

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

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

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

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

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