years of suffering from rheumatism, given up to die at times by the profession, or to eke out a miserable existence with no hope, the hygienic treatment completely restored to health and a new lease of life.

He demanded of me that I publish my treatment to the world. Laying aside all fear of the profession, and with prayerful trust in God that I do my whole duty, I present this to a sensible people, praying that God would bless its truths to the benefit of my fellow, and that the people may further understand the nature of this discovery, and its wonderful success in curing disease, by removal of the cause, I will explain in the following lines :

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 a prototype, as the cause of all diseases of the human body, that I had found the foundation of premature old age and death ; for, surprising as it may seem, out of two hundred and eighty-four cases of autopsy held (they representing 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 the two hundred and fifty-six were all more or less as described above, except perhaps, the grape seeds and pop corn. Many of them, as described by the writer, were distended to nearly double their natural size throughout their whole length, with a small hole through the centre, and almost universally those last cases spoken of had regular evacuations of the bowels each day, many of them (the Colons) containing large worms from four to six inches long, producing epilepsy, spinal irritation and extreme nervousness.

My experience from day to day develops startling disclosures in the form of worms, and the nest of eggs, that we daily get from patients, accompanied with blood and pus. As I stood there looking at that Colon and reservoir of death, I expressed myself as my patients do daily, in wonder that any one can live a week, much less for years, with this cesspool of death and contagion always with him. The absorption of this deadly poison back into the circulation can but cause all the contagious diseases. The recent treatment of hemorrhage of the bowels in typhoid fever has shown it to be caused from maggots and worms eating into a sensitive membrane and tapping a vein or artery. In fact, my experience during the past ten years had proven, by the rapid recovery of all diseases—especially so-called chronic diseases—that in the Colon lies the cause of nearly all human ailments. Here is the breeding ground, and a fertile soil for disease-breeding germs to be carried from the Colon and emptied directly into the lungs, through the portal veins, lacteals and lymphatics, by way of the thoracic duct, [see common high school hygienic physiology for Washington, pp, 165, 88 and 800].

It is a well-known fact, that physic will not remove this encrusted matter, or even loosen it, but by increased action of the small intestines they are emptied for the time being, giving temporary room for the overloaded stomach and duodenum, and emptying and rinsing out the small passage-way through the crusted matter in the Colon and it is the writer's opinion that calomel and other forms of mercury, morphine, and a thousand other death-dealing drugs in use by the so-called science of medicine, should be dispensed with.

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 in the slop bucket. In the dissecting room, the student, taking it for granted that the Colon was like the rest of the intestinal canal, cut it off and threw it away on account of its scent-bag propensities and nastiness. As a result, the profession knows the least about this important organ of any in the human body. The other reason is of a regular nature and full of selfish bigotry and motive, for a knowledge as given above would revolutionize the whole science of so-called medicine, and stop, to a great extent, medication by way of the stomach, and any digression from the regular established teachings is quackery, and always has been since Hippocrates

first promulgated a system of medicine. Recent investigation has also developed the fact that all cases of tuberculosis or consumption have their origin in one or more tubercular ulcers in the Colon, located as a sequel of above described pockets of maggoty worms, and that hereditary consumption is a myth.

The question is often asked. "Why is this unnatural accumulation in the Colon ? The horse or ox promptly obeys the call of nature, and knows no time or place, and are blessed with a lean 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 faecal discharge as it is pressed through the Ileo Cæcal 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 remains there while the remainder becomes hard, and we call it constipation, for its fluid particles have been absorbed back into the circulation. This little continuing to adhere in the folds, causes inflammation, and its dryness attracts more accumulation. Now this process, going on from day to day, from week to week, from year to year, the Colon becomes completely lined, losing its nerve, elastic power and sensibility. Then the faecal matter passes through the five feet of Colon by force of pressure from above like a shoemaker's punch—the first round piece cut is the first piece out. That which passed to-day should have passed one or two week's 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 terminate 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, open and discharges its contents into the Colon, when it closes, thereby forbidding any return of the contents of the Colon. Now, if there is any obstruction to the free discharge from this pouch, the valve closes for fear of return of the contents. Now suppose 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 the valve again closes. So it goes on acting spasmodically, moulding the contents of the pouch into small round balls until it is empty, 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, for Nature is bound to keep an opening or we would all die.

Do you wonder, dear reader, that men die of premature old age, apoplexy, paralysis, dropsy, consumption, dyspepsia, so-called liver complaint, or biliary derangement, Bright's disease or any other kidney trouble ? Catarrh (which if left alone fertilizes a field for consumption), epilepsy, rectal disease, syphilis, rheumatism, female diseases of all kinds of names, spinal irritation, peritonitis, all kinds of skin diseases, and impurity of the blood, old sores, cancers, and, lastly all kinds of fevers of a malarial or contagious nature, all have their origin in the Colon.



THE STORY OF THE INVENTION.

My object in penning the following lines, is not to exploit myself as a genius, but simply to show how, through physical difficulties, I was led to invent the apparatus—now so widely known, as the J. B. L. Cascade.

I have been a traveler from my early boyhood, and spent the years from 1880 to '88, traveling through India, China and Japan. While in Hong-Kong in '86, I was stricken with paralysis, but thanks to the excellent hygienic treatment of my friend, the celebrated Dr. Patrick Manson, soon recovered from it, although some of its bad effects remained behind. I arrived in New York from China, in 1889, but had not been here many months, when mental worry—the result of financial disappointment—induced another attack of my old enemy. I was again stricken with paralysis—totally disabling my left side, but this time it was not to be so easily dislodged from its stronghold. Doctors were summoned, who discoursed most learnedly on my case; but all their science and experience, proved powerless to aid me.


Just at this critical juncture, the wonderful curative virtues of the flushing treatment, were brought to my notice, and being an earnest physiological and hygienic student, I was quick to see its obviously sound and common-sense principles, and its probable beneficial effect upon myself. The result was magical. A two month's course of the treatment, coupled with scientific massage, and a system of graduated hygienic exercises, removed all the worst symptoms, and started me on the road to health.

Power only gradually returned to the affected parts, and it was the inability to manipulate the ordinary flushing appliance—with my disabled limbs, that led me to apply my mind to the question of a more simple, and effective means of carrying out this truly God-given remedial process, and I determined to spare neither time nor trouble until I had succeeded (if possible) in devising some apparatus, by which this wonderful treatment could be easily practised, alike by the young and the strong, the helpless and the aged.

I feel that I may confidently say I have succeeded, and the hundreds of grateful letters that have poured in upon me since its introduction, are conclusive proof that a long-felt want has been supplied, but gratifying as these testimonials are, they are as nothing compared to the inward consciousness that I have contributed my humble quota to the relief of suffering humanity, by the invention of the J. B. L. Cascade.

Yours for health,

PROF. CHAS. A. TYRRELL M. D.



THE J. B. L. CASCADE,

PATENTED JANUARY 1894—AND AUGUST 1897.

This is the only appliance ever specially made for "flushing the colon," or large intestine, either in this, or any other country; for the Bulb, and Fountain Syringes, were devised for an entirely different class of operations, and were only used for intestinal treatment, because there was nothing better at hand.

One of the principal features of this appliance, is the "injection point," which is of special construction, being made without any hole in the end. The best authorities agree that a direct jet of warm water, striking continuously upon one portion of the sensitive mucous membrane, is dangerous, and likely to result in serious injury, by causing a separation of the various layers of which the membrane is composed. When this separation occurs, pockets often form in the rectal lining, which may render operations necessary.

In place of this crude method of construction, our "injection point," is made with six rows of perforations, on the sides, 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.

