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THE MICROCOSMIC HEALTH PAMPHLET;
OR, THE
WILFORD HALL REVOLUTION

WITH A
SUPPLEMENT

BY
J. J. WESLEY SIMPSON, Esq.

HEALTH WITHOUT MEDICINE."

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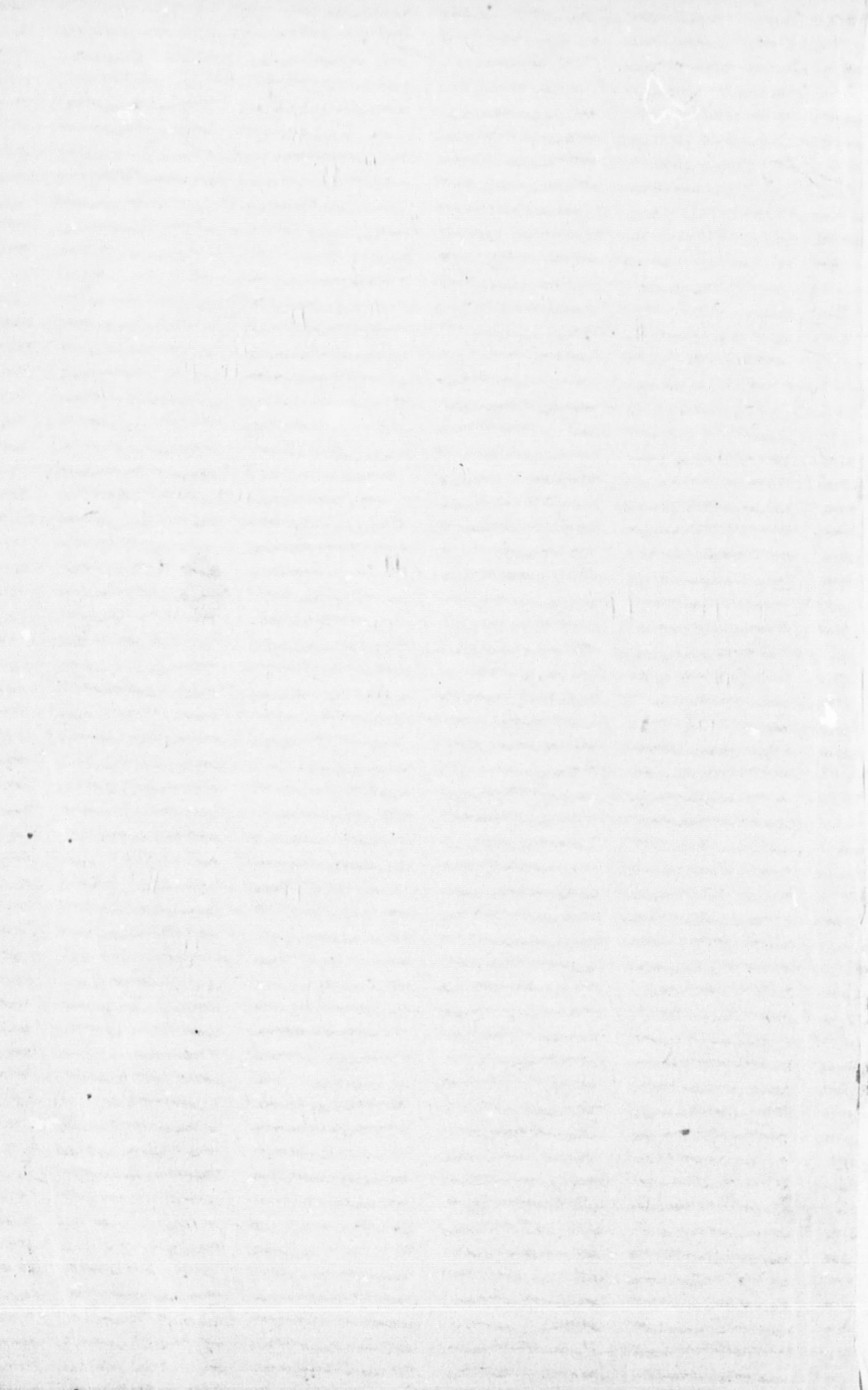
Violation is Perjury in the Moral Sense.

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DR. A. WILFORD HALL'S HYGIENIC TREATMENT

FOR THE

CURE OF DISEASE,

PRESERVATION OF HEALTH AND THE PROMOTION OF
LONGEVITY

WITHOUT MEDICINE.

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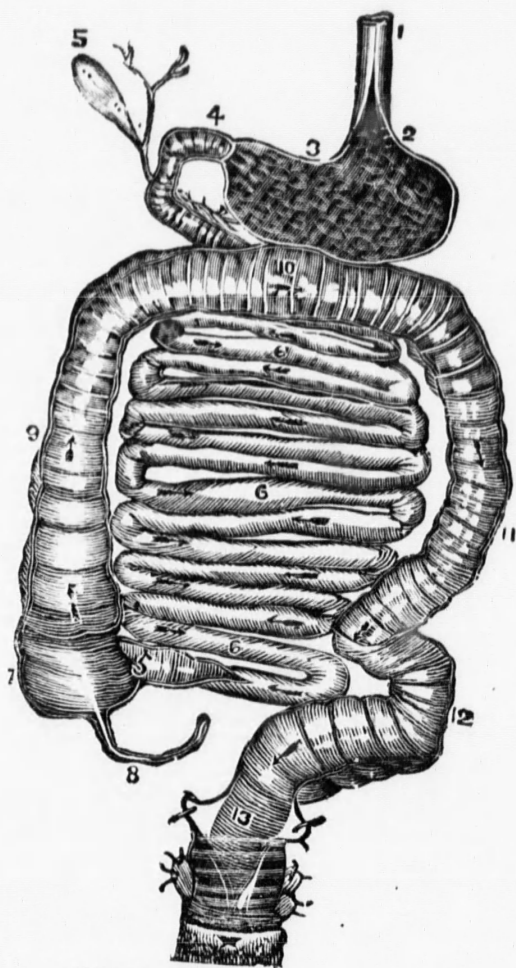
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ALIMENTARY AND INTESTINAL CANAL.

EXPLANATION OF THE ENGRAVING.

1. The *esophagus*, or gullet, through which food and drink enter the stomach.

2. The *cardiac orifice*, or entrance of the gullet into the upper portion of the stomach.

3. The *stomach*, laid open, showing its interior surface or digestive membrane.

4. The *pylorus*, or outlet of the stomach into the upper section of the small intestine called the *duodenum*. This name is derived from the length of this section, it being about the breadth of twelve fingers in the average adult, or about ten inches long.

5. The *gall-bladder*, with its delicate outlet-tube where its contents empty into the *duodenum* near the middle of its length.

6, 6, 6. The different sections of the small intestine from the upper portion of the *jejunum* where it passes from the *duodenum*, spirally downward through the lower section (*ileum*), terminating at the *cæcum* (15), where it enters the *colon* or large intestine.

7. The lower and enlarged pouch of the *colon* situated just above the right groin and below the right kidney.

8. A small worm-shaped tube as a lower terminal or elongation of the *colon*, called the *appendicula vermiciformis* (worm-shaped appendage). This singular organ seems to have no useful or necessary office in our anatomical structure, but on the contrary is often the cause of death from a fruit-seed or other hard substance becoming wedged in it. It is one of the greatest mysteries of the human anatomy.

9. Shows the ascending portion of *colon*, passing up in close proximity to the right kidney.

10. The transverse arch of the *colon*, which crosses the abdomen abruptly from the right side to the left.

11. The descending *colon*—the most “fearful and wonderful” portion of the intestinal canal, owing to

12. *Sigmoid flexure* or complicated bend in the *colon*. This is the citadel of *constipation* and the fortification where it does so much harm to the human organism. Like the *appendicula vermiformis*, one is inclined to regard it as a positive defect in our organism.

13. Is the *rectum*, or lower section of the *colon*, extending downward from the *sigmoid flexure*, and is thus named because the ancients supposed it to be perfectly straight.

14. The *anus*, or final outlet of the intestinal canal.

The entire length of this tube in the average adult, from numbers 1 to 14 in the engraving, is about thirty feet; while the *colon* or large intestine is five feet in length, and of varying diameter, and is estimated to be capable of containing somewhat more than a gallon of contents when extended.

15. The *ileo cæcal valve*. This very mechanical organ is so formed that it allows the contents of the small intestine (6, 6, 6) to pass freely through it into the *colon* at 7, but prevents their return.

The view here given of the intestinal apparatus is such as one would be supposed to see with the entire front portion of the body laid open while standing before a mirror, provided the other *viscera* of the internal structure were removed. It will at least give to every possessor of this pamphlet such a general conception of his vital structure as may be of great use to him through life.

THE RATIONALE AND DETAILS OF DR. HALL'S TREATMENT.

PART I.

IN approaching this important subject and attempting to explain my hygienic discovery and the treatment in pursuance thereof in as brief a space as possible, I find it by no means an easy task. I will try, however, so to word my explanation as to adapt it to every condition of life and education where its benefits may be sought or desired. And in this very first paragraph, I earnestly beg of the reader, however his curiosity may be excited, not to skip one line or sentence, but rather to read sentences and paragraphs twice over, and even study them if they do not seem clear or important at first glance. The pamphlet is small, and the reader can not afford to lose its perfect continuity to gratify a desire for the denouement. If the reader will so examine these introductory and essential ideas, and study them as here suggested, we will almost guarantee that before he gets through with PART I. he will himself have made the same discovery from its apparent necessity and without even a hint as to its nature and details. Let each reader, therefore, test his own original ability to discover and invent, especially after the possibility of a discovery or invention is fore shadowed and assured as will here be done.

And first, I have to say, that much as I dislike to write about myself or refer to the details of my personal experience, it becomes a matter of necessity in the present case, if the hygienic advantages to result from the discovery here unfolded shall ever be placed in their best light before the public.

The duty I owe the world in thus placing permanently on record the history of facts and circumstances which led to my present physical, and as I believe largely to my

mental, condition, must shield me somewhat from the charge of egotism or want of modesty in what I am about to write. Nothing short of outspoken frankness in narrating the history of the discovery and treatment under consideration, and the circumstances which led to them, with the processes of reasoning by which they were suggested and carried out, will satisfy the purchaser and student of this pamphlet. I shall, therefore, try in every part of this statement to make myself understood, and will only reiterate where repetition may seem to be necessary for clearness.

During the years in which I have been before the public as an author and journalist, my friends, who had read the "Problem of Human Life" and who had realized its foreshadowing importance in its relation to the probable after-work of my life, have manifested the most intense solicitude concerning my present health and my reasonable prospects of longevity. I can safely and truly assert, and bear the statement out by the testimony of living witnesses, that during the eight or ten years of my journalistic labors, since the volume above named was issued, I have received thousands of personal letters from various sections of the country inquiring earnestly after my health, and soliciting information concerning the probable duration of my life and my consequent ability to serve in the cause which the "Problem of Human Life" had so unexpectedly inaugurated.

A majority of these letters have come from clergymen of the different denominations, and have almost invariably ended with prayers for the continued preservation of my health and mental vigor, that the work of Substantialism so promisingly begun might not flag or fail of complete formulation till others should be educated up to the full capability of defending and maintaining that cause.

Out of respect to this solicitude, as well as on account of many inquiries made from persons who had received an inkling of the hygienic discoveries on which my own

life has entirely depended for its continuance, I have determined to offer to all these friends, as well as to the world at large, the benefits of the discoveries by which I am now alive, and by which I was raised from the condition of an emaciated consumptive forty years ago to my present robust health.

