

CONSTIPATION

A NEW READING ON THE SUBJECT

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FOREWORD

TO CURE constipation requires much knowledge, skill, patience, and persistence. It cannot be said that any case of constipation is cured until the subject is cured of all habits that lead to general enervation and toxemia. In all people with the constipation diathesis--a tendency for constipation--any habit of body or mind which leads to enervation will surely bring on constipation.

Too much stress cannot be placed on the following truism: To those inclined to constipation, or the diathesis leading to constipation, any depressing influence becomes a cause; hence, to be free from man's worst enemy means, in the first place, to have a rational health knowledge to know that any enervating habit continually practiced leads to disease--and, secondly, to have enough self-control to live the knowledge to be guided by it.

Cures for chronic constipation are not for the careless, the shiftless, and the self-indulgent. Those who do not belong to this class, and those of this class who will shake off their self-indulgence, may find freedom from this disease and premature aging by a careful study of this book.

Some books are for reading; this one is for study and practice.

The everlasting use of good common sense is the price all must pay for full efficiency, good health and long life.

Diseases, so-called, are a unit and must be recognized as such, for in no other way can confusion be avoided. Diseases, so-called, are pronounced symptoms and must be studied as a part of a whole, for if individualized, chaos and failure cannot be avoided.

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PREFACE

CONSTIPATION is the commonest disease to which man is heir; so common that less is known of its causes perhaps than would be if it were a more rare malady.

Before proceeding with the subject of this book, perhaps it would be well, inasmuch as it is destined to be read by more people than any other of my numerous books on health subjects, to define disease and health from my standpoint. This will give those who know nothing of my ideas a better understanding, and enable them to read *Constipation* more intelligently.

In the study of disease it is necessary to have a fixed premise from which to reason. My system starts with the proposition that health is not an entity; it is the ideal state of a living body properly cared for from birth to death. When not properly cared for, the state of health may be good or bad; both extremes are unfixed and indefinite, made so by man's haphazard style of living, and frequently, in delicate subjects, as unstable as the weather-cock. We call the good state *health*--good health; the bad state, or bad health, we call disease. The student must abandon the idea, or preconception, that disease is an entity--a something that is an enemy of man; or a nemesis that is on his trail, and is destined to overtake him sooner or later--in fact, at any time. Not so. Health is a state that responds with good for good treatment of mind and body, or responds with bad for bad treatment of mind and body. This being true, it behooves man to strive for a knowledge of how to live for health, and how to avoid a style of living that must bring bad health--disease--and premature death; and cause, during life, a greatly reduced efficiency, which, of course, is a handicap that forces a failure when success is almost won--in fact, within the grasp of a little more well-applied health knowledge. Man is not left helpless to be buffeted about by his environment; indeed not. Before reason was given him he was protected by instinct. Since instinct has given place to reason, if man is abused by his environment, it is because he refuses to use his protector, his reasoning power, and is allowing himself to be victimized by commercial exploiters.

There are about 400 individual diseases recorded in medical nomenclature, and because of medical endeavor to maintain distinctive types--to maintain genera and species--much confusion and unsatisfactory treatment is the result. I say confusion advisedly, for in a consultation of a half-dozen physicians there may be, and often are, as many separate and distinct opinions--diagnoses. The result is that the one seeking advice will get as many diagnoses as the number of physicians consulted. The reasons for this seeming ignorance on the part of the wise physicians are many. In the first place, when so-called diseases have been established or recurring for months or years, more and more of the organism becomes involved; the treatment, which is largely palliative and changed at every call of the physician and every change of doctors, may relieve, but never cures; and it must never be forgotten that in all so-called diseases (slight or severe) there are respites marking the ebb and flow of toxemia. At every flow toxins are eliminated, and

this marks a period of discomfort; when toxin saturation is relieved, this marks an ebb in elimination when toxins fall below the saturation point and comfort returns. This ebbing and flowing on the sea of human life is called health and disease; the flow marks discomfort (disease), the ebb marks a subsidence, with a return of comfort. Doctors declare at the ebb that they have cured the disease; as well might boys at the seashore declare that they have chased the waves back by the rocks they have thrown at them. The truth is that patients get better and worse at the ebb and flow of toxin elimination in spite of medical men, and if these priests of medical science know nothing of the cause of this ebb and flow of toxemia, how are they to control the phenomenon? They cannot do anything, and at the failure of their endeavors the patient becomes discouraged and fear adds another complication; the original habits that brought on the disease in the first place are continued, and so the medley of disease-building runs merrily on and on until one or more of the vital organs gives down, driven by recurring functional derangements, until organic change is developed beyond the possibility of a return to the normal and the patient dies. The prevailing toxic crises are diagnosed--given a name. The leading symptoms of common derangements take the name and are recognized by the profession as the alpha and omega--the beginning and ending--of the disease. The science of diagnosis consists in discovering pathology, when a novice should know the genesis of any pathology must go through an embryonic stage--a period of cultivation, seeding, germination, gestation, and birth. There is a vast unexplored field preceding the stage of pathology that medical science has left unnoticed, namely, *the cause of pathology*. Doctors start with a fully developed symptom--pathology. For instance, a cold, a "flu," a headache, a cough, a tonsillitis, a pneumonia, a typhoid fever, is recognized as self-existent; or there may be a *vague notion* that a specific germ has in some manner initiated the disease; a treatment is given, the symptom subsides, and the incident or disease is passed as cured. There may be many repetitions of a like development covering a period of years, until there suddenly and unexpectedly develops an ulcer of the stomach or bowels, pyloric obstruction, stone in the gall bladder, colitis, appendicitis, apoplexy, paralysis, serious ear trouble, glaucoma, tuberculosis, valvular heart disease, or some other organic derangement that has required years to develop. This is a brief picture of the medical and surgical tragedy that is being enacted daily on the world stage--sacrifices to the medical god--a rotten, effete superstition, bombastically flouted in the face of twentieth-century intelligence as *ultra-modern medical science*. And the people fall for it rather than to sacrifice their sensual excesses which are the ubiquitous germs that Pasteur, Koch, Metchnikoff, *et alii* failed to find, and which gave them their daily discomforts (for they all were semi-invalids for years before they died) and premature death; and which Rockefeller's ten million foundation will fail to find, notwithstanding the wise old Croesus has discovered them for himself.

Pure statistics demand a mortuary report in keeping with this scientific diagnosis. *Ulceration of the stomach* is the ending of a syndrome running over years of discomfort, requiring many causes that the diagnosis and mortuary report throw little light upon. *Cirrhosis of the liver* indicates nothing of cause; and cause must be known or treatment will be of no avail. *Infantile convulsions* means nothing. A diagnosis of constipation, colitis, locomotor ataxia, arteriosclerosis, apoplexy means nothing, for they are pronounced symptoms--culminating climaxes of symptoms--complexes--originating back in the heyday of life when appetite, passion and emotions run riot. These hey-day peccadillos did not presage the end, nor do the mortuary reports determine or throw light on the beginning--the hey-day excesses.

Constipation is not a disease; it is a symptom that is found in all (so-called) diseases; it is never found alone and is never found without enervation to the extent of checking secretions and excretions. To say all that is to be said on the correction of constipation, the whole subject of nomenclature would have to be gone over. To treat constipation *per se* would be to ignore cause; it would be similar to treating pain, fever, cough, hook-worm or corns without giving any thought to cause.

The correct way to treat constipation is to correct all errors of life, physical and mental; to bring the organism back to the normal, which means restoring nerve energy which would establish normal secretions and excretions; in other words, overcome the toxic state. Forget constipation and do what is necessary to establish normal habits of life. Those who use stimulants, overeat, eat imprudently, neglect exercise, bathing and care of the skin, who overwork the emotions and are unpoised in mind and body, indulge in venery and cultivate a lustful mind, need not hope to be cured of constipation or any other so-called disease until the habits of mind and body that brought on these conditions are corrected.

In this day and age man must fight against allowing himself to be drawn into the whirlpool of conventionality and commercialism. Its influence is insidious and grows its psychology unawares. Before the most intelligent are conscious of personal danger, they have grown a psychology that holds them victims of convention and expediency. They are victims of convention's lies, and are compelled to acquiesce and say the only thing to do is the expedient thing to do, even if it be giving up to surgical vandalism or standing for the infecting of the blood with an abominable fetich. When completely victimized by convention, they do no thinking, and it is then easy for them to believe the most absurd delusions regarding disease, its cause, its immunization and its cure. The medical convention of today is very arbitrary. Indeed, if it grows any worse it will require a revolution to crush its imperialism.

Apropos of the foregoing I suggest the following axiom to be memorized, namely: *The sense perception for truth is forfeited by unquestioned loyalty to authority and conventional psychology. Disobedience is sometimes the greatest loyalty to truth.*

At the proper place the cause of toxemia and the influence of bacteria in health and disease will be explained; and in defense of my teaching, as against the prevailing or popular theories, I will say, as a matter of fact, toxemia properly applied makes good under the most severe tests, namely, in eradicating all diseases, even syphilis, without drugs; a claim that elicits bitter denial, if given any notice at all, by the ultra-scientific.

After practicing haphazard medicine and conventional surgery for twenty-five years, and toxemia for twenty-five years, I unhesitatingly affirm that there is no excuse for drugs; and perhaps ten per cent of the surgery practiced in time of peace is legitimate. In war, where the injured are taken care of wholesale and without all the conveniences, anesthetics and opiates should be used in moderation, but never to the extent of educating the boys into "drug fiends." There can be but one reason given for this universal bowing down to prevailing medical fallacy, and that I have given above.

Before branding the writer a fanatic or an egomaniac, refer to history, and there it will be found on all great and important questions the majorities are usually wrong. Remember at one time everybody except one man believed the world flat.

When a voice is raised against convention, and its fallacies are pointed out, the natural thing for convention to do is to ignore it, but if the voice is sufficiently loud to be heard it may be branded the voice of a fanatic, a fool or a knave; but if it is the voice of truth and if persistent, it will be heard.

In apology for any apparent lack of completeness, I will say that what I know and what I write are in a state of evolution, and the beliefs I have recorded in this and other books are the best that I know up to date, but I shall not promise to be consistent and never change; indeed, the most vital information contained in this offering is not five years old, yet it annuls some beliefs that have been advocated for years before.

It has required years to evolve toxemia, and it requires years more to prove all things according to the toxemic hypothesis, but that it is as broad as science and philosophy there is no question nor doubt that can be substantiated.

The majority of physicians are agreed that germs cause disease, but the time will come when all must agree that germs are one of many factors. Many who read my writings get the idea that I do not believe in germs; this, too, in spite of my constant protestation that toxemia, the toxins of which are partly, but secondarily, derived from the toxin of bacteria, is the cause of all diseases. Of course I believe in germs. I believe in yeast, but yeast is not the cause of bread, but is one factor in good bread-making. I believe in enzymes, but enzyme is not the cause of tissue-building. I believe in the germ that is the nucleus of being. I believe in the germinal nucleus as an individualizing factor, but impotent without auxiliary aid. Germs must have environing factors and physical auxiliaries to a successful generation of specificity.

The warmth imparted by the hen or the incubator is an important and indispensable adjunct, not even factor, in causing the egg elements to metamorphose into a being. Twenty-one consecutive days of warmth

are necessary to cause the egg to hatch; twenty are not enough. In the germination of disease enervation, inhibited elimination and secretion, germs, time, temperature, and moisture are necessary factors, but no one is sufficient as a disease-builder. Germs *per se* are impotent ever to be anything but an auxiliary cause.

In ridding the Panama Canal district of malarial germs, quinine, a supposed specific, was impotent. The extermination was not accomplished by a germicide nor an anti-microbe, but by modifying the moisture which changed the climate. The two factors, heat and moisture, were changed by drainage--and the malarial germ was placed *hors de combat*. The same experience anticipated the Panama Canal phenomenon in many sections of the middle states and other malarial countries. Drainage of land is death to malaria as well as to the mosquito.

Stress is laid on the alleged fact that man can not develop yellow fever unless bitten by a mosquito that has feasted on a yellow fever patient; but we are not told how the first patient became infected.

I insist that toxemia is a fundamental necessity for the developing of disease, and certainly we can have no germ toxin without bacterial fermentation, and no bacterial fermentation without an over supply of food and bacteria. When the bowels are empty, as in the hibernating animal, there are no bacteria. On the other hand, we have no digestion without enzymic fermentation, and no enzymic fermentation without enzymes and food. When the stomach and bowels are empty, as in the fasting or hibernating animal, there are no enzymes secreted.

The bacteria do not infect the empty stomach and bowels; neither do the enzymes digest the empty stomach and bowels.

Why should I declare that germs cause disease by toxin infection, when the real fault is a deficiency of enzymes, or, as is most common, there is a normal amount of digestive ferments, but the food consumption is far beyond their digestive power? This being true, why shall I not say that toxemia is caused by a deficiency of enzymic ferments, or from overeating? For when the eating is within enzymic control there can be no bacterial fermentation. Enzymic efficiency always means bacterial control. When man's eating activities are well within his nutritive efficiency, the bacteria that are ever present are well subordinated; when germs become the "master of the show" it is when enervation is so pronounced that metabolism is no longer equal to the system's requirements in repair and waste; then it is that bacterial toxin finds an ally in retained excretions.

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CONSTIPATION

A New Reading on the Subject

INTRODUCTION

AS stated before, constipation is the best known physical derangement to which man is heir, and yet, in spite of its universality and the legions of causes and cures, there is very little known of its true etiology. As proof I refer to text-book etiology and treatment. Perhaps it would be well to mention a truism that should be obvious to all, namely, a treatment based on a correct etiology--cause--must cure. Is the disease ever cured? Its treatment is palliative from the most ancient to the most modern times. It ranges from physics and laxatives, to clysters of high and low degree--from bran-mash, bran bread and cellulose feeding galore, to agar-agar, petroleum and profuse water-drinking; then all sorts of exercises and mechanical vibrations, bimanual manipulations, spinal adjustment, etc., etc. One and all, with nature's ever-willing help, give more or less palliation, but how much any alleged remedy has had to do with curing here and there an isolated case, when a case possibly recovers, must remain an unknown quantity until causation is better understood. So long as cause remains unknown, the treatment of any disease must be haphazard and the benefit, if any, unknown.

The building of constipation is favored by the customs and habits of modern life, I will not say "modern civilization"--no, not now on the heels of one of the most brutal wars, the type of which makes a Sitting Bull-Custer massacre pall into insignificance. And the end is not yet! No, not so long as commercialism possesses such itching palms.

Modern life, as it is lived, forces enervation. One of the first symptoms of enervation is constipation.

MAN'S FIRST SICKNESS

Man's first sickness is caused by intoxication, and his taking off in old age is caused by intoxication. Man's first intoxication is from absorption of the toxin of fermentation due to an oversupply of food--overtaxed digestion--and is from the absorption of his own excreta; unless peradventure his mother's milk is made septic from a parturient injury, then he is made toxic from septic infection which will manifest in so-called infantile diseases.

INTOXICATION HABIT

As one kind of intoxication paves the way for another--builds an appetite for another--it is easy and natural for those so poisoned to establish the habit of overeating and smoking, and they take easily to all kinds of narcotics and stimulants, or drugs that deaden sensation--morphine, alcoholics, the coal-tar drugs, tea, coffee and tobacco; sugar, and an excess of starch and meat-eating, must be looked upon as a form of stimulation--intoxication.

When nerves are daily subjected to stimulation, there is a gradually developing enervation manifested by irritability and excitability; in time there will be so much enervation that the victim is made susceptible to endemic or epidemic influences, and there will be many crises- small diseases: gastritis (catarrh of stomach), constipation, headaches, colds, coughs, sore throats, tired feeling of a morning, etc. Before disease develops there is a subconscious restlessness and longing for thrills or stimulation. Anything that stimulates or thrills the mind or nervous system is eagerly sought out and run after. Babies at the breast, if not left distressingly alone--if handled and exhibited and fed too often--are made restless and nervous, and must be entertained and fed often. Such treatment is in line of overstimulation, and babies become cross, irritable, sleepless and constipated. In boys brought up to overeat, and become intoxicated by retained excreta, the wanderlust develops, and this is accounted for by naturalists as atavism--a reverting to ancient customs--but ancient heredity would not be able to buck through scores of generations without the aid and revivifying influence of the idea of freedom and intoxication. Intoxication deadens the moral nature or not, depending upon the dominating thoughts or type of mind. If the *en rapport* idea is brutal, it allows the animal nature to preponderate. In war intoxication, the army will be brutal or not, in accordance with the idea or intoxicating thought. The Germans stood for conquest, hence were brutal; the Americans for liberty, hence were humane, if any phase of war can be said to be humane.

DRUG HABIT

The latter half of the nineteenth century built many fortunes out of pills. Pills, squills, and opium built a financial mobility, unequalled even by that of hogs, beer, oil and whiskey. The financial world may be proud of the colossal fortunes which have been built on trafficking in human health and life, the least of which are not vaccines and serums, and certainly estheticism and ethics cannot be proud of the mutilation and wrecked lives which represent the graduates of our sanatoria, hospitals, and "surgical plants."

CONSTIPATION IS UNIVERSAL

As a result of lack of medical wisdom, constipation is universal; and the McLeans and Beachams have taken the lion's share of glory and filthy lucre for their benefactions. But it is the elite of the medical profession who popularize quackery by teaching people mutilation and the drug habit. The better class of doctors have no faith in drugs, yet they prescribe them to those who are ignorant enough to think they must take them. Drugs, except an occasional light saline laxative for palliation, while health is being brought back to the normal, are never required, and if used further enervate and build disease instead of being curative.

The very young and the old--both ends of life--are frequently afflicted with constipation, and it perhaps is more often the indirect cause of ill health, or sick attacks, than any other one cause.

A FEW OF THE COMMON SYMPTOMS OF INTOXICATION

Autogenerated toxin poisoning, from overfeeding resulting in decomposition and constipation, begins to manifest in children by restlessness, irritability, unruliness, insatiable desire to nurse or eat frequently. In older children the desire to eat is very unmanageable. In many children there is a capricious appetite, and their haphazard eating subjects them to many illnesses--all the diseases said to be *peculiar to children*--

-even chorea and epilepsy. *Toxic children* are unreasonable and hard to please; when they play they work up easily into a state of frenzied excitement, and when not in this state of excitement they are inclined to be depressed, morose, and to shun company. Many of these children from eight to eighteen are put in institutions as incorrigibles, but if their lives could be ordered, their food-inebriety, constipation and toxin poisoning cured, they would soon become tractable. Children in this class, whose cerebro-spinal systems are delicately poised--nervously constructed--on a hair trigger, so to speak--as hinted above, will be thrown into convulsions. These are the children that get to smoking paper and weed cigarettes before they take to tobacco.

People look upon the smoking of paper, leaves, weeds, etc., as a childish peccadillo, imitation or play, but there is an ill-defined want that sooner or later will be satisfied by tobacco or other stimulants, or nerve thrills peculiar to self-abuse; or the subconscious longings may find satisfaction in a life of crime which may end in a house of correction.

Death from acute diseases prevents many unfoldments of a criminal character. Such children are given free rein to eat at the table of unwholesome food mixtures, and between meals, and this breaks down their resistance and prepares them for an early taking off by an endemic or epidemic influence.

CONSTIPATION IS MAN'S DISEASE

Why man of all animals, except perhaps those that are domesticated, should be the only one to suffer from this disease, has a good and sufficient reason, and it is not because "God" did not consult the modern bacteriologist, anatomist, and surgeon, and blundered, as those eminent gentlemen declare, in making the colon too long, but because man's memory is too short; he forgets his duty to self. Neglecting the bowel urge is one habit that builds toleration--constipation.

Modern anatomists declare the colon to be a useless appendage, a relic of prehistoric times--a curio. How very different were the conclusions to which Cuvier (Ku-vya), the great French naturalist of one hundred years ago, came. It was said of him that he had comparative anatomy so thoroughly worked out that he could build an animal, giving its size and species, if he were given a small bone from any part of the body; and he could describe a fish if given a scale. Surely such unity of construction does not indicate that we are living in a world of haphazard and chance, but, quite the contrary, a world of order and scientific sequence, with philosophical prophecy.

As surely as the planets are timed in their flight, so surely does order reign in animal and vegetable development.

The writer has noticed that, in healthy men and women, their anatomical organs have a habit of functioning in an orderly manner and will in spite of their supposed superfluity and lack of organic synthesis; and it is hard to find a diseased human being--a being with organs awry according to modern scientific interpretation--who did not practice a lot of disease-producing habits; and it may be added that this wryness rights itself under reformation of bad habits.

Does Nature or God make mistakes? Is disease a mistake? Isn't it as orderly as fixed law? If a man brings on heart disease from the use of tobacco, is the heart derangement due to a faulty anatomism? And because of this, should his habit continue and the organ be removed? Certainly this is an extreme suggestion, but I invite any physician to try to prove that this exaggeration is not based on the logic of medicine and surgery as practiced everywhere.

In windy countries travelers may notice that trees lean in the direction that the wind habitually blows, and if these trees are examined their bark will indicate the directions of the compass. Why should these peculiarities--these defects--not be held as mistakes Of the Great Artificer? Certainly order reigns from the monad to man; from star-dust to the planetary systems. It is unthinkable to have haphazard and order existing together.

In reasoning out cause and effect, it is necessary to start with a firm mental hold on the one great truth, namely: *Absolute Order Reigns*. Then to fit man for that Great Truth, man must be honest, not in a commercial or a conventional sense, but in a scientific and mathematical sense; in a sense that corresponds with the mechanics of the spheres. The mind must be attuned to order, then haphazard will not interrupt it in arriving at conclusions--correct reasoning will then be the rule rather than the exception. Man can not play fast and loose with the truth and get anywhere in his reasoning; and I mean by this, man must not distort truth to bolster up his religion, or the religion of the fathers, nor the medical and surgical beliefs of convention. Man must think more of truth than money or personal aggrandizement. Where it is necessary to acknowledge truth and turn down personal advantage, it must be done or man will make shipwreck of ratiocination--his power to reason.

Why is man uncivilized today? Because he has commercialized his power to reason. He has sold his mental birthright for a mess of pottage. Well may it be charged that the profession builds on a foundation of verity--of fundamental truth--a superstructure of rotten fallacy to fit a commercialism that dominates the world and has caused the late world war, and will continue to evolve wars until mankind is cured of making "my Father's house"--the temple of the mind--"an house of merchandise." "Myself mit Gott" must go out of business. The temple of the mind must be kept free from trafficking, or the world will continue to travel in a circle, with international interests running amuck every little while to prevent the varying interests in national life from kicking up internal war. This is in obedience to the cosmic urge for unison.

Why all this philosophizing in a small treatise on constipation? Because of the unity of all things, and to show that false reasoning is the cause of man's physical, mental and moral diseases. From the cradle to the grave--from his first intoxicating drink to his final *rapport* with his God--from his first intoxication from constipation, on through the maze of all fallacious reasoning in works on constipation--the colon and its treatment--ending in vandalizing surgery with a ruined life and premature death--is order and unity; and cause and effect follow each other in as orderly a manner as the day follows the night, to those who have a cultivated discernment.

Enervation checks elimination; retained excretions are the beginning of toxemic inebriety. Man starts his first drunk at his mother's breast, by too frequent nursing, causing fermentation; continues it with intestinal infection from gluttony; social stimulation, physical and mental; continual overstimulation builds frenzy, ending in social and domestic manias and political revolution; all ending in a holocaust such as the world war.

Truth practiced by the pregnant mother, and in the care of the babe, in the education and final business life of the child--man or woman--will end the human shipwrecking and will mark the passing of the social reign of the drunk man and drunk woman. I say drunk advisedly--intoxication from wrong eating and wrong thinking. Fallacies require idea-inebriety to keep them intrenched. Truth needs no drunken advocate, it can stand alone.

Since surgery has developed such a bloodthirst, and medical treatment of disease, based on bacteriology, is such a failure in treating all diseases, especially constipation--colitis and affections incident thereto--our surgeons are attempting to correct the mistakes that the God of Moses made in making man's colon too long, in removing a part, or short-circuiting it, instead; of suspecting that there is something wrong with the theories of modern medicine.

Is the reason why there are so many mental perverts that some mistake has been made in the original brain pattern?

Metchnikoff observed that animals with the longest colon had the shortest life, but he did not prove that taking out the colon was followed by a general adaptation of other organs to this change and a lengthening of life to correspond. Neither did he nor Pasteur prove that good health followed the sterilizing of food.

FASTING A BACTERICIDE

The fact that the hibernating bear loses its colon bacilli is not acted upon, and a fast recommended when disease results from overeating, bacterial decomposition and toxin poisoning. An oversupply of food is always the cause of bacterial decomposition and toxin infection, and when continued, catarrhal inflammation, constipation, toxemia, arteritis, endocarditis, and many other crises, called disease, follow. The toxemic are the subjects who die in epidemics, notwithstanding these are the people pointed out by many doctors as perfect types of health. "This epidemic carries off those who are in perfect health," was a remark frequently heard during the 1918 "flu" epidemic. Such a remark is absolutely senseless and worthy of those living in a Fool's Paradise.

A syllogism based on a bacteriological fundamental must read about as follows: A superabundance of colonic bacteria is a menace to health; a superabundance is caused by overeating, and a normal supply follows moderate eating; and whereas fasting in both cases causes them to disappear, therefore eating within the body's needs does away with the menace. This being true, bacteria become a symptom and in no sense a cause of disease.