Again, it is so constructed, that the natural constriction of the sphincter muscle holds it firmly in position in the rectum, and while affording the water, free passage into the colon, it prevents the escape of a single drop, externally; thus rendering soiled garments impossible.

These special features are not to be found in any "injection point" hitherto manufactured, and prominent physicians declare that these advantages make it worth the whole price of the "Cascade," because it accomplishes the best results, without the possibility of injury.

The simplicity of the operation is one of its chief advantages, for the patient *sits* in ease and comfort, *upon* the "Cascade," while receiving the cleansing stream. Personal weight, 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 minutes, or about one-fourth of the time necessary by other methods; a valuable saving of time to busy or weakly people.

The faucet, is considered, by expert physicians, 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, which is impossible when using any other method.

But not only is it the one perfect instrument for cleansing the bowels, for by a simple change of stoppers it can be made to answer all the purposes of a fountain syringe, with a capacity, the largest 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 size enables it to retain its heat for twenty-four hours; while its quality is unequalled—being made of the *very best cloth rubber*.

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 four years, by entire families, and are still in good condition, but in any case, *we guarantee them for one year*.

SOMETHING MORE.

With every "Cascade" we furnish a box of our invaluable Anti-septic Tonic, the most perfect antiseptic and germ-destroyer in existence. A small quantity introduced into the water used for flushing the colon, speedily, and thoroughly destroys all germs of disease, but is perfectly harmless to the system, even though ten times the prescribed quantity were used.

In this case it is diluted in a thousand times its bulk of water, and after being injected into the colon, passes off, leaving nothing whatever behind but its remedial effects.

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."

DESTROY THE GERMS AND DISEASE IS IMPOSSIBLE.

TESTIMONIALS.

These are but a few out of thousands that have been sent to us, entirely unsolicited, and the reader is at perfect liberty to address any of the writers, as to the genuineness of their letters, not, of course, neglecting to enclose a stamp for reply. We are prepared to forfeit ONE THOUSAND DOLLARS for each testimonial, of which we do not hold the original, or, which can be proved to have been, in the slightest degree exaggerated. We cordially invite inspection of them.

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

"Dear Sir.—I shall be pleased to keep your 'J. B. L. Cascade' for use in our establishment, and also for disposal to patients who may need them.

It is, immeasurably, the most convenient and satisfactory appliance for 'flushing the colon,' and the best means ever devised for maintaining the health."

Robert Walter, M.D., Proprietor.

From Water Gap Sanitarium. Minsi, Monroe Co., Pa.

"Dear Sir.—When I wrote you last, I had no experience with the 'J. B. L. Cascade' that would be of service to you. Since then, I have had it in use to a considerable extent, and have done some good work. I am fully satisfied that it is of inestimable value in overcoming obstinate, and troublesome cases of constipation, and in helping to reach those miserable obstructions in the intestines, and clearing out old impacted matter. I shall be happy to recommend it, and shall have occasion, no doubt, to order more or less, for my patients."

Yours,

F. Wilson Hurd, M.D., Proprietor.

Madame A. C. Pote,

The well-known instructor in Vocal and Physical Culture, writes:

"The 'Cascade' I believe, if properly used, will cleanse, not only the alimentary canal, but the blood, and the entire organism, from all impurities. The use of it, will aid digestion, increase circulation, improve the complexion, rejuvenate the whole system, and greatly facilitate vocal culture. Why? Because it removes the debris from kidneys, liver, lungs, and all the organs. I consider it the most

essential article that I own, and never go away without it."

Aurilla Concord Pote.

Studios, 601-2 Carnegie Hall, New York.

Mabel Jenness Venter,

The popular lecturer on Hygiene, and author of 'Health, Grace, and Beauty,' says:

"I consider your 'Cascade' a most valuable appliance. We use it regularly, and are highly pleased with it. You are at liberty to refer to me."

Mabel Jenness Venter, N. Y. City.

CONSUMPTION CURED.

Dear Friend:—

"It gives me great pleasure to acknowledge the great and wonderful benefit, I have received from the use of the 'J. B. L. Cascade.' After two years and six months doctoring for consumption, or hemorrhage of the lungs—and getting no relief, I was persuaded to use the 'Cascade Treatment,' and from the first time I used it, I felt a wonderful relief, and have steadily gained ever since. I have used the 'J. B. L. Cascade' for four months, and feel better to-day than I have felt for the past three years, and whenever I meet a friend, or relative, they always remark, 'how very much better you are looking.' I would not be without the 'Cascade' for any price, and I am greatly obliged to you for the interest taken in me, for I feel that had it not been for your kindness in persuading me to use the 'Cascade,' I would not be here to-day.

Kindly extend to Prof. Tyrrell, my best wishes for the future success of the 'J. B. L. Cascade,' and its wonderful relief to suffering humanity."

Most sincerely yours,

C. E. Taylor,

615 Mulberry St., Newark, N. J.

The very thing for elderly people.

Mrs. Mary L. Eastman, Landaff, N. H. writes:

"The 'Cascade,' book, etc, came safely to hand. The Book is really worth fifty times its price, and the J. B. L. Cascade I find—as one said—Grand; Fine! Superb! A pleasure even for the AGED with WEAK hands."

Sincerely yours,

Mary L. Eastman.

It is a "joy to the possessor."

Rev. Joseph Wood, 320 Earlham Terrace, Germantown, Phila., Pa., writes:

"The J. B. L. Cascade came duly to hand. It has been thoroughly tested, and proves itself a "Joy to the possessor," and is all you claim in its behalf. Two of your circulars containing Dr. Hall's testimonial, I have sent to my sons, who have used the treatment in the past, with the ordinary bulb syringe, I trust they may soon send for the J. B. L. Cascade, which is CERTAINLY the BEST appliance for the purpose. Will you kindly send me a few copies of your circular. I am particularly in need of one at the present moment for a dear friend, a clergyman, who has just recovered from a severe illness. I feel sure the treatment may be the means of adding ten years to his valuable life."

Respectfully,

Rev. Joseph Wood.

Considers it simply perfect.

Henry Harris, Box 792, Providence, R.I. writes:

"The J. B. L. Cascade which I ordered from you some four weeks since, was received promptly, and in good order. I commenced using it at once, and have continued it ever since wishing to give it a fair trial before writing you. For over four years I have used the bulb syringe, and supposing it to be the only thing for the purpose, was content to continue it. After four weeks trial of the J. B. L. Cascade, I am convinced it is the best article for the purpose for which it is intended, that can be invented. Nothing so simple and nothing can do the work so perfectly, and with so little trouble. I shall recommend it to my friends, and hope you may hear from some of them."

Very truly yours,

Henry Harris.

A Business Man's Statement.

A. J. Owbridge, Springfield, Illinois, writes:

"The 'Cascade' works like a charm. My wife is delighted with it—she has always been subject to headache, but since she has used the 'Cascade' she has not had a single headache. She is a better color and I tell her if she goes on, she will be as pretty as she was twenty years ago."

Our eldest son has had malaria so bad—it was verging on yellow jaundice—he has used the 'Cascade' only four times, and is wonderfully better. The yellow color is leaving his eyes and skin. He is going to try the tepid water treatment you recommend, this evening to cleanse his stomach. Please send me two more boxes of antiseptic tonic. It is a great thing."

Yours truly,

A. J. Owbridge.

Jas. F. Settles, of Booker, Ky., writes:

"On the 9th of May, last, I was attacked with a very severe case of bilious fever. I had your book, 'The Royal Road To Health,' and after reading the treatment described in it for bilious fever, I got your 'J. B. L. Cascade.' I put it into practice at once, and now I have gained strength enough that I can go out in the fields and plow half a day at a time. Your 'Cascade' has done wonders for me, and I can never tell you how much I am pleased with it. God bless you."