For several years I have been urged to print the details of the new hygienic treatment in the columns of the *Microcosm*, and then later in the *Scientific Arena*, and at one time I had thought of so doing, and even, intimated the purpose in one of the earlier volumes of the *Microcosm*; but on reflection I saw that the minutia of the treatment would hardly be suitable for a popular magazine other than one devoted to some phase of medical science, and, therefore, withheld the suggested publication.

Besides, I had a great desire, as before intimated, to wait till I had by practical test rounded out the first forty years of experimentation upon myself as a practical and reasonable gauge to the probable working and permanent value of the new system of hygienic treatment to mankind. That time having now arrived, and the various conditions and prospects of my health and continued ability to work conspiring to the final publicity of this greatest discovery of my life, and what I conscientiously regard as the greatest discovery of all time as relates to human health and longevity, I have decided to wait no longer, lest by some peradventure my career should suddenly be cut short and the world should thus be deprived of the value of that to which no wealth or other emolument can bear the slightest comparison.

I have given herewith an engraving which represents the entire alimentary or intestinal canal from the entrance of food into the stomach to the final exit of the excrementitious residue after the nutrient portions have been extracted and absorbed into the system. This illustration of the intestinal apparatus, with a full description of the same, is given to assist the reader in under-

standing the explanation of the treatment as it will advance, and its necessary relations to health and longevity. With this end in view the cut should be well studied.

And first it may be laid down as a truism, nearly self-evident on its face, that most of the ailments which afflict humanity come from the impurities that enter into the vital circulation from what we eat and drink, thereby finding their way into every part of the tissues of the human organism. These impurities may come directly from the food and drink thus taken into the system when they are deleterious, or indirectly from the fermented and decayed residuum even of the most wholesome food which is retained in some portion of the intestinal canal and then absorbed into the circulation after it should have been discharged from the system.

Most of human ills, resulting in early physical decay or premature old age, originate from this latter cause, namely, the absorption into the circulation of excrementitious impurities from the intestines, which interfere with the normal effects of nutrient assimilation, and which furnish gradually and imperceptibly the nuclei of disease and the seeds of decay, ending in premature dissolution.

These disease-bearing germs of putridity are taken into the circulation from all portions of the intestines, as we shall hereafter prove, but especially are they absorbed from the *colon*, and thus they easily find their way alike to every portion of the organic structure where the vital fluids circulate. But should any particular portion be deranged or weakened by strain or overwork, so as to form a nucleus of physiological sympathy for such foreign and poisonous ingredients, that part will respond with the greater alacrity and receive the greater concentration of such deleterious particles, and through affinity for such diseased matter, will grow under its accumulation into the definite form of disease

which the nucleus indicates and excites in that particular organ.

Thus, for example, the lungs may be weakened by over-exertion and successive colds, or may naturally be defective from heredity, furnishing a sympathetic soil for the lodgment of these disease bearing germs absorbed from the contents of the bowels and carried constantly through this already infected organ. In this way the tendency to accumulation of the diseased condition grows with its growth and strengthens with its strength; whereas, if the blood were free from such impurities, no such accumulation could occur. These impurities, when absorbed into the circulation, thus finding the lungs, for instance, a congenial dumping ground, so to speak, rush past other organs found to be in less sympathy, and unload their poisonous influence where the diseased soil is already in cultivation.

Medicines may partially and temporarily neutralize these seeds of irritation, and thus, by diversion of the enemy towards other parts may for a time put off the evil day; but drugs of whatever kind or character can not touch the cause and continual instigation of the trouble, but rather must leave the organ in a more sensitive condition than before.

With all the medicine that may be taken into the human system, so long as this absorption of the disease-bearing germs continues from the intestines, the blood will supply the lungs with this congenial food for consumption more rapidly than any system of drug-medication can divert or counteract it.

Plainly and rationally then, as it must strike every thinking person, if some simple, effectual, and perfectly harmless means could be discovered by which to prevent or put a stop to this excessive absorption into the circulation of disease-bearing germs, so that their lodgment would be prevented by the natural eliminating and excretive process of the physical organism, nature would

act in the direction of health rather than disease, the lungs would at once become master of the situation, and the tendency to disease-sympathy and disease-accumulation would cease. That is what the new Hygienic Treatment claims successfully to have accomplished.

The same rationale, as to the beginning and the accumulation of disease in any other organ, applies with equal force. Let a start be made in the kidneys by strain, excess, or undue indulgence in wine, liquors, etc., and instantly the circulating fluids of the body begin to unload their impurities and disease-bearing germs in this congenial soil, and by their pernicious affinity attract similar germs as the vital fluid rushes by loaded with death, till soon the foundation of diabetes or Bright's disease is hopelessly established. No conceivable cure, which complies with natural law and physiological logic, can touch such cases successfully, save that which will remove its cause, namely, a complete cessation or stoppage of the excessive absorption into the circulation of diseased and putrescent matter from the contents of the intestinal canal.

I speak of *excessive* absorption advisedly. The entire prevention of such absorption of putrid matter into the vital circulation is probably not possible, nor is it absolutely essential to excellent results of alimentation as relate to perfect health and maximum longevity. The natural process of the assimilation of nutriment and of the elimination of waste and worn out tissue, as well as of the repulsion of deleterious matter carried and deposited by the circulation, will take care of itself infallibly if it is only given a fair chance to act; and this fair chance consists in not allowing the circulation, by leaving putridity unnecessarily in its path, to be so *excessively* loaded with impurities as to deposit them among the organic tissues *faster* than the normal eliminating and excreting process can disentangle and send them adrift to be hurried from the body. In a word,

normal nature will do her work infallibly correct, if she is not interfered with by *abnormal conditions*.

As proof that nature will do her work effectually, when not excessively taxed, we have only to note her efforts in her three other outlets for the elimination and excretion of impurities from the circulation, in addition to the intestinal means of escape, namely, the *kidneys*, the *pores* of the skin, and the *breath*.

When excretion is defective through the chief channel of the body for keeping the organism pure and healthy, notice how soon the urine is unduly loaded with offensive and poisonous excretions in the effort of nature to find the next best means of eliminating the waste and deleterious refuse of the organization.

Next, the pores of the skin are brought into requisition by our faithful friend, *nature*, to help forward this work and assist the kidneys; and last, but by no means least, our incessant respiration is always at work, night and day, in this effectual process of aiding in the elimination and excretion of effete and poisonous matter from the system.

Not only the carbonic acid exhaled from the lungs at every breath, but the vapory fluid thus expired at the same time, is loaded with deadly poison to the system if it should be retained even for a single hour.

The distinguished Prof. Browne-Sequard, of Paris, has recently proved the truth of what I have been stating by condensing these exhalations of vapor from the lungs of a person of average health, and after concentration he has demonstrated their poisonous character on different animals,—a single drop injected under the skin of a rabbit producing immediate death.

This poison, as well as the poisonous matter with which the perspiration and the urine are charged, is excreted solely from the circulating vital fluids of the organism which those fluids absorb from only one possible source, namely, the effete and putrid contents of the intestinal

canal,—especially the *colon*,—unduly detained long after they should have been expelled from the body.

In our present civilized mode of living, such undue deposition of poisonous substances absorbed from the intestinal canal can, as I conceive, only be prevented in one way, and that method forms the basis of the discovery made by the writer more than forty years ago, and which he has since demonstrated in his treatment of himself, in pursuance of that discovery *more than five thousand times*, with results upon his health so conclusive as to leave no shadow of a doubt as to the priceless value of the discovery.

And now, not to keep the reader in suspense any longer than is necessary, I will briefly narrate my own condition at the time of making this discovery, and give a succinct sketch of the process of reasoning by which I was led to the absolute necessity of the treatment itself, narrating the full details of the same, after which I will present some general considerations bearing upon the discovery and its beneficial effects upon health and longevity.

But let me again beg the reader not to skip one word of these preliminary considerations in his eagerness to get at the secret of the discovery, because everything I shall say in approaching this treatment will have an intrinsic value upon the reader's mind in preparing him to reap the real benefits to health and longevity stored up in this revelation.

MY OWN CONDITION, EXPERIENCE AND REASONING WHICH LED TO THE DISCOVERY.

PART II.

At the age of twenty-nine, after years of public speaking, much of the time in public debates and in the open air, I found myself a worn-out, broken-down old man in what ought to have been the prime of my youth.

For two or more years I had been fighting against the inroads of what seemed to myself and to others as approaching consumption. During this time I was never without a wearing cough, producing the most painful effect upon my lungs with consequent loss of sleep as well as of appetite. My flesh finally began to wear away under this strain with fearful rapidity while still trying to keep up and continue my public labors, till at last I was forced to succumb to what seemed the inevitable.

The trouble of my lungs produced its reflex action upon all other parts of my system. My liver became torpid, my digestive apparatus had almost ceased to perform its functions, dyspepsia set in with its horrible nightmare, the kidneys began to fail in their official duties, with constant attacks of inflammation of adjacent parts, and with numerous attacks of pleurisy, which at times, as it seemed, would surely end my existence.

With indigestion came the most virulent constipation, which necessitated a constant resort to cathartics, none of which produced more than temporary relief, while leaving the dilapidated system in a worse condition than before.

At last, reduced to a skeleton, with hardly the shade of the color of life remaining in my face, I was forced with terrible reluctance to give up all work and subside into almost entire inactivity, with scarcely energy enough left to leave my room or to walk a single block without stopping to rest.

In this forlorn and despairing condition, I saw only in the near future the lingering fate of the consumptive, to which my brother Samuel, two years younger than myself had patiently succumbed a short time before.

I sought the counsel of the able doctor who had attended my brother and who had seen him die, and with all the frankness which I urged him to exhibit, he told me that my case was precisely that of Samuel's, and that within less than a year I might assuredly expect to follow him to the same churchyard.

A consultation of medical men from the adjoining towns, after sounding my lungs under a stethoscope, decided that one lung was partially gone, and the other badly diseased, and that there was little if any prospect that I could survive more than a year, if that long.

The additional kindly advice of my own confidential physician, that I had better settle up and set in order my business affairs while I possessed the necessary strength and mental energy, was anything but reassuring that my future achievements in literature and science, to which I had looked forward with such glowing hopes and ambitious aspirations, would ever be realized.

But as was my wont from childhood up, I resolved not to surrender, even to what seemed to be the inevitable, but with a desperation, which I have no language to describe, I determined to seek some way out of that tangled wilderness of circumstances which had hemmed me in and chained my limbs as in a net-work of steel wire.

I did not believe that it were possible for Providence to design and permit my death at that early age with the life-work before me which so plainly I foresaw in the distant future.

I did not believe in the miraculous aspect of special providences so commonly and thoughtlessly entertained by religious philosophers, but I did believe in semi-inspirations which God somehow permits in great emergencies to come upon men when under the most intensified conditions.

Besides, I saw that my physical condition which had so summarily laid me at death's door, was mostly my own fault though resulting from over-zeal and ambitious efforts in what I regarded as a good cause, and therefore it was now my duty as well as my triumph to retrieve the sin I had unwittingly committed against nature's laws, if it were still in my power to do so, and thus make my own sufferings redound to the future blessing of the race.

Such mental experience as I passed through during the following week or ten days, while lying on my bed or sitting listlessly, to all appearance, about the room, working out my desperate problem of individual reconstruction,—building life out of premature death,—none but the pen of the recording angel can ever describe.

Suffice it to say that I was not at all satisfied with the result of the medical consultation and decision, though my own most deliberate conviction was forced to coincide with the impartial diagnosis so evidently based on the indisputable facts of the case. But I was too personally involved in the result of the decision those medical experts had reached, to submit quietly, or at least without a furious protest.