When bacteriologists charge the colon with being an incubating apparatus for hatching germs, they should not forget that the organ must first be abused by habitual overeating to make of it a nuisance, and when it becomes such, then the cause should be removed, not the colon. Surely an incubator will not hatch chickens without eggs--there can be no germination without friendly environments.

ORGANIC INTERDEPENDENCE

There has been an inexcusable tendency for the profession to bring its indictments against organs for any disease developed in them, tacitly, if not otherwise, accusing them of exercising a prerogative they do not have, namely, isonomy--independent action--power to break off or secede from the union of organs. This is not true, for on the maintenance of this union depend the health and life of the organism.

This idea of the independence of organs--that outside of a few of the leading, such as brain and heart, a part or all of each can be removed with impunity, and even the brain and heart are not spared at times--has caused the reckless slaughter of organs for the past half century, and especially the latter half of that time.

If it is true that the most insignificant bone in the human body has so definite a shape, size and mutual relation to the other bones of the body, that it can be made the key to the mensuration of the entire skeleton, and that a scale from a fish can be made to tell the unknown size of the animal to which it belonged, is there a mind so illogical as to believe that an organism so organically interdependently constructed can be outraged to the extent that modern surgery outrages it without seriously deranging the efficiency of the entire output, both mental and physical?

Is there a reasoning power so blunt as to believe that so delicately constructed a mechanism as the human body can be outraged by the introduction into it of all kinds of chemicals and poisons without doing it harm?

The organs of the body are united into a unit by the circulatory and nervous systems. These organs have an individual work to perform, namely, secretion and excretion, and they do their work well or not, depending upon their power to work--their power to function--and this power is furnished them by the nervous system, whose energy is secured from food of a mental and physical character. Man does not live by bread alone; indeed, thoughts kill or make alive. Both physical and mental foods are indispensable.

There are volumes dedicated to the colon, and its perverted anatomism, whose authors appear to be as innocent as babes in recognizing the truth that when the anatomism is wrong it is sequential to constipation and may become a complication, but not a primary cause. Virchow, one of the most respected pathologists of the last century, declared that most post-mortems showed evidence of disease of intestines. Indeed, he declared it was almost impossible to find an adult whose intestines did not show adhesions. These findings of the celebrated German pathologist were looked upon as an indictment against the intestines, charging them with delinquency or outlawry; which opinion has led to fallacious treatment,

based on the theory that perverted anatomism favors retention of waste and this invites germ invasion--and that bacteria are the cause of intestinal inflammations, ulcerations and adhesions. Indeed, with all the changing theories as to the primary cause of intestinal diseases, the therapeutics rest on the principle that the organ must receive special attention apart from the organism, and the treatment must be directed to the intestine as an independently acting organ. It is insisted that germs cause the fermentation; granted, but why is it that fermentation ceases when the bowels are empty?

As hinted above, there can be no independent organic action. Organic secretion and excretion, which are strictly functional and confined to individual organs, can not be carried on without the consent of the nervous system. Food can not be digested and conveyed to organs by the circulation of the blood without nerve energy. Food is necessary for the continuance of life--nerve energy--but without nerve energy the food can not be utilized. It is obvious, then, that the most important health consideration from the standpoint of immunization, or restoration after immunity is lost, is conservation and restoration of lost energy.

It is necessary, then, if nerve energy is of first importance in the upkeep of organic functioning, that the true state of the nervous system, as to its soundness and its ability to administer to organic needs, should be uppermost and always in the physician's mind when advising and prescribing for the sick.

It is quite generally conceded by all physicians, except perhaps those who are germophobic or neophitic, that no one develops a sickness until he has lost resistance. What resistance? Nerve resistance. Of course, we talk, or twaddle, about white corpuscles (phagocytes), and the condiments (antibodies) that we sprinkle on the bacteria to make them palatable and tempting to the white corpuscles, to induce them to gluttonize on them or eat up the germs so as to keep the germs from eating us; but tacitly we are all united on the one point that disease is caused by lost resistance.

The bacteriologists have Nero and his show of lions devouring Christians skinned a country block, for they have organized a microscopic circus, menagerie and hippodrome, in which they have the phagocytes (white corpuscles) trained to devour bacteria. When the white corpuscles or phagocytes are not hungry, or the microbes are a bum lot, carrying perhaps a repugnant odor, the ring masters, known as doctors, smear on the rejected bacilli a little opsonin--a condiment. This causes the phagocytes--the lions of the blood--to have a ravenous appetite and they devour the bacilli in large quantities. When the microbes are too shy, or too wary, the masters of the show spread a little tangle-foot, called agglutinin--an anti-body that is found in the serum of the blood of an ex-typhoid fever patient--on the bacilli; this causes them to come together and stick to each other, on the principle that united we stand but divided we fall. When this union is formed and a little lysin is added, the white corpuscles are induced to gluttonize again.

This savagery entertains the sporting element in the professional men of our time, but there are some drawbacks to a life of sport. One is that all play and enjoyment palls on the players; and another is that the victim in whose blood this show is pulled off cannot stand the wear and tear. It is true the germs are devoured, but the patient dies. Not all, but too large a percentage. In the United States for 1916 the death rate from typhoid fever was 13.3 per cent, against 12 per cent in the Massachusetts General Hospital seventy years ago, before this bacteriological aggregation was dreamed of.

WHAT BECOMES OF THE FOOD TAKEN INTO THE BODY?

Food enters the stomach and bowels, and then it is subjected to the action of solvents preparing it for absorption into the blood; after absorption it is further acted upon by the blood itself, which, in a true sense, is one of the most important digestive organs, for it refines the food elements and prepares them for cell digestion, the very last digestive process completing the metamorphosis of food into living tissue.

From the beginning to the ending of this process--from the chewing of the food, its solution and absorption into the blood, the transformation that takes place in the blood, as it is carried by the circulation to the lungs where it becomes oxygenated and decarbonized--is a subtle scheme of interorganic exchange of products; the blood being not only a common carrier, but a purifying and refining organ.

Before going farther, the meaning of decomposition and toxin poisoning should be explained.

More food is eaten than can be digested properly, or it may be that the combinations are wrong, and instead of physiological, enzymic fermentation--digestion--taking place, pathologic, or bacterial, fermentation takes place. The germs of fermentation--the bacteria or microbes, or organized ferment, that are everywhere--set up fermentation in carbohydrate foods, causing acidity; and decomposition in proteid foods, and putrescence is a product of this fermentation; any and all of which when absorbed, or taken into the blood, causes toxemia. Where there are enough digestive ferments--enzymes--the ever-present germs (bacteria) have no power to act. When man is prostrate with disease--with the evil influence of bacterial fermentation--then he should not eat; for his enzymic power (power to digest) is already overpowered by germs, and to feed under such circumstances is to encourage bacterial fermentation and toxemia. In acute diseases, from a common cold to pneumonia on to typhoid fever, feeding complicates and increases the mortality.

To recognize germs as man's enemy is a mistake; if, they were enemies they would not quit him when he is prostrate and refusing to take "good nourishing food." When germ action is continued in disease it is when food is forthcoming in quantities that exceed enzymic power. Wounds, ulcers, abscesses, etc., are kept from healing when the food intake is beyond enzymic control.

As a result of bacterial decomposition, toxin is formed, and when absorbed it poisons the system. Toxins are also taken in from without the body. Any poison generated in the body or out of the body, and taken in, causes toxin poisoning. Any stimulating drugs--namely, opium and its preparations, alcoholics, tobacco, coffee, tea--overeating, overwork, both physical and mental, overworked emotions, etc., all stimulate and intoxicate, which produces enervation, and this leads to toxemia by checking elimination.

Yes, I believe in germs (ferments, yeasts), and I believe in enzymes (ferment, a digestive yeast built by every organized being). I do not believe that the presence of germs has any more to do with causing disease than the absence of enzymes. Both these ferments are necessary to man's health and well-being. The enervation brought on by toxemia checks secretion and elimination, causes constipation and retention of other organic waste, which, joined with the toxins of fermentation and decomposition, prepares man for the affections or the diseases he develops.

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CHAPTER I

TOXEMIA THE EFFICIENT (FIRST) CAUSE OF ALL DISEASE

AS there can be no disease, not even constipation, without established Toxemia, it is necessary to explain quite fully what is meant by Toxemia. When Toxemia is understood, a novice can see the folly of treating constipation or any other disease as a distinct entity, separate and apart from the cause of all diseases--Toxemia.

The normal state of the blood contains toxin. Toxin is in at the christening of the first drop of blood.

From the metabolism taking place at the marriage of the ovum and sperm, life and death evolve, manifest. They are states that continue alternating--going hand in hand throughout conception, development, maturity, decline, and on to the disorganization that ends the individuality that was born of that first love embrace.

Throughout embryonic and fetal life, life and death keep up their ceaseless alternating in a state of ideal poise. The nourishment brought by the mother's circulation--the blood--being thoroughly censored at the port of entry (placental purification), all toxins being refused, the fetus is saved from all toxins except those confined to its own metabolism, and as the food supplied is censored as to purity, quality and quantity, there is no chance for pathological toxemia evolving.

That a physiological amount of toxin is evolved there cannot be any doubt, for the ashes left from fetal metabolism empty into the *primae viae* (the bowels) and remain there until soon after birth when the bowels move. That this waste product is inert is obvious, for the child has no disease in uterine life, excessive food supply and bacilli being turned back at the port of entry. The guardianship of nature at the portals of life is beautifully illustrated from conception to birth. When the barriers to disease are not broken down, health prevails.

At the birth of each new cell the life of the old is given up, and at its death the cell disintegrates into ashes, and toxin is formed. The old life builds the new, and the toxin stimulates the new cell, giving it vigor to meet its requirements.

The toxin formed by the disintegration of the cell is the ashes of love, out of which life, phoenix-like, rises. Every life is the child of death. The acorn gives its life, its body, to fertilize the infant oak. In death,

decomposition, toxin and life are evolved and nurtured. Toxin is an element of the blood, its property is that of stimulation, and, like all stimulants, when used in excess it depresses and enervates. Toxin becomes disease-producing only when the quantity contained in the blood becomes excessive from lack of proper elimination.

If too much fertilizer is furnished plant life, there will be overgrowth, with arrested germination--sterilization. In animal life an oversupply of nourishment produces plethora and sterility. The enervation brought on from overwork renders the body a prey to germs and parasites. Those who eat beyond digestive power weaken the digestive secretions to such an extent that germs and the germinal seeds of parasites, which enter the stomach and bowels with the food, instead of being digested as they are in a normal state, find a kindly host who allows them to germinate and develop. This is why some people are infested with parasites and why others are not. When the body's enzymic protection is below par from general enervation, then the ubiquitous bacillus mixes up in all the affairs of life and gives plausibility to the idea that germs cause disease.

Toxin is as necessary to the blood as other elements when restricted to the proper amount; it is stimulating and health-imparting; but when the organism is enervated from any cause, toxin elimination is impeded, favoring the accumulation of a disease-producing amount. An overaccumulation of any stimulant produces drunkenness, and the consequent enervation. The excessive accumulation of toxin is what I am pleased to call Toxemia, which I have found to be the first cause--the efficient cause--the cause extraordinary--of all diseases.

After reading the above carefully, then read the following, which is an extract from an article entitled "On the Urgency of Research on the Great Portal to Disease in the Body," by Prof. A. B. Macallum, McGill University, in the February 16, 1923, number of *Science*, official journal of the American Association for the Advancement of Science.

It should be observed that the discoverer of the Toxemic Hypothesis, tiring of the failures of research and re-research work by medical science, began an original *search* and succeeded in finding that "The Portal to Disease in the Body" is broken down from the inside--that the enemy to man's health is autogenerated--and the portals are thrown open from within; after which external enemies to man's health gain entrance and join with the rebels of the blood.

Research is the slogan of the schools; and the prefix is becoming as monotonous as the (*re-*) anteceding *vaccinate*; and the apology for non-success is on the same order, namely, not enough *res*. A little original *search* with the apron-strings of mother's research and revaccinate cut would relieve us of frequent requiems, and the painful necessity of calling on the Lord: *Requiescat in pace!*

Many are compelled to admit that: "In the presence of human stupidity even the Gods are helpless;" and surely stupidity is not confined to the ignorant.

Those who would like to be spared more unnecessary research should study Toxemia as taught in *The Tilden Health School*.

In selecting as the subject of my address on this occasion the urgency of research in a line along which little progress has been made, I am led to do so by considerations which I think will appeal to many of my hearers. It is, first of all, one which is of transcendent importance as an antecedent to any great advance in scientific medicine in the near future. On looking over the road on which so much progress has been made in the last forty years, one cannot but be impressed with the idea that all the old lines of research have been developed as far as they are capable of yielding results commensurate with the expenditure of time and energy given to them and that we are now in the stage of diminishing returns. The record since 1880 is crowded with discoveries in scientific medicine which will preserve from oblivion those who have made them, but unless some new lines of attack on great problems are to be thrown open the record for the next thirty or forty years will not have to its credit similar achievements. A recognition that our present methods of research in scientific medicine are not to give

solutions of some of the great problems in disease which still confront us is already beginning to prevail. The distinguished clinician, Sir James MacKenzie, who has been during the last thirty years one of the keenest students, on the scientific side, of clinical medicine, is so convinced that scientific medicine as now developed is not going to yield any further conquests of importance that he has been compelled to seek a new line of research which may give results which will initiate a new and great advance in medical science. The new line which he has taken is the study of the beginnings of disease in the individual, that is, a close and very careful observation of the changes in the normal condition long before the individual is impelled to consult his physician or is aware that anything is wrong with him. Sir James hopes that in this way a great amount of knowledge may be accumulated which will throw a flood of light on the origin of many of the diseases and thus inaugurate what may be justly called a great advance in medicine, comparable with any great advance made in the past.

It is hardly possible to doubt that a careful study of the organs of the body, as they function in the supposedly normal individual, will, if systematically pursued, ultimately give a lore that will be of inestimable value in determining a fundamentally rational treatment of disease. The application of our present clinical methods is confined almost wholly to the manifestations of disease in its more or less pronounced stages, and the features of the initial stages attract the attention of only a very few clinicians. Here, therefore, is an almost fallow field, where anyone who enters to work steadily and systematically may reap a worthy reward for the toil of all his years. This, combined with a closer, a more thoroughly scrutinizing study of the manifestations of disease in its later stages of development, would result in a very great addition to our lore of medicine, and bring us back to the ancient Hippocratic role of closely observing and recording which, pursued for periods during the last twenty-four centuries, has made the Art of Medicine of the Western World an ornament of our civilization.

It is, however, doubtful if there is in our generation enough of those of the class of which Sir James MacKenzie is representative to make such an immediate advance in medicine as he believes possible. Progress is due to the activities of the almost inconceivably few. All the ideas, all the knowledge which determines our outlook on the physical world and the world of life of today are based on the results of the discoveries and inventions of less than one ten-thousandth of one per cent of the population of the Western World during the last three thousand years. Even in the medical profession it is the inconceivably few to whom all progress in the past has been due. The rest have accepted and applied the results of the great discoveries of the few. Of the 400,000, more or less, who in Europe and America during the last century and a half have been members of the medical profession, how many have made, as a result of their researches and observations, great additions to our knowledge of the causation and treatment of disease? I would venture to estimate not more than thirty, that is, one out of every 13,000 in the ranks. These were the pioneers in the regions of the unknown to whom we owe the great generalizations which constitute the foundations of what we call medical science. Without their achievements there would have been no advance in it during the last three centuries, and medicine would still be but a lore of impossible hypotheses and theories like that which darkened understanding amongst the physicians of the sixteenth and seventeenth centuries. There were indeed others who by their observations in their own limited field of activity added fact upon fact in verification of the great generalization and who by their support of these made their general acceptance possible, but they would not have been of service in any other way to medical science had it not been for the great discoveries of the pioneers.

To extend this science today, to make here and there great additions to it, pioneers of the same type are still required. Are such now in training, or beginning their career, or ready to launch some new line of extension?

Sir James MacKenzie does not apparently think there are or will be such, for his Newer Medicine is to owe its achievements to organizations the members of which will devote themselves to the observation and correlation of the facts which may be gained from a

continuous, systematic study of the very earliest manifestations of alteration of function which mark the commencement of disease in the supposedly healthy individual. He is apparently extremely skeptical of the value of the laboratory by itself as a factor henceforth in the advancement of our knowledge on the treatment of disease. Research on the laboratory side is carried on by workers who, he holds, are out of touch with the problems in medicine, and in consequence their contributions offer little in the way of a solution of these, which must be undertaken by the physicians themselves who are in immediate contact with the problems on the purely clinical side.

It must, I think, be admitted by all who are in touch with the present laboratory methods associated with the diagnosis and treatment of disease that the effort spent in the development of them by a multitude of workers in laboratories and the narrow range of the results obtained make it appear as if the vast majority of investigators concerned believe the great problems that can be attacked successfully are all solved, and that there remains only to be developed an ever more and more refined technique, which will be concerned only with circumscribed problems, such as the hydrogen ion concentration, basic metabolism, new reactions of the class of Widal, Schick and Wassermann, more exact methods for the determination of sugar, urea, uric acid, ammonia and other constituents of and metabolic products in the blood, and so on. These and like matters of limited interest and range of application constitute the vast majority of the problems which are now being investigated, if the contents of the original papers published in the journals devoted to physiology, biochemistry and pathology give a trustworthy indication of the character of the research that is being carried on in these sciences today.

Behind all these problems there are at least several which concern the causation of a considerable number of pathological changes and alterations in function in the organs of the body. These problems are all related to the functions of the intestinal mucosa. Such functions are only very imperfectly known. One involves the absorption of the products of the digestion of the foodstuffs. In this absorption the mucosa has been, and is still too often, regarded as if it were only a physical membrane separating the blood from the intestinal contents, through which the peptones, amino-acids, glycerine and sugars diffuse to reach the vascular channels. What we have to set over against this physical concept are a few facts the significance, however, of which is not clear. Soaps and fats which are colloids enter and go through the epithelial cells of the mucosa, and a number of proteins, those of egg yolk particularly, pass unchanged readily into them, but how the former and the latter are so taken up is still unknown or only dimly comprehended. The salts of iron and potash can be traced microchemically in their passage through the epithelium, and the phenomena involved appear at first view to be caused by the simple forces of diffusion, but on further consideration one must postulate that other and more important factors are concerned. We know, further, that the mucosa, especially of the upper half of the small intestine, secretes a number of ferments, such as erepsin, invertase, maltase, lactase, and the activator of trypsinogen, enterokinase, and that secretin, the hormone of the pancreas, is a product of the duodenal mucosa, but, except in the case of secretin, we do not know definitely what elements of the mucosa form them.

This, in brief, comprehends our knowledge of the activities of the intestinal mucosa, and yet how exiguous it is in comparison with what may yet be obtained through careful and well-directed research. The mucosa is, in its properties and functions, something very much more than a physical membrane. Because its superficial layer is composed of living cells, it is not, it cannot be, a passive element, for the cells have, as living units always have, the capacity to accept or reject whatever constituents of the chyle there may be, and this capacity is exercised by them through the long life of the individual. They even maintain themselves against the invasion of bacteria of the ordinary type.

The intestinal mucosa must then be regarded as the great portal to disease of the body. This portal may be completely closed, as it is in the normal healthy condition of the mucosa, or it may be gradually or suddenly pushed open and disease, chronic or acute, may result. If this

portal could be kept closed always, old age might be indefinitely postponed and bodily vigor maintained for a much longer period than it is now. There is no reason to suppose that the heart, the skeletal muscles, the liver, the kidneys, the nervous system and the endocrinous organs cannot function indefinitely if they are not subject to toxic action, and in their normal condition they must be much less subject, through any other portal, to bacterial infections than they are when their condition is altered by the access of toxic material absorbed from the intestinal cavity. The complete closure of the great portal permanently maintained would greatly lessen the incidence of disease and increase the average length of life."

THE GARDEN OF EDEN LEGEND IN THE LIGHT OF TOXEMIA

It should be remembered that man is normally all the time toxemic; but up to a certain stage it is normally stimulating; the same is true of food, pleasure of all kinds, and exercise or work. Of all the fruits in the garden of life it is man's pleasure to eat, except of the fruit of knowledge; which means that when man surfeits he has eaten of the fruit of knowledge, and unless he profits by that knowledge he will surely die. When he will not be guided by the knowledge of good and evil he is expelled from Eden, the paradise of health in which he was born, and from that day he will eat his bread--enjoy his pleasures--in pain. "In sorrow shalt thou eat of it all the days of thy life."

After toxemia has been increased by overindulged pleasures to the saturation point, man becomes acquainted with discomfort, and unless the knowledge of the cause of that discomfort is acted upon, he will pay for his overindulgence in sickness, pain, and early death. The laws of health are inexorable; we see people going down and out in the prime of life simply because no attention is paid to them. The health teaching up to date is largely a system of camouflaging the ignorant and credulous.

The idea of cure is a dangerous fallacy, and a world of disease and premature death is what mankind is paying for it. The legendmakers of the Bible offered no hope to those who ate of the tree of knowledge--who surfeited to the point of toxemic saturation; their sentence was death or banishment of all pleasure. But man can come back if he will develop a permanent self-control and live a life of moderation.

Toxemia is a worked-out hypothesis based on the fundamental laws of nature, and it is the only truth concerning the cause and cure of disease, and certainly offers the only rational method of disease prevention and is so simple that it can be taught to a child.

The Edenic fatalism was based on no more benightedness than present-day know-nothingism concerning man's helplessness with regard to disease, its cause and cure.

A fact not known to medical science, and one giving irrefutable proof of the truth of the Toxemic Hypothesis, is that few people could be taken off the street, or out of business or the trades, and put to bed and on a fast who would not be made very sick within a week, overwhelmed by the poison of their own elimination. It is this throwing off of toxin after a prostration from any so-called disease that gave rise to the well-known saying that all sick people must be worse before they are better, even when under the most skilful treatment. This is nature's cure, and in pronounced toxemia nature's cure is certainly heroic. The distressing symptoms caused by rapid elimination cause doctors to don the war paint of their profession and go after the pronounced symptom in a heroic manner. Coughs are suppressed, pain subdued, fever extinguished, weakness nourished, faintness stimulated, diarrhea checked, constipation physicked, perspiration dried, wakefulness lulled and every discomfort palliated. What really takes place in a good red-hot battle against disease? Suppression. Nature often finds herself bucked and gagged--hog-tied to a fare-you-well, with the nervous system paralyzed from pent-up toxins. The pneumonia patient dies smothered to death by suppressed secretion, the digestive tract overwhelmed by decomposing food. The physic may irritate so greatly that a movement may be secured, but certainly any tendency for elimination is most effectively checked.

Since serum treatment has become the vogue more patients recover because the treatment is not so belligerent and nature is not so greatly opposed.

If the people are ever enlightened on the subject, and come into the truth that few possess a reasonable amount of health, and the majority are perambulating cesspools, as vulnerable as a powder magazine, they may decide to make an effort to get well before a collapse comes.

A most excellent knowledge for the people would be to know that when sickness comes the proper treatment is to go to bed, poise mind and body, and know they are in the hands of the best doctor--nature--and that they will get well in the shortest possible time if they do nothing.

All people are toxemic; but all people are not sick who are toxemic, for there must be sufficient accumulation to overcome resistance. All people differ in resisting power. Those who possess one hundred per cent natural power, everything equal, should have twice the resistance of the one who is born with fifty per cent natural power. If, however, the fifty per cent man is conservative and strictly controls every nerve leak, it does not require a Newtonian calculating ability to tell that these men are approaching a single standard of resistance. If the hundred per cent man is living in a manner to cause a diminishing return--that is, if his excesses are reducing his powers of reconstruction and he is retrograding--he is using up more nerve energy than he is building, and what he has is being taken from him; while the fifty per cent man is adding to his power according to the law of increase: "To him who hath shall be given" (Matthew XII, 12); hence they are approaching a common ground.

The continual (often repeated) influences which use up nerve energy, are met by a continuous (without pause) renewal of nerve energy, and this is why man continues to live and have health; but when there are enough stimulating influences to cause a continuous nerve expenditure, then no break or pause for rest or recuperation is experienced, and man is then on the toboggan that I am pleased to name *profound enervation*, which will quickly carry him down and out.

The heart illustrates this point well: When the body is normal and the blood is chemically correct, the heart rests enough between beats for tissue renewal--self-reparation; but when enervation checks elimination and waste products are retained, then there is created a pathologic toxemia and the heart is overworked; being overstimulated, it fails to renew itself; this is called functional disease, which in time, if not corrected, ends in organic disease.

When the body is stimulated continuously--when physical and mental stimulation is experienced continuously, instead of continually--enervation follows. For example, when business or work is accompanied by worry, and the worry fills the resting spaces, instead of the work being continual it becomes continuous, because the spaces or recesses for rest are filled with worry or some other overworked emotion, or physical stimulants such as tobacco, alcohol, or other stimulants and gluttony, until power to sleep is lost; then there is no chance for renewal. It is then that continuous stimulation is experienced and disease follows. The banker or other business man who works six hours or more a day may tax his body every minute when not at work by worry and sensual indulgences, and because of no rest he breaks down in middle life. It is not to be forgotten that toxin from checked elimination and toxin from bacterial fermentation in the stomach and bowels during this man's decline evolve such a state of Toxemia that crises are showing up continually: headaches, tired feeling of mornings, constipation; occasionally there may be bilious spells, diarrhea once or twice a year, a taste in mouth of a morning, coated tongue, dizziness, catarrh, sore throat, closing of nose, tonsillitis, cough, asthma, rheumatism, lumbago, sweating feet, flagging memory, attacks of "flu," la grippe, or about every epidemic, and a gradually growing pessimism showing in irritability, grouchiness and fault-finding with those about him. His taking off may be by pneumonia, kidney disease, paralysis or apoplexy. All these symptoms belong to Toxemia in a gouty subject weighing from twenty to one hundred pounds too much.