I wish you would send me some of your pamphlets that I might give them to my afflicted neighbors.

Yours respectfully,

Jas. F. Settles.

A. H. Crofut, Jordon, N. Y., writes:

"I think you, with Dr. Hall, are of more benefit to humanity than any two people that could be named, in the country. God bless you and the Dr. in your good work."

Yours respectfully,

A. H. Crofut.

Mrs. H. L. Bartlett, of Enfield, Mass., writes:

"Your Cascade was duly received, and I wish you to know that I am greatly pleased with it. I had used the flushing treatment but could never get much good from it, as, with the fountain syringe more water would run back than I could retain, but this works splendid."

Yours very gratefully,

Mrs. H. L. Bartlett.

Mr. C. E. Darling, of Hudson, Wis., writes:

"I received the J. B. L. Cascade, ordered on April 11th, all right, and used it every day, for forty days, since then, am using it two or three times each week, and find I am wonderfully benefitted by its use. I ought to have sent for it two months earlier, as by doing so, I could have saved its price many times over, for I had a bad attack of rheumatism and La Grippe combined, which my recent experience has convinced me, might have been easily averted by a timely use of the 'Cascade.'"

Truly yours,

C. E. Darling.



A. WILFORD HALL, PH. D., LL. D.,

Founder of the "Substantial Philosophy;" author of "The Problem of Human Life, Here and Hereafter," the "Health Pamphlet," etc.

DR. HALL'S

Endorsement.

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" "Prob-
lem of Human Life", &c., &c.

Miller Brothers' Pharmacy, Greeneville, Tenn.

"Dear Sir and Friend:—I have felt, for some time, that I should write you, and report my wonderful, in fact, almost miraculous cure, brought about by the use of your 'J. B. L. Cascade,' which you may remember, I got from you last summer. Perhaps you will remember my case, as I reported it to you. Everyone expected me to die, and I surely looked it, yes, and felt it. My bowels were in a fearful condition—eight to fifteen actions during a day and night; so weak, it would tire me greatly to walk half a mile; blood, poor and thin, skin blotched and yellow, digestion bad, food souring and fermenting. I began using the 'J. B. L. Cascade,' August 18th last, weighing 124 pounds. Since then have used it regularly. I had hoped to be benefitted, but the result has been FAR BEYOND my most sanguine expectations. I think I can now say, I am SOUND AND WELL,

My appetite fine, digestion perfect, flesh hard and firm, skin remarkably clear and white, diarrhoea cured, weight now 170 pounds, and still gaining. In fact, feel like a new being—now have energy and life. I am a subject of remark by my towns people. I think the treatment the grandest thing on earth, and your 'J. B. L. Cascade,' all you claim for it. It is the acme of convenience, and cleanliness. I expect to practice the Cascade treatment, systematically and regularly as long as I live. I have gotten several persons to adopt it, and each one reports improvement, and benefit from it. I write this not as a testimonial, but from a grateful feeling, thinking you would like to hear of my great improvement.

With best wishes, I remain, yours very truly,

H. I. Miller, Druggist.

April 2d, 1898.

P.S.—If you see fit to use this letter in any way, you are at perfect liberty to do so.

Mr. Albert Cable, Druggist, of 203 W. Market St., Pottsville, Pa., writes:

"I have used your 'J. B. L. Cascade,' for a year or more, and if I were asked to sell it—knowing there were none to be had—I should refuse, as I could not make the price high enough, to warrant me in parting with it. I have sold quite a number to my customers, and all speak of it, in the highest praise. It is a pity we have no Institute here, where people could be treated on Hygienic principles. It would pay—besides, it would be a great boon to mankind. If you wish, you can make use of this."

Mr. Robert R. Kendig, of St. Marys, Elk Co., Pa., writes:

"I have been a sufferer from Chronic Hemorrhoids, and Pin-Head Tumors, of the bleeding variety, for the past five years, and in all that time, have not escaped one stool, without loss of blood;

and suffering the tortures of a martyr. I have tried all advertized 'sure cures,' without experiencing any benefit, but greatly aggravating them, and driving me almost frantic with pain. At times, I feared paralysis, having all the symptoms—from the hips, down. My headache was unbearable, the kind, that produces temporary insanity, and forces people to become their own executioners, to end a miserable existence. My stomach, sympathizing with a torpid liver, and inactive bowels, from constipation, rebelled against food, with a vengeance. Father heard of your wonderful 'Cascade,' and having tried everything else, I concluded to try it, so he sent for it immediately, at my request. Language has not the power to express the marvellous healing virtue of your invention! The night it came, I could scarcely wait to read the directions, for its use, and for the first time in seven years, I experienced a painless, bloodless evacuation of the bowels. I had a pain in my left side, just where the Sigmoid Flexure is, in the diagram, the second flushing removed the pain, and to my astonishment, on examining the stool, I discovered grape seeds, and other hard matter, resembling cement. I felt it, the instant it moved, or I would not have thought of examining it. I went according to the instructions, and used about a quart of oil, in four flushings, and it healed it up, as I experienced no pain at all. I have used the 'Cascade,' about six weeks, and have not had an attack of my old enemy since, nor lost a drop of blood. The painful, bleeding, body and mind destroying 'piles,' after defying all remedies to remove them, have succumbed to the 'Conquering Cascade.' I had given up hope of ever getting well, and my future looked anything but bright, but your marvellous 'Cascade,' knocked my gloomy forebodings into a cocked hat, and turned despair into joy. I have nothing but heartfelt thanks, and gratitude to you, dear doctor, and I may add, the Creator of Nature, and its unalterable laws, that govern a person who has the ability to grasp an inspiration, and put it into practical use, for the benefit of suffering humanity. You deserve all the praise and honor an intelligent and unprejudiced people can bestow. I can recommend, and endorse your treatment, to the world. Any person suffering with piles, and constipation, and the terrible headaches they produce, cannot afford to be without your 'Cascade,' at any price."

Wishing you much success, I remain,

Yours sincerely,

Robert R. Kendig.

Mr. T. W. Pittenger, Box 147, Kelso, Wash., writes:

"I have been using the 'J. B. L. Cascade' for about three months, and it has produced wonders, in my case, and I still use it, two or three times a week, and expect to do so, always, in the future, sick or well. In order that you may know how sick I was with Sciatica, I must state the facts. One

year ago, last December I was taken with it, and for three months I was confined to the house, most of the time, in bed. I could not lie on my right side, nor on my back. Such agony, as I suffered, no tongue can tell. I had a good doctor, and paid him \$2.50 each visit, and from 35 to 75 cents each, for filling his prescriptions. I finally got so that I could get round the house a little, and then could get out and walk with crutches, and as the warm weather came in—got better. The doctor told me, that when cold, damp, winter weather came again, I should be as bad as ever, and said, there was no cure for me, except to go to California Hot Springs. Sure enough, about January 1st, last, I was again almost as bad off, as in the year before, could hardly walk, and was gradually, but surely, getting worse every day; when, about February 1st, last, I got your 'J. B. L. Cascade,' and used it daily. In ten days or two weeks, I was all right, and could walk to town and back—four miles—as well as anyone, and the use of the 'Cascade' was all I did for it, from the time I got it, and I have been all right ever since. Was also annoyed with urinary trouble—now I have no trouble with that, either. The fact is, it is all you claim for it. Thanks, is a short word, but no words of mine can express the gratitude I feel toward you, for so valuable an article as the 'J. B. L. Cascade,' and the information contained in the 'Royal Road To Health.' One thing more I wish to say, and that is, that I always have a natural passage, about thirty-six hours after using it, just the same.