In a word, I resolved not to die by the triumphant power of consumption and its concomitant ills, but at once to enter upon such a conflict with the insidious destroyer as either to break his hold on my vitality or to take the victory out of his grasp by falling under the effects of my own desperate experimentation.

Yet, in all this mental agitation, in which I sought, as never before, to penetrate the secret archives of man's fearful and wonderful organism, not one thought of drug medication entered into my conceptions while thus seeking after some remedial process or agent capable of meeting the emergency of my case.

I knew from my brother's recent experience that drugs could accomplish nothing in such an extremity; and consequently my whole scheme of organic reconstruction aimed solely to aid and abet the physical laws of my being, thereby to counteract, if possible, the work of disease and destruction going on in my system. And with the most penetrating mental effort of my whole life, I thought I saw that the only way to counteract these rapidly cumulating inroads of dissolution was by some means, as stated in Part I, to supplant in the circulation the disease-bearing germs which were

doing this deadly work, by the life-giving elements pure nutrition in harmony with the laws of vi force.

I am thus still paving the way by these preliminary and preparatory statements concerning the reasoning and general facts which led me to the discovery, before bringing the reader face to face with the practical application of the treatment itself. I do this in order that he or she shall the better be prepared for the process of renovation and the more completely be able to comprehend its rationale when the actual physical process shall be reached as a means of organic recuperation without medicine of any kind. And I am induced thus to reiterate these approaches that when the rejuvenating treatment itself shall be unfolded the reader will not be tempted to cry nonsense ! humbug ! without first closing this pamphlet and giving serious thought for a number of minutes to all the preliminary suggestions I have made in approaching this denouement.

And here, again, before coming to the actual process of renovation, I wish as a matter of emphasis to repeat myself a little further for the sole reason that I have the reader's permanent good in view.

I have shown in Part I., as the most probable physiological truth, that most of the diseased conditions of the human organism either originate in or are nourished by the germs of putridity which are picked up by the circulation, chiefly from the effete contents of the *colon*, and then distributed and deposited in all parts of the system as seeds of disease and decay.

If this be a rational view of the inveterate grasp which disease takes on the organic structure, especially after it once gets a foothold, then by the simplest ratiocination it must follow that the only true way to break this hold and prevent its abnormal work of poisoning the circulating fluids and thus feeding the flame of disease by a constant supply of these aggravating germs, must

be to break up their source by keeping this chief reservoir of antagonistic matter cleansed of its deleterious contents, at least as much as possible. Is not this a common-sense conclusion from the premises?

If a steam-engine fails to give satisfactory results from the accumulation of sediment in the boiler so that sufficient steam can not be generated, or from the cutting of the piston and packing by the circulation of grit and gravel, the sensible engineer would see the necessity of cleansing the boiler and removing the source of grit from the circulation of his machinery. And if an engine would work almost perpetually, or so long as all impediments were kept from its internal machinery, just so will the organic engine work infallibly and continuously till it naturally wears out, if germs and seeds of deleterious matter can be kept out of its circulation by cutting off the source of their supply.

The only way to do this effectually, as already repeatedly hinted, is by some heroic, mechanical, and artificial method of cleansing out the entire *colon* and thereby removing the chief source of supply of putrid germs, to the circulating fluids of the organism.

It is plain that cathartics, however powerful and effectual in their action, can 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 into a fluid condition the solid contents of the *colon*, must weaken the whole system and thus do more to generate and encourage disease-producing germs than they will remedy by partially emptying the *colon*. Their effects can be but temporary expedients at the best.

Physiologists, so far as I have conversed with them, have an entirely erroneous conception of the action of cathartics upon the human organism. They suppose that these drugs pass from the stomach, down the duodenum, through the small intestine (6,6,6.) dissolving

their contents into a more liquid state, and thus pass on into the *colon*, thus accomplishing the same result with its more solid contents, etc., all of which, in my judgment, is a serious mistake.

A cathartic is dissolved in the stomach by the action of the gastric juice, and it then goes at once into the circulation, through the invisible absorbents of that organ, and only acts as a cathartic by exciting the secretory and excretory processes of the system which discharge into the intestines, through like invisible pores of their mucous membrane, the solvent fluid which dissolves the excrementitious contents, but especially so of the *colon*. This is a frightful process, to say the least, and a most absurd roundabout way of getting at and cleansing out of the *colon*, while, as a rule, not more than half accomplishing the object, though at a terrible cost to the vital fluids of the system.

Compared to the present system of drug administration, for keeping in order the machinery of the body, the new treatment, so thoroughly demonstrated in my own case during forty years, is a positive and most startling revolution which must command the respect of the thinking world.

At the time of my life-and-death struggle, so often referred to in this pamphlet, I reasoned with myself, from the premises substantially as here set forth, that if the colon at given periods could be thoroughly cleansed of its more deleterious contents mechanically, on the ordinary principles of hydraulic action, it would instantly give room for the discharge of the less putrid contents of the small intestine through the *ileo-cæce* valve into the vacuum thus formed, while this second partial vacancy above would allow the *duodenum* and stomach to rid themselves of any unduly detained food, perhaps in a state of fermentation, half-digested and already generating the deleterious acid which so often in eructations sets one's teeth on edge.

I saw in that desperate struggle for existence that the acid thus generated in the stomach from food unduly detained near the very seat of vitality, not only irritated and weakened the digestive membrane of that organ, thus aiding and abetting dyspepsia, but that this corroding and semi-poisonous liquid, after mixing with and partially neutralizing the gastric juice, entered into the general circulation to instigate fevers of all kinds by semi-inflammation of the organic tissues wherever it penetrated, even to the reddened cuticle of the body.

I further saw that to stop the work of poisoning the organism with this dyspepsia-breeding and fever-inflaming acid, there must be room made below into which the stomach could empty itself readily and that this could only be done by some heroic process of disgorging the overtaxed *colon* of its contents, thus enabling the small intestine, by discharging its deleterious contents into its normal reservoir, to make a free course for the stomach and duodenum to do their vital work.

To cure dyspepsia and its sympathetic evil effects on throat, liver, heart, lungs, etc., and thus prevent headaches, no food should be allowed to remain in the stomach till fermentation shall begin. To effect this result, again I assert that the *colon* should periodically be cleared of its contents, when infallibly, by a law as sure as that of gravitation, the intestinal canal above, even up to the *duodenum*, will free itself, thus as infallibly ridding the stomach of all food-remnants before they can have time to ferment and generate their characteristic acid.

For years before the adoption of my discovery I was one of the most wretched victims of dyspepsia that ever lived. For forty years past, however, as I solemnly declare, I have not felt the slightest intimation of that distressing disease, even without a thought as to the kind of food I should eat. This mighty physiological change is now easily within the reach of every suffering dyspeptic.

In reasoning on the organic economy, I saw that not only did the vital circulation pick up seeds of disease and decay through the absorption of putridity from the *colon* and even many times from the *illium* and *jejunum*, but that the stomach itself, as just suggested, helped on these disease-producing processes in all the affected parts of the body by sending into the circulation the very poisonous dregs of over-detained food by not being permitted to rid itself of the incumbrance thus abnormally detained through the interruption of the channel below.

The sewer of our street if clogged even a mile below our residence, not only poisons the air at every outlet above, but in our very residence it backs up its deleterious effects, thus multiplying dangers to life and health by preventing the escape of our waste materials. To purify the residence the sewer below should be flushed till the passageway is clear to its very outlet.

Thus, as I firmly believed then and now know, by flushing the *colon* through mechanical and hydraulic means and removing all obstruction, the generation of acid in the stomach would cease by this organ's passing its unwholesome contents through the *duodenum*, when the welcome stranger, *hunger*, would again knock for admission. I foresaw that by thus freeing the *colon* of its putrid contents, the myriad invisible absorbents of that *viscus* would cease their cruel and pernicious employment of conveying to the vital fluids the germs of putridity, and that this vital circulation in turn, thus free from impure matter, would go on with its normal health-giving work of carrying to all parts of the organism the germs of pure nutrient substances extracted from the unfermented food in the stomach as fast as digested, and from the chime and chyle in the *duodenum*.

These early conceptions of the natural working of the vital economy, I am happy to say, I have found to be the literal physiological truth in my own carefully analyzed experience during all these years of patient and persistent investigation.

At the time of the terrible ordeal of which I speak, I saw as plainly as I see now, with all my after and recent study of physiological and anatomical science, that could the *colon* thus be flushed by mechanical means and all obstructions periodically removed, say once in every second or third evening, nature would have a free course to run and be glorified.

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 of disease, had made me almost scientifically reckless, with my own poor body thus as a laboratory for physiological experimentation.

And now, dear reader, after all these stages of approach to the treatment, and broad hints at what is necessary to aid nature, I come at last to the process itself, which I will endeavor to narrate as the priceless secret of my discovery.

I began by purchasing a common bulb-syringe at a drug store, and on the first attempt I forced a pint of water into the rectum, though with considerable difficulty. But small as was the quantity its discharge produced a more beneficial, restfull and exhilarating effect over my whole organism than that of any cathartic I had ever taken, while leaving no detrimental or weakening effects such as an active physic always produces.

So encouraged was I at the result of this initial experiment, that the next evening I doubled the quantity,

forcing a full quart of warm water into the *colon*, obtaining a still more encouraging discharge. Though cheered by my success, this was only a bagatelle to the ideal I had sketched in my imaginary triumph over anatomical obstacles to aid nature in her work of restoring and protecting health, and of prolonging human life.

I knew enough of human experience to remember that athletes could accomplish wonderful things by the gradual education of their physical powers up to the winning point, but that the achievements thus easily reached in time would have been a total impossibility at the start. Hence, while determined for the final result, I resolved to feel my way and act with an eye to due caution and final triumph.

Accordingly, two evenings thereafter, I resumed my task, measuring out two quarts of water, warm enough to be comfortable to the hand, and to increase its lubricating quality I added a little soap. Owing to this increased quantity it required a still greater effort to inject it, particularly in forcing it past the *sigmoid flexure* or first bend in the *colon*, just above the rectum. (See Plate.) But after this had been passed, the operation became comparatively pleasant and was accompanied with no sensation of pain.

This time I made an effort to hold the water for some minutes which required considerable exertion and exercise of will power; but I soon learned that the longer I retained the water the less inclined was it to break away, after which I let it discharge at my leisure, with a copious relief of the abdominal pressure.

I thus felt that I was becoming master of the situation and that my triumph over my trouble was at hand, as this last heroic effort had produced such reaction as to make a decided improvement in my general feelings. I had given myself up entirely to this desperate departure, and the whole outside world, with all its cares and attractions, was as nothing in my mind compared to the result of this revolutionary enterprise.

Two evenings after this I came to my fourth attempt, but with some misgiving and uncertainty as to the result. I measured out *three quarts* of tepid water of a temperature comfortably warm to my naked hand, and with resolute but careful persistence I injected the entire quantity. I then waited in a cumbent position on my back, for about ten minutes, thus allowing the water to circulate as freely as might be toward the termination of the small intestine at 7, in plate. I held this quantity, however, as easily as I had held the two quarts previously taken, for the colon was now less gorged, I having as yet scarcely come to my long lost appetite, and had eaten but sparingly since beginning the new treatment.

But now came the first marked and even startling change on my stomach. On discharging this last *enema* I felt a sudden relief at the region of the duodenum—an emptying sensation which seemed to follow a corresponding operation throughout the entire length of the small intestine. 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.