Worry, work, and eating beyond digestive capacity, followed by fermentation, and the stimulation from the toxin of fermentation, food and its digestion, amount to continuous stimulation, giving no interval for rest and recuperation, and as a result bodily functioning is diminished--secretion and excretion are diminished--adding toxin to toxin until a disease producing Toxemia is built; and this is the alpha and omega of all diseases to which the flesh is said to be heir.

The local irritation to the mucous membranes of the stomach and bowels by the toxin of decomposition builds catarrhal inflammation. This is how catarrh of the stomach and bowels is built, and the most pronounced symptoms are indigestion and constipation, with gas distention and general discomfort.

The symptom-complex of Toxemia builds a vicious circle, which reads about as follows: Anything of a physical or mental character that irritates or overstimulates sooner or later enervates; enervation checks secretion and excretion; checked secretion impairs all organic functioning. The most vulnerable organ, the stomach, gives down first; hence food decomposes, toxin is evolved, the toxin irritates and inflames the mucous membranes, setting up catarrhal inflammation. Checked elimination adds toxin to the toxin absorbed from gastro-intestinal fermentation. In this way Toxemia is built. Toxemia is fed from the toxin absorbed from the fermentation of food in the intestines and retained excretions. When Toxemia is established, crises (diseases) make their appearance at any time when Toxemia reaches the saturation point. The saturation point is a state where resistance loses control, and any influence that enervates at this point precipitates whatever so-called disease there is an inclination to take on-any diathetic tendency. Those so-called diseases that are inherited or acquired become crises of Toxemia. Toxemia then should obviously be recognized by anyone as the true disease, and every other disease (so-called) only as a crisis of Toxemia.

The most common crises are the catarrhal inflammations of mucous membranes. The stomach is the vulnerable organ of the body; the reason is that it is the portal or entry of supplies--of nutriment for the building and repair of the body. That this organ is abused by being overworked, all must admit; but if not enervated by the mind (nervous system) it can endure much abuse in being crowded with food.

The stomach is the barometer (so to speak) of the nervous system. When the mind is depressed, or if there is an abnormal state of the emotions, the stomach shows the effect at once in failing to digest well. Enervation from any cause is quickly noticed by imperfect digestion. In overwork, worry, fear or anger, inability to digest follows. Babies at the breast, when disturbed by much fondling, handling, feeding, or subjected to noise, loud talking, music, and too much bathing, will soon show symptoms of restlessness and indigestion, which is followed by discomfort and more restlessness; and these symptoms excite the concern of the mother, who increases her vigilance, which means more attention, more excitement, and more enervation for baby and more indigestion. To this growing nerve storm a doctor is added, and he *names the disease*; his diagnosis of course has no relationship to cause and his prescription only adds to the medley of enervating causes.

The above is a picture of the small beginning of a symptom-complex that may end in death in infancy or a neurasthenia as a cortex built around a nucleus of gastro-intestinal catarrh, distinguished by a touch-me-not stomach and constipated bowels. We will follow infancy, youth, manhood and age, keeping in mind the principal types, temperaments and diatheses, which cause variation in symptoms and ultimate endings.

From the catarrh of the stomach the inflammation extends to the throat, nose, ears, bronchia, lungs; the so-called diseases resulting are tonsillitis, enlarged tonsils, adenoids, enlarged cervical glands, otorrhea, pharyngitis, laryngitis, bronchitis, and tuberculosis. The stomach itself presents inflammation, ulceration, pyloric diseases and cancer. Extending downward, the catarrh affects the duodenum, ending in ulceration, pancreatitis, and cancer; from the duodenum the catarrh extends to the bile-duct, gall bladder and liver, creating gall-stone; along the bowels to the colon and rectum, causing colitis, typhilitis, appendicitis, proctitis, piles, ulceration, prolapsus and cancer. Contiguous organs become infected. The ductless glands become involved. And where drainage of ducts and canals is imperfect, organs create much local disturbance, from ulceration and septic or pus infection.

The popular treatment of disease is to treat these various organs as independent diseases, which is most absurd; as ridiculous as it would be to treat each separate hair on the head for an eczema of the scalp. Of course drainage must be established, and, with proper rest, proper feeding and fasting, nature will do the rest.

Every so-called disease named above has the same origin, namely, enervation, causing deficient secretion and excretion, developing Toxemia; then mental and physical overstimulation keeps up

enervation and the Toxemia; then the latter feeds from the blood. Every so-called disease is a vicious circle.

Constipation is a prominent and quite constant symptom accompanying all the above-named crises, and, like all of them, will give way before a treatment that restores nerve energy and overcomes Toxemia--which establishes secretion and excretion. Rest, physical, physiological, and mental, is the most potent of all remedies, for disease rests on enervation.

The time will come when the absurdity of the present so-called scientific treatment will provoke only a smile, when surprise will permit. Scientific medicine is so out of keeping with every other department of learning, and even with its own fundamentals, that the surprise is that educated men do not question their own sanity.

A glance at the popular manner of treatment of the above crises should enable any layman to agree with the writer in declaring that the whole treatment of disease is a farce that should cause a high-school boy to blush were he guilty of so much unreasoning inanity.

At the beginning of this pathological chain, the babe needs quiet only. It should be left alone, and fed only as it demands feeding, and not disturbed except to be kept clean; no handling, no fondling. Children are not to be handled like dolls or poodle-dogs. They are not for showing and to be made into a menagerie. Perhaps one mother in a hundred is fit for motherhood. When we have properly trained mothers, we can suspend with the use of improperly trained doctors.

When maltreated until catarrh of the stomach and constipation are built, announced by frequent colds, excess feeding must be stopped, perfect quiet given and no handling allowed; a fast for a day or two may be needed, then feed one-fourth the usual amount and increase the food, not giving the full amount for a week. All symptoms will be gone, even the constipation, in seven to ten days. Don't overfeed, and don't keep the child sick by a worrying mother. Properly cared-for children will not have any of the diseases "peculiar to children." They must not be disturbed and constantly overfed.

Tonsilitis could have no existence without chronic irritation of the throat--chronic hyperemia of the pharyngeal and nasal mucous membrane--from chronic catarrh of the stomach, kept alive by sugar, butter, and eating between meals. Butter in excess of systemic needs is often the cause of stomach derangement. Plain whole-wheat bread, well baked, with an apple or orange for breakfast, very little butter; bread and salad for noon, and bread and milk for night. No food, however, until the throat is well-comfortable and inflammation gone. Bathing, clean clothes and beds are necessary, as well as a poised mind and body from education in self-control. Play to the point of frenzy--great excitement--is bad. This treatment will appear lacking in the spectacular and thrills of modern medical science; but parents who prefer the thrills and frills and senseless operations, with gradually growing ill health, may pay their money and take their choice. No case is cured until the habits that build disease are corrected.

The enlarged tonsils, adenoids, and constipation will gradually disappear under this treatment and the Toxemia will subside, leaving the children with normal resistance and full physical and mental efficiency. Enlarged glands and ear discharges go as they came; they need no surgery. Removing tonsils, adenoids, and tubercular glands without correcting habits that build them is stupidity.

This treatment removes the first cause of tuberculosis, and when the first cause is removed the second is checkmated. Bronchitis and asthma are no different. Treatment for all so-called diseases is fundamentally the same.

Keep food out of an ulcerated stomach, keep patient in bed, and give a lavage night and morning until comfortable.

Pharyngitis, laryngitis, bronchitis and asthma are different locations of catarrhal inflammation extending from the stomach up through the esophagus (gullet) to these parts; infectious gas eructated from the stomach and exhaled from the lungs inflames the mucous membranes of the throat and air passages, and

the topical irritation produced by the gas is reinforced by the toxin in the blood brought to the mucous membrane by the capillary circulation. To correct any of these inflammations, the Toxemia must be overcome.

Disease is man-made, and he should rejoice in being able to rid himself of it. God did not make it, neither will He cure it. "Lovest thou me? Feed my sheep. Keep my commandments." It is up to us, not Him.

Derangements of the stomach are always present and precede bowel derangements. Catarrh of the stomach is the first crisis of Toxemia. When the body is enervated from worry or anything that creates emotion it always affects the stomach and digestion. The stomach is also the first and last organ of the body to be abused. Food is put into it in season and out of season, and when its functions are inhibited by an enervated condition of the body its power to digest is lessened to such an extent that very few are willing to learn the amount of food they ingest to be within keeping with the digestive power, hence this is the continual source of indigestion. When food is not digested properly it ferments, and from this source toxin is developed, which, being absorbed, adds to the already toxic condition of the blood. The continual irritation in the stomach of fermenting food is a source of irritation to the mucous membrane. Catarrh is created frequently before a child is a week old, and from a catarrhal condition of the stomach ulceration frequently takes place, and the end of chronic irritation, ulceration, etc., of the stomach is cancer. Sometimes it takes forty, fifty, or sixty years of abuse of the stomach to bring the cancerous ending.

Scientists are busy a great deal of the time in endeavoring to find the germ that causes cancer. They can continue to look for it to the end of time, for cancer is not produced by germs any more than catarrh of the stomach is produced by germs, or, for that matter, any so-called disease of the entire body. The bacteria are in at every state of fermentation, but they are there simply because enzymic power is lost, secretions have been suppressed, and the real cause of the derangement is in operation all the time, producing general enervation of the body and more or less suppression of digestion.

Catarrh of the stomach creates a great many symptoms: headache, discomfort in the region of the stomach, gas formation, sometimes a sick stomach where there will be vomiting and at other times a spitting up of food; at other times the principal symptom will be a harassing cough. The various catarrhal states gone over previous to this take their origin in the stomach. Ordinary discomforts of indigestion can be overcome by a reasonable fast and washing the stomach daily, and then the feeding should be very light to start with and increased as the powers to digest increases. Proper food combinations are very necessary, but the most necessary thing in taking care of the stomach is to limit the food so as to be within digestive power. This must necessarily vary a great deal in different cases. Each person is a law unto himself, and he must learn from discomfort what his limitations are. If after a meal there is discomfort, the next meal is to be missed, then when eating is resumed a less amount should be eaten, and in this way the individual will soon learn his food limitations and if he respects them, he will evolve into good, first-class health.

Ulceration of the stomach is a state brought on from months and years of catarrh of the stomach. Continual fermentation with acid formation irritates the mucous membrane until it eventually ulcerates. Such cases require a very great deal of patience in bringing them back to the normal. One of the foolish things of our day is an operation to cut out the ulcer, turning the patient loose and advising him to eat "good wholesome food to keep up the strength." That is exactly what the patient has been doing all his life, and after the operation he resumes his former life and continues the stomach derangement that brought on the ulceration in the first place, and in time another portion of the mucous membrane will give down and ulcerate. Cutting out an ulcer is only getting rid of an effect, and another similar effect will follow and continue to follow until the patient is worn out from such folly.

Disease of the pylorus is quite common. Why shouldn't it be? This excess of acid produced by fermentation passing out of the stomach through the pylorus continually irritates the lining membrane. The irritation brings on a thickening and hardening of the tissues. The time comes when the orifice is so closed from a gradual thickening of the parts that the food will not pass. Then scientific medicine gets busy and makes a new opening in the stomach and connects it with the intestine below, and the patient is again

advised to eat "good wholesome food to keep up his strength." The same life is resumed that brought on the condition in the first place, and the irritation continues, and the thickened condition of the pylorus breaks down eventually into a cancerous state that ends the misery of the patient in a year or two; not one thing being done from the beginning to the end of the stomach derangement except palliation. Cause is not even recognized--not even suspected. Such patients should be put to bed, fasted for a sufficient time to bring on comfort and for the system to eliminate the Toxemia; then when the feeding is begun it should be of a liquid character and not enough to overpower the digestive functions, and the stomach should be cleaned out daily with a syphon. These cases can in the course of reasonable time be brought back to the normal.

The people, however, are looking for quick cures--cures that can be performed without inconveniencing them by allowing them to continue in their old habits; and the consequences are that no one is ever cured. A few are palliated for a year or two and sometimes a little longer, but they all come to an untimely end simply because nothing is being done to remove the cause.

Ulceration of the pylorus sometimes extends to the duodenum, and even the duodenum develops a cancer because the acid that passed from the stomach creates a catarrhal inflammation of this organ, and this catarrhal state will often extend to the pancreas. Where the disease is well developed in this organ it is very difficult to correct, and sometimes ends fatally in spite of the best treatment. The catarrhal condition passes from the duodenum to the gall-duct and gall bladder and the liver. All of these conditions are to be met in the same way. They do not need a different treatment, because they all come from one and the same cause, and they are all amenable to treatment that consists of a sufficient amount of rest of body, digestion, and mind to allow normality to be re-established.

Colitis is simply an extension of this same catarrhal inclination, and when it has run on for a sufficient length of time ulceration will be established. In the meantime there may be appendicitis, typhilitis, and, farther on in the rectum, proctitis, which is catarrhal inflammation in the rectum, will be developed, followed by prolapsus, hemorrhoid ulceration, and cancer, which is the procession of diseases evolving from this same catarrhal state. None of these diseases require any special treatment. Patients are to be put to bed, fasted until they are in fit condition to eat, and then the eating must be limited to be within their power of digestion. Removing the appendix does not influence the colitis that initiated the appendicitis, but in possibly ninety out of every one hundred cases of so-called appendicitis the appendix is not involved at all; the derangement is all in the colon, and when the catarrhal inflammation has gone to such an extent that this organ has lost about all its power to digest, then any food that reaches this organ will be thrown into a state of fermentation; gas forms, which distends the colon and produces a very great deal of suffering. An inflamed stomach or intestine gives out much discomfort when distended with gas, and this is particularly true of colitis. So much distress comes from this source that every contiguous organ is blamed for the discomfort, hence the excuse for the removal of the appendix, the ovaries, removing the entire reproductive organs, draining the gall bladder, removing the gall bladder, and many other absolutely unnecessary operations. Nearly every organ in the abdominal cavity, as well as the pelvic cavity, is credited with the discomforts that are wholly due to colitis, and still the procession marches on to surgeries for these senseless and useless operations. I say the mutilation continues to such an extent that, if the people could realize it, the practice might be ended; but there is no danger of it ending, for the majority of people would rather submit to an operation than to take advice that inhibits their bad habits. They will submit to any kind of treatment if their habits of life are not interfered with. Hence the mortality is exceedingly great, because the treatment given only palliates for a few years, and the patients die from ten to forty years prematurely.

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CHAPTER II

CAUSES OF CONSTIPATION

1--Toxemia

IT should be generally understood that there are several types of constipation coming under the head of lost functioning of the bowels. One is where there is a movement daily, leaving a full colon, the movement being from the rectum; a type where there can be no movement without forcing measures; and a type marked by periodic attacks of diarrhea. Catarrh is found in all types, and mucus can be found in the stools. Constipation is always accompanied by proctitis or colitis, if indeed it is not the exciting cause. In all long-standing cases there is a gastro-intestinal catarrh, and this should be looked upon as the genesis of most of man's discomforts.

The organic derangements that must develop sooner or later as sequels of constipation are chronic kidney, heart and lung diseases, also gout and arteriosclerosis.

ENERVATION

When constipation is developed, adding toxemia to toxemia, the victim is in line for any disease his heredity, occupation and environment favor.

Constipation, like all other so-called diseases, is an affection--a symptom--not a disease; hence, whatever the cause of perverted health--perverted secretions and excretions--it must be sought out and removed. Where enervation and toxemia are established, there is always a lowering of all organic functioning. Constipation means lowered bowel functioning--lack of secretions and excretions and to restore lost tone to the bowels, the nervous system must be brought back to the normal. To cure constipation then means to restore the nervous system and blood to the normal, and that means correcting or removing any influence that uses up nerve energy, lowering the health standard. How is one to know when energy is being used beyond normal supply? The blanket term *discomfort* may be used. Health means comfort. By a flagging of organic functioning--by pain and various discomforts: sluggish bowels--symptoms of indigestion--gas distention--malnutrition--headache--short breath--palpitation -tired feeling--bad taste in mouth--bad breath--coated tongue--under weight--over weight--an unpoised state of the emotions--mental dullness and inefficiency, etc. Suppose there are no symptoms such as these named, yet common sense and observation declare habits are like those of people who are suffering. Then one must

be governed by reason. It is rational to believe that bad habits will in time break the strongest constitution; then the prudent will not wait until compelled to reform, for it may be too late.

In constipation there is always more or less gastro-intestinal decomposition with the developing of toxins which are absorbed. The blood is charged with these toxins, which in time lower the functional activity of all the organs of the body. Enervation (lost nerve power) is developing all the time, and when brought below the point of organic resistance or below the point where an inherited or acquired tendency to take on disease can not be resisted longer, then disease will develop. Or it may be that enervating habits will be indulged to such an extent that organic resistance is brought so low that general enervation does not need to drop so very low to allow a diathetic organ to develop the disease for which it is inclined. For example: Cancer of the stomach or breast will develop in those predisposed to the disease before there is very great constitutional enervation. Those predisposed to tuberculosis will develop the disease before constitutional enervation has been developed very far.

Enervation is a veritable Proteus, for its causes are multitudinous. They are worry, fear, envy, jealousy, anger, grouchiness. There is a lack of success; also misanthropy and even dishonesty. Excess of work or pleasure may lead to enervation. A consuming passion leads to excess of venery and more enervation. Overeating, imprudent eating, the use of alcohol or other drugs, tobacco, coffee, tea, sugar, starch, wrong combinations of food, excessive use of water, over- or under-use of clothing, sitting too much and lack of exercise, all tend to enervation; everything that uses energy lowers energy. All must be corrected before a cure can be made. Whatever the errors of life, they must be corrected. Anything that causes the bowels to move--be it drugs, laxative waters, laxative foods, oils, agar-agar, drinking great quantities of water, or using enemas large or small--is a palliative and in no sense curative. Whatever the influence that uses up nerve energy must be corrected, for it is curative; all else is palliative.

It is true that dancing attendance on the bowels daily with one or more of these palliatives will prevent building a fatal toxemia from constipation, and the strictest vigilance in securing an action daily will prolong life, but it can not be said that the use of such remedies will in time cure the constipation, for indeed such treatment confirms constipation and leads to nowhere except to stronger and stronger dosing and premature old age and early death.

To use anything--any one remedy or any hundred remedies--is equivalent to adding to cause, and that shows a fallacious understanding of what constipation is. No cure can come from a treatment based on a false conception of cause.

Constipation may be said to be one prominent symptom in a syndrome (defined as the aggregate symptoms of any so-called disease, from the initiative cause to full organic development) which starts with enervation, toxemia, indigestion, catarrh of the stomach, and develops catarrhal inflammation of the throat, larynx, bronchi, lungs, nasal passages, from the stomach to the duodenum, gall-duct and bladder, pancreas, small intestine, colon, appendix, rectum. Some of the symptoms accompanying constipation are: indigestion, gas distention, headaches, heart palpitation, chilliness, cold hands and feet, dizziness, fermentation of starches, decomposition of proteids, acidosis, proctitis, colitis and others; all of them natural crises of toxemia, with constipation often the most pronounced symptom, and one of toxemia's most pronounced allies. No organic disease can exist alone, for its initiative cause or causes are general, and the union of organism must stand united, for divided it falls. A house divided against itself must fall. Enervation--lowered nerve energy--is the general first cause, but the causes of that cause are protean. It is as impossible to find a single cause as it is to find a single effect or a single remedy. The cause of all the ills (crises named above) is toxemia, but the causes of that cause may be enumerated as follows: Any influence of a mental or physical character that uses up nerve energy faster than it is generated. Under this head may be listed work or play to excess; love or hate; joy or sorrow; overwork or underwork of all the emotions; excessive eating; imprudent eating, eating wrong combinations causing indigestion, fermentation, decomposition; all ending in the establishing of Toxemia--the first, continuous and last cause of all so-called diseases.

All these causes and effects it is possible to find in any subject, but not necessarily pronounced, for there are very few people who have not an inherited diathesis, as the tuberculous or gouty, or organic--

confined to an organ--or an acquired diathesis, that accounts for a general breakdown or causes a giving down of the defective organ in advance of other organs. For example: Some are more inclined to develop nasal catarrh; others, liver derangements; others, colitis; others, constipation, etc.

2--Water Drinking

There is one cause of constipation that is of my own discovery, so far as I know, and it is more far-reaching than thinkers on these lines will be willing to admit for years to come, namely, excessive water drinking.

It should be obvious to the discerning that if constipation is a prominent link in the chain of affections above enumerated, it would be foolish to undertake to isolate that particular symptom and give it special treatment. The idea of finding a specific remedy for constipation is as absurd as it would be to undertake to discover a single remedy for catarrh, typhoid fever, malaria, syphilis, or a single remedy for toxin poisoning. Constipation should be looked upon as a leading symptom of a constitutional derangement for which the blanket term *chronic toxin poisoning* is quite fitting. And when the disease is cured, it will have to be cured by righting the errors of life, so as to bring the general health back to the normal. This we shall endeavor to describe in the following.

Peristalsis means rolling. It is a vermicular motion or movement of the bowels--a contraction of the transverse or circular muscular fiber of the muscular coat of the intestine. When the contraction takes place, the movement starts at the head of a section of intestine with a circular contraction--perhaps constriction would be a better term. No sooner does the constriction begin than starts a wave-like movement to descend rapidly, passing to the end of that particular section of the bowel. If it starts at the head of the small intestine, the wave-like constriction ends at the ileo-cecal valve (a valve that guards the passage between the ileum and cecum). This constriction may be likened in effect to stripping a rubber tube with the thumb and finger; whatever the content of the tube, it is forced ahead of the stripping and the tube dilates behind the fingers as they pass. The peristaltic movement produces the same effect; it forces the contents of the intestine onward.

Peristalsis is under the control of the nervous system, hence those who are *enervated* from any cause must give up a part of their bowel efficiency. It is only a step farther to see that a short supply of nerve energy must check secretions and excretions, thereby causing *Toxemia*. Constipation is one of the commonest crises. Heavy eaters--those of the vital, sanguine, lymphatic temperament--have bowel movements daily, yet they may be enervated and toxemic.

Constipation is the opposite of diarrhea. In constipation there is a lack of normal secretion into the bowels; in diarrhea there is an undue amount of fluid thrown into the bowels from irritation, but not necessarily an abnormal amount of the normal secretions into the bowels; in truth, a deficient secretion is the rule. There is always a deficient secretion and excretion in all irritated organs.

In excessive eating the digestive system calls upon the organism for an extra supply of solvents. This demand is interpreted as thirst, and water is taken, but drinking does not relieve; the water goes out by the kidneys, or a diarrhea may be developed, carrying enzymes that are needed and would be used to digest the oversupply of food if drinking had not been indulged in. Indigestion always follows a too hearty meal when the thirst that must follow is indulged. From the babe at the breast to the tottering grandsire there is an unnatural thirst, the penalty for overeating, and if it is indulged, indigestion must follow, with an ever-increasing flow of urine and an ever-decreasing bowel secretion, which must end in obstinate constipation.

Restitution for overindulgence can not be made except in one way, namely: suffer the pangs of thirst until enough fluid is taken from the general circulation to supply the demand for fluid. When fluid is taken, the forthcoming enzymic supply is turned back and excreted by the kidneys, leaving an uncontended field for bacteria.

Two important elements are necessary, and they are fluid and solvents--enzymes. Water will not do, and

if taken it does not quench thirst, but passes out of the system through the kidneys, leaving the bowels dry. When this imprudence is continued, polyuria, albuminuria and obstinate constipation are sure to follow.

Water drinking after eating--after leaving the table--is disease-producing. I mean drinking anything, any of the table beverages. In this, as well as eating and other habits, there will be people who break all laws with apparent impunity, but they are the exception and they will pay in full in time.

In eating, the food should be so balanced as to supply nature's demands for fluid without drinking water or other table beverages. The water in the fresh fruits, vegetable salads and milk will supply all fluids needed if eaten in proper amounts. Dry food, such as meat, bread, potatoes, pies, puddings, and cakes, causes thirst. It is a safe statement to make that all meals making a demand for water or fluid within one or two hours after eating are not properly balanced, or an excess has been eaten.

Drinking after meals checks digestion, invites fermentation, causing stomach acidity. The foods that create thirst are the potentially acid--bread, meat, etc.; and the thirst is a demand for the alkaline fluid of the blood which is potentized with enzymes or digestive ferments. Few people there are who do not fly impulsively and instantly for a drink when conscious of thirst. There are a few who have learned that if they do not drink after eating, they feel better--more comfortable--and that they do not have to suffer thirst very long until the desire is gone and then there is no more thirst. The fact that the desire to drink, or the feeling of thirst, passes away without being gratified should cause the most skeptical to see the plausibility of an argument against drinking. Where the thirst is gratified, one drink usually calls for another and another, until the victim is waterlogged and uncomfortable, and perhaps will pay for this dissipation with "biliousness," sluggish to constipated bowels, bad taste in the mouth, headache, and too free flow of urine of light specific gravity. While the kidneys carry off water, they do not carry off enough of the solids peculiar to normal urine. These solids are left in the system to cause toxemia. Even water drinking may cause toxemia!

My observation in this line can be verified by anyone who desires to find the simplest, most common, and the most potent factor in the building of constipation.

