

mewhat from the
n what I am about
frankness in nar-
treatment under
hich led to them,
h they were sug-
ne purchaser and
fore, try in every
understood, and
seem to be neces-

before the pub-
s, who had read
had realized its
o the probable
ne most intense
d my reasonable
ruly assert, and
of living wit-
my journalistic
issued, I have
various sections
y health, and
le duration of
in the cause
unexpectedly

n clergymen
st invariably
ation of my
bstantialism
of complete
to the full
cause.
on account
ad received
h my own

life has entirely depended for its continuance, I have determined to offer to all these friends, as well as to the world at large, the benefits of the discoveries by which I am now alive, and by which I was raised from the condition of an emaciated consumptive forty years ago to my present robust health.

For several years I have been urged to print the details of the new hygienic treatment in the columns of the *Microcosm*, and then later in the *Scientific Arena*, and at one time I had thought of so doing, and even, intimated the purpose in one of the earlier volumes of the *Microcosm*; but on reflection I saw that the minutia of the treatment would hardly be suitable for a popular magazine other than one devoted to some phase of medical science, and, therefore, withheld the suggested publication.

Besides, I had a great desire, as before intimated, to wait till I had by practical test rounded out the first forty years of experimentation upon myself as a practical and reasonable gauge to the probable working and permanent value of the new system of hygienic treatment to mankind. That time having now arrived, and the various conditions and prospects of my health and continued ability to work conspiring to the final publicity of this greatest discovery of my life, and what I conscientiously regard as the greatest discovery of all time as relates to human health and longevity, I have decided to wait no longer, lest by some peradventure my career should suddenly be cut short and the world should thus be deprived of the value of that to which no wealth or other emolument can bear the slightest comparison.

I have given herewith an engraving which represents the entire alimentary or intestinal canal from the entrance of food into the stomach to the final exit of the excrementitious residue after the nutrient portions have been extracted and absorbed into the system. This illustration of the intestinal apparatus, with a full description of the same, is given to assist the reader in under-