But still, though I was well satisfied with the result of my achievement, I had a curiosity as well as a scientific ambition to fill the measure of the original plan of injecting a full gallon of water into the colon if it were possible. Accordingly, three evenings later I prepared for the final test by measuring out four quarts of warm water. This I slowly injected, cautiously feeling my way as before, watching and analyzing its effects, though determined upon the ultimate triumph of my discovery.

At last the work was done. And although the abdomen was greatly extended, I can not say I felt anything

like acuteness of pain, though I held this enormous quantity of water for some minutes before allowing it to be expelled.

The result, as before, was not only a complete cleansing of the colon, but a settling of the contents of the small intestine to fill the vacancy thus produced, and the concomitant emptying of the stomach and the duodenum, with the resultant hunger as before.

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 contents of the small intestine and emptying of the stomach as already described.

I also declare that from the time this complete demonstration was made, I began perceptibly to improve both in weight and physical vigor. At the time described I weighed about 120 pounds. In three or four weeks I had gained about five pounds, with a glow of healthy color beginning to come to my face. My cough also began to subside, my pains 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 indication 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 225 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.

I do not suppose that any one will dispute the fact that I am the very first man of all the millions, present and past, to inject a gallon of water into the *colon*. No medical man would be willing to believe such a feat

possible without proof. Dr. R. F. Stevens, of Syracuse, N. Y., twenty years ago, to whom I made known the secret of my discovery, doubted the possibility of such a performance, until I had demonstrated it in his presence to his great astonishment. In his recent explanation of the treatment, by my permission, to Dr. Heustis, of Columbus, Ohio, he writes:—"Consumption is a progressive disorder, and I have never been able to satisfy myself that the arrest of its progress can be effected except by improvement in the nutritive process. If these processes, as assumed in the foregoing, are weakened by the presence in the circulation of putrid matter absorbed from the *colon*, then the removal of that matter by the use of water must tend to a better nourishment which constitutes, perhaps, the only cure for that malady. In my practice I have invariably found that female weaknesses, nervousness, periodical headaches, and various disorders in both sexes, have yielded to the improved nourishment resulting from this water process; the greatest difficulty arising from the impossibility in some cases of getting the patient to use a sufficient quantity. I am able to say that I have seen Dr. Hall inject a full gallon into his bowels, hold it while walking quarter of a mile and then discharge it. He wishes me to say to you that he has done this hundreds of times. And furthermore that he has often taken a quart of water at night into the *colon*, gone to sleep with it, and discharge it before morning through the kidneys, thus proving that absorption may remove a very large amount of liquid from the *colon*. This he regards as invaluable in all kidney troubles, &c."

Thus I bring the second part of my pamphlet to a close with this statement of instructive facts, verified by my own long experience, and which verification can easily be repeated by any reader of this little work who has the intelligence to comprehend the reasoning and the energy and courage to put the treatment into practice.

GENERAL SUGGESTIONS CONCERNING THE TREATMENT.

PART III.

Unlike drug medication of whatever description, the process of flushing the *colon*, as herein set forth, can produce only a good effect upon the general system whether this reservoir of the intestinal canal be unduly charged with deleterious matter or not.

If cleanliness produced by bathing the external body be beneficial to health and conducive to longevity, by assisting to ward off disease, how much more beneficial must be the cleansing of the interior of the organism and thereby purifying the blood, in which all disease, as a rule, originates!

As certain as that the washing of the accumulated dirt from one's face, hands, feet and body never of itself produces injurious effects, so certain may the reader rely upon this flushing treatment of the interior structure as impossible to produce any harm to the most delicate and fragile constitution. This can not be said of drugs taken into the stomach, of whatever kind that are strong enough to produce a sensible pathological or therapeutic effect as a treatment for disease, whatever good they may do as a choice of two evils.

The hygienic treatment herein set forth not only does effective execution in counteracting disease, by removing its cause,—impurities in the circulation, picked up by absorption from the contents of the intestines,—but what is equally beneficial to humanity in general, it will, if practised by those in perfect health, permanently and surely guard and protect them against the incipient formation of diseased conditions in any part of the vital structure.

As prevention is always better than cure, I most earnestly recommend this flushing treatment of the *colon*, to persons in the most exuberant health, at least every third night before retiring, in order to keep pure and uncontaminated the circulation of the vital fluids of the system, even if no sign of disease shall be discernible in any organ of the body. In this way a sound constitution may retain youthful vigor almost indefinitely.

This was the view taken of the new treatment by Dr. Stevens the moment I named it to him in Syracuse, more than twenty years ago,—even before that phase of its advantages had impressed itself upon my own mind.

He was then in the bloom of healthful vigor, and, as soon as it was practically demonstrated to him, he adopted the treatment and put it into regular practice, solely, he said, as a preventive of disease of any kind getting a foothold in his vital economy.

He reasoned that if the prevention of the germs of putridity and decay from entering into the circulation and locating themselves in the organism would cure a complication of diseases, as demonstrated in my own case, then surely, by assisting nature in advance, it would be a manifold easier process to guard against all forms of disease which originate in such deleterious germs if they should be entirely kept out of the circulation in the first place, and thus forestalled in their mischievous work.

The result has been that during all these years the Doctor has not had one day's sickness, and now, in his seventy-first year, is the healthiest and most vigorous man of his age I ever looked upon.

Of course in this respect he holds vastly over the writer with his already shattered constitution to start with and with a fraction only of a left lung to watch and nurse from continually recurring colds at the slightest possible provocation.

Among the wonderful effects of this treatment in the cure of human ailments, it is easy to see that troubles of

the kidneys and of the urinary organs almost necessarily come in for no ordinary share of its advantageous effects.

I do not believe that there is any form of kidney disease, especially in its earlier stages, that would not in a single day yield to this treatment if thoroughly put into operation ; and I very much doubt if Bright's disease, even when abandoned by the average medical practitioner as incurable and fatal, would not succumb to this flushing and rinsing-out process as I have carried it out and applied it to the kidneys in my own case hundreds of times.

I speak very cautiously and advisedly here, because I know whereof I speak, and I am sure from the examination of medical works, and from inquiries of the most extensively read physicians concerning the functional peculiarities of the kidneys, that this treatment must in the very nature of the case involve curative effects upon Bright's disease and diabetes never dreamt of by one who fallaciously hopes to effect a cure by means of drug medication. This I will endeavor to make plain.

Exposed as I have been by colds, especially during my years of hardships in the Rocky Mountains, I have often had my kidneys assailed with their old troubles from over exertion, and very suddenly, too, so that I would scarcely be able to walk. Just then I had been forced to call a physician to treat me with drugs in the usual way, I feel positive I would gradually have settled into an incurable case of Bright's disease, and in a short time thereafter have left my bones in some friendly gulch.

But instead of this sorrowful denouement, my life-preserver—my friendly little syringe which cost me but a trifle, and which never left my side—was called into requisition. After charging the *colon* with at least three quarts of warm water and expelling the same with the contents of that viscus, I would add another anema of about a quart and then go to bed, there to hold it against all its efforts to break away, till finally all such peristaltic action of the *colon* would cease, and I would fall asleep.

The result would be infallibly that before morning that quart of water with the normal additional quantity excreted from the organism, would find its way through these threatened organs, and with it carry away in its passage every vestige of ache, pain and soreness in these organs.

Scores of times, when thus attacked, I have had the satisfaction of getting up the next morning as well as I ever was in my life, thinking, with sadness of heart, of the myriad sufferers writhing under the very same kind of attacks, and for the want of knowledge of this incomparable remedy were perhaps at that very moment staring in the face months of suffering, and finally, a torturing death.

Will the regular medical practitioner, who resorts to drugs for all such critical attacks, tell me how that quart of water found its way in a few hours through that intestine, with no outlets or inlets that can be detected under the most powerful lenses known to optical science?

Plainly and positively, as a demonstrated physiological fact, that quart of pure water did find its way quite readily, not only through the walls of that apparently impervious membrane, but by a circulatory system of almost infinitesimal conduits, *entirely distinct from the blood vessels*, as I maintain, must have made its way into and through the very tissues of the kidneys, in order to accomplish its cleansing and healing process.

I speak of a circulatory system, *distinct from the venal and arterial systems*; for why put nature to the absurd trouble, if I may be allowed thus to express myself, of not only forcing this quart of water through the poreless membrane of the intestine, but also forcing it into the venal and arterial vessels through their equally poreless walls, and then, after allowing it to travel a few inches, forcing it out again through the same impervious walls, in order to reach the outlet from the kidneys.

Besides all this, the present theory involves the total unnecessary work of mixing this quart of water with the blood of the entire circulation, and then again of its mechanical separation from the blood before it can be discharged into the kidneys, all for the want of another and distinct circulatory system for such purpose, that eye hath not seen, and that hath not entered into the conceptions of anatomists and physiologists, simply because they have not been able to detect it under their microscopes.

But this incidental digression is out of place and was not intended here. I am treating of sublime and stubborn facts that admit of no argumentation, and that involve the life or death of thousands upon thousands of suffering humanity, whose troubles can easily be eradicated if we are only willing to abet nature, and not provoke her by the empirical administration of ineffectual and outrageous drugs.

What I have here stated concerning the forcing of a quart of water into the colon, and from it through the kidneys in the course of a few hours, without the slightest pain, in order to rinse out and cleanse those vital organs of all disease-bearing germs and sedimentary impurities, has now become to thousands, a patent fact, and which any reader of this pamphlet can verify for himself or herself as soon as the colon shall be educated a little for such practical work. And I will from this single fact deduct the positive proof of the truth of what has previously been written in this little work about the possible absorption into the circulation of the germs of disease from the effete contents of the intestinal canal.

Plainly, if a quart of water can be made to find its way through the walls of the colon into the circulation of the body in four or five hours, who will dare to question the truth of the fundamental position here assumed that putridity in its liquid form, filling more than twenty feet of the lower intestines, carried about for days, and slept

with for nights, will not be absorbed more or less continually into the vital circulation, and to some extent to mingle with the blood, and thus to deposit the germs of disease in all parts of the organism, there to foster the seeds of decay, that will grow into senility, ripen into premature old age, and finally fall as grainless sheaves under the sickle of death?

I now assert positively from my own experience for more than forty years as here related, and from the physiological reasons given here, that with this flushing treatment of the *colon* and this after treatment with a smaller quantity of water for rinsing out the kidneys through absorption as described, every form of kidney-trouble known to pathological science, including Bright's disease, diabetes, lumbago, &c., with the concomitant troubles of the urinary organs, would at once be wiped from human experience and from medical practice, *and only be recorded in future books and publications as diseases that once existed in a variety of fatal forms, but which have become entirely extinct and unknown in consequence of the new treatment of flushing the colon and rinsing out the kidneys as discovered and demonstrated by one Wilford Hall.*

Not only are these diseases of the kidneys easily cured, and more easily prevented on their earliest incipency, by the treatment here described, but many directly resultant or analagous forms of disease, such as gravel, piles, hemorrhoids, gout and inflammatory rheumatism would never be allowed to get a foothold in any human being, could an early and effective application of this double process of washing out both *colon* and kidneys be made.

No one disputes but that gravel originates in the collection of sedimentary deposits in the kidneys, from the impurities there lodging and collecting from the circulating fluids of the body. And with a moment's reflection on the part of a trained medical student, it must be evi-

dent that if the kidneys can periodically be rinsed by a natural flushing of water absorbed through the *colon* (not the abnormal drainage of the system which takes place in diabetes), their tissues would be clean and healthy and no incipient dregs would be allowed to settle there to form the nuclei of mineral deposits, which are the invariable precursors of that most horrible of all diseases—stone in the bladder.

