

People find it hard to pray without distraction or to meditate without getting sleepy, and they are liable to think of themselves as perhaps being the object of very special attention on the part of certain evil spirits who make it their business to distract and obtund those who are trying to put themselves in communication with the Most High, when all that is really the matter is that they are absorbing certain materials which ought to be excreted promptly but which are being delayed in their intestinal tract longer than is good for the individual.

I am not one of those who believe that intestinal auto-toxemia is a very serious condition which produces dire results, but I know very well that absorption in any quantity of residual materials from the intestinal tract that were meant to be excreted will produce langour and sluggishness. The present fad among certain physicians for attributing a great many serious symptoms to intestinal auto-intoxication has no basis in physiological chemistry and represents only one of those exaggerations of a minor truth for which medicine is so famous. The idea of self-poisoning, which is all that auto-intoxication means, is a very old one in medicine and the use of drastic purgatives such as calomel in large doses and the antimonial purges and then of blood letting represent the responses to this idea which doctors made in an older time. We know that they did harm and those who would exaggerate the meaning of auto-intoxication in our time are likely to do just as much harm, but there is no doubt at all that obstipation will make the majority of human beings uncomfortable and take away their initiative and keep them from being up to their best in mental and spiritual matters. To use some of the greatly advertised remedies or modes of treatment which are suggested for