The physician may start his observations with the constipation of the infant. Feed half as much as the child is taking or have it nurse half as often. Keep the child quiet; do not allow it to be handled; keep it lying on--either side or abdomen, not on its back; allow it to sleep; do not allow nurse nor anyone else to disturb it, even if it does not get more than one meal in twenty-four hours. After observing the babe, then watch the influence of no drinking after eating on grown people; do not allow them to drink even if the thirst is driving.

There are people who will not deny themselves the gratification of a single impulse. Nothing can be done for them outside of doctoring them. I send them to the regular profession where they can be physicked, X- rayed and operated upon. Of course, they are not benefited, but their compensation is that they have not been cheated out of anything good to eat and drink, they have the satisfaction of knowing that they have all that is coming to them.

3--Lack of Coarse Food

There is much waste of paper and printers' ink in enumerating many causes of constipation which are in fact only effects; a deficiency of bulky food is thought to be primary and one of the first causes of constipation, hence coarse food, food containing much cellulose, is thought to be, not only a preventive, but a cure for constipation.

This theory was thoroughly tested in my practice forty years ago, and the conclusions reached were unfavorable and were abandoned so far as looking upon the plan as curative was concerned. Indeed, cellulose was placed with drugs as a palliative and like drugs was not an unmixed good. It was tried when at a loss for anything better; since going out of the drug practice it has been abandoned entirely.

4--Carelessness in Responding to Nature's Call

Another very common cause of constipation is neglect in answering nature's calls. After this, enervation from the infection of absorbed excretion makes possible catarrhal inflammation of gastro-intestinal mucous membranes. The writer has often observed that reflex irritation from constipation often causes symptoms denominated cold, catarrh, "flu," etc.; infection having no part in the symptom complex, infection taking place only in cases where there is ulceration.

Postponing a desire to stool tends to blunt sensation and educates a toleration for rectal accumulation. It is no uncommon thing to find obstinate constipation in people who have very large, pouchy rectums, which have become enlarged and sensationless from being allowed to pack with waste matter; and proctitis (catarrhal inflammation) follows with piles and prolapsus. The prolapsus is produced by bearing down at stool. It is unwise where there is prolapsus of the rectum to spend a long time at stool. When there is a desire to evacuate, immediate attention should be given, and all effort at bearing down should cease as soon as the evacuation takes place and relief is had. A slight feeling or desire for bearing down should not be indulged, for it will work havoc in time by increasing the irritation and causing more constipation and more discomfort, and finally prolapsus of the rectum.

DAILY MOVEMENTS NECESSARY

When normal health obtains there will be a movement daily; but there is too much concern by doctors and patients when the bowels do not move; perhaps not too much under their regimen, *for they must eat to keep up the strength*, and the bowels must move daily or a calamity will overtake them. On this point the profession has spent enough energy to build a system of rational medicine, but the same lack of common sense is used today in treating constipation that has been used for centuries.

What can happen when the bowels won't move and eating is suspended until they do move? Nothing except that the patient grows lighter and a little weaker.

The fear of starving to death is idiotic. Feeding and physicking has built much acute and chronic disease; has complicated diseases, and has been the cause of so many deaths that if laymen knew how many, they would shun drugging as they would shun a pestilence.

If eating stops when constipation begins, and no food is taken until the bowels move, what will happen? Thousands of unnecessary operations will be avoided; thousands of unnecessary sicknesses will be avoided; thousands of people would have their lives prolonged; thousands of doctors would be sent to a respectable job. Penitentiaries, jails, hospitals, poorhouses, insane asylums, sanitariums would have fewer inmates and the world would be more prosperous; intelligence would become more popular; and high-browed intellect would take on a little common-sense. Why not all this change? The intellect is constipated when the bowels are. The usual treatment shows a chronic type of intellectual constipation of years' standing.

When the bowels fail to move, don't think in the language of pills, laxatives and enemas, but miss a meal or meals; when they move, eat, but eat more rationally. (Read the "Pocket Dietitian.")

MAN IS NOT A MACHINE

The prevailing idea concerning the bowels is that they act on the order of a sausage mill. Quantity, coarseness, bulkiness is thought necessary; hence food like bran, coarse bread and vegetables and fruit carrying much cellulose are recommended to give bulk and stimulate or irritate the bowels to move. This mechanical idea belongs to the machine shops, but man is not a machine. Constipation is due to enervation checking secretions and excretions. Laxatives, physic, foods that irritate, bran, etc., dried, sweet fruits that cause fermentation, all will make the bowels move more or less, but at a price, namely, continuous need of

them, and not one but that really adds to the derangement by overtaxing the digestive organs and adding to the enervation which is the main cause of the disease.

One experiment that may be tried out by anyone curious enough to undertake it and which will bear out the contention that bulky, coarse foods are not needed--that full eating is not the cause of the bowels moving: Take any ordinary case of sluggish or constipated bowels in those who are on full diet, and cut the eating down one-half; whether the case is a man in apparent good health or a baby at the breast, within a week or earlier the bowels will be moving daily; proving that it is not more food but less food that is needed. Feeding less relieves overtaxed nerves and restores energy and function.

DRY MOUTH AND ITS MEANING

When the mouth is dry a fast is in order, and anything that forces the bowels to move is wrong in theory and injurious in practice. To eat under such circumstances is to outrage the requirements of nature, invite bacterial fermentation (multiplication), and place the intestinal tract in a septic state favoring typhoid fever; puerperal septicemia in the parturient woman; septic exanthemata in children; hemorrhagic and black types of smallpox in epidemics of that disease. Influenza and pneumonia are made very fatal by physic and feeding when secretions and excretions are suspended.

Grouchiness, fear, impatience, anger, apprehension, dissatisfaction, fault-finding, a disposition to be critical, cause a drying of secretions--dry mouth--and will prevent improvement.

5--Overeating

More food is often eaten than can be digested, and it must decompose. As a result of this decomposition, the gastro-intestinal tract is overstimulated from gas distention, fecal accumulation and the toxin poisoning. The irritation and toxin absorption bring on systemic enervation and catarrhal inflammation of the mucous membrane. The catarrhal secretions coat the mucous membrane and mechanically interfere with perfect digestion by coating the food and excluding the digestive ferments. The stomach derangements resulting are many.

FERMENTATION

Fermentation causes gas to form, and the distention from gas is a mechanical cause of constipation. The distention causes pain, because the inflamed and ulcerated mucous membrane is put on the stretch. The distention and pain tend to fix the parts; for the muscles are put on guard to keep the inflamed and sensitive parts quiet. This, of course, means inactivity--constipation. The tension and fixation of muscles bring on a painful state of the muscles that I have named on-guard pain, which causes much suffering, interferes with the circulation of blood, and produces obstinate constipation. This state should be suspected by the observant physician when the patient can not be induced to relax--when the muscles remain taut even when the legs are flexed upon the abdomen, and one part is about as sensitive as another.

Shame to our commercialized surgical profession, many of these cases are operated upon for the removal of various organs in the pelvis and abdomen, when two or three weeks in bed and proper dieting will do away with every symptom.

When intestinal putrefaction is an established habit, toxin poisoning keeps the abdominal and pelvic viscera in a sensitive state. It is this sensitiveness of the bowels that drives many to innumerable operations. A gas-distended, catarrhal bowel--a colitis with constipation and gas distention--is a constant source of discomfort and the excuse for surgical exploitations galore.

The appendix is usually the first victim; an ovary or both ovaries, or the reproductive organs, are removed next; then the gall-bladder is drained; then the gall-bladder is removed. Possibly the stomach will

be anastomosed to some part of the intestine, the colon short-circuited, before the surgeon will suddenly discover that the patient should live in a higher or lower altitude, or make some geographical change in his habitation.

The catarrhal inflammation will extend through lymphatic continuity; these glands are worked overtime in keeping the blood from being overwhelmed with toxins. The sensitive state favors the fixation and its consequences described above. The on-guard state is necessary because any movement is uncomfortable--even the moving of gas. The peristaltic motion necessary to pass the intestinal contents on to the outlet is painful. The consequence is that stasis--which means a standing still--is cultivated. Because of this stasis and gas distention, debris accumulates and causes ptosis (dragging down). The affections appearing as a consequence are dilation of the stomach, with retarded digestion, irritation, inflammation, ulceration, cancer; duodenitis with ulceration--perforating ulcer of the duodenum--gall-bladder diseases, pancreatic diseases, diseases of the cecum, colon, and rectum, diseases of the pelvic organs and bladder. These are a few of the affections of the alimentary tract and auxiliary organs caused by constipation, and are amenable to a plan of treatment that will cure the inactive bowels.

To be able to correct a disease, it is necessary to know its causes. Attention has been worked overtime in finding remedies which cause the bowels to move. It is an error to apply the name "remedy" to the thousand-and-one inventions and contrivances made to force the bowels to move. All so-called remedies are causes of constipation.

We have seen that overeating leads to decomposition, that decomposition (putrefaction) evolves toxins, and that toxins poison more or less the entire organism. Certainly one of the most important things to do in overcoming constipation is to stop overeating and improper eating. Unless this is done, all arrangements, devices, drugs, waters, enemas, peculiar foods, etc., must continue to fail as they have done in the past.

6--A Lack of Poise

Many people carry themselves in a rigid state of mind and body, evidenced by a corrugated (pinched) brow, caused perhaps by ill temper or erroneous ideas concerning life, such as believing the world owes them a living; or that luck is against them; or that they are not understood, or not appreciated; or all their emotions may be overworked; an ingrowing grouch; a fear of losing the respect of friends if a certain specter should happen to slip out of the closet in which it has been locked for years; in fact, a falling short of hopes and expectations in any and all lines may cause a state of nerve irritation that will tense body and mind and ruin life by developing all sorts of derangements, even constipation. Sleeplessness is a common symptom. These people cannot relax, and they are hard to teach, but when taught, their pains and aches disappear along with constipation. Nerve tension causes a sudden start or jump when about to go to sleep. This symptom is very distressing with a few people. Those who eat toast or rolls and drink coffee or tea come to grief. Many develop a neurosis from the habitual use of coffee or tea and bread; there is gradually developed irritation of the stomach, evidenced by sensitiveness to slight pressure over the pit of the stomach. This sensitiveness, or coffee neurosis, spreads until the inter-abdomen is painful to slight pressure; the bowels become constipated and distended with gas, and in time the patient will not be free from pain or discomfort at any time. These are the cases that are subjected to all kinds of operations, none of which give relief and certainly not any cure.

Many users of tobacco suffer as the coffee, tea and toast users suffer. Those who have inherited hundred per cent bowel efficiency will not develop constipation, but some other of the organs will give down.

When a neurosis and constipation develop from the use of stimulants--coffee, tea and toast must be classed as stimulants--neither the neurosis (nervousness) nor the constipation can be cured until coffee or tea and toast breakfasts are given up entirely, also tobacco and alcoholics.

For the first three mornings after giving up toast, coffee or tea, the patient should go without breakfast. Lunch should be toasted whole-wheat bread eaten dry with butter, and follow with a pint or quart of teakettle tea.* (*See Appendix.) Dinners: meat one day and starch on alternate days, with two succulent

vegetables and a combination salad--lettuce or cabbage, tomato or apple, and celery; or a fruit salad: apple, orange and celery. Dress either with salt, oil and lemon juice. Beginning the fourth morning: a pint or quart of teakettle tea. The other meals are not to be changed. Every evening following every day that the bowels do not move, a small enema of warm water--one-half or a pint--is to be placed in the rectum and allowed to remain from ten to fifteen minutes; then try to have a movement. Tensing exercise is to be practiced daily; where bodily strength will permit, forty minutes are to be spent at this exercise every morning before getting out of bed; and when possible fifteen to twenty minutes four or five times during the day.

Where these instructions are faithfully carried out health should be restored.

MENTAL CONSTIPATION

"Your Constipated Friend."

A long time ago the writer had a patient and friend who ended his letter with: "Sincerely your constipated friend," or "I am faithfully and loyally your sincere and constipated friend." He did not intend to be facetious; on the contrary, he was complaisant, very much in earnest, but resigned. He had been constipated for years, appeared to be willing to be cured; in fact, gave the impression of having a sincere desire to find a cure; yet would not be disappointed if he did not; and when all was said that could be said, the impression would somehow force itself on the auditor's mind that if the gentleman should accidentally or otherwise fall heir to a permanent cure, the source of a great and abiding satisfaction would be cut off forever, leaving him rather more desolate than happy.

This gentleman is a solitary exception to the rule that all constipated people are pessimists; he certainly was not; his optimism was refreshing, he talked of his constipation much as one would of a friend who had wonderful qualities, barring an irremediable defect. His was a case of optimistic constipation, and could have been corrected in a reasonable time if he had not been so perfectly contented in his discontent.

The opposite type, or the pessimistic constipated, knows he will never get well, for that is "just his luck." Knowing that he will never get well, he breaks rules, in fact never follows instructions. His mental attitude is knotty and gnarled, and why not his physical?

Both of these types can be cured, but they should stay in the Tilden Health School until disciplined out of their conceits.

The Million Dollar Prescription should bring their bowels around all right, but they need their minds corrected if they would stay well.

7--Lack of Exercise a Cause of Constipation

Activity is life, inactivity death. The eternal fiat is sent out at the beginning of every individual: to thee, life is given, and the price, if it is to be continued, is activity. As soon as inactivity is indulged, deterioration begins, and, if continued too long, disintegration and disorganization, ending in death.

Activity is a stimulant; general exercise within reason stimulates all the functions of the body; secretions and excretions will keep quite normal in most people who lead active lives; this, too, in spite of rather an indiscreet life otherwise.

Not infrequently when the writer is checking some one up for his bad habits, the victim of the bad habits will triumphantly point to some one eighty, ninety or a hundred years old who has practiced the same bad habits all his life without apparent evil resulting. On investigating, it will be found that the prodigy of bad habits is a very moderate man; that he is like an old friend of the writer who once boasted in a twitting manner with a twinkle in his eyes: "Doctor, it seems to me that my life is a refutation of your theories; I have indulged a little in about all the vices all my life, and have had no sickness!" My answer to

him was: "You are fortunately married to a remarkable woman--an angel without wings. You are very active; you take great pleasure in your work, and you have as an avocation your garden, in which you take great pleasure in excelling; and look at your accumulation of curios; not a junk-shop filled with bad air and morbid relics--ghostly reminders of a dead past when knight-errantry was in blossom! You are alive and keeping in touch with the now; and have wholesome visions of what evolution has in store for the coming generations of *wide-awake, live people*. You leave the dead past to bury the past. Your vices you do not worship and allow them to usurp your time and attention. Your habits do not run you. A wholesome optimism pervades your being. Mentally and physically you are wholesomely blended--no warring elements find hostility in you."

Habits are bad when they monopolize the man, hypnotize the mind and remove ambition. Man must have an object in life. To chase the dollar for the sake of the dollar is a bad habit and in time checks elimination, brings on toxemia, and the victim dies prematurely or suicides. Dollar-chasing for the sake of the dollar is enervating and disease-building.

Some men have an ambition to secure a competency and retire. Retiring brings inactivity, constipation and early death. It is not only necessary to be active in body, but the mind must be active--active in character-building, not character-destroying. "I must be about my father's business." It is not enough to tend the sheep, or work at some occupation that gives too much time drowsing. Life demands activity of mind and body; and where inactivity abounds, sluggishness of mind and body must develop. The constipation resulting may be fought with palliatives, enemas, physic, bran mashes, laxative foods, etc., but a cure can not be brought about until an object is found to live for that requires mind and body attention.

Inactivity with sensuality--self-indulgence in overeating or any other stimulating habits--must enervate and lock the secretions and excretions; then toxemia, the cause of all diseases, is developed. Constipation and other old-age diseases follow, including cancer.

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CHAPTER III TREATMENT

1--General Treatment

To treat any derangement of the body successfully, the cause of the derangement must be known, and judging by what has gone before, causes for constipation are innumerable; for any influence of a mental or physical character that overstimulates the mind or body consumes energy, and when energy is continually used beyond the body's power of renewal, enervation is established. The enervation may be local or general--organic or constitutional.

Obviously a patient whose affection is purely local--a simple crisis of toxemia--or organic due to recurring crises of toxemia, should be treated differently. For example: In the early life of toxemia from imperfect elimination and intestinal decomposition, constipation is functional and should be easily cured. But after toxemia has caused endarteritis, endocarditis, increased arterial tension, and arteriosclerosis, and the consequent profound enervation and central nerve changes, then constipation becomes organic (colitis) and may be cured or not, depending on whether after correcting the errors of life nature can come back; and I will say she can in many cases where she is not prevented by dominating enervating mental and physical habits, or diatheses--by a chronic grouch, worry or lasciviousness, in a word *sensualism*.

The derangements of organs are of two kinds; namely, functional and organic. Constitutional derangements are of two kinds; namely, acute enervation depending upon an occasional debauch with its overstimulation, and chronic enervation depending upon daily overstimulation. Enervation built from years of overstimulation ends in organic--organized--lesions (lesions means organized change). For example: Overeating brings on fermentation and distention of the stomach and bowels from gas; the absorbed acid overstimulates the nervous system and perverts functioning for the time. This derangement is temporary and passes off in a few hours or a few days if eating is suspended. If, however, overeating becomes a habit, in the course of time--in a few years--the stomach and bowels become permanently changed, catarrhal, ulcerated, dilated, displaced (ptotic or prolapsed).

Those addicted to overstimulation from excessive eating or the use of tobacco, alcohol, coffee, tea or drugs, at first suffer from functional, intestinal derangement, but if the habits continue, chronic food or drug inebriation is established, with more or less organized change in the intestines and in the nervous and circulatory systems.

In treating constipation it is certainly necessary to determine first of all the cause, and it should be plain

to a thoughtful mind how very possible it is for mixed causes to exist in almost every case.

One fact should be kept in mind and never lost sight of, and that is that constipation is impairment of the functions of the bowels. First, there is lost energy--enervation--resulting in motor insufficiency (lost muscular power). Second, there is deficiency of secretions and excretions, which means a reduction in digestive and germicidal power as well as mucus (lubricating fluid). It is obvious that the type of constipation must vary from a slight impairment or sluggishness to complete loss of function, requiring forceful means for securing short-lived relief. The cause must be a varying compound of motor, secretory and excretory influences.

When constipation is recognized as a result of the compounding of all these varying influences, to prescribe a drug or food for its eliminating effect, without thought or even the slightest comprehension of cause, is playing the fool and trifling with human health, happiness and even life itself.

In the face of the foregoing, it should not be necessary to say that a cure can be brought about only by removing cause; but if we are to interpret *scientific convention's opinion* of what causes constipation, by its treatment, we are forced to the belief that the medically wise people of earth believe that constipation is its own cause, and the proper treatment is to use drugs or foods that force action. As ridiculous and incongruous as this statement makes popular treatment, the writer refers the reader to one other similar application of this treatment to the most important organ of the body, namely, the heart. After a patient has brought on heart weakness from enervating habits, convention treats the heart weakness by drugs which whip the organ into more activity, instead of prescribing rest and removing the habitual stimulant.

Constipation means, if it means anything, exhaustion from overstimulation, and certainly anyone who can use logic at all would not undertake to cure enervation by increasing its cause; but that is exactly what forcing the bowels, by giving cathartic drugs, coarse indigestible foods and large enemas, means. The reader should keep in mind that constipation is not a disease--it is a symptom, and often only one of many symptoms.

2--The Enema Cure for Constipation

Today the most popular so-called remedy* for constipation is the enema. (*When the word remedy is used in the sense of relief or palliation, I am agreed, but I dissent from cures of all kinds.) That it is a relief of value in properly selected cases cannot be successfully disputed, but as it is used--to take the place of negligence and carelessness in giving oneself the attention that nature demands--it has become a very effective means in building the universal sick habit.

The enema is a greatly overworked palliative. Because of the general belief that enemas can not possibly do any harm, they are used in season, out of season, internally, eternally and from everlasting to everlasting, selah!

Many people have learned to get relief from the discomforts following dietary indiscretions by resorting to copious enemas, and because of this knowledge they throw discretion to the winds and indulge because they sidestep the penalty. By any reasoning mind this should be recognized as a crime against health; the same as resorting to various drugs to secure relief from headache, or other pain, which has been deliberately and knowingly brought on because a relief is at hand; or if not wise enough to secure self-relief, they know a doctor who will give the relief desired.

Just here is the meeting ground of sensualists and doctors who combine in commercializing the disease-building habits of the people. The profession has built a great system of palliation which acts as a boomerang and reacts by befogging the medical mind to such an extent that it knows practically nothing of cause and cure; hence, I say society has built a large sick habit, and medicine has built a great scheme of palliation, which doctors "kid" themselves into believing is scientific.

The enema is abused by being used too frequently, and builds the symptom it is supposed to relieve.

When bad habits have been palliated until organic functioning is about nil and life is a continuous discomfort, and medical science has diagnosed ulcer of the stomach or bowels, colitis, bronchitis, arteriosclerosis, paralysis, prostatic enlargement, migraine, or what not, what is to be done? Enemas of warm water daily to clear the bowels, and stomach lavage daily. This regimen is to be continued until elimination is about completed, which will be indicated by a clean tongue, or a cleaning tongue, and a returning of moisture to the tongue, the re-establishing of secretions, discomforts gone, sugar out of urine, albumen out of urine, asthma and cough gone, pulse back to normal and the patient ready to eat. Is he to be fed something peculiarly fitted to ulcer of stomach, colitis, diabetes, Bright's disease, rheumatism, asthma, bronchitis, paralysis, migraine, or other disease? Why so? Is the sick habit to be rebuilt? These so-called diseases are only symptoms of Toxemia, showing which organ has had the greatest stress levied on it by toxemia. And said organs are not to receive more attention during convalescence and health than they received during the management of elimination. This is the reverse of *scientific treatment* which singles out these organs for special exorcism. The only reason for the use of the lavage and enema is to hasten expulsion of the eliminated debris, which is thrown into the stomach and bowels so rapidly the first week of fasting, and which, if left in the stomach and bowels, is absorbed or irritates and enervates and causes great weakness and discomfort. The fast hastens elimination of toxins; and rest in bed restores nerve energy; following which secretions and excretions are re-established, and this is a natural cure.

All acute diseases are crises of toxemic saturation, and the proper treatment is to stop food and use enemas of warm salt water; two quarts of water and a tablespoonful of salt. Salt encourages elimination into the bowels. Hot water without salt acts in the opposite manner--checks elimination and encourages absorption. Food under these circumstances is not digested, but adds to bacterial multiplication. Warm baths are not enervating when temperature is two or more degrees above the normal body temperature. Warm sponge baths are appropriate when temperature is below 100° F.

Feeding is never to be thought of when skin is dry, tongue coated, pointed, slick and dry, or when pulse is hard and wiry. When temperature is above 103° F., heat should be applied to feet, and warm baths given daily of a temperature from 90° to 100° F. When discomfort is great, the hot bath may be given every three hours until comfortable, then once a day. Enemas should be given once or twice a day until temperature is 100° F. or less.

When the tongue is coated and breath foul, the stomach should be cleared out with a siphon tube; the enemas given daily. In pneumonia, oil the chest and apply a layer of cotton; when breathing is labored, the hot bath should be given every three hours; no food; keep feet warm; give as much water as desired. Food and drugs to stop cough increase the mortality.

Asthma: No food until breathing is continuously normal for twenty-four hours, then fruit for breakfast, teakettle tea for noon and night.

All acute diseases should be treated without reference name--meet the indications.

The clinical groups which are so fashionable today are supposed to be a formidable manner of attacking disease. The group is made up of specialists for every division of the body, and this formidable array of talent descends upon a victim, and every part is pulverized, analyzed, scrutinized, and if there is anything left after they get through, it is reassembled--synthesized--and the victim and his friends will eventually find that they have all been P. T. Barnumized.

What has this formidable array of talent accomplished? It has built a system of prognosis. Each specialist discovers the status of his department of the human body, and whatever deviation from the normal he finds is named, and that is the disease. From our point of view he has discovered a symptom. The real cause is not even suspected, for, as we are demonstrating daily, the cause is back in the daily life--all enervating influences and these lower vitality, check secretion and excretion; toxemia results, and the changes resulting from toxemia are the supposed diseases discovered by the clinical groups. The groups find the effects--not the causes, and they treat effects, and they have elaborated a more or less perfect system of prognosis based on a general treatment of symptoms. Their system of prognosis works out

according to their interpretation if the victim remains under the direction of the group members, or the members of other groups, but when the patient passes into the hands of other systems the group's prognosis is void.

The mass of humanity inherit and are taught the sick and doctoring habits. Instead of being taught as children the very important habit of giving attention to the bowels at once when a desire to have a movement is felt, they grow up in ignorance of this great need and fall into the habit of neglecting and putting off going as long as possible, until a toleration is built which amounts to almost, if not quite, a complete loss of rectal functioning. The normal rectum is stimulated into euperistalsis (normal bearing down) as soon as the colon passes any fecal matter into it; if the desire is satisfied, no more sensation is felt until more feces enter it, then the desire is again felt.

If the desire to evacuate is resisted until dysperistalsis (painful bearing down) is felt--until driven by discomfort--a gradual tolerance is built until desire as well as power to have a movement is lost. Aperistalsis (lost power) is built by resisting desire--waiting for a more convenient time; then forcing or stimulating a desire by enemas, or taking drugs that stimulate or excite peristalsis, further enervates and adds to the lost power.

If the bowels were not abused by resisting desire to move, no one would become constipated except as a result of enough enervation to inhibit secretion, which often results in a dryness that causes catarrhal inflammation.