With the healthful and normal action of the kidneys aided by an occasional flushing and rinsing of the system as here described, all troubles of the urinary organs, such as inflammation of the bladder and urethra would be things of the past; while female weaknesses in all their forms, which have their general origin in the same source of impurities in the circulation, would no longer require the indelicate interference of specialists to mitigate, and the consequent shock of sensitive nerves to be endured.

With the *colon* periodically flushed and cleansed, and the impurities from the diseased condition of the kidneys and their excretions kept from contaminating the adjacent part of the body, piles as well as rectal fistula, would be ruled out of the list of human ailments, as their cause would forever be removed.

But for the excrementitious impurities thus find their way into the circulating vital fluids of the body and then picked up continually by the assimilating tissues, it is plain that gout, rheumatism, erysipelas, asthma, catarrh, neuralgia, bronchitis, pleurisy, diphtheria, pneumonia, and all liver, heart and kidney troubles, with malarial and fevers of every kind, could never effect a permanent lodgment in the system as definite forms of disease; and if, from our own temporary neglect in using this cleansing treatment, any one of these forms of disease should chance to get a start, its eradication from the system would easily and immediately result by a vigorous and heroic resort to the syringe and nature's grand remedy—water.

Under a strict observance of this treatment, the natural economy of our organization stands ready to defy dysentery, cholera morbus, or any disease of the bowels, such as so-called summer complaints, even challenging them to get a start, if they can, in our intestinal canal.

All such forms of disease, as it must now be manifest, originate in the overcharging of the circulating fluids of the body with deleterious and poisonous substances picked up, as so often reiterated, by absorption, chiefly from the *colon*.

When these fluids thus become surcharged with disease-bearing germs, and have so acted upon the gastric juice at the seat of digestion as to force it also into the service of the destroying army, they combine not only to send their poisonous influences down the duodenum and along the small intestine, but they pour their acrid and cutting currents through a million invisible pores and channels of the mucous membranes of the entire intestinal canal, converting its normal and healthy secretions into semi-poisonous acid, thereby dissolving the intestinal contents into a burning stream of almost fluid lava, which oftentimes scalds away portions of the membrane itself, cutting and severing along its course the tiny blood vessels which centre therein, etc., &c.

This, dear reader, is *summer complaint*; and in a more virulent form, *dysentery*; in a still more aggravated form *cholera morbus* and *bloody flux*; but in its worst form it is *Asiatic cholera*.

To prevent all these forms of disease, we must exclude the germs of poison and seeds of decay, which are their cause, rigidly from the circulation, by keeping the *colon* cleansed, and thus delivering from temptation the useful absorbents of the body, by keeping putridity as much as possible out of their way.

To cure such forms of disease, when they have taken possession of the organism, and after they have com-

menced their dangerous work of abnormally flushing the intestinal canal with vitiated and metamorphosed vital fluids of the body, we have only to fight fire with fire, as the prairie farmers of the west fight fire, by filling the *colon* with a gallon of warm water if possible, and thus at once ridding the intestinal canal of its already vitiated contents, thereby stopping the sympathetic action which excites the drain of vital fluids through the intestinal mucous membrane.

I have seen a virulent attack of dysentery, even where people were dying of that disease in the neighborhood under drug treatment, cured in half a day under my own direction, by injecting nearly a gallon of warm water into the *colon*, and by the patient's holding it several minutes before expelling it. And I have known of a case of inflammatory rheumatism treated the same way (the water being very warm), where the person was absolutely helpless, but who was made so and well in a single day; thus showing that the treatment is applicable as a *cure* to the most widely separated forms of disease (their causes being the same), as its regular use will alike *prevent* every form of disease which originates from the impurities absorbed into the blood and carried by the circulation.

But among the most numerous advantages in this specific class of disease, where this treatment is destined completely to supplant drug-medication, may be named *fevers* of every description, such as bilious, typhoid, remittent and malarial chills.

I have seen this remedy applied in the case of the severest attacks of bilious fever, when the patient was partially delirious, with skin livid and burning, with lips parched and tongue heavily coated; and I have seen the fever broken and the patient convalescent in a matter of days, with profuse perspiration, and substantially cured in a single day, except the physical weakness resulting from the vital disturbance he had passed through.

shi I have no time now to discuss the rationale of this washing process in remedial effects upon diseases of this kind, but merely record the facts as I know them to have occurred under my own observation.

vat The same is also true of malarial chills. I defy any one to be shaken by the ague with a gallon of warm water permeating the *colon*, percolating through its mass of tyriad absorbents, and coursing the organic tissues through as many infinitesimal channels.

wh And I believe firmly that yellow fever, in its worst stages, thus treated with successive flushings of the *colon*, would break its hold on the poor victim, even after the usual drugs had given him up to die.

it But what is even better, I will say here what I have long desired to let the world know, namely, that it is my unshaken belief that no man in the regular practice of this treatment upon himself, as I have used it for forty years, can be liable to impregnation from the germs of typhoid or any other contagious disease, not excepting small-pox and cholera. I firmly believe that I could sleep with a small-pox or yellow-fever patient, during the worst stages of those diseases, without the slightest danger to myself from its contagious effects.

I reason thus because manifestly such abnormal diseases almost always get their start and prevail most where the masses of their subjects are in the least clean condition, vitally and physically, from both personal habits and general surroundings.

Hence a person abnormally free from the germs of putridity and decay, both in his tissues and in his circulation, if thrown into such contact, would be exempt, because he could have nothing in sympathy with such contagious bacteria, the element of affinity being absent. In his absence of affinity, or want of sympathy in the organism for contagious germs can be the only assignable reason why some persons fall victims while others are exempt, even when all alike and repeatedly have been exposed to the disease.

But I must bring this pamphlet to a close. Enough has been presented herein to show the importance of discovery and the value of the treatment, so far as possible to prove such value without a personal application of the process by which to test its merits. To the individual work of every owner of this pamphlet.

And in conclusion it seems to the writer that the hour has at last arrived in the revolutionary progress of the race, when there remains no longer any good excuse for ordinary diseases getting a foothold in a normally sound and healthy organization, especially where this treatment is known, and where it is conscientiously and vigorously employed.

And I confidently look forward to the near future when the new physical and metaphysical philosophy, Substantialism, and the new hygienic treatment for preventing and curing diseases of all kinds and with drugs of any description, shall join hands as twin sisters born of our progressive civilization and commissioned from heaven to inaugurate their dual crusade for elevating and blessing humanity.

SUPPLEMENT TO OUR HEALTH PAMPHLET

After some six months' experience and observation since first issuing our Health-Pamphlet,* and after hearing from several thousand persons who have used the new treatment in the cure of almost every form of disease known to therapeutics, we are now prepared to announce the treatment and re-affirm its inestimable value as a drugless remedy for most diseases, and with all the emphasis that our words are capable of pressing.

* The first copy was issued in April, 1889.

Indeed, we were entirely unaware, at the time of issuing the pamphlet, of the vast number and variety of ailments to which the new remedy would apply, having only had our own experience for forty years since the discovery of the treatment, and knowing only its effects on our own constitution and our own diseased condition.

Since the first pamphlet was sent out some six months ago, many thousands of afflicted persons, embracing nearly all the known physical ailments, have made application of this remedy to their individual cases and with almost uniform beneficial results. More than two thousand of these purchasers, in the exuberance of their enthusiasm and delight, having written us letters declaring their complete recovery from their respective ailments, and congratulating both themselves and us upon the marvellous advantages of the new treatment.

These unparalleled testimonials we have filed away for safe keeping, a few pages of which have appeared from month to month in the *Microcosm*.

Still, a few of those who have purchased the pamphlet have written us that they have experienced difficulties of one kind or another in making application of the treatment to themselves.


Many persons have little mechanical genius, and do not readily comprehend the use of the syringe in carrying forward the process of flushing the *colon*.

Many have written us making inquiries as to the best form of syringe to be used. To these we have replied, saying that any form of instrument was all-sufficient so long as warm water was only passed freely and in sufficient quantities into the rectum. We left this matter as a simple detail to the ordinary judgment of the person himself or herself, after carefully having read and then studied the pamphlet and the rationale of the treatment. Some doctors who have adopted the treatment prefer the fountain syringe, which consists of a rubber-bag

holding, say, one gallon, from the bottom of which extends a long rubber hose terminating with a tube for insertion into the rectum, and a moveable clamp upon the rubber tubing for regulating the flow of the water.

This bag is hung to a nail against the wall over the bed or in the bath-room at any convenient height, the patient lying in any convenient position, and receiving the water into the *colon* by the force of gravity.

This form of syringe, though somewhat expensive, costing \$3, is probably the pleasantest where a person has all the conveniences required.

 *For description of syringes, prices, &c., see last page of the Supplement.*

Many persons inquire as to the temperature of the water to be injected. We answer that cold water should not be used, but warm water always, and the warmer the better for most forms of disease, since warm water more readily loosens and dislodges the impacted excrement from the inner walls and irregularities of the colon. After the injection of two or three quarts, according to capacity for holding it, the patient must use his own judgment from his feelings how long to retain it before allowing it to be expelled. If convenient after receiving the water, a moderate exercise of rolling on the bed, with a vigorous kneading of the abdomen with the hands, will facilitate a loosening of the feces incrustated along the inner surface of the colon. This of course is common sense which everybody ought to exercise almost without being told.

Few people realize the real nature and danger of constipation, which is the cause of a majority of human ailments. Many suppose because they have a daily movement of the bowels, however slight, that they are free from constipation, whereas they may have this terrible ailment in its very worst stages, with the colon incrustated on all sides with impacted excrement of months' standing, with only a small central channel for the daily discharges that ooze through the illeo-cæce valve.

Dissections have recently been made of persons who had died of constipation, or of diseases engendered thereby, in which the colon was found to be in this very condition,—with impacted feces that had been accumulating for months, and almost as hard as wood. Hence the necessity of this heroic flushing treatment which we were so fortunate as to discover, and of which we made the original application more than forty years ago.

But as we have recently explained in the *Microcosm* (September and November numbers), many doctors have come into the possession of this treatment through a lecture delivered by Dr. Stevens, to whom we had revealed the discovery more than twelve years ago, some of whom lack the magnanimity to give us due credit even after they have the unquestionable proofs of our right to the discovery placed before them.

Most of these doctors, however, who have thus casually come into possession of this heroic method of flushing the colon for a general renovation of the system by a radical purification of the blood, have the honor and nobility to acknowledge us as the original discoverer and founder of the treatment.

A few shallow-minded medical practitioners, who have learned of our heroic method of a general flushing of the colon as a methodical renovation of the system, are so superficial and malevolent as to pretend that this method is substantially the same as the small rectal enemas employed for the relief from local feces, and which have been known for centuries, and have generally been given in about the same quantities to both children and adults.

No man was ever the original discoverer of mere rectal injections for the relief of that section of the colon. This process was known to the lower animals, and was inculcated by nature long before man was upon the earth. This may seem strange, but we have facts to prove it.

The *Ibis*, for example, a species of Egyptian snipe whose food, gathered along the edge of the Nile, was of a very constipating character, was observed by the earliest naturalists to suck up the water of the river, and with its long bill to inject it into its anus, thus to aid a movement of this portion of the alimentary canal.

Pliny says that this habit of the *Ibis* is what first suggested the use of *clysters* to the ancient Egyptian doctors, known to be the first medical practitioners of any nations, not excepting the Chinese. [See *Naturæ Historium*, Lib. VIII., Dap. 41, Hagæ, 1518.]