If my simple, plain statement of the facts will be of any benefit to anyone, you are at liberty to use my name, as one who has tried it, and KNOWS IT IS WHAT IS CLAIMED FOR IT."

T. W. Pittenger.

May 10, '98.

Mr. S. S. Moreland, of Helena, Montana, writes from Boston:

"Please send me, by express another of your 'Cascades.' I have used one for two years, (as your books will show), with great benefit. I gave the one I had to a sick lady, at Bedford, Me., the lady, who bought one about two years ago, through a request of my wife, and her doctor told her, that if she used it, she would not live thirty days, and told her to return it at once—which she did. When I was there, on the 23d inst., the doctor had given her up, and I gave my 'Cascade' to the nurse, and told her how to use it, and insisted on their using it, instead of the medicine; which they did, as they thought she could not live but a few days. They used it three times, before they could get the water well into the colon, and the fourth day she got up and dressed, came down to the dining room and ate her dinner. She has used it six times, up to to-day, when I left, and she is eating heartily, taking her three meals at the table, with the rest of the family, and says she is good for twenty more years to come, and every body that calls says it is the greatest thing

they have ever heard of, and I gave your address to as many as twenty-five people. The doctor came once, to see how she was getting along, and he said, he was surprised to see her looking so well, and said he thought she had a good chance to live some time; but we did not tell him she was not taking his medicine, or that she was using your 'Cascade,' but she said she was going to use the 'Cascade,' and get well, as it was worth more than all the doctors in the United States, and I think the same."

Yours truly,

S. S. Moreland,

May 30, '98.

Mr. Daniel E. Doherty, of 1725 First St. Louisville, Ky., writes:

"I am delighted with the result of the 'Cascade,' both with my family, and friends, and do not fail to recommend the 'Cascade' at all times. One of my friends, says, the possession of the 'Cascade' makes him feel like a free man; before, he was always in dread. Another, was doctoring, and taking medicine, daily. Now, he has no doctor, and takes no medicine, and is in robust health."

May 30, '98.

Mr. C. A. McCann, of the McCann Megagraph Co., Boston, Mass., writes:

"The 'Cascade' is proving simply, a God-send to me, for I have been in much the same condition as that of the inventor, Prof. Chas. A. Tyrrell, I am thankful that my attention was directed to the 'Cascade,' for I am improving daily, and feel that it will eventually prove to have been the direct remedy for my complaint. Something, having the appearance of a worm, passed me, and I had it examined, proving it to be, coating from the bowels—probably caused by poisonous drugs. My bowels have been, in a measure, paralysed, but I am so thankful, to note the improvement. A noted physician, said, that if I had found something to remove that coating from the intestines, I had found something wonderful for the constipation. He took full particulars, and is going to write you, in reference thereto. Words are inadequate to express the relief it has given me. No money could induce me to part with it. Please accept my thanks for the great benefit already received, and, as a firm believer in the efficacy of the 'Cascade,' I remain,

Gratefully yours,

C. A. McCann.

Mr. Holmes Erwin, of the Halidon Vineyards, Pomona, Fla., writes:

"The 'J. B. L. Cascade' that I bought of you in September last, has given complete satisfaction in every way. A member of my family, who has suffered often, and severely, from headache, has not been troubled with it for months past. We attribute the change, solely, to the use of the 'J. B. L. Cascade' twice a week. For the preservation of health, it is worth more (in my opinion) than all the medicine in New York."

With best wishes for your health and happiness, and hoping that you may receive your merited reward for placing within reach of mankind, so valuable an adjunct to health, as is the 'J. B. L. Cascade.'

I am, yours respectfully,

Holmes Erwin.

The Rev. J. B. Richardson, of Burcham Mills, Ala., writes:

"As a Methodist preacher, I have been trying to learn all I could for the bettering of the condition of mankind, mentally, morally, and physically, but it was left for me, at the end, almost, to learn of a system of medical treatment that is the most perfect, that the wisdom of man has yet discovered. Dr. Hall and Prof. Tyrell, are entitled to be called benefactors of the human race."

Mr. Chas. H. Nicoll, of 289 High St., Newark, N. J., writes:

"Your 'J. B. L. Cascade' is wonderful. I am another man now. My trouble was intestinal indigestion, but now my appetite is good, and I can eat almost anything I can get—something I have not known for years. I have a tightness in my right side, yet, but nothing to what I had before using the 'Cascade.' I would not be without it, for anything."

Mrs. A. F. Boyd, of La Grange, Ind., writes:

"I write you, again, to let you know of the great benefit I have received from the 'Cascade.' My appetite has returned. For years, food of any kind, did not have a natural taste; everything seemed flat and tasteless, but now, I get hungry, and can eat a crust of bread, and it tastes natural, as it did when I was a child. I have got rid of my indigestion, with the sourness and gas in the stomach. I do not think there can be any improvement made in the 'Cascade,' and I hope you will succeed in the sale of them, until every household on the globe, has one, then there will be less funerals."

Mrs. M. C. Leonard, of 676 18th St., Oakland, Cal., writes:

"As for the 'Cascade,' it is all that is claimed for it—its mechanism is perfect, and I consider it worth more than a whole store full of pills and potions, whatever the cost. I never want to be without one again. Surely every 'Kalistonite' should have one, and I shall do all in my power to recommend the 'Cascade.'"

Mr. Charles Ross, of 39 West 133d St., N. Y. City, writes:

"The 'Cascade,' so far, has done wonderful work on my system, and I rejoice to think that, through mere accident, I discovered an article that is giving me entire satisfaction. Words cannot express the gratitude I feel towards you."

Mrs. J. B. Day, of Henderson, Chester Co., Tenn., writes:

"I have used your 'Cascade' for six months, and consider it one of the grandest inventions of the age. If I had only known of it sooner, I might have been spared years of suffering. I have been indeed, greatly benefitted, and no doubt, there are hundreds of people, to-day, believing in medicine, to whom this treatment would be an untold blessing. Please send me another box of Antiseptic Tonic. I want it always in the house, for I am so thoroughly convinced of the merits of your treatment, that I would not be without it, for anything. If people would only see how much better it is than medicine, and infinitely cheaper, too—they would soon have little use for doctors, and drug stores."

Mr. J. H. Chamberlin, of Jacksonville, Ill., writes:

"I have never found anything that has done me, and my family so much good. It is now about two years since I got the 'J. B. L. Cascade' of you, and we have not had to call in a doctor, since; nor have we taken ten cents worth of medicine in that time. Before, it used to cost me from \$50.00 to \$100.00 per year, for doctor's bills. I should add, that our general health, has never been better."

Amesbury, Mass., Sept. 29, 1897.

Dear Sir:—

"The 'Cascade' arrived last Saturday, and I thank you very much, for your kindness in sending me a new one. I did not expect you to do this, as I supposed you could readily repair the one I sent back; but I do not think you will lose anything by your liberality. This one works perfectly, and I hope you will be able to sell millions of them."

Respectfully yours,

D. J. Folger.

Cainesville, Mo., Nov. 25, 1897.

Dear Sir:—"As this is the day of thanksgiving, I have not forgotten you. You have my sincere thanks for the benefits received from the 'J. B. L. Cascade.' It is all that you claim for it, and all that anyone could ask for; the most convenient thing for the purpose, that could possibly be contrived by human ingenuity. It is my opinion, that your book, the 'Royal Road To Health,' if carefully read, and its directions followed, will not only save \$1,000 to the average family, in doctor's bills, but the parents will enjoy good health, and have the pleasure of seeing robust, healthy, good-looking children around them.