As taught in Toxemia, secretions and excretions of all the organs of the body are impaired and even inhibited by enervation, and enervation is brought about by any and all influences that use up nerve energy. When lack of secretion--impaired secretions of the glands of the bowels--from enervation is the cause of constipation, a cure can be brought about by correcting all enervating habits of body and mind, and in no other way can a cure be brought about. Enemas and physic further enervate and add to the derangement. These are the cases that water-enemas-and oil fail even to palliate. A cure can be brought about by rest in bed; poise of mind and body; and total abstinence from food until secretions and excretions are established, and this resumption will be announced by a moistening of the tongue and mucous membranes, cleaning of tongue and moving of bowels. When such patients go to bed the bowels may be cleared out by copious enemas; the stomach cleared out by a lavage; then thirst, or dryness of the mouth, may be relieved by a wet pack kept on abdomen day and night, changed night and morning, until bowels move and tongue cleans.

The thirst that accompanies constipation from enervation is not thirst proper, it is drying of the membranes from lack of secretion and is not relieved by water drinking. Indeed, drinking nauseates and, if persisted in, creates vomiting and great discomfort. Patients interpret their dry mouths as thirst, and feel abused if denied water; they will insist on being allowed to wet their lips and mouths, and if permitted to do so no relief is experienced, but more nervousness, dryness, and irritability and discomfort. Here is the place for teaching poise and self-control. Patients with no self-control certainly can make themselves most miserable, and they usually succeed in prolonging their discomforts and delaying their cure.

3--Diet Cure for Constipation

The idea of cure--that by taking something--a drug fetish--into the body, or by laying on of hands, or by the rubbing on of a medicamentum, or mumbling a prayer, or by incantation charm, or by inoculation--a cure can be effected, has become so ingrained that diet--eating some particular food or food combinations, or food representing just the right number of heat units and the proper amount of protein, etc., etc.--must or will cure disease. The thought that the body can wobble itself into health, if its environments and habits are not too belligerent, seems never to dawn on the average mind, and certainly never on the priests of the various curing systems, who know, God bless them, that if it were not for them, health would go to the damnation bow-wows. This is especially true of public health officers. The sooner up-to-date public health officers are made to know this and their activities confined to sanitation and care of food, the better. They have proved to be bulls in china shops when they have had anything to do with managing the sick,

controlling epidemics, etc.

The truth about cures is that eighty per cent, or perhaps more, of those who fall sick get well in spite of the treatment. It should be popular knowledge that nature's push and pull is expended for health, and the so-called cures are pretty generally in opposition to natural order. (See Chapter 1.)

Diet, or feeding the sick, is governed by one fundamental principle, namely: fast, or feed so little that elimination will not be obstructed. It is easy to demonstrate, to those who have eyes with which to see, that obstructions of all kinds will be overcome and secretions and excretions established if food is either inhibited entirely, or given of such quality and light quantity as will not prevent the re-establishing of elimination. Any and all foods tend to check elimination. Fresh uncooked fruit and succulent vegetables are often referred to as eliminants, but it is just possible that these foods do not obstruct by overtaxing digestion, as do the more staple foods, such as bread and meat. The so-called eliminating foods may, and probably do, carry into the body the modicum of life, energy, enzyme or vitamin, needed to start the machinery--the elimination--necessary to expel the toxins that are obstructing nature in her never-ending struggle for health. The obstructive tendencies of food are why feeding in acute diseases is so disastrous and so productive of crises (complications) in the treatment of chronic diseases as well as in acute diseases.

The true dietitian must depreciate the lay, as well as the professional, idea that disease can be cured by dieting. Attempting to cure, with some peculiar food, food combination, or preparation, is on the order of curing with drugs or any supposed curing system. The dietitian must necessarily be an adventurer, and one who is ignorant of the real cause of disease. Indeed, the scientific dietitian knows the value of food in health, knows what the abuse of eating does for the well, as well as the sick; he knows that nature cures, and the only reason why man is sick is because he abuses his natural privileges. The commonest abuse is that of eating imprudently, or abusing other functions of the body, thereby bringing on a state of general enervation which curtails bodily efficiency, and of course the digestive function is reduced the same as all other functions. When this is true, obviously it requires less eating to be abusive (disease-provoking) when enervated than when the body was near normal resistance. Members of this class are often heard to say: "I'm a very small eater;" "Every one eats more than I do;" which may be true, but it does not signify that the small eater is not abusing his digestive efficiency equally 'to those who eat much more, but who have much more digestive power.

After the above explanation, certainly no one will continue to look to diet as a cure or a specific for constipation. It is true that cooked succulent vegetables are slightly laxative, that spinach and onions are more laxative than other vegetables, but they are as innocent of power to cure constipation as bran bread or cathartic drugs.

All fruit laxatives are more or less indigestible in gastric catarrh and are inclined to fill the bowels with gas, causing in many people irritation of the rectum, piles and prolapsus. Laxative foods can be used as an auxiliary in the treatment of constipation and other diseases, but never in the sense of a cure.

OXYGENATED AND DEOXYGENATED FOODS

People generally are ignorant of the fact that fresh, uncooked foods carry oxygen and are antiseptic. Foods carrying oxygen when eaten oppose acidity--oppose the development of fermentation. These foods are vitalized, they are potentized with enzyme-vitamine. (See chapter on water drinking.)

Cooked starch, or the carbohydrate foods, when eaten beyond digestive capacity, ferments and leads to acidosis--an intense type of Toxemia.

The animal protein, when eaten beyond digestive capacity, undergoes putrefactive fermentation, developing acute septic or putrid fevers, or ptomaine poisoning. Where this state exists for a long time scorbutic and scrofulous symptoms manifest. Such symptoms--crises--or so-called diseases as scurvy, pyorrhea, tuberculosis, pernicious anemia, Bright's disease, goiter, Hodgkins's disease, cancer, and many others develop. The acute symptoms of putrefactive fermentation manifest in many crises, such as

diphtheria, scarlet fever, typhoid, pneumonia, smallpox, laryngitis, asthma, hay fever, bronchitis and others.

Raw fruit and vegetables (vegetable salads) eaten with starch or with meat, fish, or eggs, oppose fermentation and decomposition and the formation of septic poisoning. It can be said that all cases of septic toxemia and ptomaine poisoning could have been avoided if eating had been more moderate, and the meals well-balanced with food charged with enzyme (vitamine) life--oxygen.

One of the leading causes of constipation is the catarrhal inflammation that develops from eating devitalized foods--abstaining from fresh fruit and vegetables--which favors fermentation, bringing on local and intestinal putrefaction; the real cause being overeating of devitalized foods.

It is a fact that uncooked fresh fruit and vegetables have power to resist fermentation and putrefaction, and should point to the great necessity of man arranging to have uncooked fruit and fresh vegetable salads daily. Cooked foods have lost their oxygen, hence their resistance to decay, and they break down and ferment or decompose quickly; whereas the raw fruits, cabbage, lettuce and salad materials resist decomposition for months, if kept in a dry, cool atmosphere.

In feeding for constipation, it would be well to drop animal food so as to avoid the strong possibility of putrefactive poisoning.

Where enervation is great and the system much impaired, the patient should be put to bed and fasted until through eliminating, then given a selected laxative diet; and often these foods disagree, which indicates that a longer fast is necessary. Diet is not all that is necessary; the mind must be poised, and a systematic plan of light exercise should be practiced daily. The mind as well as the body must be poised. All attention to food and fasting will fail in those of unpoised minds, in those who are irritable and apprehensive. Many people have no self-control and are food-drunkards; they are childish enough to resent restrictions; they want to be cured if they can find a doctor who can do it without requiring an effort or sacrifice on their part. This is a class, and their names are legions, who undergo operation after operation until they are utterly ruined for life; for every operation reduces their resistance and carries them farther and farther from the possibility of a cure. The treatment that offers the only hope of restoration they spurn, and many would rather die than submit to it, for it requires complete reformation of mind and body habits.

Absolute self-control is the foundation on which a cure must be built. Perverted emotions--mental drunkenness--it is as necessary to cure as food drunkenness, or alcohol or drug inebriety. Nothing short of this foundation on which to start the treatment promises anything. Given this start, the rest is easy, for in a short time relaxation of mind and body sets in, secretions and excretions become established, and health returns, with greater mental and physical efficiency than has ever been known before.

The public mind is very material in its thinking on the subject of health. It believes that the body can be whipped into health by drugs or manual manipulation or some mechanical device. It is not prepared to believe that bodily functioning is more often held so tightly in a mental grip that it can not move from other causes. Few realize that the giving up of a grouchy habit will be followed in a short time by regular bowels. A dismissed fear often cures after thousands of dollars have been spent in hunting a cure.

After securing mental poise, many so-called incurable diseases get better, and, if followed by right living, dependable health is established.

Foods should be selected in keeping with their cellulose properties; unless there is a great tendency for gas to form, the foods carrying most cellulose should be eaten, but many patients are so distressed from gas distention when they first begin to eat raw fruits and vegetables, especially apples, that a complete fruit fast must be taken, and gruel or teakettle tea given. Prunes may be eaten when they agree. The more the patient is starch-poisoned, the more he will be troubled with gas distention. This must be overcome or modified by having bread thoroughly dried and by thorough mastication and insalivation and eating very sparingly. Many, when put on fresh uncooked fruits, eat too much. Gas discomfort should be the guide;

when there is much gas, the amount eaten must be reduced.

Rough food, containing much cellulose, is the first food remedy thought of when the physician's mind turns from cathartics, and all kinds of drug stimulation, enemas, suppositories, rectal dilators, etc., to laxative foods.

Bran bread, graham bread, whole-wheat bread, bread containing flax-seed, oils, agar-agar, water-drinking, and many other bowel persuaders, are in daily use by the people and prescribed by the profession.

The use of bran in constipation usually marks the earliest state of dietetic evolution. When a physician begins to talk bran, eat bran, prescribe bran, insist on bran, and can expatiate for hours on the virtues of bran, it is safe to say that he is in the early state of dietetic evolution. His next evolution in dieting will bring him to the calorie and protein age, where he will spend his idle hours figuring out menus with an eye single to the correct number of calories (heat units) and protein contained therein. If heat units and protein were all that is necessary for a correct dietetic blend, then butter, oil, or sugar for heat, and eggs or cheese for protein, would fill the bill to a T. One may know, or think he knows, how many heat units and how much protein are required by a man of so many pounds' weight; and he may know how to figure out and properly blend menus which will contain just the required heat units and the proper weight of protein; yet he is many years removed from being a successful dietetic physician. Indeed, any layman may have all this knowledge, indeed be a dietitian--an expert food specialist--but it takes the dexterity of a physician to apply dietetic knowledge successfully. There is an artistic subtleness not possessed by the bull-in-the-china-shop methods. Without doubt if man's body were an inanimate machine, made of iron, steel, brass, copper, and silver, and lined with gold, with all joints ball-bearing, and the balls made of diamond, etc., etc., his food consumption could be figured to a fraction; but alas, alack, he is not, but, quite the contrary, he is an animate being that can start and stop volitionally, and there is no way of measuring the amount of energy required to start and stop; indeed, the number of engineers that manipulate these throttle valves and steering gears can not be seen, nor even known; hence their fitness for stopping, starting, and driving must be conjecture only. Man has a digestive apparatus, and when he sleeps with his mind influence shut off he digests as an animal; when he is awake he digests as his mind will allow, and his mind will allow just as it is trained and disciplined. If the individual is mentally poised, he can do a lot of hard mental work without disturbing his digestive and nutritive functions further than using energy that may be needed for digestion. Those who can think and think hard with the wires down between their think tanks (brains) and their fire boxes (digestive organs) can get on without injury to their organisms. Those who can labor for twelve hours a day, day in and day out, as the years go by, at hard work, and have the aid of a poised mind--a mind that aids and directs the work--a mind that is satisfied to spend its force in improving ways and methods of doing the work with less expenditure of muscle power and turning out better products--can get on without unnecessary wear and tear.

Disease results when the physical and mental are not pulling together; when the mental has become too high-toned for the physical. When a man can not do the only work he has fitted himself for doing without complaining of his lot--without going to work reluctantly, watching the clock, and spending every hour finding fault with everybody except himself--instead of giving the physical man the help of the mental man, they are divorced, and, as a divided house must fall, so it is with the man who fails to help his physical with his mental.

The evil of mental and physical divorcement is what we call disease. The work done by the body is coarse and unprofitable; the work done by the mind is unfinished and finds a cheap market; and these troubles are called diseases, and the true physician spends his time in effecting a reconciliation of the divorcees. When a happy union is effected, disease vanishes.

One of the first evidences of domestic unrest between a man's mind and his body is constipation. It always means a lack of poise, and it will take something more than punishing the bowels with all sorts of torture--physic and bran--to make them move; and it requires more than counting calories and weighing protein to constitute a diet.

Whatever the cause for constipation, the effect is lost functions of motility, secretion and excretion; and the cure must be the restoration of nerve energy, the bringing back to the normal of secretions and excretions; then regular bowels will follow as the day follows the night.

It is not necessary to take up bran and other rough foods for a separate study, for all can come under one head. The object of rough foods is to prick and prod the bowels into activity. The effect is the same as prodding a jaded horse, or giving strychnine to a flagging heart; namely, it hastens to more enervation--prostration.

It is only a question of time when bowels that are forced to act will cease to act--cease to respond to the irritation--except by the use of more and more powerful stimulants.

No one has ever been cured of constipation by the use of rough food--by bran or wholewheat or graham bread. These breads, like laxatives, will keep the bowels regular for a time; but the end of their laxative effect comes, and then a change in bowel stimulants must be had.

A very serious objection to eating rough bread to keep the bowels moving is that too much is used--more bread than should be, and starch poisoning is developed. Those who are most constipated are often the very people who have the least power to digest starch in this form; and, as a consequence, they are often injured more than benefited by the use of bran. A remedy that does harm in one direction while palliating in another costs too much; it is a very short-sighted benefit.

Dry beans and peas are rich in cellulose (beans 40 grs., peas 28.5 grs. to the ounce); they stand at the head of vegetables in this regard, but both are quite unfit as a food for the severely constipated, for they are so hard to digest that they tax the digestion to the point of overthrowing what health this class of people have. The rule is that there is colitis, either simple or membranous. If, however, beans are selected because of a limited supply or lack of more suitable foods, no more than one teacupful of stewed or baked beans is to be eaten at a meal with a combination salad or fresh uncooked vegetables. If berries can be had, they are more laxative than apples and oranges.

All green vegetables carry cellulose. Green peas rank first in containing 9.5 grains per ounce, and onions 3.5 grains per ounce. All others are at the foot of the list. Green vegetables range in the amount of cellulose constituent from onions minimum to peas maximum.

Green peas are very inclined to produce gas in the bowels and should be eaten with salads and fruit, or, if meat is permissible, meat. Salad and peas make a well-balanced meal, and a minimum of gas will follow if masticating and insalivating are attended to properly.

When meat is eaten by the constipated, a large salad should be eaten if nothing else is. It would be well to have the salad made by combining equal parts of lettuce, tomatoes, spinach and celery in the winter time; in the summer, use cucumbers in place of celery. A dish of cooked spinach may be eaten also if a cooked vegetable is desired.

CELLULOSE IN FRUITS

The huckleberry stands at the head with a cellulose content of sixty grains to the ounce; the other berries range lower to gooseberries, which contain about seventeen to the ounce. Figs carry twenty-two, pears fifteen, and other dry fruits range down to apples, which contain only five grains to the ounce. Bananas carry less than one grain to the ounce. The physician will find himself many times endeavoring to determine whether the discomfort from indigestion and gas is due to fermentation of starch, from careless chewing and insalivating, or from overeating. The two latter causes are common--much more common than generally recognized.

FOOD DEPRIVED OF LIFE

It is *more necessary* in the treatment of constipation to *eat foods that build general health* than to eat foods because of their laxative influence. Indeed, laxative foods are not necessarily wholesome, and too often they are quite unsuitable to the digestion of those who are very much in need of daily evacuations.

To make this meaning clear, it should be known that those who have irritable stomachs, catarrhal stomachs--those who complain much of acid or sour stomach--those with sour eructations, often diagnosed hyperchlorhydria (excess of hydrochloric acid) cannot use prunes, figs, or any of the dried sweet fruits; indeed, any dried or dehydrated fruits and vegetables cause discomfort soon after they are eaten; even a drink of water will often excite the secretion of acid and cause the patient to complain of acidity-sour stomach.

Foods as furnished by nature are correct--they represent a synthesis* that man may imitate, but *never duplicate*. (*Synthesis: The artificial formation of compounds by mixing proximate principles; p. p. are the elements out of which thing--anything--is made.) The subtile elements, such as life, electricity, mind, love, hate, sorrow and all odors and aromas, escape the analyst. Foods can never be compounded, for all the distinguishing elements--life and mind-imparting elements--are gone out of cooked and artificially prepared or preserved foods. One of the latest discoveries in preserving foodstuffs is wonderful from a conservative--preservative and economic point of view; it is known as dehydrating; the process takes all the water out of fruits and vegetables, reducing the bulk to such an extent that it enables food-venders to put what was originally six to ten carloads of foodstuffs into one car. Foods brought into this state will keep any length of time. To use them, all that is necessary to restore them to their pristine state is to soak them in water for several hours, when, behold the modern miracle! The Egyptians beaten at their wonderful art of immortalization, and that, too, by modern machinery requiring no art at all. By this dehydrating process man might be preserved for an eternity, and at the end of that time he could be sent to the Rockefeller Institution, hydrated, and after his drouth has been overcome, he could tell all about what was going on in his time! The modern mummy would be more interesting than the Egyptian mummy, for it could be restored to its pristine shape, which would satisfy one kind of desire for immortality. But the modern mummy, like the ancient, when dehydrated is deprived of "the breath of life," an element necessary to complete a living soul, even out of a stalk of celery, and without which it can not impart life to the one who eats it.

The one thought necessary to keep uppermost in the mind when thinking of food is that there are two grand divisions, namely, live food and dead food. The live foods are all those that come to the table as nature prepares them; dead foods are those that have gone through all kinds of conservation, preservation and mummification.

Another thought that should associate with the above is that the first division of foods carry into man's organism life--these foods impart life and power to resist the disintegrating influence of man's environments, such as heat, cold, light, dark, moisture, dryness, etc., etc.

The dehydrated, preserved and cooked foods are dead; while they have the crude elements necessary for man's body renewal, they have lost "the breath of life"--the elements necessary for tissue perpetuity--those subtile elements that preside over and contribute to the transmutation of the inanimate into the animate; and when man is fed day after day, year in and year out, on only those foods that are dead--meat, bread, and the usual cooked foods--he gradually declines and takes on the diseases peculiar to premature aging; many die of old age at thirty-five.

Often the first symptom of physical degeneracy is constipation; hence the need of life-imparting foods, rather than dead laxative foods.

In the selection of food for the sick, the wise doctor will keep in mind the real needs of his patients; only the slacker or inefficient will prescribe for symptoms--give attention to symptoms--to the exclusion of cause.

In all cases of constipation, the first move to make in the line of cure is to restore energy and overcome

toxemia. To accomplish the first, where it is possible the patient should be sent to bed. The quickest way to restore lost energy is to rest, and there is but one way to rest, and that is to go to bed and dismiss all company, and reading must be limited to light, humorous stories, and not more than thirty minutes a day to the daily papers. To overcome toxemia, the eating must be confined to fresh uncooked fruits for breakfast, but where fruit disagrees use a pint to a quart of teakettle tea and nothing else; salad and spinach for noon, and a pint to a quart of teakettle tea for evening for the first week; the second week a vegetable salad and two cooked vegetables may be eaten at noon; and a little whole-wheat bread with teakettle tea for the evening meal.

Those who have eaten largely of carbohydrates and are pronouncedly acid--in a state of acidosis--will experience quite a smash-up within one week after all stimulating foods are given up. This smash-up is due to the nervousness caused by the withdrawal of stimulating foods. When alcohol, morphine and other drugs have been used until an inebriating habit is formed, it is well known to medical men that, if the accustomed stimulant is withdrawn, the victim of the habit suffers great depression; the alcohol inebriate is thrown into delirium tremens. When the food-poisoned are put on a fast, depression with irritation follows in keeping with the degree of toxin poisoning, and a complete fast may be necessary.

Within one week after the pronounced toxemic cases are taken off their regular diet and fasted, great discomfort is felt and the exophthalmic goiter, the rheumatoid arthritic, the plethoric, the arteriosclerotic and others become very nervous, vomit and suffer other symptoms caused by auto-intoxication brought on from rapid elimination. The tongue and mucous membrane of stomach and bowels are dry and often heavily coated. So long as this condition lasts it is meddlesome to do anything more than to give three-minute hot baths once or twice daily; to give the patient all the water desired to drink, if it does not excite nausea and vomiting; if it does, give no water by mouth, but use half-pint enemas often enough to relieve thirst, and apply wet pack to abdomen.

Many of these patients are distressed with gas at the beginning of the use of fruit, and, encouraged by friends who are quite sure fruit never agreed with them, they decide that the treatment is not suited to them and on their own initiative stop eating it. At this point, if the treatment is continued, pronounced cases of chronic constipation and toxemia, with arthritis, endocarditis, inflammation of the ductless glands, and a sluggish state of all organic functioning, will develop great nausea, sometimes vomiting; the breath becomes offensive, the tongue loads up with a foul, massive coating, and the general symptoms may be many and most distressing. At this point the patients and their friends are positive that the treatment is a failure, and, in the days of "auld lang syne," here is where yours truly met many Waterloos. "A good doctor" would be called and, of course, save their lives by ordering "good nourishing food," which would act like magic in placing a lid on the cess-pool--within twenty-four hours most patients will be quite comfortable, their lives having been saved by a hair's breadth.

Of course, there is no danger of such cases dying, but they are easy to be made believe that they would have if "the good doctor had not been called in the nick-o'-time"--the treatment would have killed them! Many were sent to an early---premature--grave because of these nick-o'-time cures. Why not? These food inebriates, like the alcohol, morphine and cocaine inebriates, cannot be cured without removing the cause. Who would expect a drunkard to be cured by encouraging him to continue his drinking? Yet my profession has put the air-brakes on many of my prospective cures by encouraging the food drunkards to go on stuffing "good nourishing food." When the saved patients died a few weeks or months afterward, no connection was traced to the erstwhile episode when the supplanting doctor was endeavoring to procure for the late lamented new leases on life.

When fruit disagrees, stop the use of it, give teakettle tea if there is no nausea, and have the patient's stomach washed out night and morning with an alkaline lavage,* (*See Appendix.) also give enemas to clear out the bowels. As soon as the patient is comfortable, fruit is to be given again, and if nausea and gas distention return, stop the fruit, but continue the enemas and lavages.

So long as there is bad breath and coated tongue, the stomach washings should be kept up.

4--Exercise a Cure for Constipation

Activity is life, inactivity is death. An attentive reader of this book must have conceived the truth that constipation is quite generally a combining symptom found in most symptom-complexes of so-called diseases, or, stated in another way: Constipation is one symptom quite generally found in all so-called diseases. It should be obvious to reasoning minds that a treatment directed to *one of many symptoms* is a very primitive method of attempting to cure disease; in fact, only a temporary or palliative relief which must end when the effect passes off. Indeed, if that were true such practice would not be so bad, but it is a fact that palliation does not end with the relief given, but there must be a gradually growing enervation from the effect of each palliation, and a time comes when such treatment fails to relieve.

A logical treatment for overcoming constipation is a treatment directed to the removal of all symptoms. Singling out any one or two or more symptoms and treating them is symptom treatment, and in truth is palliation. If the patient really gets well, he does so in spite of the treatment, not because of it, and the parties to the performance--the doctors and their patients--are no wiser than they were before. This is the status of the practice of medicine; a sort of a game of mental blind-fold in which those playing it are seeing, yet see not; hearing, yet hear not; thinking, yet think not. Those playing it, however, grow a form of egomania that is death to mind growth, and they amount to pawns in the game of life.

Going back to the beginnings of any departure from a normal state of health, we find indulgences in mental and physical habits of an enervating character, and neither least nor last is one that bulks large with all others in making up the sum-total of disease, and that is lack of exercise. Any plan of treatment leaving out adequate exercise must fail of ideal results.

Inactivity favors stasis. When the bowels are enervated there is inactivity; the muscular coats of the bowels and blood-vessels become relaxed and fill with blood; passive engorgement takes place; irritation, engorgement, inflammation, ulceration and cancer come in regular order. No treatment that does not look to the re-establishment of activity--muscular tone, active circulation with absorption of deposits--will cure; hence all habits of life of an enervating character must stop, and exercise must be practiced daily. The tensing movements, particularly of the spine and abdomen, must be practiced when possible every three hours daily. Not spasmodically, but regularly every day.

Get busy and stay busy. Stop all bad habits; practice positiveness of mind and body; live on the alert with eyes and mind wide open; do the tensing exercise from one-half to one hour before getting up of a morning; walk, run, jump, get exercise in any way and every way; boycott elevators and streetcars; be sure you are short for time before taking the automobile, and don't concoct an unworthy excuse. Take a warm sponge bath, dry the body, then follow with friction mittens after the morning exercise. Drink a glass or two of cold water on getting up. Sip a quart of half-and-half of hot milk and water for breakfast; at noon two ounces toasted whole-wheat bread and butter, eat dry, and follow with a quart of hot milk and water; dinner in the evening, two ounces of toasted whole-wheat bread eaten dry, followed with a large combination salad; follow the salad with a pint of milk and water. Eat in this way until bowels are moving daily, then stop the milk and water for breakfast and eat fresh uncooked fruit--one or two apples in winter; in the summer any well-ripened fruit. If the bowels continue to move daily for a week after this change, add meat to the dinner *every other day* and stop the toast, milk and water. This change should continue for a week, and if the bowels continue to move daily, then increase the toast to three or four ounces; no other change for the starch dinners. No butter is to be used on the toast when oil is used in the salad. Positively no water drinking nor eating between meals. *Play the game fair!*

Follow in this line for a month after all the changes have been made, then if all is going nicely, the noon and night meals may be selected from the "Pocket Dietitian."