Other writers, such as Christianus Langius, have referred to the fact 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 with drooping wings to the water's edge and administer its all-recuperating rectal treatment, when in a few minutes it would sail away in the full vigor of its vitality. What folly, therefore, to object to enemas on the plea that this treatment is not taught by nature, when an animal low in the scale of organic being intuitively knows more in the direction of health than some of our most eminent medical practitioners!

It only remained after ages had passed away for some one in the fullness of time to carry this knowledge of the Egyptian snipe to its legitimate limit as applied to the more complex abdominal anatomy of the human organism, and thus, by inaugurating the flushing of the entire colon and the reflex flushing of the kidneys, to attack disease as it was never before attacked. Those bigoted empiricists, therefore, who ask for authority for the use of the flushing process for the cure of disease are referred to the God of nature, who taught the *Ibis* to use this treatment, at least in its incipency, to counteract the very derangement which has become under our modern civilization the fruitful source of a majority of human ailments.

One thing, however, gives us cause for rejoicing, namely, that however reluctant a few of the medical

profession may be to give due credit for the discovery where it justly belongs, most of them unite with one voice in commending this method of treatment, by a heroic flushing of the colon, as the greatest single advance step in the healing art ever made by man.

As an illustration of this fact, we now take great pleasure in copying complete, an article as an unequivocal indorsement of our treatment by one of the ablest medical writers of the West, just as it appeared in a recent issue of one of the leading medical journals of the country. We trust that every owner of this pamphlet will critically study this able and carefully worded treatise, and remember that this is not our statement, but an outside confirmation of our discovery by one of the best medical authorities in the United States. Here it is verbatim :

FLUSHING THE COLON.*

Flushing of 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 a loculi, which become the seat of fecal accumulations only too often unnoticed by the physician. It is undoubtedly a fact that the loculi of the colon contain small fecal 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 feces, reaching

*Chicago Medical Society Trans. Condensed.

even to the size of 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 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 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 they are so excessive, any physician can detect them by palpitation. 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 feces, 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 fecal 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 feces are ancient. Prompt discharge of food refuse is indicated by more or less yellow color. It would be interesting to inquire why fresh feces are yellow and ancient feces are dark.

Absorption of the feces from the colon leads to a great many different symptoms; amongst others, anæmia, with its results, sallow or yellow complexion, with its chloasmic spots, furred tongue, foul breath, and muddy sclerotics. Such patients have digestive fermentations to torment them, resulting in flatulent distention 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 incontestible 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 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 27, 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., aged 32, has very yellow cheeks, both covered with chloasmic spots, which extend down to the neck; is costive. Conjoined palpitation indicates both ascending and descending colon filled. Is losing strength, is anæmic, emaciating. Her husband's poverty is causing the 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 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 29, 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; for years had a sense of pressure in the rectum; at times, of late, has had it all the time. Flushing first given the 16th of May, 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 feces. 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 30, 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 fecal reliefs were enormous, and the improvements so rapid that there was no question of there being cause and effect.

Case V.—Mrs. A., age 34, has been having epileptic convulsions since April, 1883, two years subsequent to her only confinement. Immediately after her confinement, in February, 1881, she began to experience nervous symptoms, such as numbness, twitching of the left side of the body; these increased until convulsions began in April, 1883. From that time until the 1st of May, 1887,

she was under the care of various European and American physicians. She had had the cervix and perineum closed by operation; she had had almost endless medication, had used hydropathy, but still the convulsions continued. Careful examination revealed a loaded colon, universal congestion of the pelvic organs, and renal insufficiency. It was evident that the convulsions arose from some trouble upon the left side of her pelvis, which, in a normal state, would not produce convulsions, as subsequent events showed, but in a congested condition was sure to precipitate convulsions. This was shown by the fact that the convulsions were preceded by an intense agitation of the muscles of the left lower extremity, which became more and more uncontrollable until the convulsion developed a pain in the left leg, and could be produced by a pressure on the left side of the pelvis. Treatment for left-sided sciatica with ether and ice was given immediately after confinement. Pain through the pelvis from over-exertion, or from too much standing, would be produced in the left leg, just the same as would be produced by digital pressure. There never was a convulsion that was not preceded by this disturbance of the left side. Matters clearly pointed to the pelvis for treatment for the relief of the convulsions. It was considered that if the pelvic difficulty could be relieved by any means, that possibly the convulsions would be arrested; accordingly, daily flushings of the colon and a diuretic were used; glycerine tampons were also daily used. The amount of relief was very great. For weeks the daily report was that the flushings came away looking like soapsuds, indicating a probable overplus of bile, which seemed to be confirmed by the fact of stomach indigestion and intestinal fermentations which she had had for years.

The result of the treatment so improved the patient that in three months after the beginning of the flushings, etc., the convulsions ceased for a period of nineteen

months. During that time she again visited Europe, relaxed her vigilance as to the care of her health, returning to America in January of the present year. Her face showed that she was absorbing feces again, and in various ways she indicated that her trouble was returning. Before she left for Europe the pelvic organs were in a condition demanding no further treatment. She was urged to return to her flushings, which she omitted to do, and went straight on her iniquitous course of neglecting herself, and in February, about a month later, she had one of the most terrific convulsions she had ever experienced.

I believe that the flushings did for this patient what medicine could not do. They thoroughly evacuated her bowel and gave her alimentary canal a chance to absorb food instead of feces. I furthermore consider that the successful treatment of this patient with medicine, without flushings of the colon, will be entirely unsuccessful.

Case VI.—Miss O. has been having chills daily, has a constant bad taste in the mouth, has vertigo, scalding urine, has eczema extensively in the right hand and fingers. Examination reveals a loaded colon, although her bowels may move nearly every day. Ordered daily flushings of the colon, a daily laxative, and the potash citrate. In a week the chills ceased entirely, the vertigo had disappeared, the urine was improving. Medicines stopped, and the flushings continued for a period of six weeks daily. The surprising thing is that at the end of six weeks the hand was entirely well.

The question comes up, was not the eczematous condition of the hand a thing permitted to supervene from fecal absorption?

Case VII.—Mrs. D., aged 29, 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 8th 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 fecal absorption relieve a skin disease?

Case VIII.—Mrs. W., aged 30, has had headaches for years anywhere from once a month to once in four or five days, which prostrated her, lasting from six to twenty-four hours. She always had been constipated, and strange to say, about the only thing that ailed her was headache. Her colon was found loaded.

Flushings ordered for a period of three months, without medicines. The headaches were completely and permanently relieved; her complexion which had always been muddy cleared up greatly, sending out in bolder relief the chloasmic spots which decorated her forehead and temples.

I have often questioned whether chloasmic spots were not due to fecal absorption. These spots are pigmentary matter deposited under the skin. It is a physiological fact that all pigments originate in the liver. In a condition of health their abnormal deposit we never see. It is only when the patient is not well in some way that these spots are noticed. They are infinitely more common in women than in men. It is easy to see that their sedentary life is more apt to lead them to the filling of the colon. Absorption from the colon produces a poisoned blood, which in turn deranges every organ of the body, among others the liver. It is possible that the action of light, as in photographs, contributes in some way to precipitate the deposits of these chloasmic spots, because we see them chiefly upon the parts of the body exposed to light.

The use of a long rectal tube is unnecessary. The patient should be placed in a genu-pectoral position, the shoulders thus being lower than the hips. The water will be made to descend while anatomically ascending the intestines. Patients can be made to receive from one to six pints of water in this position 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 that fall into the current of water, and are passed out while the water is leaving 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. Plain hot water is all that is necessary to use. 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 enquiry 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. When patients suffer as well from renal insufficiency, I am in the habit of telling them to use a pint or a pint-and-a-half of hot water after the flushing had 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 greatest ease, while others will develop a most phenomenal awkwardness. I am in the habit of telling patients to kneel in the bath tub, who are at all awkward about using these flushings.

REMARKS BY THE AUTHOR.

We most heartily commend the foregoing authoritative indorsement of our treatment of flushing the colon to the intelligent reader of this pamphlet. The document should be studied, as it is a complete demonstration of the necessity not only of the removal of the deleterious substances which choke up the alimentary canal, but also the elimination of the most baneful impurities from the vital circulation constantly accumulating therein by absorption through the walls of the colon.

Could a person even in normal health be permitted to view with the naked eyes the enormous quantity of fetid matter which is constantly carried about by him within the lower twenty feet of the intestinal canal, all of which might profitably be dispensed with and none of which contains a particle of nutriment or useful substance; he would almost be driven to loathe himself and to marvel that he could survive for a single day surcharged with such a frightful mass of putridity.

No wonder that practical surgeons, familiar as they have been from professional necessity with the dissecting rooms of medical colleges and hospitals, and witnessing as they have the exposure of these abdominal contents, so readily fall into the rational and absolute importance of the heroic process of flushing the colon, when its practicability is once fairly brought to their attention.

Up to the time of our discovery, now forty-one years ago, it was not considered safe or even possible to inject more than a pint of water into the rectum, and such an idea as forcing such enema above the sigmoid flexure had never entered the conception of the most daring medical practitioner. Hence the astonishment exhibited by such a man as Dr. Willard Parker, of New York, the most learned and distinguished physician in the United States, when our discovery of the possibility and even the ad-
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vantage of injecting a gallon of water into the colon was first brought to his notice.

And no wonder that upon the first announcement in a lecture by Richard F. Stevens, M.D., before a medical society in Syracuse, N.Y., some twenty-two years ago, it immediately began to spread among thoughtful and broad-minded medical practitioners, and to such extent, that upon issuing this pamphlet, giving the details of the treatment, many of the learned profession throughout the country were found to have already learned of the heroic process and to have adopted it in their practice.

Having had the longest continuous experience under this heroic flushing process of any man living, and having demonstrated its value in the cure of disease and the preservation of health, and to a degree unparalleled by any other experience, it is quite natural that we should be looked to for information as to the practical working and effects of the constant use of this treatment.

To all inquirers upon this subject we say solemnly, stand upon every principle of honor that should entitle one to the respect of his fellow men, that our present existence in robust health is now wholly due and has been for more than forty years entirely to this heroic treatment of flushing the colon.

If it be asked, as it frequently is, if this process does not necessitate its continuous use after it is once begun, we answer that we have never tried to find out, because after its first adoption we have never once, for more than four days, in all that period of time, been without just such a flushing operation with from three to four quarts of water, as described in the first edition of our pamphlet to which this is a supplement.

Moreover, we now aver that we would not if we could—not for any amount of money that could be paid to us,—come back to the old natural, involuntary, dribbling, snap-judgment process of evacuations in lieu of our stated flushings and general cleansings of the colon.

Whether we defer it two days or four days as our business necessities, engagements and circumstances may sometimes require, we never have a call or the slightest demand for a movement till we begin to feel oppressed and are ready deliberately to wash the inside just as we would prepare to take a bath at stated periods and wash the outside. This is our experience and has been for more than forty years, and all the money in Wall Street would not buy us off.

Dr. Stevens, however, one of the soundest medical thinkers, and who has been a thorough practitioner of our treatment for more than twenty years, or ever since we first revealed it to him, declares in a letter now before us that it in no wise interferes in his case with the normal movements of his bowels, as he has frequently discontinued the treatment for a week or so for the very purpose of testing its effects in this direction.

We ought to note here before closing this supplement, that a few persons who have adopted this flushing treatment, because they have no movement the next day, suppose that all natural action has ceased, and at once they become alarmed and write to us to know what is the matter! We answer—just what naturally ought to be the matter. If the colon is flushed and cleaned out as it should be, it naturally ought to take it a couple of days to fill up again, and if a person were not gorging his stomach with twice as much food as the nutrient conditions of his organism require, it might take three and even four days before the colon was sufficiently recharged for another evacuation-pressure.

