

**Ten golden rules of health : No.3 explained : ...the importance of a clean intestine / by Sir W. Arbuthnot Lane, Bart.**

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Lane, William Arbuthnot, 1856-1943

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# TEN GOLDEN RULES OF HEALTH.

## NO. 3 EXPLAINED.

Sir William Arbuthnot Lane, Bart., who in an article in *The Daily Mail* on August 23 laid down ten golden rules for the maintenance of health, deals in the article printed below with the importance of a clean intestine.

By SIR W. ARBUTHNOT LANE,  
Bart., C.B.

*Rule 3.—Aim at having a regular motion of the bowels after each substantial meal. This should be quite normal on such a diet as the one dealt with in Rule 2, and if all over-refined manufactured foods like white bread are strictly avoided.*

The native living in normal conditions has an action of the bowels after each meal. This occurs naturally in infancy, because the milk of the mother provided by her simple food, and stimulated by the health-giving rays of the sun, ensures an evacuation by the child's bowels after each meal.

This habit is continued uninterruptedly through the lifetime of the individual native, and is ensured not only by diet but also by regular and systematic exercise through what are commonly called "Belly dances."

The failure of civilisation to avoid the innumerable diseases which afflict it, and which find their culmination in that terrible plague cancer, is due to the fact that, unlike the native, the civilised individual has been taught to convert his large bowel into a cesspool full of stagnant and decomposing matter.

Protracted retention of this poisonous mass in the intestine causes serious irritation of the mucous lining, resulting in the inflamed condition known as colitis. The poisonous infections ascend into the small bowel, and are rapidly carried by the blood vessels and lymphatics into every part of the system, including the brain.

Thus the importance of a clean intestine simply cannot be exaggerated. It is the very foundation of good health.

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