I find your Catarrh Remedy to do all that you claim, and that's not all. I have persuaded my brother, this Fall, when suffering from Hay Fever, to try your Catarrh Remedy, and by so doing, in about one week, he was entirely cured of it."

Yours very truly,

Wilson Omer.

Mr. E. S. Smith, of Marshall, Fanquier Co., Va., writes:

"I have been intending, for some time, to write and let you know what the 'Cascade' has done for me. When I ordered it from you, I had been suffering for months, with the worst case of indigestion and acute dyspepsia, I ever had. Was under the treatment of my physician, and took a quantity of medicine, without being benefitted—would have to take repeated doses of morphine, to relieve the intense pain I was suffering, until I received your 'Cascade' I used that when the pain came on, instead of taking morphine, when I would obtain instantaneous relief, and after using it for a week or two, I was entirely relieved of all pain, and can now eat anything, without experiencing any trouble whatever. I sing the praises of the 'Cascade' wherever I go."

Mrs. J. A. Wetherell, 217 West Springfield St., Boston, Mass., writes:

"I was taken suddenly sick, too sick to resist anything the people in the house might do, so they sent me off in an ambulance to the hospital. The very wise doctor kept me about a week, saying, 'You've been very sick with pneumonia.' It was all wrong. It was only an attack of indigestion, with vomiting. I begged the nurse to let me have the 'Cascade'—but no, they dared not disobey the doctor's orders. However, I rebelled against the drugs, and finally said, 'you need bring me no more medicines, for I will not take them, I threw the last in the slop cup.' Finally, the nurse sent for a carriage. I came home, took my 'Cascade' and warm water, and in half an hour, was a happy woman, for the whole cause had been removed."

Mr. James Davidson, of So. Ryegate, Vermont, writes:

"I have used the 'Cascade' for almost seven months, and it has proved a godsend to me. I was so crippled with rheumatism, that I was unable to do for myself, and for the last eight or ten years, have had no action of the bowels, except when I took medicine. Since using the 'Cascade,' I have abandoned medicine, in fact, I have no need of it. Would also say, my rheumatism is wonderfully improved. Could not bear—on one of my legs—ten pounds of my weight, leaned on two crutches. I seldom use but one, now, can go through rooms without any, and can lean all my weight on the weak leg."

Mr. Wm. H. Topp, P. M., Freeport, Kans., writes:

"Some time has elapsed, since I received your 'J. B. L. Cascade,' and now, I can truthfully say—it is grand! I have been wonderfully benefitted by its use. I was troubled with 'chronic constipation,' and 'bleeding piles.' The piles have disappeared, and the constipation vastly improved."

Geo. W. Stuart, Esq., Broker, of Truro, Nova Scotia, writes:

"Your 'Cascade' is a great institution. It is curing me of rheumatism, of twenty years' standing."

Mrs. Mary B. Squires, of Tremperban, Wis., writes:

"I have given the 'J. B. L. Cascade' a three months' trial. It is perfection. Any other word comes short of a real description, or praise."

Mr. J. A. Brown, of 42 Union St., Charlestown, Mass., writes:

"I do not possess much of this world's goods, yet I am far from being a poor man (in my estimation), as long as I am the happy possessor of a 'J. B. L. Cascade,' for that has brought me health and strength, the most important things one can hope to attain, in this life."

You are at perfect liberty to refer any one to me, and may you succeed in the great enterprise in which you are engaged."

Mr. E. J. Tomlinson, of Florence, Texas, writes:

"I feel that the Lord has blessed me wonderfully, in receiving your 'Cascade' and book, 'The Royal Road To Health.' I cannot find words to express what it has done for me. It works like a charm. I have been troubled all my life, with constipation, indigestion, bilious colic, sick headache, and kidney trouble, but I am happy to say that all these troubles are getting lighter. I haven't taken a dose of medicine since I commenced your treatment, and I do thank the Lord, that He, through His goodness and mercy, has brought you to the light of the world—to open the eyes of the blind."

Geo. D. Wise, Esq., Attorney-at-Law, Chamber of Commerce Building, Richmond, Va., writes:

"About a year ago, I purchased the 'J. B. L. Cascade,' and have found it the best apparatus for 'flushing the colon.' It is superior to all drugs and medicines, and I agree with you, that it is based on sound and common-sense principles. It is on that account I have used it, and found it more beneficial than any other treatment I have used."

Mrs. Mary L. Biggs, of Green Valley, Ill., writes:

"Commenced to use the 'Cascade,' the latter part of January, at first, three times a week, since, once a week. To say that I am pleased—highly pleased, gives but a faint idea of the esteem in which I hold it, or of the wonderful effect it has had on me. My friends and neighbors all say, 'how well you look!' 'never saw you looking better.' One of my daughters is using it, with gratifying results, and we both consider it a Godsend."

March 11, '98.



From Photo. copyrighted by Morrison, Chicago.

Lillian Russell.

Negative destroyed by fire. The only copy in existence.
Much sought after.



The Ariston

July 26th 98

Prof. Lyrrall

Kindly send
me two more Cascades
and six boxes of
the Anticeptic Powder.
I want them to take
with me to Europe

Very truly yours

Lillian Dwyer

PRAISE FROM THE STAGE. FROM FOREIGN COUNTRIES

Herald Square Theatre, N. Y. City.

Prof. Tyrrell:

Dear Sir:—"I consider the 'internal bath' one of the most necessary things in life—both (for cleanliness and health), and your 'Cascade' the most perfect instrument for practising it, that has ever been brought to my notice. Its use, not only imparts a sense of exhilaration to the whole system, but is materially improving my health, and giving a transparency to my complexion, that nothing else has seemed to do."

Sincerely yours,

Marguerite Sylva,

"French Maid" Co.

Planter's Hotel, St. Louis, Mo.

Dear Sir:—Allow me to congratulate you, on your discovery. The 'Cascade,' is all you claim, and works like magic. No household should be without one. I never get tired, talking about it, and deem it a duty to my fellow man, to exploit its many virtues. Long, and prosperous life to the 'Joy Bag,' as we term it, in the company."

Yours very truly,

Henry V. Donnelly.

Donnelly & Girard Co.

THE OPINION OF NEW YORK'S
POPULAR MUSICAL DIRECTOR.
158 E. 55th St., N. Y. City.

My Dear Prof. Tyrrell:

"I have the greatest pleasure in testifying to the merits of your 'J. B. L. Cascade.' I have used it for six months, and find it invaluable for the stomach and kidneys. The stomach plays such an important part in vocalization, that an appliance, like the 'Cascade,' which has such a wonderful beneficial effect upon that organ, should be of the greatest assistance to singers. One of the most striking features in connection with the 'Cascade,' is the rapidity with which it will cure the most distressing headache. For that purpose alone, it is a treasure, and I can only query, 'What is home without a Cascade?'"

Cordially yours,

Jesse Williams.

Mrs. Mary L. Penrose, of Germantown, Phila., Pa., writes:

"I think the 'Cascade' splendid! Have used it several times, and never found anything that gave me the feeling of being cleansed—with comfort—before. I procure the J. B. L. far and near, and can never be thankful enough for it. My daughter continues to improve—she uses the 'Cascade' every night—and I can see a decided change for the better. You have no more enthusiastic advocate than I am."

Respectfully yours,

Mrs. Mary L. Penrose.

Chungking, China, Sept. 4, 1897.