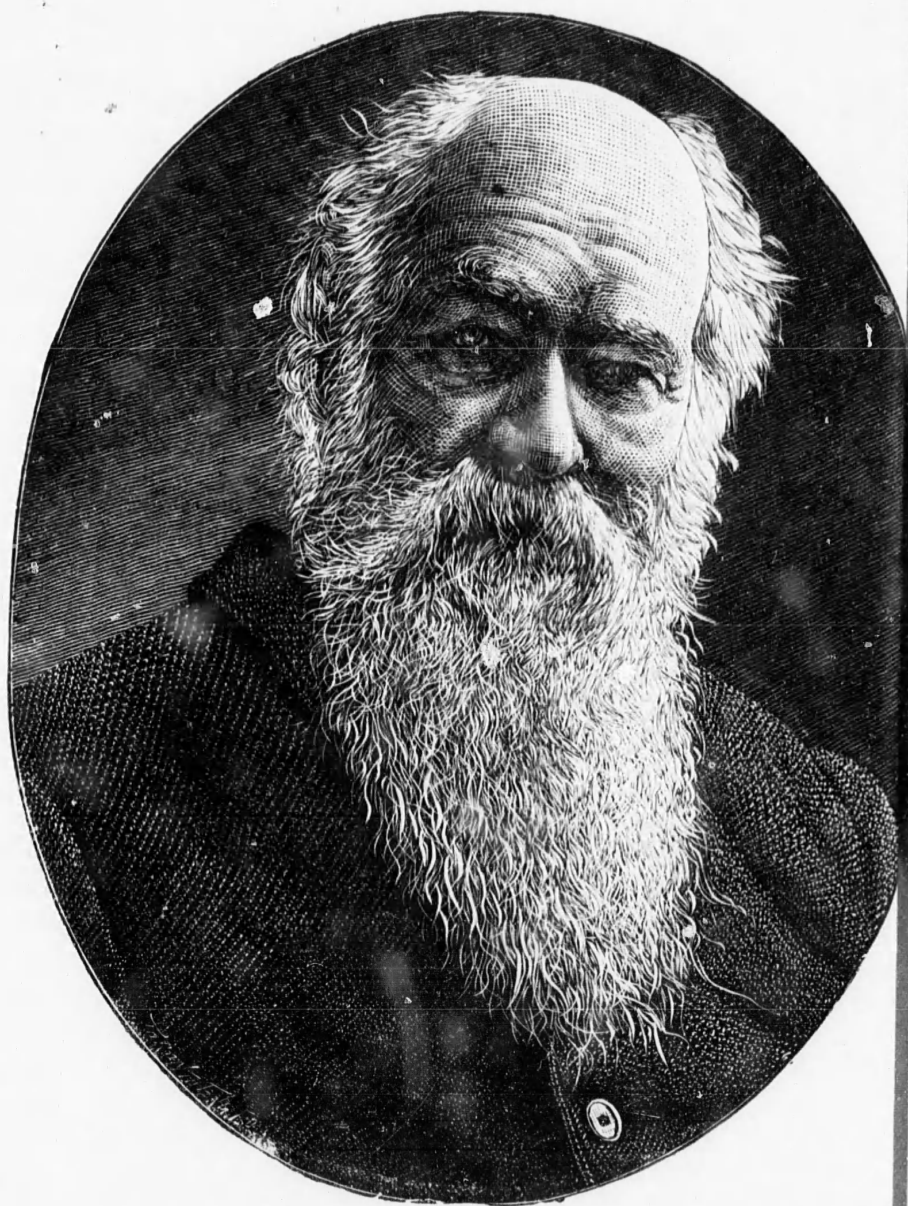
The truth is ninety-nine hundredths of the people eat double as much food as is required to keep the human engine properly fired up for running the machinery of the body, and especially the more important machinery of the mind. We never eat but two meals a day, and these moderate, and have never been so well physically, and so vigorous intellectually, as when living on one square meal a day.

Still, this marvellous flushing process, even with a gormandizer, will dispose of the residuum of any reasonable amount of food if it is only attended to regularly and thoroughly.

We say, however, to all who purchase this pamphlet, don't get scared if you do not have the regular periodical, semi-diurnal trot as of old; but remember that if this treatment does its work as it should, you have nothing to trot for except perhaps once every two or three days. This is our experience, and we know positively whereof we speak.

To object to this flushing process on the ground that it is contrary to nature, and that it casts discredit upon the wisdom of the Creator, is superstitious nonsense. It is no more contrary to nature than the artificial use of cathartics or emetics, the use of spectacles ear-trumpets, artificial teeth, cork legs or crutches for the lame.

It was once (200 years ago) almost a disgrace for a man to carry an umbrella, because God had not revealed it, and because it was supposed to evince weakness, effeminacy, etc. Now it is quite popular. We have many prejudices yet to outgrow. Man's intellect was given to him as an aid by which he could discover wherein nature had failed to meet his wants and supply the deficiency; and without a single doubt the greatest of all these discoveries, involving as it does the perpetuation of good health and the prolongation of life, is this process of the heroic flushing of the colon.



Wilford Hall, Ph.D. LL.D.

THE MICROCOSMIC HEALTH PAMPHLET.

A SUPPLEMENT

TO

DR. A. WILFORD HALL'S HEALTH PAMPHLET.

BY

J. J. WESLEY SIMPSON, Esq.,

CONTAINING

PLAIN AND PRACTICAL DIRECTIONS FOR AIDING AND SUPPLEMENTING DR.
HALL'S TREATMENT BY HYGIENIC AGENCIES SPECIFICALLY APPLIED,
WHEREBY THE EFFICIENCY OF THAT TREATMENT, GREAT AS
IT UNDOUBTEDLY IS, AS A GENERAL AND CONSTITU-
TIONAL INVIGORATOR, WILL BE ENHANCED ONE
HUNDRED FOLD, IN PARTICULAR CASES.

Entered according to Act of the Parliament of Canada, in the
year one thousand eight hundred and ninety, by J. J. WESLEY
SIMPSON, Toronto, Ontario, at the Department of Agriculture.

*For Sale only by the Publishers and their Agents, on conditions of
Pledge of Honor sent on application.*

THE SIMPSON PUBLISHING COMPANY,
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1890.

THE OBJECT OF THIS SUPPLEMENT.

Dr. Hall's hygienic treatment, though a wonderful constitutional invigorator and a specific cure for many troubles, notably constipation, can yet, in very many cases, be rendered much more potent and certain as a remedial agent *in alliance* with certain other hygienic agencies. This subsidiary treatment, it is the object of this supplement to supply.

We disclaim all attempts at literary style and rhetorical finish. Our only aim shall be to be concise, accurate and practical.

Some of the subjects treated—indeed all—to satisfy an inquiring and investigating mind would require much more detail in analysis, argument and illustration than is possible in the space at our command.

THE RESPIRATION CURE.—The late Prof. O. S. Fowler being at one time—in the year 1838—in a very weak condition, the effects of much over-work, threw himself, exhausted and all beat out, upon the lounge and involuntarily fell to panting like an over-run dog, “breathing deep and fast, as if perishing for more breath, as one sometimes will when all beat out.”

To his great surprise and greater delight, in an almost incredibly short time—but a few minutes—the feeling of exhaustion passed away; he arose, walked two and one-half miles to Liberty Hall, Philadelphia, and delivered much the best lecture of an entire course; returning home, sat down to his desk and wrote with wonderful freedom and energy as if under and impelled by the afflatus of some mighty inspiration, until after sunrise the next morning, and without food or sleep, *just on the extra strength he had derived from that extra rapid, deep breathing.* He says, “and thousands of times since when

'all beat out' by office labors, though it takes something to tire *him*, throwing himself on his back, first opening doors and windows, by thus breathing deeply and fast he has established this reaction and consequent glow." Referring to a previous statement in this connection—"risen in from five to fifteen, *sometimes in two minutes, completely rested and re-invigorated*, and been able to hold his audience for hours. He considered, as all who knew him considered, his ability to endure labor, not merely astonishing, but seemingly in defiance of all known laws of physiology, *due mainly to this mode of respiration.*"

The writer can fully endorse Prof. Fowler as to the immediate and all but incredible *re-vitalizing* effects of this *breathing-cure*, having tested it scores of times and always with the same gratifying result. The reader will pardon the relation of a personal experience as in no other way can I so well illustrate the process and its effects to the edification of the uninitiated. At one time compelled to write all night after the routine of a busy day of office work, I retired at the hour of four o'clock a.m., tired and nervous, in half an hour sleep came, I slept until seven and then awoke, feeling almost as if I had been without sleep for a whole week—all unstrung, weak and miserable. I arose, threw up the windows of my bed-room facing the north and opened wide the door, a stiff breeze immediately flooded the apartment with pure air, I returned to bed, leaving the windows open, lay upon my back, threw my shoulders back towards each other and my chest forward as much as possible to allow the lungs all available space for expansion. I then began breathing, at first deep and slowly, filling the lungs to their utmost capacity, retaining the air for a few moments and then expelled it slowly through the nose—always through that channel with the mouth tightly closed. The nasal passage at first being dry it was difficult to force the air back and forth through it, but, gradually, I breathed more rapidly, the friction of the air upon the membrane together with the increased

electrical and chemical action of the blood resulting in increased force of its circulation soon lubricated the air passages and respiration became free and easy. I then inspired as deeply and as rapidly as possible until, for the instant, I became dizzy, holding the last breath almost as long as possible. The sensation at this point, buzzing and clatter as of a passing and distant train, being precisely the same, except only in degree of intensity, with that produced by a deep inhalation of Compound Oxygen—so famed for its tonic and vitalizing properties—(administered five times for \$5, or a month's supply for \$15.)* In a moment reaction set in—as it always does—sending the blood, thinned by the Oxygen, bounding and rushing throughout the entire system, from finger tips to tip-toes, producing a prickling sensation in all those parts most exercised; especially marked and remarkable was the sensation down the whole length of the spinal column, being that of a warm wave or current rapidly increasing in heat until it became hot and glowing, producing almost profuse perspiration all over the body.

The sensation at this stage is extremely soothing and pleasant, and so is it, indeed, progressively from beginning to this happy climax—it is the *re-vitalized and re-vitalizing blood-wave of renewed vigor and health sweeping through the system*, super-heating its fluids by combustion of the carbon and excess of carbon, and thereby producing such force of peripheral circulation as to cause sweating more or less profuse—an internal “*steaming up*,” opening of the pores of the skin, thus literally causing a frictional scrubbing and flushing-out of the accumulated poison from within by water super-heated for this very purpose by the processes described.

After a repetition of this experience *ten or fifteen times* in about twenty minutes, I arose perfectly recovered from

* The charge made by those who administer it. We do not use it, or need to.

the effects of my excessive labor of the previous day and night; my brain perfectly clear and all the mental faculties correspondingly vigorous and active; the eye-lids hot and dry on awakening, now normal and comfortable; the step elastic and firm, and more surprising than all else experienced, my voice which had become so emasculated, thin and squeaky, from a severe attack of neuralgia of the stomach, that I was ashamed to let it be heard—to my great astonishment and intense delight, had suddenly acquired that strength, fulness of compass and magnetic melody so truly indicative of sex in its normal condition.

It is not at all necessary, unless on account of extreme weakness, to lie in bed to avail one's self of this peerless *Respiration-Cure*. Any where and at all times, *where the air is pure*, deep breathing may be practised quite unobserved. And frequently, when at home, have I thrown open the window of the sitting-room, thrown back the shoulders and the chest forward, my hands in my pockets, and pacing the floor, put the *rapid* breathing into practice until in a few minutes vigor and warmth were realized in abundance—done generally when chilly or tired of long sitting at the table writing.