If in the beginning of this treatment the bowels are obstinate, place half a pint or one pint of warm water in the rectum, holding the water for a few minutes (ten or fifteen minutes); then try to have a movement--no severe straining. This small enema may be used every night following every day that the bowels do not move. Don't be disappointed when the bowels fail to respond to the small enema; there will be another day, and so long as the sun continues to shine the vilest bowels may return to the normal. Don't tie the

bowels up into double-bow knots by worrying. Constipation is not built in a day, week, or month; it can be corrected in a reasonable time by following the advice intelligently. As a result of this treatment the bowels will move daily, and physical and mental efficiency will increase until the erstwhile constipated individual would not sell out for a million.

EXERCISES AS USED AT THE TILDEN HEALTH SCHOOL

Tense the leg muscles from the toes to the body. First extend the toes as far as you can,

and then grip, as it were, by forcing the toes toward the heels, and at the same time make the muscles of the legs hard to the body; then relax and tense again. Alternate these movements, keeping count of the number of times, so as to know how much exercise you take each time. Do this five times each way, and then relax and rest.

Next tense the hands and arms in the same way. Extend the fingers as far as you can, making the muscles hard to the shoulders; then grip the fingers and shut the fist, hardening the muscles to the shoulders. Do this five times each way; then back to the feet and legs; then back to the arms again.

Then fold a pillow and put it under the shoulders, so that when the head drops back it will not touch anything. Then lift the head forward, placing the chin on the chest; then let the head go back again as far as it will, then lift. Do this as often as you can. Then, with pillow still under the shoulders, lock the fingers under head, allowing head to rest in hands. Swing head from side to side, up and down, and rotate, carrying each movement as far as possible.

Then push folded pillow down under hips and go through the leg movements of riding a bicycle. Then, with legs extended in the air, move each leg from side to side, allowing one to pass the other over the body.

Then tense the abdomen, making it as hard as possible, and at the same time knead the abdomen with the hands.

Then sit up and turn the face to the right as far as possible; then to the left as far as possible; then allow the head to drop over, so as to bring the ear close to the shoulder, and then carry it over to the opposite shoulder. Repeat in this manner as long as possible.

These movements of the head and neck are necessary to remove deposits that take place between the vertebrae, and in grooves and opening in bones where the nerves and arteries pass. If the hearing is bad, these movements will improve it. If the sense of smell is not so acute as it should be, by keeping up the exercises the olfactory nerve will be freed and the smell will be more acute. The taste, too, will be bettered. All the nerves of special sense will be invigorated. The pneumogastric nerve and all the vital nerves controlling vital organs are invigorated by this exercise. When nerves are pressed upon by organic deposits, the movements above described will cause the deposits to be absorbed. The muscles of the neck will develop; the muscles of the face will develop; one will grow to look and feel younger.

These exercises must be gone through with, not only before getting up, but every three or four hours during the day. You may think that this is very laborious, but it is the price you must pay to get well. So begin at once, and be faithful.

There are a few more exercises which I will describe. Sit on the edge of bed and sway the body from side to side as far as you can; then follow with a twisting movement, attempting to look behind over the shoulders. Sit up in bed and sway backward and forward, compelling the spine to bend from the small of the back up to the head, forward and backward. This loosens up the spine and invigorates the nerves that are sent off to the lower part of the body.

Get on the knees and elbows; then push the body forward as far as possible without falling upon the

face; then push back as far as possible. Go back and forth, while in this position, until tired; then drop on either the left or the right shoulder while the hips are highly elevated. This is called the knee-shoulder position. The knee and elbow position, with the movements described, I call the "Irish mail movements." It is necessary to practice both these movements and positions in overcoming constipation, prolapsus of the bowels, rectum, or womb, and piles.

Place the forefingers over the closed eyes and rub gently from side to side. Then remove fingers and rotate eyeballs, reversing the movement to relieve the tire. Place forefingers on wings of nose; press together and move from side to side.

When the weather is nice, you are to take a walk in the open air as often as possible.

5--The Water Cure in Constipation

We hear such remarks as: Water is the natural solvent and should be used abundantly--impossible to use it too much; that our bodies are three-fourths water and our brains nine-tenths water; hence unless large quantities are used dire consequences will result.

To water drinking there is a limit, the same as to bread and meat eating. Some doctors tell us that bread is the staff of life, and then they proceed to calcify, ossify and petrify everyone who will come unto them and take their advice; even the advocates of the staff of life theory mentally petrify and remain, as Lot's wife, pillars of salt--proving the staying qualities of the food. On the other hand we have the advocates of meat, and they prove by the health of the buzzard, hyena and cannibal that meat eating is an *open sesame* to brain and brawn. Diet is the most talked about and most abused subject in the people's forum today. Specializing in diet ranges from: "there isn't anything in the food question," to: "eat what agrees with you;" from sipping milk every half-hour to corn-beef and cabbage; from cereals to meat; from fruit and nuts, and other forms of vegetarianism, to omnivorous stuffing; all of which shows that knowledge of the subject is chaotic, and proves that there is everywhere to be seen, by those with discernment, the palpable truth that it takes more than fanaticism, prejudice and a knowledge of the stoking value of foods to make a dietetic physician.

At the beginning of crystallization of ideas on any of the established systems chaos reigns. Truth and fallacy indulge in an orgy that ends only at the triumph of truth--at the triumph of order. Diet, as a subject, is in a drunken revel today, and those who know the least talk most for or against the subject. Small minds put a little salt on the tail of a diet idea and rush into print, and establish a following of fanatics who resist truth and stay progress for a time. But, in spite of all hindrances, truth on the subject is growing apace.

Diet, the subject of curing disease by properly adjusting man to his intake of food, and other habits both mental and physical, is so loaded down by fallacy that the untrained mind that goes to the Mother Hubbard Diet Cupboard will find it bare except for a bone.

Water drinking to overcome constipation is one of hundreds of cure-alls that have been worked overtime.

Those with the hydrocephalic idea can not conceive the fact that man is not an aquatic animal, and that his supply of water is prepared for him and handed to him in the form of luscious fruits and succulent vegetables and milk. Man will not understand that the earth was prepared for his coming. Rock, vegetable, animal, then man, is the way the story runs. Man last because he cannot make flesh from rock and water, but he can utilize rock and water that are prepared for him in the form of fruit, vegetables and meat. But the hydro-idealist is not satisfied with the spread nature sets before him; he proceeds to break up the compounds nature has given him by boiling or cooking the vegetables and fruit, which destroys the solvent enzymes, evaporates the rich volatile oils and aromas, and the sun-kissed (distilled) waters are made to throw down their organized minerals; and when the life is gone out, and the vegetable cells are dead, then simple man adds as dressing butter, flour, etc., most of which are soulless from the mechanistic manipulations they have gone through before they are added to the vegetable and fruit.

This distorted food is eaten with toasted bread which has been forced through so many manipulations that its relationship to grain is much the same as the mummy's body is to the man it is supposed to represent. Or, if meat be used, the water element, along with the salts and volatile oils, the soul of man's food, is driven out, and it returns to nature (God) who gave it, and man then proceeds to eat what is left. It is a case of the dead burying the dead. Constipation follows as surely as effect must follow cause. Why? Because the vital elements are devitalized--driven out; life is robbed of its food, of the elements of its renewal; and when the victim of such starvation gives down to an epidemic influence when struck down by "flu" or pneumonia or some other disease--death will be his portion unless medical treatment is much above average.

After devitalized food is eaten for some time, the body becomes enervated, for the life of the food is destroyed in cooking, and man's stock of nerve energy is expended in assimilating and imparting life to the intake, without being able to collect toll; hence enervation must follow, and the disease once called scurvy, but now acidosis is developed. When man eats vitalized food (fresh fruit and vegetables) he will get all the energies used in digesting and assimilating it paid back by the energy contained in the food, and if these finer energies--enzymes, so-called vitamins, life itself-- are not forthcoming in the food eaten, physical and mental bankruptcy must be the legitimate consequences.

The water that is drunk to replace the water that is driven out of food and destroyed by evaporation and the destructive analysis of cooking is a poor substitute. The destroyed water is the water of crystallization, and tissue histogenesis--tissue synthesis--the water of organized vegetable and animal bodies.

The mineral water and the mineral of our mountains are water and bread in potentiality, but the Great Artificer must send both through nature's laboratory before they are refined enough to be ideal food and drink for man.

When we eat bread the water original to the cereal is gone, and before the bread can become tissue it must be supplied with the loss sustained in milling and cooking. If we eat whole grain, water must be added. Ordinary mineral water is used, but a very much better plan is to eat bread with fresh uncooked fruit, or vegetable salads (the Tilden Salad is meant); in doing so we give to our bodies organic water similar to that destroyed in drying, milling and cooking our foods. Thirst always follows a hearty meal of solid devitalized foods--namely, bread, meat, beans, potatoes, puddings, pies, etc.--because the water of construction--histogenesis--has been driven out.

Distilled water is dead, and the waters of our springs, wells and hydrants are inorganic and mineralized, and as man can not digest rock as rock, the same bar holds good with the mineral in water. The juice of fruits and vegetables is water organized, and the unifying element, so far as we know, is life; this substance, or element, passes into the body of man, and replenishes his stock, commercially speaking, of life.

Mineralized water, when fresh from its source, is potentized with life, and, like air, can be made a carrier of impurities; it imparts life while it takes into the body unutilizable debris. When it is distilled, boiled, bottled or confined, its life potency disappears; then it is not potable. At best mineralized water taxes the body to rid itself of the mineral. The kidneys labor to rid the body of mineralized water, and constipation results. Air when confined loses its life potency. Like water, however, its synthetical elements are not disturbed in their proportions. Both water and air can be surcharged with foreign matter to such an extent that they are rendered unfit for man's use, yet their legitimate elements except life are not disturbed in quantity nor quality. Both may carry a degree of cold and heat that unfits them for man's use, and both may be devoid of life-imparting power, yet on analysis they may be perfect in composition. Life eludes the analyst, yet he may learn to place elements -analyzed or synthesized--in such an environment as to attract life. This is a therapeutic possibility that receives very little, if any, attention by the majority of health teachers, notwithstanding life is omnipresent; and why shan't I say that it is *the essence--the noumenon--the thing itself--the unknowable?*

Thirst is a desire no more to be harkened to, without reason, than is appetite, passion, or any other want of the body or mind. The unspoiled world of instinct, which must give way to ratiocination (reasoning) when mind becomes our guide, is a safe pilot, but when instinct is befuddled by luxury, as it is in a commercialized world, we see human animals surrounded by luxury entirely out of keeping with their physiological needs, and as a result they suffer from abusing the chemistry of the body by supplying artificially created wants and anticipated privileges. For an exaggerated simile, think of "a bull in a china shop."

People in the instinct (animal) class, yet masquerading as ratiocinate (thinking) beings, when restricted in any way, can be known by such outbreaks as: "What is food for if not to eat? What is water, alcohol, coffee, tea, tobacco and other stimulants for if not to be used? Why should one not eat when there is a desire? Why not indulge all wants? Why are these wants given to man if they are not to be satisfied?" These questions may be extended to the lowest type of criminal life: "Why should I not kill, rob, outrage and take advantage of society in any way I can? I have a desire to do so, and if it were not right for me to do so, the desire would not have been planted in my nature."

The same questions may be extended to governments. If God had not desired the Kaiser to massacre the world, why did He give him the desire? I leave the reader to apply the question to all forms of parties, cliques, societies and abused privileges, which are now busy howling their God-given rights across the chasm that separates instinct from reason.

Take a glimpse with me at the priests of the various professions which are supposed to place deluded humanity in the proper attitude toward the laws of instinct and reason. Isn't it to laugh at their teachings, if the results were not so tragic? Nature is as well satisfied with the results of law worked out in one way as in another; man can travel in reverse so long as he likes. If there is a "Master of the Show" he certainly must be splitting his sides guffawing at the monstrous farce--comedy he is pulling off on the world-stage.

As a health adviser I am forced to spend most of my time endeavoring to teach self-control in those who are satisfying their appetites and passions on a reasoning basis, while their mentalities--understandings--are still in the instinct class. When criticized they attempt to vindicate their crimes against their natures by such reasoning as before mentioned, namely: What's desire, etc., for, if not to satisfy? The burglar, or any criminal, inebriate, or drug fiend, can ask the same question.

There are very intelligent people who can not understand that the privilege of eating, drinking and enjoying *ad libitum* belongs to instinct and a natural world--belongs to an aboriginal people in an aboriginal world; and that their world requires the guiding influence of knowledge and judgment to steer the ratiocinate--the thinking--through ' their maze of temptation born of a commercialized *civilization*.

Luxury with only an instinct to guide ends as we see it, namely, in hospitals, sanitariums, insane asylums, benevolent institutions, criminal institutions galore, and a world of disease on the outside of these institutions.

When man is guided by instinct only, he requires no fig leaf of prohibition; but when he eats of the tree of knowledge his mental eyes are opened, and then, unless he acts the part of a rational being, he will surely die. Man eats of the tree of knowledge and assumes self-control; he then repudiates instinct; by sensuality he grieves away the holy spirit--instinct--and at the same time refuses to be guided by reason. Society today is pleasure-mad, and its health teachers declare: If you worship us you may enjoy to the full all pleasures of life; don't be a fool; be operated on; then eat and drink, for tomorrow you will not die. And the people fall for these modern devils.

It is within the mental grasp of any rational being to be his own physician, and enjoy within his requirements; but when his privileges are abused he loses his self- protection, and in that day he is doomed, and he must surely die.

I am reminded daily that "water is God's gift to man (and so is bread), and man should satisfy his desire for it." The same reasoning justifies soaking one's life out bathing, or drowning, if the desire is for doing

so. If a desire is natural it should be satisfied, but when artificially created, to satisfy it then even by water drinking becomes a link in a chain of morbid habits and leads to disease and physical degeneracy. How is one to know? That is the doctor's business, in the absence of lay education and training; but as "doctoring" is a system of palliation, the average doctor knows no more about the evils of eating and drinking than the average layman, and when asked to prescribe a diet, he usually says: "Eat and drink whatever agrees with you." The prescription is absurd, and shows gross ignorance on the part of the doctor and a childish credulity on the part of the patient for not flouting the prescription back in the *quack's* face. Why should the patient consult the doctor if he knows what to do--what to eat and drink and wear?

SYMPTOMS INDICATING A DROUTHY STATE OF THE BODY

In constipation, where the feces are dry and scanty, the kidneys inactive and urine reduced to a pint in twenty-four hours--a little more or a little less--and high-colored, skin dry and shedding the scurf skin to such an extent as to give black socks and underwear a dusty or dirt-covered appearance, there is present, in most of such cases, an aversion to water; they are nervous, irritable and have a pinched or drawn facial expression. Such patients live in a high, state of tension; they never relax, know nothing of poise; suffer from headache, neuralgia, nervous discomforts in stomach and bowels, an all-gone feeling in stomach or bowels, a gnawing or grinding which may be relieved by eating, but certainly not cured! Many complain of a pulsating tumor near the umbilicus, which is the pulsating of the abdominal aorta and is natural, but too pronounced when people are nervous. The tongue is coated of a morning and the breath disagreeable; the breath odor may last all day, or pass away after the first meal. Where meat and eggs are eaten daily the bad breath may last all day. The pulse may be too rapid (from 80 to 100), the heart may palpitate under anger, fear, or on going up a flight of stairs. After thirty-five years of age, and even before, there may be a beginning of hardening of arteries. Gas in the stomach and bowels is a constant symptom, sometimes very distressing; catarrhal deafness and ringing or noises in the head are very common symptoms. Asthma and bronchitis are quite common accompaniments to the foregoing symptom-complex. Those presenting these symptoms are usually bread or toast and coffee and tobacco fiends, and certainly non-consumers of water in the natural state of fresh uncooked fruits and vegetables. Fruit often distresses these cases because of the gastric neuroses brought on from the acid of starch fermentation induced by eating bread and coffee together. Coffee is inclined to cause irritation and acidity--build a neurosis--of the stomach, and in those predisposed to take on cancer it hurries the development of that disease. Caffeine is a toxin, and when drunk daily favors arteriosclerosis and cancer.

Cases presenting many, or only a few, of the above symptoms should be encouraged to drink water very freely except after the hearty meals--after dinner. No fluid of any kind should be taken into the stomach after leaving the table, it matters not how urgent the demand, for if water is drunk, fermentation will be induced and ruin the digestion of that meal and cause acidity--sour stomach.

To persist in drinking water while digestion is on establishes polyuria in some and obesity in others. Obesity means retention of water in the tissues of the body.

WHEN TO DRINK WATER FOR CONSTIPATION

When the skin is dry and urine scanty and high-colored; when the tongue is coated or dry; when there is much nervousness, headache or discomfort, and when the pulse is small, wiry and resistant to light pressure, patients presenting most of these symptoms should stay in bed two weeks, should be given an enema (two quarts of warm water) daily, a stomach lavage every morning, and fast until tongue cleans and comfort returns. When ready for food give fruit for breakfast, salad at noon, buttermilk for supper. They should sip slowly a glass of cold or warm water of a morning and half an hour before each meal. In addition to the three pints of water, a cup or two of teakettle tea at the end of each meal. These patients are nervous and inclined to irritability, and when possible should stay in bed and fast from two to four weeks. Acids do not agree with them; they complain that fruit disagrees with them; that the fruit causes them to have pain in their stomach or bowels. They must fast until comfortable. When comfortable, eat as directed above. All cases presenting these symptoms have catarrh of the stomach; where the catarrh has extended

to colon (colitis) starch must be avoided until much better, eaten in great moderation ever after. Constipation with colitis must be overcome by withholding or restricting starch eating to one meal each day. Until the bowels are regular, breakfasts should be confined to fruit or a pint of teakettle tea; or those who eat starch should eat the coarse bread--whole-wheat, rye or bran bread--or porridges, but in very great moderation--an ounce or two at the beginning; eat dry, very little butter, masticating thoroughly and follow with teakettle tea. Lunch: fresh fruit, berries in season, with an ounce of raisins if they do not cause acidity and discomfort. Many can not eat the sweet dried fruits. Follow with teakettle tea. When better, as much fresh fruit as desired. Those with rheumatism must avoid eating fruit, milk and starch in the same meal; bread and teakettle tea may be eaten with lettuce. Dinners should be meat and starch on alternate days. On meat days, preferably lamb, chicken, fish or eggs, with two succulent vegetables--spinach or onions--as often as possible to take with a relish, and every dinner a combination salad--a Tilden salad. For starch dinners select one decidedly starchy food* and eat with two succulent or non-starchy vegetables* and a combination salad. (*See Appendix.)

HIGH BLOOD-PRESSURE

Where there is great enervation, rapid pulse, or a pulse below sixty, the patient should give up work and stay in bed until much improved. In cases of high blood-pressure--full, hard pulse--the patient should stay in bed until comfortable, and eating must be confined to fruit for breakfast, salad at noon and buttermilk for supper; positively no water or any other table beverage until the pressure is brought to normal.

WHEN NOT TO DRINK WATER OR ANY OTHER FLUID FOR CONSTIPATION

Never drink when the digestive process is on. When there is high blood-pressure; when there is flushed face and pain or discomfort; when the skin is moist, or the patient perspires without effort or exercise; when there is ptialism (excessive flow of saliva) or heavy bronchial secretion with asthma, or polyuria (excessive flow of urine), a fast is necessary; no water without thirst, and then very little. When these symptoms are better, drinking at or between meals must not be allowed until bowel secretions have become established and constipation overcome; then at early morning and at meal time only. To drink water after digestion of a hearty meal has begun is positively disease-building. Constipation with uncomfortable feeling in the head, or dizziness, momentary blindness, or any recurring eye sensations, or ear sounds or noises that have come on recently, or with any disagreeable head or eye symptoms--a patient presenting these symptoms, if in full flesh or disposed to obesity (fatness), should fast; the fast should be broken if nausea develops, or as soon as any unusual discomfort appears; an orange for morning and noon, and a salad for night. Those in medium flesh should be allowed fruit for breakfast, salad for noon, buttermilk for supper. Those who are starch-poisoned will have an irritable stomach, and fruit disagrees with them; thin patients when comfortable should have a pint to a quart of teakettle tea for breakfast, fresh fruit, one ounce of raisins and teakettle tea for noon, and combination salad and milk for supper. A pint of water, cold or hot, every morning, sipping slowly. If constipation returns, a pint enema of warm water every evening or every other evening, retained for a few minutes, may be all that is necessary; if, however, this fails, give a quart of 50-50* for breakfast and lunch; salad, whole-wheat bread toasted, and a pint of 50-50 for dinner. (*See Appendix.)

FREQUENT URINATION, OR POLYURIA

Where there is an excess of urine and constipation, stop water drinking entirely until bowels are regular; then depend on fresh fruits, vegetables, salads and milk (at meal time only) for a supply of fluid to the system. Thirst, like appetite, is abnormal and can be overcome; after which health--normality--returns and will be permanent and dependable.

6--Laxatives as a Cure for Constipation

Laxatives are of two classes, namely, foods and drugs.

Food Laxatives: It should be known at the beginning of a formulation of natural remedies for constipation that *Food*--all food--is laxative, and when it is not, the natural functions of the bowels, secretions and excretions, are perverted. This being true, our first thought in overcoming constipation should be to correct the habits of life that are enervating, and prescribe a manner of eating and care of body that will conserve energy and build back lost functioning. While looking after the general health which is necessary to accomplish this purpose, it is also necessary to palliate the constipation in those who are of a nervous temperament and under weight. This secures a daily movement with the least harmful of all the artificial helps necessary to use for the purpose. It is safe to say that anything and everything that is used to cause--force--the bowels to move does more or less harm, but we often have to decide between two evils, namely, the harmful effects of constipation and the remedy used to secure relief. Even the laxative fruits do more or less harm, and the careful and discerning physician is often compelled to stop their use because of their tendency to ferment in the stomach.

Where fruit can be used without fermentation and gas distention, prunes* or black figs* may be used for breakfast, followed with a quart of teakettle tea. For lunch, two or three ounces of coarse bread toasted, followed with a quart of teakettle tea. For dinner, meat, spinach and combination salad. If the dry fruit can not be used, try a little fresh fruit, or one or two ounces of toasted bread. (*See Appendix.)

The best and most logical treatment is to correct all mental and physical bad habits, and then eat little enough to allow the system to return to the normal.

Laxative foods, laxative drugs, mineral waters, cathartics, the various oils, etc., do not cure, *can not cure*; possibly in the young and vigorous constipation may apparently be overcome by laxative foods, spring water, etc., but the sluggishness for which they were given is temporary and would have passed without any treatment, simply being an accumulation from neglect. There is nothing, logically speaking, in the so-called remedies, which are used to move the bowels, that will restore secretions and excretions; *a necessary accomplishment* and without which normal secretions and excretions, with daily evacuations, can not be had. Not only the enervation of the bowels must be restored, but systemic enervation as well, for primarily enervation is general, ending in toxemia, after which the organ with least resistance, or subjected to the greatest stress, gives down first. The stomach and bowels are greatly stressed and suffer most.

Drug Laxatives: Compelling the bowels to move does not necessarily force secretions; indeed, secretions sidestep (so to speak) the cathartic influence. A laxative influence is the primary cathartic influence. A dose of salts, *spring waters* or the dehydrated mineral, acts mechanically through the law of osmosis, drawing the water (or serum) from the blood into the bowels, causing large watery stools. If enough of the salts is taken the bowels will be cleared out, but constipation proper is not corrected by it. Besides the bowels being cleared out, the blood has been depleted; but have the secretions and excretions of the bowels been established? Not at all! Thirst follows the action of salts, for there is a demand for the restoration to the blood of its unnatural loss. As proof that the dehydration works a hardship to the blood, see the mouth and tongue; they are left dry, and there is a thirst that water-drinking fails to relieve immediately. Instead of laxatives establishing secretions, the function is further removed from the normal by the bowel-forcing treatment, notwithstanding relief to bowel accumulation is experienced. When the body is uncomfortable from the toxemia of constipation, if the clearing of the bowels be very thorough, the discomfort will be relieved, and rest in bed, poised mind, fasting and warm sponge baths will restore secretion and excretion; then by eating moderately of properly combined menus, and exercising all that is necessary for health, a cure will be established. At no time can the mental state be forgotten; a happy and optimistic mind is positively necessary.

It is necessary to clear out the bowels at the beginning of all so-called diseases, but there is a best way, and I shall attempt to point that way.

It is a mistake, which is liable to end fatally, to begin the treatment of typhoid fever with anything to move the bowels except daily enemas. Why? Because this fever starts with putrescence in the small

intestine, and a cathartic forces infection of adenoid tissue and lymph follicles. The exanthematous (eruptive) fevers, smallpox, scarlet fever, measles, *et alii*, are complicated and made severe by any drugs, strong or mild, that are given to move the bowels. They tend to retrocede the eruption to the intestine, favoring infective toxemia.