Dear Dr. Tyrrell:—

"While in America, a friend put into my hands, a copy of your book, 'The Royal Road To Health,' and the common-sense of its teachings appealed to me. For two years I was constipated all the time. I would go to our Mission doctor, and he would give me a cathartic, and say, if that didn't cure me to come again. I grew tired of that, and would go for days, without an action of the bowels. I know it was wicked, but I had done all I could do. Afterwards, I was taken very ill with dysentery, and for several months was unable to carry on my work, and finally, went home. I noticed that what passed me, was filled with tiny black specks, and also, a black substance that seemed like sand. I asked our doctor about it, and he examined it, but could give no answer. I was fairly well, while at home, but had only returned here two weeks, when the old trouble began again. Then I tried your 'Cascade Treatment,' following closely the instructions in your book, and in only a few days, was perfectly well again."

I am sending you some of the black substance that passed, thinking, that as you are a specialist on the subject, you will be able to give me some information and advice.

Please excuse me for taking the liberty to write to you, and accept my sincere thanks for writing that book, which has already been such a blessing to me, in this far off corner off the earth."

Yours very cordially,

(Miss) Clara Collier.

Miss Fisher, of No. 1 Kellett St., Darlinghurst, Sydney, Australia, writes:

"I am delighted with the 'Cascade,' and will recommend it to all my friends."

Green Island, Otago, New Zealand.

Dear Sir:—Having seen in the 'Microcosm,' your advertisement of the 'J. B. L. Cascade,' I wrote to Mr. W. Knox, of Victoria City, B. C. to procure me one, which I received last month, I have used the 'Cascade,' and it is, simply, perfection. I feel pleased to know that there is such an instrument to be had. It completes the operation so quickly, and cleanly, and is really a marvel of ingenuity. With every good wish to you, I remain,

Yours truly,

Richard R. Campbell.

Sept. 25, '97.

The Hon. James R. Smith, The most prominent citizen in Newark, N. J., and late Police Commissioner of that city, writes:

"When I say that your 'J. B. L. Cascade' is, daily, accomplishing the most marvelous cures ever heard of, in Newark and the adjacent towns, I am

speaking strictly in accordance with facts. Some of the cures effected seem to be little short of miracles, that is because the patients did not turn to the 'Cascade' for assistance, until the regular doctors had given them up, and declared 'they could do no more for them.' But under the 'Cascade treatment' these so-called 'hopeless' cases, are usually found out and, about in a very short time, frequently in a few days, and I know of a case, that was declared to be appendicitis, (and which three doctors failed to relieve), practically cured in thirty-six hours, by the 'J. B. L. Cascade,' alone.

If the treatment had been brought from Europe, with a great flourish of trumpets, and the price fixed at \$100.00, the whole country would have gone wild about it, long since; but, because it is American, and costs only a few dollars, the people are slow to see what a 'blessing' they are turning their backs on. It is, undoubtedly the finest thing for the cure of disease, that has ever been offered to suffering humanity. I speak conscientiously, not only from my individual experience, but from personal knowledge of scores of cases, both friends and others, to whom I recommended it, after realizing its wonderful curative powers on myself. I honestly feel it to be an impossibility, to say too much in its favor.

Fraternally yours,

James R. Smith.

Mr. William H. Thornton, of 1076 William St., Elizabeth, N. J., writes:

"I have used the 'Cascade' six weeks, and find it to be simply, wonderful. My wife had womb trouble, and when she started in to 'doctor,' she found she had heart trouble too, and the doctor ordered her to go to bed for two months. After she had been in bed about three weeks, without a sign of improvement, I heard of your 'Cascade,' and wrote and got one. We received it on March 6th, and she has used it every day since. She was out of bed in ONE WEEK after receiving the 'Cascade,' and hasn't felt so well in six years. Any suggestions you may make, as to diet, etc, we shall be thankful for, and will follow them faithfully.

Sincerely yours,

William H. Thornton.

Mrs. M. S. Frush, of 220 North Compton Ave., St. Louis, Mo., writes:

"Please send me another 'Cascade' for my mother, (whose complaint is similar to my own), for I wish to relieve her of her present sufferings.

There is no need for me to say that I am getting well, as fast as possible for one in the bad state I was when I commenced your treatment, or I should never recommend the 'Cascade' so highly. It has been my saviour, and I cannot find words for its praise.

Thankfully yours,

(Mrs.) M. A. Frush.

THE SAILOR'S FRIEND.

The Rev. J. G. B. Heath, writes:

Dear Prof. Tyrrell:

"Since I received your 'Cascade,' on June 23d, I have used it constantly, and it has given me great and welcome relief. It has already removed that pressure, and congested feeling in my abdomen. It is, indeed, a 'Revelation to the Afflicted,' and I earnestly hope that the great number of the afflicted ones, all about us, may be soon brought to a knowledge of the curative merits of the 'Cascade.' My wife has used it, and likes it very much; it has her unqualified and cordial approval and recommendation.

I knew Dr. Trall, to whom allusion is made, in your admirable and instructive book, the 'Royal Road To Health,' and have often heard him lecture. He fought a great battle, and you, my dear professor, are engaged in the same holy war.

I wish you unbounded success in widening the scanty light, and extending the knowledge of these valuable truths; for all who have read your wise instructions must see that they are based upon the fixed laws of Nature, which are more unchangeable than the laws of the Medes and Persians, for they are already forgotten, while Nature's laws shall never pass away.

Fill up the 'Cascade,' for it is the fountain of Joy, Beauty, and Life.

Most sincerely, and gratefully yours,

J. G. B. Heath.

July 13, '98.

64 Jane St., N. Y. City.

Mrs. Josie Brandt, of 1108 10th St., Denver, Col., writes:

"I can truthfully say, that the 'Cascade,' and your book, 'The Royal Road To Health,' have helped me more than I can tell. I have a son 14 years old, who used to complain of stomach ache, almost every day—since using the 'Cascade' he has been entirely free from pain. Also, have a daughter 12 years old, who had very bad spells of sick headache, would have a high fever, for, from 36 to 48 hours at a time—since using the 'Cascade,' has not been bothered at all. In your certificate, you ask me to write if I am satisfied with the 'Cascade'—yes, a thousand times, yes. I would not do without it, for anything."

Mrs. C. M. Hooper, of 274 Douglas St., Manchester, N. H., writes:

"Through a friend, I came to hear of your J. B. L. Cascade, and I can scarcely find words to express my great satisfaction with it. Serious chronic difficulties have stepped out, after a few days treatment, only. Good-bye to drugs, May each morn, bring you a happy day, and prosperity; and may long life be yours to enjoy.

Sincerely yours,

(Mrs.) C. M. Hooper.

A lady who does not wish her name mentioned, writes:

"The 'Cascade' has done wonders for myself and husband, both. I have not been so well in months. My mother is also using the 'Cascade' with great benefit. She has been having 'change of life' for the past three years, and since using the 'Cascade,' feels better than at any other time during that period."

Very sincerely,

Mrs. J. W. B.

The Rev. H. G. Day, of Slayton, Minn., writes:

"Cascade" was duly received. Have used it in my family, with eminent success. Am in better health than for many years. Wish I might induce others to test its many virtues. I believe the system of "flushing" will yet revolutionize the practice of medical science. Your book, "The Royal Road To Health," is a complete refutation of the fallacy of all drug medication."

Yours truly,

Rev. H. G. Day.

Mr. Richard Willard, of Alexandria, Neb., writes:

"I received the 'Cascade' in good condition, and after a thorough trial, I must say, it exceeds my expectations. To all who believe in, and practice the flushing treatment, it will prove a most undoubted blessing." Yours respectfully,

Richard Willard.

Rev. Robert Wiles, of Birch Tree, Mo., writes:

As a disciple of Dr. Hall's hygienic treatment, I regard your "Cascade" as a most wonderful and invaluable improvement—after a trial of eight months.