Here, then, in the *Respiration-Cure*, is the counterpart to Dr. Hall's system of flushing out impurities to promote health, only that this has the vastly superior merit of being *perfectly natural, purely hygienic and a thousand times more directly the one infallible source and inexhaustible fountain of all nervous energy, and therefore of muscular tone and general health*. It, also, has the added advantage of being "always handy" and everywhere available. Joined together in this little pamphlet for the first time in the history of mankind, and expressly for their everlasting physical purification and benefit, may these two systems of treatment never be put asunder. AMEN.

What diseases will this RESPIRATION-CURE tend most directly to eradicate? We answer—all dependent on, or

having their origin in an impure state of the blood, or wasted vital fluids through venereal, or sexual excesses, or the solitary folly of both sexes. There is no abnormal condition of the system that it will not greatly benefit, if not cure. But, like salvation, it must be made a personal matter and put into everyday, vigorous exercise, or physically you may miserably perish. Thousands of people are too indolent to breathe more than one half or one quarter necessary to health, and are therefore, and *therefore only*, full of physical decay; all the doctors that ever practised could not save them.

WOMEN PLEASE NOTE THIS HOMELY TRUTH.—Laced in stays "to cut a pretty figure," you cannot, you do not half breathe, and, therefore, *and therefore only*, are vast numbers of your sex, more than of men, *helpless and worthless*, though all the same much to be pitied invalids. *Here is your cure certain and sure.* Off with the suicidal harness of slavery and drudgery to fashion and BREATHE, BREATHE DEEP AND LONG, DEEP AND QUICK, THE PURE AIR OF HEAVEN, AND LIVE! Yes LIVE ONCE MORE; you've been half dead, and, doubtless, had been *better dead* since you were a child, *and simply because you have ceased to breathe as you did when a child.*

SUFFERERS from any and every physical malady, give the RESPIRATION-CURE a thorough, *thrice-daily* trial for a week or a month and report the result.

CATARRH OF THE NOSE, HEAD AND THROAT.

This is a loathsome disease and so very common that but few escape it entirely. Its symptoms are so well known that we do not deem it necessary to describe them here. The breath is ever laden with a most sickening stench. The seat of the disease being in the membrane of the nose and passages leading to the lungs, every inspiration of air sweeps the foul poison into the lungs, not

only diseasing them but also corrupting the blood, and therefore the entire system, It especially impairs the brain and therefore the mind, and practically unfits one for business or society. It is especially disastrous to those who follow literary pursuits,—book-makers, lecturers, etc. Catarrh has its origin in colds settling on the brain—a cold allowed to work itself off.

TREATMENT.—Every case of Catarrh, however deep seated, constitutional and chronic, can certainly be cured, that is, *eradicated* from the system, by an intelligent application of the following treatment, regularly applied and persevered in for a reasonable time. We challenge the whole history of medical science to furnish a remedy at once so consonant with the teachings of physiology and, therefore, so reasonable, yet radical and certain in its grand results.

1. PASS WARM SALT WATER, (or warm water with carbolic acid in the proportion of a half or three quarters of a teaspoonfull to a pint), UP ONE NOSTRIL AND DOWN THE OTHER, AND ALSO DOWN AT THE BACK OF THE THROAT AND OUT OF THE MOUTH.

For this purpose the Fountain Syringe* is especially adapted, having a nasal pipe just suited to this passage. Begin with water slightly salt and increase its strength as you can bear it; the same rule should guide in the use of carbolic acid. This flushing of the nasal tract should be done twice a day, night and morning; but, if twice fatigues too much, try once, and as you strengthen, *twice* a day should become the rule until cured.

2. After thoroughly clearing and cleansing the nasal tract as just described, practice the RESPIRATION CURE, for ten to twenty minutes, but if too much fatigued, defer till morning, though the RESPIRATION CURE would very remarkably strengthen, soothe and

* We supply syringes of the best make and quality by registered mail. For description, prices, etc., see the last page 67.

refresh and put you in a delightful condition for a most recuperative sleep—nature's great restorer. Deep and quick breathing DONE WITH A WILL is a veritable *cyclone of health* that will literally drive out the devil of disease, especially if frequently repeated, much more rapidly and certainly than will any other means that can be employed, except, possibly, Hall's tri-weekly flushing process. The writer is at a loss for the most positive and unqualified and at the same time most forceful form of expression by which to impress the superlative merits of this RESPIRATION EXERCISE as a *genuine miracle-worker* in the way of toning up the system, by purifying and vitalizing the blood, by consuming the surplus of carbon and eliminating carbonic acid and other poisons from the system.. TRY IT; PROVE IT FOR YOURSELF, and thus get the conclusion of the whole matter, as a fact of personal experience.

3. ON RETIRING FOR THE NIGHT, take a soft cotton cloth (crash folded to the thickness of half an inch or so makes a nice soft pack), wring it out of cold water, just so that it will not dreep, let the pack be wide enough to extend from the point of the nose to the middle of the head, and long enough to extend back to the ears, place it in the position indicated, packing it well down to the sides of the nose and eyes. Secure the pack in position by a dry towel drawn tightly against it and so secured that it will not be easily displaced during sleep. The object is to thoroughly soak and open the pores and by the generation of an internal steam bath, flood the catarrh poison and hence fever out through the pores thus opened. And this will be most effectually done if the pack be kept in position so closely as to exclude the outside air which would chill the part and not only *prevent* the intended effect, but cause additional cold and therefore increase rather than lessen the evil. BEAR IN MIND THE FACT that success in this pack treatment depends on successfully steaming the part as described above and that

whatever you do in the way of applying or in adjusting the pack should be done with this specific object in view. On removing the pack, in the morning, bathe and rub thoroughly with cold water—the colder the better—and in drying rub briskly to produce reaction. The operation will be found delightfully refreshing and exhilarating and could be applied to the entire body, except in the case of very delicate persons, with most excellent tonic results.

4. FLUSH THE COLON twice or thrice per week, as directed by Dr. Hall, and, at the same time, FLUSH THE KIDNEYS AND URINARY DUCTS by Hall's Specific Method, using a pint or a quart of cool,* but not cold water—pure, fresh rain water, if obtainable, being much the best because of its purity and freedom from lime, &c.

NOTE PARTICULARLY: Never flush the kidneys until you have thoroughly flushed and cleansed the colon of all fecal matter, otherwise the filthy and poisonous fecal fluid will percolate through the whole urinary tract with evil effect.

REPEAT THE PACK NIGHTLY, not omitting the other factors in the treatment, and so surely as morning comes after the night, so surely will your catarrh with all its miserable incidental belongings soon become a thing of the past.

IN THE CASE OF PILES—After completely flushing and cleansing of the colon, inject a small quantity of pure glycerine, or a half pint or a pint of cool, not cold water, containing from a half to three-quarters of a teaspoonfull of carbolic acid to the pint.

DYSPEPTICS will greatly facilitate a cure by first stopping any sexual excess or abuse, and by refraining from drinking anything with the meal and not for from three to five hours thereafter, and then let the drink be HOT, or at least NOT COLD. NEVER DRINK COLD WATER, and as

* Should cool water cause pain or cramps use hot water.

little of anything as possible. Generally there is quite sufficient moisture in the food, especially in a fruit and vegetable diet, for all purposes of complete digestion. Some—and indeed many stomachs—are very weak and digest very slowly from being, during numerous years, ruinously over-charged. **LIGHTEN THE LOAD** by eating just one-half, and try two meals per day instead of three; **ONE MEAL** digested is worth fifty rotten in the stomach. **ONLY WHAT YOU DIGEST** is of use.

IN ACUTE INFLAMMATION OF THE KIDNEYS, with or without hemorrhage; **NEURALGIA OF THE STOMACH**, **INFLAMMATORY RHEUMATISM**, **INFLAMMATION OF THE BOWELS**, and in **ALL INTERNAL INFLAMMATIONS OF AN ACUTE CHARACTER** USE THE **HOT PACK OR COMPRESS**,—made and applied as follows:—**FOLD FLANNEL** so as to give you four or six thicknesses, four inches wide by ten long. Have two, and wet in water as *hot as can be borne*. Cover with dry, and change at first every minute, and be careful not to be too long changing. Let the last remain on, and, if upon the stomach, the patient should keep very quiet afterwards, as this is very relaxing. Have the hot water handy by that instant changes may be made, let no cold air touch the affected part.

But in all such cases the first thing to be done is to evacuate the colon by **HALL'S PROCESS**. This treatment, if properly applied, especially the *hot pack* part of it will almost instantly relieve the pain, and in case of hemorrhage of kidneys or bladder will in a very short time stop that also—in such cases and in all cases it will be quite safe to keep the pack or a wet girdle 21-2 yds. long on all night—if the girdle, wet half of it only, putting the wet part to the skin, wind it closely—*tightly*—around the body upon itself and secure with safety pins. The girdle is best made of narrow crash; there should be two, each the same length for change. If the pain should increase as the pack becomes cool see that it is not so loose that cold air is sucked under it upon the affected part by the

action of breathing, if so, *tighten*; if such is not the cause of the pain take it off and replace it with a *hot* one; study to understand the treatment intelligently and *on principle*. You will then experience no trouble in treating any case, as the varying circumstances or necessity may require. As soon as practicable, in all cases, begin the RESPIRATION CURE, and also as soon as practicable, after inflammations and pains, apply *specific flushing of the kidneys* to carry off poison.

WHATEVER YOU DO—DO WITH A WILL—put lots of *volitional* force into it, it's *half the battle*. *You will succeed* if you only *go about it* on the principle of the Apostolic injunction, "Whatsoever thy hand findeth to do, do it with thy might," remembering, also, that the highest of all authority has said that, "according to your faith it shall be done." If you have no faith, *you're a gonner—no use*. Just as true here as in the realm of morals and religion—TRUE EVERYWHERE, BECAUSE TRUTH IS TRUE.

FINALLY. Remember that you have been slowly running down for years, little by little, day by day, and therefore, do not expect that any treatment, save a miracle, will restore you wholly and immediately. If yours is a curable case you now have the knowledge and the ample means whereby to become a most useful helpmate to NATURE, the ONLY doctor that ever really earned or was ever really worthy of a diploma; all others are quacks beside. Wait on her, we say, in the *diligent, intelligent* and *persistent* use of the ways and means herein and hereby placed within your knowledge and power and NATURE will give you the victory—if victory be possible.

WE DO NOT SOLICIT TESTIMONIALS, but at the same time are always glad, *very glad*, to hear from you as to how you progress, and will cheerfully assist you in the management of your case by the aid of any advice or direction in our power to give. We will give our time and advice FREE—*free to you as the air*—and will only ask that you enclose the return postage, which to you is

nothing; while thousands writing us, involves in the aggregate a very heavy expense, if we pay the postage.

Yours, very truly,

J. J. WESLEY SIMPSON.

Toronto, Ont.,

Sept. 10th, 1890.

SYRINGES.—We keep constantly in stock three of the best styles of this instrument for the purposes of our treatment. The BULB double valved, with metal or hard rubber points, and the *four* quart fountain with about 5 feet of tubing, nasal tube for treating catarrh, etc. This is by all odds the best and in every way the most satisfactory article, as any one, all but helpless, if he can get up and down alone, can treat himself, as by suspending it two or three feet above the patient the water flows into the colon without assistance by force of gravity, and is very easily controlled, and will last a life-time. Sent by mail pre-paid and registered, on receipt of price. The Bulb Syringe, 75 cents, and a better article of the same style at \$1.00; the Fountain Syringe, \$3.00.

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