As it is almost impossible to diagnose satellitic exanthemata, rather than complicate an obscure case by laying the foundation for inflammation and ulceration in the intestine by the use of bowel stimulants, physicians should abandon a routine of physic and adopt a safe course, namely, use enemas and stop feeding. When this is done the building of infectious fevers or chronic diseases will end. This precaution would have saved thousands in the late "flu" epidemic--in all epidemics.

To make the above clear, I will say that in epidemics of scarlet fever and diphtheria there are fifteen to twenty attacked with angina simplex to every one who develops a pronounced or septic type--only one in fifteen to twenty cases matures toxic bacteria. Why? Because the subjects are not toxemically vulnerable; that is, their bodies do not offer a welcome hostage for bacteria. For bacteria to take on toxicity and specificity, the subject must furnish a favorable habitat. In other words, there must be pronounced enervation and toxemia with denudation of mucous surfaces.

Chronic Constipation: Drugs given to force elimination in chronic so-called disease frustrate the real purpose for which they are given, namely, to establish secretion and excretion. It is true if the bowels are cleared out more absorption of decomposition from them will be prevented if the patient is fasted, but auto-intoxication, from checked and retained excretions, will continue until complete elimination is brought about by physiological, physical and mental rest--fasting, staying in bed, and the dismissal of worries, fears and enervating habits generally.

Rest need not be absolute except while there is much discomfort, pronounced elimination, nausea or vomiting. When comfortable, the patient may be rested from the bed for an hour or two each day, sitting in a chair, or if the day is fine he may sit in the sunshine and open air.

Fresh uncooked fruit may be eaten in moderation three times a day. If, however, fruit sets up erythema or hives, buttermilk may be substituted. As improvement continues, more food may be eaten. A pint or more of hot teakettle tea may give more and quicker relief, by invigorating the circulation.

In emergencies, such as obstructing constipation, a choice between evils may have to be made; high enemas or quick-acting drugs may have to be selected, but certainly they should be discontinued when the object for which they' are given is attained. *Heroic remedies* should not be given until *hot wet packs* or *stupes* have been given a trial.

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CHAPTER IV

CONSTIPATION AS FOUND IN VARIOUS DERANGEMENTS

1--Constipation of the Neurotic

AN EXTREME type of nervous temperament, presenting mental or physical symptoms described in previous chapters--under a drouthy state of body--and especially given to worry, insomnia, and many hysterical symptoms. There may be heart disturbance--endocarditis--and arterial hardening; giddiness, black specks before the eyes, and often great mental discomfort; such symptoms as belong to pronounced enervation and toxemia. There is often much poverty of flesh, and little or no appetite, except for coffee and a roll, and almost no desire for water; in a small percentage of these cases, however, there may be a voracious appetite, with inability to digest more than a small share of the food eaten.

Treatment: Patient must take the rest cure--must be put to bed and company proscribed. Such patients must be kept away from business, domestic and social life. They may be allowed to read a little--not enough, however, to fatigue. A short warm bath before retiring time every evening, or of a morning, if the evening bath causes nervousness; follow with enough towel rubbing to dry the skin; then the patient should be left alone for the night. Frequent gentle rubbing of the spine has a quieting effect.

Every morning a glass or two of warm or cold water. Cold water may cause discomfort because of stomach neurosis. The water should be sipped slowly. A warm sponge bath may be given at bedtime; follow with dry rubbing with soft towel or open hand. Fruit often disagrees; when it does, then for breakfast a few sips of gruel or teakettle tea. At noon combination salad and spinach. For supper, one or two Triscuits* or slices of whole-wheat bread toasted, eaten dry with a little butter, followed with a pint or more of teakettle tea. When better, raw fruit for breakfast, meat and salad at noon, and buttermilk for supper. Food must be limited, and patient kept in bed until nerve energy is restored; then secretions and excretions will return. The constipation is due to enervation. (*See Appendix.)

Give of any foods only in amounts that can be taken with relish. If there is no relish for any food, a fast must be taken of sufficient duration to permit a keen relish to come for any food, Positively no eating without enjoyment. When no food is eaten, three pints of water should be taken each day until fresh fruit can be taken with a relish and comfort; then stop water drinking.

A small warm-water enema--one pint of water every night following every day passed without a bowel movement. If a high enema appears to be needed, it may be given once or twice a week until the bowels can be depended upon to move daily. If the tongue is coated, and there is much discomfort, no food; hot

stupor to abdomen and perfect quiet to full relief.

When patient is much better, he may get out of bed from ten to three o'clock daily, and the food may be increased. Breakfast may be the same. Dinner: Every other day meat, and the alternate days starch, and with both dinners vegetable puree or cooked vegetables and combination salad. A short sleep of a half hour's duration after the noon meal should be established as a daily habit. Rest and sleep are necessary to prevent a return of the nervous symptoms.

2--Constipation in the Neurasthenic

Those coming under this head are naturally introspective--inclined to be self-centered, and to enlarge upon and exaggerate the importance of all their discomforts. These subjects are known by all who have met them as semi-invalids; they have the disagreeable habit of talking to everyone they meet about themselves--about their ills and the treatment. Doctors, with strong personalities, may uproot one set of beliefs (cure one set of symptoms) by substituting another set; but to rid such a patient of all belief in disease--remove the sick habit entirely--is almost impossible, and indeed it is an accomplishment vouchsafed only to high-class medical artists--psychologists. The "bull in the china shop" variety of doctors only vandalize such sick people. If such invalids can be swept off their mental legs by an overwhelming interest in a profession, business, art, or social life, while the mental absorption is in full force, the sick habit may be forgotten, and the erstwhile constipation will be forgotten--cured--also. It takes a wise doctor to determine just how much truth, or real excuse, there is for all the complaining of these psycho-pathogenetics,* and a still wiser one to lead them out of their delusions. (*Psycho-pathogenetics--mental builders of disease.)

Treatment: The treatment for this class of patients may be summed up in a few words, namely, *treat them daily according to their moods, which may be different each day.* Eating suggested for the neurotic may be used in these cases.

The class of doctors who treat patients in keeping with what they (the patients) say concerning themselves are a dangerous class for neurasthenics to employ, for heroic treatment applied to fanciful ills, or ills that are crises scintillating from an unrecognized perverted nutrition or acidosis, must in time wreck the best constitution. If the doctor employed has surgical mania, the patient may be induced to have several of his minor organs removed, etc.

The neurasthenic is very sensitive and possessed of a mercurial nature, and should be taught early in life not to take himself too seriously--not to take his sensations to heart--not to build too largely on any symptom; for, being very sensitive, introspective and self-centered, unless trained to think in other lines, a sick habit will be built that will baffle the most skilled physician in his efforts to cure.

When this class of patients concentrate their attention on their bowels, the central thought is that the bowels are hopelessly constipated. The neurasthenic is a pessimist; his ills are always to be, but never are, cured. It proves the truth of the saying: "As a man thinketh in his heart, so is he." This class of patients can be cured, but never by doctors who believe in disease as an entity.

These patients are not so set that they can not have their minds changed. To illustrate: Suppose the whole force of the mind is set on constipation; then a thorough examination is made--the examination of course must always be impressive, scientific--and the physician must find a disease of greater importance than the sluggish state of the bowels; say a slow-forming tumor on the pleura, which in time must exert so much pressure on the lungs as to develop a very harassing cough. If the physician is forceful enough, he will cure his patient of constipation, but develop a distressing cough that in time will wear the patient out, unless another psychological pathology can be exchanged for the cough. In the field of medical diagnosis just such swapping of one disease for another is of daily occurrence. An imaginative doctor and a neurasthenic patient have a monkey-and-parrot time of it. The parrot always gets the worst of it, however.

Self-delusion is more or less a complication to be met with in all sick people. Most sick people are easy

marks, and are more or less victims of the fools or knaves of the profession--they are easily humbugged. The profession is divided into three classes. One class deliberately and premeditatedly mislead the patient; the second class are deluded by the sick and harm the patients by helping them to delude themselves; the third class are honest and endeavor to lead the people into the light of truth about themselves and their diseases. The "code of ethics" is a social gulf fixed between laymen and the profession. When a professional man crosses to the people he leaves hope behind.

The neurasthenic must be treated as each case demands, and as the changing moods of each case demand. The symptoms are to be treated as similar symptoms are treated in other diseases. The mind must be controlled; the patient must be led, never agreed with. Great tact is required.

3--Constipation of the Plethoric*

(*Plethoric, polyemic, too much blood--full-blooded.)

Too much blood comes from an omnivorous digestion--a digestion that utilizes one hundred per cent of the food intake in those who overeat habitually.

Plethoric patients, pronouncedly catarrhal; gastro- intestinal catarrh; thickened mucous membranes of throat and nose; more or less deafness; adenoids and enlarged tonsils; giving a history of regular bowels; much over weight; subject to many crises, such as headache, sore throat, toothache, spongy gums, pyorrhea, neuralgia, rheumatism, lumbago, heavy sleeping, and tired and uncomfortable on awakening; drowsy after eating; broad, thick tongue, heavily coated; rotten breath and odor from body; full pulse and an overworked heart and other symptoms; may be a little sugar and albumen in the urine; dizzy, light-headed; and in advanced cases hyperemia of the brain, pain in the back of the head, and, if not relieved, apoplexy, paralysis and death.

Constipation in this class of patients is more on the order of an impaction; the bowels move daily, yet there is a fecal retention causing the giving out of bad odors of breath, skin and the gas that passes from stomach and bowels. All secreting organs are eventually enervated from being worked overtime, elimination under the circumstances is always imperfect, and more or less decomposition is taking place in the bowels all the time, causing septic infection, setting up anemia, kidney and other derangements. To this class belong Bright's disease, diabetes, colitis, piles, apoplexy, asthma, tuberculosis, skin diseases, pyorrhea and other diseases. Many are carried off with pneumonia and other acute diseases. These are the patients who are infested with germs and parasites, for they eat so much that they overtax their digestive secretions and lose the protecting power of these secretions. Resistance being lost, these are the "carriers" so-called--a class of people who have no recourse when abused by medical superstition. They are also the class who are infested with hook-worm, tape-worm, etc.

There may be collateral symptoms, such as fullness in head, inclination to giddiness, headache, backache, a tired feeling all the time, more marked on getting up of a morning; feet and hands inclined to swell; eyelids puff of morning; the face is inclined to puff, grow turgid and purplish on lying down; sleep is more or less disturbed from difficult breathing, the cause being a turgid or congested state of the mucous membrane and submucous tissues of mouth, throat, and pharynx. The full tissues drop down into the throat and obstruct breathing. The toxin poison absorbed from the intestines in these subjects develops hard arteries, high blood- pressure, and tends to cerebral hemorrhage or apoplexy, kidney and heart trouble, diseases of liver, gall-duct and gall-bladder, rheumatism and other derangements. These become, many of them, the victims of epidemics.

The treatment should be a continuous fast, enemas of salt water and lavage daily until elimination has rid the patient of all his malodors, which means getting rid of toxemia.

Enemas are highly necessary in these cases, and they should be used until the bowels are thoroughly cleaned out. Stomach lavage daily until the tongue is clean and bad odors all gone. At the end of the first week or ten days, if the tongue and breath are bad, give a small dose of the laxative which I name "Three-In-One."* (*See Appendix.) Use one heaping teaspoonful in a pint of quite warm water and pour into the

stomach through the stomach tube after the lavage and before the tube is removed. The laxative is to be used daily unless more than one bowel movement is secured each day, then cut the "Three-In-One" to one-half teaspoonful, but continue the same amount of water. As the patient improves and the bowels are moving daily, the "Three-In-One" may be reduced to one-fourth heaping teaspoonful in the same amount of water. When the laxative is no longer necessary, the pint of water, either quite warm or cold, should be used as a daily habit. This laxative is all that is left of my original drug armamentum. Bran, agaragar, enemas, and oils have proved a vanity and a vexation of spirit. The use of them is always followed with constipation. Even "Three-In-One" will fail if patient returns to old habits of eating and stimulating. A hot bath daily, followed with cold sponge or spray, and then a coarse towel rubbing. Is it necessary to say that tobacco and alcoholics must not be used? Indeed, this treatment, to *make life safe*, makes the giving up of all stimulants very easy for those who wish to get rid of their habits.

Food will not be given until the patient is comfortable, seldom before the end of the third week, and even a longer fast may be necessary. When symptoms indicate that food may be given, feeding will start with fresh uncooked fruit three times a day, and water-drinking is to be stopped; after three days on fruit continue fruit for breakfast; salad at noon; buttermilk at night. If all is going well at the beginning of the second week, salad and spinach for dinner; every other day add meat; on alternate days baked potato, corn bread, or any coarse bread may be eaten with succulent vegetables and a salad. Spinach or onions should be one of the cooked vegetables at each dinner because of their laxative properties. If the bowels fail to move daily, prunes may be added to the fresh fruit meals; and if the bowels persist in being sluggish, every evening the small salt enema is to be used.

When all signs of plethora and toxemia are gone, and there is a lack of vim, and a tendency for too much loss of weight, a starch may be added to the buttermilk for supper--two ounces of toasted bread and butter; or any of the breakfast foods; occasionally, once or twice a month, thoroughly cooked beans or peas. Always observe rule No. 1,* if digestive trouble--constipation and toxemia--would be avoided. (*See Appendix.)

4--Constipation in the Sedentary or Inactive

This is a condition brought about by sedentary habits. There is usually gas distention, causing discomfort--often pain under liver. Intra-abdominal pressure, due to gas distention and accumulated fat, brings on hernias, floating kidneys, painful urination and irritable bladder and piles. Habitual gas distention is accompanied by colitis and proctitis, causing tormina or great straining at stool, which forces prolapsus of the colon and rectum. Drugs--any of the laxative or aperient drugs or mineral waters--figs, confectioner's wares, sugar or sweetened foods, and too much starch, aggravate and complicate. Prostatic enlargement is intensified and in time brings on retention of urine. Where there is a ptotic state of the pelvic organs--falling or misplaced womb, ovaries, or tumors of womb and ovaries--all lend their influence in bringing on obstruction and constipation.

At the beginning of chronic constipation, ptosis is quite general, and is more or less operative as one of the causes of constipation in all old or young adults who are inactive, and may be in children who are fed too much sweets and are forced into enough inactivity to induce atony (lack of tone) of the muscular system.

The first cause of loss of tone or energy is inactivity, and anything practiced in daily life that uses up nerve energy adds to the lowered resistance. Lost resistance is another name for enervation. *Enervation* and inactivity lead to *atony* and lost functional power.

When the body is enervated there is a checking of all secretions and excretions. This retention of excretory material poisons the system, producing toxemia, which in turn further weakens organic functioning. The diathetic organs--the organs hereditarily below the normal standard--give down first, and in our present state of civilization the bowels appear most vulnerable.

There is, undoubtedly, in those who are greatly troubled with constipation a diathesis--a heredity--a

tendency to take on constipation, because we see daily others subjected to the same influence and they do not develop it.

Eating too freely of fresh fruits, in conjunction with a mixed rich diet, causes fermentation and diarrhea, followed by constipation. In the enervated this eating habit further weakens muscular action, and when the dietetic errors are corrected for a time, the bowels are left obstinately constipated. Diarrhea and constipation are often found alternating.

Observant people have noticed that when their bowels have been overstimulated to move even to diarrhea, by imprudent eating or drugs, or by laxative foods, a period of atony (inactivity) follows. If the subject is melancholic, hysterical, neurasthenic, anemic, or building arteriosclerosis, an imprudent physician may convert a moderate atonic constipation into an obstinate chronic type by urging the use of drugs or enemas.

After constipation is once established, then physical degeneration advances very rapidly, and will continue unless drugs or enemas are used to force daily evacuation; but such relief is unsatisfactory, for the more forcing the more obstinate the constipation will become.

This class of patients are usually quite catarrhal; they frequently develop asthma, hay fever and colitis. Simple catarrhal inflammation, marked by periodic diarrhea, is a forerunner of membranous inflammation; indeed, the catarrhal stage is the earlier or first stage of the membranous form. In the latter stage, or chronic catarrh of the colon, the first symptom to draw the attention of the patient to the disease of the bowels is the coating of hard fecal lumps (sybala) with a jelly-like substance. When this symptom appears there is usually gas distention in lower bowels, flatulency of stomach and bowels, tired feeling or want of energy, fullness of head, dizziness, drowsiness, lack of attention, difficulty in concentration; when there is pain it is caused by gas distention or impaction. The hardened feces are usually found at the flexures of the colon; they irritate and cause pain or colic; there are long strings of mucus, bands of mucus, sometimes mucus the shape of the lining membrane of the bowels, thrown off; the latter often causes the patient to think the mucous membrane is sloughing off. When this stage is reached a spastic* state of the bowels is sometimes developed--there is a drawing or distorting of the shape of the bowels which obstructed the mechanism, which adds to constipation and causes a state demanding surgical interference. (*Spastic, drawn out of place.) Certainly such cases are out of the physician's class; but no operation should be performed unless demanded by a malposition made permanent by organic change. Adhesions following operations do rarely occur, but when they do, surgery is the treatment necessary.

Treatment: It should be obvious to the discerning that the most important measure to adopt in the treatment of constipation caused by inactivity--sedentary habits--is physical culture, and there is not a more loathed prescription, unless it is the restriction of food to the gluttonous, for atony of the muscular system leads to apathy--laziness--a loathing of activity.

The listless, apathetic patient dreads motion; when the muscular system is flabby, the mental corresponds, and the rule is that the will is paralyzed. These people will not exercise unless forced to do so; if left on honor to practice a given amount of exercise daily, their honor is weaker than their desire to rest. If they could be cured without an effort on their part, they would buy and pay well for health; they would not keep it, however, if to retain it required daily attention in the line of dieting and exercise. There appears to be but one way to keep the apathetic patient from falling down into complete intestinal muscular paralysis, and that is to furnish enough amusement to stimulate activity. Women of this class are strong for the butterfly life. When there is amusement on hand--an opportunity to see the wheels go round--they can show great activities and can be as lively in taking exercise as those with the more active temperament; but as soon as the stimulant--the opportunity to have pleasure--is passed, they settle down into a state of lethargy and cannot be induced to take exercise even if the neglect causes them to have most miserable health. People of this temperament, when they have once brought on toxemia and constipation, will be forever seeking health, and forever refusing to do what is necessary to gain health. They want to find some one who can cure them in spite of themselves. The constipation in colitis is made worse by carbohydrate foods; hence, besides exercise, these patients must be put on a very restricted diet. Bread, cereals of all kinds, sweets of all kinds, must be interdicted, except a very limited amount of thoroughly

toasted bread and sweet, fresh fruit. The sweet dried fruits eaten quite regularly cause indigestion and fill the bowels with gas.

Apples well ripened and sweet grapes are admirable in the winter; most of the summer fruits, including melons, may be eaten in the summer. Fruit and teakettle tea for breakfast; two ounces of toasted white bread, eaten dry with a *little* butter, followed with a glass of buttermilk sipped slowly, followed with two glasses of hot water, may be eaten at noon. For dinner in the evening, meat, non-starchy vegetables--those maturing above the ground--and a combination salad. If any change is made, the toast can be cut one-half and the milk and water doubled in quantity.

Enemas, two quarts of blood-warm water, may be used twice a week; and a small enema, one pint of warm water, every night when the large enema is not used. The small enema should be held fifteen to twenty minutes before trying to have a movement. No drugs or food laxatives are to be used.

If exercise is taken every three hours faithfully, and the above diet rigidly adhered to, a cure will follow.

It should be remembered that chronic colitis with constipation is not cured by conventional treatment; much malpractice is resorted to. This disease creates so many symptoms that patients are subjected to many operations which leave them no better, if not worse. Social life must be given up and a business made of getting well.

A poised state of mind and body must be cultivated, or the best treatment will fail.

5--Constipation in the Aged

The old and feeble cannot take exercise, for they fall into the very bad habit of never bestirring themselves. There is an inexcusable, because silly and untrue, idea that old folks must be dignified and never move in any undignified manner; which, literally interpreted, means they must move with dignity and grace becoming people of their age. This sluggishness leads to such a state of lost muscular power that helplessness follows, and everyone who happens to be near such a subject, recognizing the physical weakness, lends a hand to help. Everybody takes a hand in saving the old man or the old woman from making an effort; the result is that old people get to looking for and expecting a lift from everybody, allowing their muscular system to die from inactivity--lack of use. The result is aging and premature death. No part of the body suffers more from physical neglect than the bowels, and constipation in the old is due to this cause, plus coffee and toast; hence there can not be any cure unless there is a retracing of steps--a going back and building power through exercise. Massage and mechano-therapy may give a little relief, but the eternal fiat was sent out at the beginning of time. Man must earn his digestion by work--to him that hath courage to work for muscle, muscle shall be given, but to him who hath not courage to work for power, even that which he hath will be taken from him. No, we never get so old but that we shall be punished by our sins of omission of work.

Those who are senseless (illogical) may say father and mother have been so good that God will spare them for the good they have done. Yes, their god, the god of bad habits, will spare them; but the real God happens to have jurisdiction over the laws of daddy's and mamma's personal being, and He does not change His laws. When man became a living soul he became the builder of himself by a wise adjustment of himself to the laws which are fixed and eternal. We answer to the laws of our being, and God never interferes when one of His saints becomes constipated from inactivity. There is but one cure, and that is activity--get a hustle on ourselves.

Treatment: As old people will not exercise to restore tone, there is no help for them except to eat laxative foods and take the lighter forms of laxative drugs so long as they will act; then the stronger drugs and high enemas must be used until death. Of course, fruit cooked and raw, vegetables cooked and raw, are very necessary foods for old as well as young. Old people with kidney, bladder and urethral irritations should not eat root vegetables--only vegetables that grow above ground. At all ages those who are

constipated and have excessive or frequent urination, with discomfort in bladder or urethra, with dilated veins at the mouth of the urethra caruncle, should not eat the root vegetables.

Old people who have fallen into a state of inactivity and have enough ambition to make a reasonable effort to renew life will find obedience to the law of their nature will be followed by a gradual amelioration of their discomforts and a renewal of life and vigor.

Radical changes in the order of their living is not advisable.

If toast and coffee has been the breakfast, they should eat half as much toast; changing white bread for whole-wheat, and, instead of softening the bread in the coffee, eat it dry. If chewing it is impossible, break a portion and gum and mouth it until liquefied, then swallow, then take another portion, treating it the same way, and continue until the whole allowance is eaten; then sip the coffee slowly; after the coffee, sip slowly a cup of equal parts of hot water and milk. Beginning the fourth day, eat the bread the same way, prepare the coffee the same way, but before pouring the coffee place in the cup one tablespoonful of hot milk and water, then fill the cup with coffee, sip slowly, and follow with a cup of hot milk and water. At the end of seven days use two tablespoonfuls of hot milk and water before filling the cup with coffee.

In seven days more use three tablespoonfuls of hot milk and water before filling the cup with coffee, sip slowly, then follow with the cup of hot milk and water. Continue the reduction of coffee until the coffee is dropped and two cups of hot milk and water are being taken, after which take the half of a good eating apple, reducing the bread one-half. If the apple can not be chewed, chop it fine, or grind it in a vegetable mill, and eat it slowly, sucking and tasting and mixing with saliva. Unless much saliva is taken with the apple, starch and milk, the patient will be troubled with gas.

One week after beginning the apple, stop the bread and eat a whole apple before sipping the two cups of teakettle tea; continue for seven days, then begin a gradual increase in the water and milk until one quart is taken, preceding it each morning with an apple or some other fresh fruit.

The noon meal may be a dish of salad--a dinner plate full: lettuce, tomatoes and cucumbers in the summer; in winter, lettuce, tomatoes (canned or fresh) and celery. Three-fourths of the salad should be lettuce. Dress with salt, oil and lemon juice. Every other day with the salad, meat--lamb, chicken, egg or cottage cheese--and one or two cooked nonstarchy vegetables, those maturing above the ground. The alternate days use starch in place of meat. See list of starches.

Evening meal, a glass of buttermilk, followed with a glass of hot water. When more buttermilk can be taken with a relish, it may be taken, always followed with a like quantity of hot water.

No water is to be used between meals. if desired, a glass of hot or cold water may be taken on getting up of a morning.

These patients are usually quite stiff in the spine; they should exercise every three hours, using the first three movements exclusive of the others, for one or two weeks, adding the others one by one, in the order named and as strength will permit.

The exercise must be started moderately and increased as strength increases. Regularity and persistence will be rewarded with a gradual gain.

All laxative drugs and food must be quit. A small enema--a half or a whole pint of warm water--may be placed in the bowel with a fountain syringe every night and held for fifteen or twenty minutes, then try to have a movement; if not successful, don't worry, but try it the next night and every night, except on days when the bowels move.

Patience and persistence will surely be rewarded; remember it took years to bring on this enervated state, and it takes time and perseverance to overcome it. Fretting, worrying and impatience will certainly hold back recovery. To cure constipation means the restoring of lost energy, and it cannot be

accomplished quickly. Correct eating, and eating lightly, with the faithful carrying out of the exercise program, is the only way to cure. Enervating the bowels by the persistent use of so-called remedies builds the very derangement which they are given to relieve.

6--Constipation of Infants

Babies from birth are often constipated; the common cause is overfeeding. Reducing the intake of food one-half, and the use of suppositories or other innocent nursery palliatives are often all that is necessary to bring about full relief and cure, but where overfeeding is persisted in, all palliatives fail in the course of time to relieve. Overfeeding, or whatever the cause, must be discovered and removed.

