

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

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

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

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

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

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