

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

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

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

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