Galactorrhea (excessive secretion of milk) is a common cause of overfeeding soon after the birth of a child. To relieve the discomfort of the mother from the distention of the breasts, nurses and friends, and too often the doctor, urge the mother to feed the child frequently; consequently a child that would sleep twenty-three and a half hours out of twenty-four is shaken up from ten to twelve times every twenty-four hours and made to nurse. The result is that the child is educated into gluttony. "If God did not intend the child to be fed all it could hold, why did He provide so much?" Consequently, when the babe is so full that the milk jostles out of its mouth every time it is moved, stupidity continues to declare, as it always has: "All healthy children spit up their food; all healthy children have colic for three months after birth; and all healthy children flood themselves out of their beds at night from frequent urination (polyuria)."

Here we have the primary cause of about all infantile diseases. Children started in this way are in line for constipation and the sequential toxemia (infectious diseases).

The mother is advised to eat for two during pregnancy; and after child-birth she is urged to gluttonize--inundate her body with fluid foods, table beverages, including light alcoholics, to cause her to give plenty of milk--to develop galactorrhea (excessive secretion of milk); and if the fluid excess does not cause galactorrhea and constipation, it will develop polyuria (excessive urination) and constipation, which derangements are also, as stated above, developed in the child.

The mother's excessive eating and drinking bring her to discomfort, and often to ill health, and, worst of all, may cause galactozemia (loss of milk).

When a child must be given artificial feeding after having gluttonized on the mother's milk until constipated, and forced into polyuria, the prospects of evolving into health on artificial feeding are slim, and hopeless unless carefully taken care of and by wiser heads than have conducted the care of the child up to the forced change.

Treatment: To control galactorrhea of mother and her constipation, she must stop drinking; positively no water at meal times nor between meals; no table beverages of any kind. By controlling excessive lactation or urination, fluid distribution will be normalized and the diverted fluid secretion to the breasts or kidneys will be restored to the bowels and constipation overcome. While this change is being brought about, which should not be expected to take place suddenly, simple remedies for securing a daily evacuation must be used, namely, rectal dilators; half pint water and teaspoonful of salt placed in rectum and held for half hour; quart of soapy water; if small enemas fail, use large ones of simply pure warm water. Coarse bread and butter, the bread well baked, may be eaten for breakfast with a few black figs or dry prunes, or baked apples without dressing. Tensing exercise of the entire body for half hour before getting out of bed every morning, giving special attention to the bowels; also brisk walks of a mile or more, twice daily. Cooked spinach and onions; raw spinach may be used in the combination salad.

Laxative mineral waters are not good, for they will be carried out of the system through the lacteal glands, thereby making the baby sick; or if the kidneys are overactive the kidney route will be taken, leaving the bowels unaffected.

If the mother is quite stout--overweight--her eating should be for breakfast: fresh uncooked fruit--

whatever fruit is seasonable; if berry time, berries, a reasonable amount of sugar and milk half cream; baked apples with sugar and milk half cream. Dinner at noon may consist of meat, eggs or fish, a combination salad and two cooked, succulent, topground vegetables; fruit for dessert if desired. Evening meal, stale or toast bread and milkbutter very sparingly.

Those who are starch and sugar poisoned--those young mothers who are chocolate-candy poisoned--may complain that fruit distresses them; causes them to bloat and feel uncomfortable. They should cut down the amount, but they should not stop fruit eating. When mother and child are quite normal the mother may have for supper: biscuit, butter and honey with fresh fruit every other day; the alternate days, cereals dressed with salt and butter or milk half cream, no sugar. Occasionally a baked potato or corn bread, using not to exceed a cubic inch of butter for the entire day, half of which may be used at supper. Toasted bread inclines to constipate, hence well-baked bread is better than twicebaked bread; stale bread is best. *Mastication is of more importance than the kind of bread!*

If the milk secretion declines rapidly, the mother may be given a glass of whole milk after her breakfast and supper are eaten (before leaving the table, of course).

Correcting excessive milk secretion (galactorrhea) will usually correct constipation in the mother.

CONSTIPATION A SIGN OF OVERFED BABIES

Children who are fed every two hours the first two months and every two or three hours, night and day, after that age must present symptoms of indigestion, such as more or less milk curds in stools, gas in stomach and bowels, constipation, restlessness, fretfulness, crying and sucking at hands or anything that touches the mouth; this latter symptom is mistaken for a sign of hunger, and, to add pain to misery, more nurse is given. Such signs, interpreted as hunger in children being fed every three hours, are reflex symptoms and should be interpreted as due to discomfort in stomach and bowels, and, instead of giving more food, no food except fruit juice (orange in winter, and berries, or juice from a Tilden salad, in summer) every three hours or three times a day until comfortable; then return the child to the breast and feed not oftener than four times a day, and positively no feeding at night. Watch the stools and if white specks appear reduce the length of time the child nurses one-fourth or one-half, if necessary to secure perfect digestion.

How long should a child nurse? That must depend on the amount of labor required to get the milk. Some breasts require little drawing; the milk flows without effort on the baby's part. When the milk flows easily the child should be held above the breast, causing it to take the milk against gravity. Ten minutes will fill the babe to overflowing where the milk draws easily; six minutes at such a breast will be long enough to give the baby sufficient; while there are other mothers who will have to allow their babies to nurse twelve to twenty minutes. The guide must be curds in stools and constipation. Neither will be in evidence when the child is not overfed. But after constipation is brought on and the kidneys are forced to do vicarious work for the bowels, the feeding must stop for a day or two; then give three or four to eight or twelve minute nursings three times a day. The mothers with the easy flow should give three to four minutes for their babies to nurse; and the other mothers the time specified above. As the children improve, increase the time until they are taking all they want three times a day.

If mothers or nurses would watch the babies and cut down the intake of food *instanter* on the appearance of curds in stools or on the increase in urination, constipation would not flourish as it now does among young children.

7--Constipation in Children

Children should be educated into having a bowel movement every morning before starting to school. It is the parents' duty to see to the education of their children in a knowledge of laxative foods, and when to eat them, and the evils resulting from neglect of the bowels.

School boards should provide footstools where the vault seats are too high. It is necessary for the thighs to press against the abdomen to give the abdominal muscles support while bearing down to force expulsion of feces. This is required by grown-ups as well.

Treatment: When children become constipated their diet must be modified to meet requirements. The amount of starch must be reduced. They should not eat more than half their usual amount of bread, toast, cereals or breakfast foods. They are to be fed more fruit: prunes, black figs, fresh pears, baked apples, fresh uncooked fruits. The child should eat all desired of the fruits for breakfast, followed with a cup or two of teakettle tea.

Cooked cereal, dressed with milk and salt, followed with teakettle tea for lunch. No cream or sugar.

For dinner, whole-wheat biscuit, or muffins, butter and a little honey; follow with a glass of teakettle tea, sipping slowly. This dinner every other day; the alternate dinners may be whole-wheat bread, corn bread or baked potatoes and butter with a combination salad; also succulent vegetables if desired.

When mucus is occasionally seen in the stools it indicates colitis. Abdominal paincolic-is caused by gas distention, with soreness to touch on slight pressure. Stop food, use copious enemas until bowels are relieved of accumulation, and then feed as above directed, watching for symptoms of constipation. When there is distention from gas with soreness or pain, give fruit juices only and relieve the gas distention by enemas. Don't allow a surgical maniac to remove the appendix.

Positively no eating between meals. Sweets, especially syrups, eaten with bread or other starch, tend to develop acidity and colic. Sugar on breakfast foods leads to indigestion.

Children with constipation, frequent attacks of colic, or discomfort in stomach and bowels must be kept away from candy and sweets. Sweet potatoes, navy or butter beans, ginger bread, sugar on breakfast foods, and eating between meals must be avoided. They should be allowed to stay from food long enough so that they can take with relish toasted whole-wheat bread and butter, and after eating it dry, then sip with a spoon a glass or two of teakettle tea; this is for breakfast; for noon meal, bread, butter and fresh fruit; evening meal, a combination salad and toasted bread, once a week baked potatoes and once or twice a week meat. Positively nothing between meals, not even water. If bowels remain constipated after one week of this style of feeding, then change breakfast to a bowl of well-cooked porridge, made from corn or oatmeal. Stir in the porridge one teaspoonful of flaxseed meal, dress with salt and butter, or milk half cream.

Where children are troubled with polyuria (passing great quantities of urine) they must be fed dry foods and fresh fruit, and kept away from milk and water.

Regular meal times, no eating between meals, eating the bread dry, no water drinking, will correct constipation in a short time. If meals are as directed above there will be no thirst. Thirst comes from conventional eating--wrong food combinations--and when the water-drinking habit is established, indigestion, catarrh and all children's diseases follow. Keep this in mind: all diseases of childhood start with gastro-intestinal catarrh, even diphtheria and smallpox.

8--Atonic and Spastic Constipation

The difference between atonic and spastic constipation may be explained as follows:

Atonic Constipation is common; in fact, most constipations are of this order. Sluggishness of the bowels may exist for some time without causing appearances of ill health; perhaps there may be a heavy head or headache, and a lack of energy, without the cause being known. Flatulency and gas distention may cause some discomfort; laxative foods and enemas are effective for relieving. In common constipation there is no excess of mucus; rectum is often full; the sigmoid flexure and the transverse colon are inclined to be

full.

Treatment: Large enemas twice a day until bowels are cleared out, then small enemas every night. Stay in bed for two weeks or longer. Practice the tensing exercise every three hours, as long each time as possible; increase the amount taken as fast as strength increases. When out of bed add walking and other forms of exercise. Get busy, stay busy, and take the M. D. P. Recovery will be slow; but a cure will be speeded up by lots of exercise. Keep the mind and body poised.

Spastic Constipation: The spastic or distorted bowel is caused by drawing or spasm, and is not very common; when present, it may have a neurosis or lead-poisoning history; always gastro-intestinal catarrh, or pronounced colitis with ulceration. The leading symptoms are pain, and mucus in the stools. Pain may be slight or very severe. Some authorities declare that pain belongs to spastic constipation. My experience does not quite agree. Pain is always found in catarrh of any portion of the intestinal canal, and the reason for it is that starch is not well digested and requires so much time that fermentation takes place, causing distention. Distention or inflation with gas is the cause of great discomfort. Where the gas is confined to a given locality by spasm or contraction, the pain is often very great, driving the surgeon more anxious for fees than cures to remove the appendix, ovary, womb, gall-bladder, resect a part of the colon, or remove something, anything. No cure can follow, but that does not matter; the operation was skilfully and successfully performed. Such operations are on the order of daylight bank robberies, except that the intimidation is by a threat that the disease will kill, instead of a gun-play; the latter may be a little more honorable and without detrimental after-effects.

Drugs or anything to force a movement must be much more powerful than is common for atonic constipation and much more painful. Many place diagnostic significance in the shapes of fecal matter as expelled, which is said to be pencil- or ribbon-like. Certainly such shapes must be made by the outlet--the anus; for a peculiar shape formed above must be changed at the outlet. In palpating, the colon feels hard, cord-like and about the size of the little finger, and sensitive. The most pronounced symptom is long, stringy, membranous stools.

Treatment: So far as curing this type of constipation is concerned, it depends on whether the patient will co-operate. It takes time and patience. A stay in bed for months is necessary, with poise of mind and body. Relief may be given these patients by teaching them to eat within their digestive limits of the stomach and upper bowels. Foods that require several hours to digest are passed on to the colon, where digestion has ceased because of disease, and decomposition is ever present. These are not diseases to be corrected by laxative foods and drugs. Enemas high or low when necessary are the only forcing measures that should ever be employed to secure an evacuation; all others increase the disease. Very rarely mineral-spring water enough to bring relief when the enemas fail; the water from the spring, not the concentrates.

Meat, eggs, fish and dairy products may be used, *but never in conjunction with starch*. Starchy foods should not be eaten. Ripe fruit is always admissible. Unripe fruit causes gas distention and pain. Gruel made of any of the cereals and strained, removing bran, hull or rough particles, may be used, if pain does not follow; if pain follows, the starch is not digested and it should not be given. Meat should not be swallowed in chunks. Lamb, chicken, fish or eggs with vegetable salad, dressed with sugar and salt, no oil, for dinner. Milk and water, fifty-fifty, for the other two meals.

Those with this form of constipation are made very miserable by eating foods rich in cellulose; indeed, this element in fruit and vegetables must be removed. In severe types of this disease cooked vegetables are not to be used.

Rough foods usually given to overcome ordinary constipation make patients with colitis, especially the spastic type, most miserable.

For breakfast, a cup or two of gruel (when it can be taken without pain following), seasoned with salt and very little butter. It is to be taken hot and thin enough to sip slowly; or

one or two eggs beaten with strained orange or grapefruit juice, enough to make a cup of the mixture; or

two glasses of hot milk and water, equal parts. These foods are to be taken very slowly. In severe cases hot milk and water up to one quart, twice a day; and for dinner, meat and salad. When much better the dinner may be lean meats broiled or cooked en casserole; a puree of tomato, spinach, celery, asparagus, or cabbage; -and a combination salad run through a vegetable mill or cut very fine; and then the patient must masticate and insalivate well.

Suppers should be the same as breakfast. Milk and water is a safe meal.

Tensing exercise should be practiced daily as much as possible.

All very sick people should attend the Tilden Health School long enough to be educated into knowing how to take proper care of themselves.

9--Gastroptosis

(Falling of the Stomach)

Enteroptosis

(Falling of the Intestines)

A gravitating of the stomach and bowels means the same as gravitation or falling down of the muscles of the arms, legs, abdomen, neck, jaw or cheeks, and gives as much excuse for surgery as do the latter muscles of the surface of the body. Suppose a surgeon should propose surgery for relaxation--ptosis--of the biceps? Beauty doctors shorten the muscles at the sides of the face of lazy women. Expert surgeons operate on gluttonous men and women because their sagging stomachs and bowels refuse to carry the load placed upon them. Why? The bowels and muscles named have lost their tone from neglect of exercise, and to endeavor to restore them to their rightful position by surgical operation is idiotic faddism. Certainly to advocate such a procedure shows ignorance of the fundamentals of physics.

The lost power may be shown in many ways. One of the commonest is gas distention with borborygmus (rumbling in bowels). When the lost tone is great the bowels may become greatly distended because they have lost power to force the gas down and out. This lost peristaltic (expulsive function) power favors accumulation of fecal matter and gas. In severe ballooning of the intestine I have seen patients and doctors fooled into believing that pregnancy existed. Lost tone of stomach and bowels, due to neglect of exercise, is followed by slow digestion and a filling up of these organs with gas. The gas distention favors constipation; also, besides causing discomfort, pain, heart palpitation, nervousness, apprehension and discouragement, the gas distention, in those with much fat accumulation, causes intra-abdominal pressure and a dropping down of the pelvic organs--the reproductive organs--and bladder. This adds another cause of constipation by obstructing the rectum and furnishes operations for exploiting surgeons.

Ptosis of the sigmoid flexure of the colon, and prolapsus of the rectum, present the most obstinate forms of constipation. Indeed, the name "constipation" is a misnomer, for the inability to have a movement is due to obstruction--a blocking of the passage by folding and dropping down of the mucous membrane of the colon and rectum into the axes of the rectal strait, most effectually blocking the fecal passage.

The free circulation of the blood in the pelvic organs is interfered with, causing passive engorgement; following which enlargement of the womb and fibroid growth develop, which adds to the obstruction. Add to this formidable array of symptoms colitis, proctitis, prolapsus of the rectum and piles, and we have a complicated state that taxes the most skilled physicians to overcome. Surgery *cures* by removing the offending organs--simple, isn't it? Add poverty to a symptomcomplex of this character and, without excellent good sense on the part of the patient, a cure is hopeless. Of course charitable hospitals relieve these patients of their appending organs, for God's sake, and incidentally give practice to ambitious surgeons, enabling them to become expert in alluring the elusive lucre from one checking account to another, and in this way improve the circulation and keep the public's feet warm.

Treatment: Such cases require several months in bed, with faithful exercising every three hours every

day, and a limited supply of food.

Exercise is positively necessary to help overcome this most stubborn type of constipation, and in no other way can it be cured.

Exercise is a necessary auxiliary to the cure of all diseases, and certainly constipation is no exception to the rule. The best treatment must fail unless perfect poise of mind and body can be secured. Impatience, irritability, fear, apprehension put such cases in the invalid class for life.

Self-control must be the first therapeutic measure instilled, without which the treatment starts with failure. Full self-control places nearly every incurable disease in the curable class. Self-control means the giving up of every bad habit, both mental and physical. This accomplished, nature has a clear field; all the doctor can do is to help in removing obstruction, not organs, but bad habits of body and mind, giving hope and overcoming ignorance; and in this he is liable to be more of a vandal than a help if he fails to keep his eye on *service*.

Ptosis or falling down of the abdominal and pelvic organs is the cause of the diseases that furnish the surgeon with most of his operations. Constipation is first, last and all the time one symptom of ptosis; it is built by ptosis and ptosis is built by it. When constipation is established, increase in toxemia follows as surely as the night follows the day--as surely as effect follows cause--and when toxemic saturation is developed, *the universal cause of all diseases* is established. Just what disease will develop depends on diathesis, habits and environmental influences. Diathesis, like the tubercular or gouty, will cause those who have erred in living until their general health is broken down with toxemia to develop tuberculosis or rheumatism. Those with special organic diatheses will have their vulnerable organs break down and disease will be in keeping with the diathesis; for example, if the hereditary tendency is to cancer of the breast, womb, or stomach, this disease of these organs will develop. Habit and environment will hasten the development of diseases to which inheritance predisposes, and where there is no predisposition, the organs that receive the stress of bad habits will give down and in time develop organic disease.

When so much disease and its accompanying discomfort and unhappiness are liable to follow neglect of exercise and right living, it certainly behooves the healthy and those who are just entering the life of invalidism to get busy and right all errors. It is no uncommon thing to see the food-poisoned dragging themselves about, old and decrepit, yet not sixty years of age, many from thirty to forty.

Exercise or physical culture cannot take the place of correct diet, and *vice versa*; and the mental attitude is not to be neglected. It should not be forgotten that optimism is as necessary as right living and exercise, for it is optimism that makes reform possible; the pessimist paralyzes his will for acting and getting benefit by autosuggestion. To him it is: "Oh, what's the use?" There is but one answer, namely, everything is purposeful and necessary, and is for our good if we learn from experience to adjust ourselves to nature's requirements. It is only when we disregard law and order that we pay with discomfort, and if we disregard pain and refuse to be taught by it, then we pay with our lives.

When there is constipation, gas in bowels, and the accompanying discomfort, and the X-ray doctor declares that there is ptosis, and the surgeon declares there is appendicitis or gall-bladder derangement, and consultants insist on taking out the appendix, and draining the gall-bladder or extirpating it, etc., etc., don't do it, but get busy as follows:

In all cases of ptosis the patient must be kept in bed with warmth to feet, and taught the tensing exercises. The knee-shoulder position must be practiced often every day.

After the morning exercise, a warm sponge bath, followed with dry towel rubbing; then back to bed, to be followed with exercise every three hours. Patients in full weight should fast for a week, and when the tongue is coated, a stomach lavage every morning for a week; a two-quart warm-water enema every night for a week and after the first week a pint salt-water enema may be used every night until the bowels are regular. It should not be forgotten that as soon as enervation is overcome, secretions and excretions will be established, after which the bowels will function. Every forcing measure used to move the bowels, even

the larger enema, enervates and delays recovery. Sometimes, in nervous subjects who are more constipated in their minds than in their bodies, a little forcing may be necessary for the psychological effect. Those in full flesh should fast until well cleaned up.

Correct all constipating habits. All stimulants--tobacco, coffee, tea and overeating, as well as improper eating--must stop. Exercise must be practiced daily--often enough and long enough at a time to restore tone to the entire body.

Patients should be free from discomfort for two days, then give orange juice three times a day. If the patient is heavy, overweight, he should fast for a week or two before beginning on the fruit. A daily enema should be used until food other than fruit is being eaten.

The first food besides fruit should be dry toast, followed with a pint of teakettle tea, and given morning, noon and night; after the first day a dish of prunes may be eaten with the breakfast; this eating is to be continued for two or three days, then for noon or night dinner give lamb or chicken stew, cooked spinach or onions, and one other succulent vegetable, and a Tilden salad. This meat dinner is to be used every other day, and after a week other meats, eggs, and fish may be used.

The object in eating should be to keep as nearly normal as possible; overeating leads to faulty elimination--constipation.

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CHAPTER V

A FEW PERSONALITIES

WHY do some people win and others lose in every game in life? With very few exceptions the winners are those who study, understand and then *play the game*. Losers are those who trust to luck, or depend on watching the winners and taking advice from them. Those so inclined should know and remember that every individual success is a law unto itself. An imitated success always lacks the personality of the successful. There is as much difference between the successful and their imitators as there is between the animate and the inanimate puppet. Therefore those who would win in making a personal application of the knowledge to be attained in a study of this book, must study it and then apply it.

Those who are looking for formulas of new, strange and specific bowel persuaders and drivers are doomed to disappointment. Indeed, the world is full of books offering cures galore for constipation, and yet constipation remains man's middle name, if not his silent partner.

All cures for constipation up to date are most excellent builders of the derangement. Why not? *Constipation is a symptom of enervation*. Anything that stimulates, irritates, or in any way coaxes, persuades, cajoles, wheedles, pushes or drives the bowels, adds to the sum of enervation and further lessens the functions of secretion and excretion.

Anything that adds to the sum of life, energy, the general tone of the mind and body, increases organic functioning and not only overcomes constipation, but adds power to all organs; hence a cure for constipation means restoring health.

The first thing to do in restoring health is to poise the mind and body. *Mental constipation is to be overcome first. Forget it*. Stop thinking about the bowels and follow the instructions given under the head of your particular type of constipation.

Fear and worry eat up nerve energy and build just what you wish to overcome. Stop them! Play the game with as little thought as possible. If there is one remedy greater than another in restoring health, it is to *Forget It*, and stop talking and writing about it; and when friends are solicitous, and ask about your health, answer promptly and peremptorily, "Fine as Silk!" And smile if it cracks your face. Remove as soon as possible the crepe from your countenance and smile; it is the only way to get rid of the villain who has dismantled you. Keep this in mind: Health is more contagious than disease.

All the powers of evolution are on your side, and if you do not block every natural effort on the part of your body to eliminate, by practicing a lot of mental and physical bad habits, health will win, and full mental and physical efficiency will be your reward.

Do you want all of good that is possible for you to have? All right, play the game. Do not be a quitter, a silly ass, and expect something for nothing. You cannot build health while practicing a lot of enervating habits. Stop all stimulants. Stop thinking evil, doing evil and living a selfish life. A life of service is the secret of health and happiness. Service is the religion of common sense. If a bootblack, polish the heels as well as the toes; if the president of the United States, serve the country, not your constituency necessarily. Service solves all problems of life from constipation to constitutions. Play the game; stop being selfish, which is a synonym of constipation. Do not expect to be cured *instanter*. The habits that brought constipation were practiced a long time; it will take time to get back to the normal. Be hopeful, expectant and patient. Remember this book teaches health, not palliation. If a physic is what you want, go to the druggist. If your old habits force you into taking something to make your bowels move, you need not expect benefit from the advice in this book. To get well will surely reward you for patience, so *play the game*.

Keep this in mind, it will help you: *Constipation is a symptom, not a disease*. Surely you are not foolish enough to expect to cure a disease by treating a symptom. Learn to live for health.

Every reader of this book should read all of our other books also.

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APPENDIX

Teakettle Tea: One-third hot milk and two-thirds boiling water, poured together.

Fifty-Fifty: One-half hot milk and one-half hot water, poured together.

Stomach Lavage: Stomach wash. Introduce syphon tube into stomach and pour warm water through the tube into the stomach. Start with half gallon and use as much water as the stomach will take. Then drop the opening or funnel end of tube into a vessel and allow the water to run out of the stomach through the tube into the vessel.

Triscuit: A whole-wheat product very similar to the shredded wheat biscuit, put up in a little different form, but by the same company.

Three-In-One: 1 tablespoonful table salt, 2 tablespoonfuls bicarbonate of soda and 3 tablespoonfuls Epsom salts. Mix thoroughly and keep in a covered vessel.

Four Tilden Rules: No. 1. Never eat when feeling bad, and you must be absolutely comfortable from one meal time to the next, both mentally and physically, or miss the coming meal.

No. 2. Never eat without a keen relish.

No. 3. Always avoid overeating.

No. 4. Thoroughly masticate and insalivate your food.

Decidedly Starchy Foods: Every preparation made from grains- wheat, rye, oats, barley, corn, rice; also the Irish and sweet potato, dry beans and peas, tapioca, sago, peanuts, chestnuts, bananas, Hubbard squash and pumpkin. The three last named have a decided tendency to ferment. Those troubled with sour stomach should not eat them.

Non-Starchy Vegetables: Beets, turnips, carrots, parsnips, summer squash, cabbage, cauliflower, Brussels sprouts, green corn, green peas, string beans, asparagus, onions, egg plant, salsify, okra, kohlrabi, endive, lettuce, tomatoes, cucumbers, celery, chard, spinach, dandelion, and all plants used as greens.

The use of the word "non-starchy" is purely arbitrary, for there is starch in all vegetables, but it exists in relatively small proportions in the so-called non-starchy vegetables.

Prunes and Figs: The sweet fruits are not recommended to overcome constipation, but there is no

objection to their use occasionally in those who can use them without acid fermentation and flatulency following.

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