Yours cordially,

Rev. Robert Wiles.

Mr. John Heard, of Strathroy, Ont., Canada, writes:

"I most heartily endorse the 'J. B. L. Cascade.' It is really a pleasure to use it, apart from its great convenience."

Yours truly,

John Heard.

Mrs. Maria Helm, 33 North Elm St., Troy, Ohio, writes:

"I have been using your J. B. L. Cascade for nearly three months, every second day, the first month, and every third day, the balance of the time, using a half teaspoonful of the tonic with each flushing. My health is improving almost magically since using this great Hygienic cure. I would not part with it for Rothschild's fortune, if I could not get another."

Gratefully yours,

Mrs. Maria Helm.

Mr. R. Boyle, of Berlin, Wis., writes:

"The 'Cascade,' and the book, The Royal Road To Health, were received in due time, and the 'Cascade' was put into practice at once. Since that time I have used it regularly, with the most marked benefit. My stomach and bowels had been filled with gas, continually, which gave me great pain just below the stomach, and down through the bowels. The use of the 'Cascade' has acted like a charm, and driven all my aches and pains away. My face used to have a yellow bilious look, but that is changed to a fresh, healthy appearance, so much so, that people comment upon the change, and had begun to notice the improvement within the first few weeks. I can heartily recommend the 'Cascade Treatment' to do for the stomach and bowels, just what it claims to do."

Yours truly,

R. Boyle.

Mr. Will H. Keil, of Senecaville, Ohio, writes:

"The J. B. L. Cascade was duly received, and has been in use now for several weeks, principally by my wife, who has been all her life, a victim of constipation. We are simply delighted with it, and it has been an immense relief to her in her trouble. It is so immeasurably superior to the old method, that there is, absolutely, no comparison between them."

Very truly yours,

Will H. Keil.

The Rev. J. H. Fortson, of Hyde, Ga., writes:

"The J. B. L. Cascade came promptly on time, I have used it a number of times, so also, have others of my family, and our admiration of it is unbounded. We have but one opinion concerning it, and that is, 'it is perfect'—So much better even than we expected. No more tedious pumping. With it we can retain the water, and it gives us a thorough cleansing."

Respectfully,

Rev. J. H. Fortson.

The Rev. J. H. Hyman, Owens, De Soto Co., Fla., writes:

"I feel it my duty to tell you of the great benefit I am receiving from your J. B. L. Cascade. I have used it regularly since receiving it, and, apart from its great curative powers, I find it a great satisfaction to be treated by it. I am using it for bladder and kidney trouble, and it has afforded me the most wonderful relief. My satisfaction is so great, that I shall do all in my power to induce others to use it."

Wishing you the very best success, I beg to remain,

Yours truly,

Rev. J. H. Hyman.

Mr. John T. Halsted, Civil Engineer, of Orange, Cal., writes:

"Your improved 'J. B. L. Cascade' received, and I can truthfully say that I consider it a magnificent

success in every sense of the word. Please accept my congratulations on your achievement, with the hope that you may make your fortune out of the invention. My wife and myself, both use it, and feel that we could not get along without it. We never fail to recommend it on every possible occasion. Wishing you an abundant success,

Yours truly,

John T. Halsted.

Mr. H. Bell, of Windsor, Cal., writes:

"Your most admirable appliance, the J. B. L. Cascade, has been received, thoroughly tested, and found eminently satisfactory. I am lost in wonder that the invention had not been thought of before, but I am grateful that it is here now, for I consider it perfection.

Yours,

H. Bell.

Mr. A. A. Bennett, North Attleboro, Mass., writes:

"I consider the 'Cascade' one of the greatest blessings to man."

Respectfully,

A. A. Bennett.

Mr. Harry A. Floaten, People's Supply Co., Telluride, Colo., writes:

"We are selling the 'Cascade' on agreement to refund the money on return of 'Cascade' in 30 days if not wanted. Not one has been willing to give it up, but we frequently hear them say: 'I would not part with mine, at any price, if I could not get another.'"

Harry A. Floaten.

Mr. W. W. Thompson, of Le Comte Nursery, Smithville, Ga., writes:

"Your 'Cascade' is a treasure beyond price."

Yours truly,

W. W. Thompson.

Mr. Henry Dickson, of Kenton, Ohio, writes:

"I have been using your J. B. L. Cascade for a long time, as I purchased it of you, Feb. 25th '95, a little over one year ago. It is certainly a grand affair."

March 15, '96.

Henry Dickson.

A Christian Woman's Testimony.

Mrs. C. H. Snell, Plymouth Rock House Plymouth, Mass., writes:

"The new and improved 'Cascade' is received, and very welcome, for I find, by trying the syringe again, that I do not like to do without the 'Cascade.' I shall be very careful of it, and hope it will last a long time. I truly think I should have been freed from the burden of the flesh, some years ago if I had not used the flushing treatment, which I have

been doing now for five years and have been instrumental in selling some half dozen of Dr. Hall's pamphlets, though I do not suppose he is aware of that fact—and now I CAN and DO warmly recommend the use of the 'Cascade,' but I do not ask people to mention me when ordering, for I like to do my small part in benefiting poor suffering humanity, and the spiritual and physical are so dependent upon each other, that I know of no better way of purifying the spirit, than cleansing the body."

Gratefully yours,

Mrs. C. H. Snell.

Would not part with it for ten times its cost.

Geo. Nott, Ledbetter, Texas, writes:

"The 'Cascade' came to hand in perfect condition, and to say that I am pleased with it does not near express all that I feel in regard to your great gift to poor suffering humanity, and when I say I would not (although I am a poor man) be without it for ten times its cost, I mean JUST what I say.

I showed the 'Cascade' to Dr. L. C. More, of Georgia, and it struck him as being the ONE THING LACKING. He says a lady can use it without that feeling of disgust which every woman has for the old style syringe, more or less. I shall show it to others, that they may see what they lose by not having one. Enclosed, please find money order for \$1.00, for which, please send me two boxes of the tonic."

Yours truly,

Geo. Nott.

Rev. A. H. Liesz, Dellsbury, Penn., writes:

"A few weeks ago—say four weeks, I received your 'Cascade' treatment nice and complete, and have been using it regularly every evening since, except a few evenings when away from home. Feel improved in every way. I know of several places where I shall recommend your treatment.

It is certainly a new, and somewhat novel (though effective) way of treating disease."

Yours, &c.,

Rev. A. H. Liesz.

Praise for it from the Clergy.

Rev. S. C. Vail, Moretown, Vermont, writes:

"Your letter with the package containing 'Cascade,' etc., came safely. Have read the book. Full of common-sense matter. Your letter, with the prompt answers to my questions, brought cheer to my heart, creating such a sense of feeling indescribable, that hope revived, that I shall yet be good for something, and enjoy life. I must confess I like the 'Cascade,' really there is joy, health and life, as indicated in your motto."

I am gratefully yours,

Rev. S. C. Vail.

New York

Prof. Fyfe.

Dear Sir,

I consider the
internal battle one of
the most necessary
things in life, both
for cleanliness & health,
& for Cascade the
most perfect instrument
for practicing it that
has ever been brought to
my notice

It, use not only imparts
a sense of exhilaration
to the whole system,
~~that~~ is materially
improving my health
& giving a transpa-
rancy to my complexion,
that nothing else has
succeeded to it

Sincerely yours
Marguerite Fyfe
French Maid Fl.
Herald Sq.
City

We have also received flattering words of approval, from the following influential people:—

Dr. Alcinous B. Jamison,

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

Dr. L. Loomis Danforth,

35 West 51st St., N. Y. City.

Dr. St. Clair Smith,

25 West 50th St., N. Y. City.

Dr. Henry E. Pole,

Hot Springs, Va.

Dr. Theophilus Steele,

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

Dr. F. Gray Blinn,

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

Dr. W. L. Scofield,

87 Macon St., Brooklyn, N. Y. City.

Dr. E. S. Gaylord,

63 Trumbull St., New Haven, Conn.

Dr. Caspar Schmitz,

Kneipp Cure Institute, Cincinnati, Ohio.

Dr. Horace Tracy Hanks,

Post-Graduate Hospital, N. Y. City.

Dr. G. W. Brooks,

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

Dr. Robert A. Gunn,

102 Lexington Ave., N. Y. City.

Genevieve Stebbins,

Principal of N. Y. School of Expression, Y. M. C. A. Building,
318 West 57th St., N. Y. City.

General T. S. Peck,

Adjutant, and Inspector-General of the G. A. R.

Miss Lillian Russell,

America's Operatic Queen.

“In a multitude of counselors there is wisdom.”

DEAR READER :—With all the earnestness one human being can employ in addressing another, we ask you to consider, carefully, the claims of this truly natural, hygienic, and essentially common-sense, treatment. Remember, it is no unsupported theory that we commend to your attention, but a system of treatment that has triumphantly stood the test of years. Thousands of grateful people *can* and *do* testify to its almost miraculous efficacy, both in the cure of disease, and the preservation of health.

It is an absolute and specific cure for all stomach and intestinal derangements, and the many ills that are the direct result of those disturbances; while in the long train of disorders that indirectly result from these causes, it renders the most invaluable assistance.

It may be absolutely relied on in the following complaints:

Constipation	Diarrhoea	Dysentery
Appendicitis	Dyspepsia	Skin Diseases
Obesity	Common Colds	Bilious Colic
Headache	Piles	Cholera Morbus

Kidney and Liver Troubles.

Children's Ailments. How many heart-aches have been suffered by parents at seeing their little ones in the throes of colic or spasms while they stood by, powerless to help them, the difficulty of administering medicine, adding to the misery of the case?

In all the complaints peculiar to childhood, the "Cascade" will be found worth its weight in gold. In "colic" it acts like magic. In "cholera-infantum" it cures with a rapidity, that is simply astounding, to those unacquainted with its merits. It is safe to say, that fifty per cent. of all children's ailments may be directly traced to "intestinal worms," and as this treatment positively and effectually removes them, its immense value, as a preventive, is self-evident. You owe it to your children, to save them from pain and suffering, and for that purpose, there is nothing in the whole range of medical practice, to equal the "J. B. L. Cascade."

A Private Treatment Will be given, *by appointment*, to all those who may desire it, that they may satisfy themselves that it is really what it is claimed to be. A single treatment is invariably sufficient to convince even the most skeptical.

Price of "J. B. L. Cascade,"	-	\$6.00
Fountain Attachment (extra),	-	1.00

Of Special Interest to Women.

NO DISAGREEABLE EXAMINATIONS NECESSARY. AN INEXPENSIVE HOME TREATMENT.

THERE is no necessity to enumerate diseases. Every woman reader of this pamphlet will know at once whether she is suffering from **ANY** of the troublesome complaints peculiar to womanhood. To each and all so affected, this treatment is confidently recommended as a sure and safe means of restoring the system to its normal condition. It is essentially a **SANATIVE** treatment without the possibility of any deleterious result.

To Mothers. Possibly you have daughters just standing on the portals of womanhood. A wonderful transformation is at hand, and frequently Nature requires some little aid to perfect this great change. Many a young life is blighted, or at least subjected to sickness and inconvenience through some unknown obstruction, which could easily have been relieved or regulated by a little timely attention.

Young girls frequently exhibit a delicacy in speaking of these matters—even to their mothers—and, because they do not feel *very bad*, pass over the matter in silence, until it assumes serious proportions. Mothers, you owe a solemn duty to these young, budding lives, and should not keep your daughters in ignorance of the mysterious workings of Nature.

The “J. B. L. Cascade” treatment will render just the necessary assistance at this critical period, removing every irregularity, and causing a healthy change. The importance of this matter, justifies us in giving it prominence. How many women suffer, without knowing why, yet dread to consult a physician? We speak from the standpoint of great hygienic experience, when we say that

The J. B. L. Cascade Treatment Relieves All Such Troubles...

But there is another period in feminine existence when its value is inestimable. It is what is commonly called,

Change of Life. Every woman suffers more or less at this period, some can not survive it, while others barely escape, after severe sickness. The “J. B. L. Cascade” treatment

assists Nature in bringing about normal action, and if continually used, from the commencement, the change will scarcely be noticed. We desire to impress upon the minds of our female readers, that they can not possibly have a better friend than the “**J. B. L. Cascade.**”

A Book for the Classes and Masses!

TWO HUNDRED PAGES OF PRICELESS INFORMATION,

THE Royal Road To Health.

By PROF. CHAS. A. TYRRELL.

NEW EDITION. ENLARGED AND REVISED.

FOURTEENTH THOUSAND.

The most valuable work on the hygienic treatment of disease, ever offered to the public. It contains the views of scores of eminent medical men, together with full instructions for diet, bathing, massage—and in fact, every branch of hygienic culture, also a complete formula of treatment for all well known diseases.

A perfect Family Health Guide, that will save many an anxious hour, and many a doctor's bill.

Enthusiastically endorsed by every class in the community.

"I think the world owes you a debt of gratitude"

M. J. CLARKSON, Editor "New Thought," Melrose, Mass.

"I think it admirable, and should rejoice to see a copy in every American home."

PROF. G. T. HOWERTON, Normal Institute, Iuka, Miss.

"I endorse every word of it. It is doing good missionary work."

DR. E. GALLUP, Santa Ana, Cal.

"I wish the 'Royal Road to Health' could be scattered broadcast all over our Country."

REV. C. N. MORROW, Hawthorn, Fla.

"The facts set forth in your priceless book, seem almost too good to be true. I have proved those facts to be truths."

REV. G. W. MARTIN, Joe, Hockin Co., Ohio.

Handsomely Bound in Cloth and Gold.

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Really worth fifty times that sum.

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PEORIA, ILL.	- - -	Mr. John M. Spires, 503 2nd St.
LOGANSPOUT, IND.	- - -	Dr. J. B. Lynas & Son
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(Our special representative in the Professional Woman's League, N.Y.)

Beware of Imitations. See that our trade-mark is affixed to the appliance, and the words, "Tyrrell's J. B. L. Cascade, Patented," are stamped *on* it. We are the sole inventors and patentees, and will pay a **Reward of \$100.00** for any authentic information of an infringement on our rights.

Price of "J. B. L. Cascade" . \$6.00
Fountain Attachment (extra) . . 1.00

AGENTS. We want everyone who has the welfare of the afflicted at heart, to assist us in placing these appliances in every town and city throughout the country, and will give LIBERAL TERMS (by letter) to all wishing to engage in this humane work.

No person, however, can represent us as an agent, until he or she has purchased a Cascade at the retail price, \$6.00, and the first person applying for any territory, who shows a disposition to benefit suffering humanity, will undoubtedly have the preference. **SEND FOR AGENTS' PRICE-LIST.**

The amount, in payment of order, may be sent by draft, check, postal order, express order or in cash; but, in the latter case, the letter should be registered. Please give full name, post-office, county, state and nearest express office.

We also send the "Cascade" to responsible parties, by Express, C. O. D.; but in that case the purchaser will be required to pay return charges on money.

Address all communications, and make all orders payable to,

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

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