

# Why Man of To-day Is only 50 per cent. Efficient

By WALTER WALGROVE

If one were to form an opinion from the number of helpful, inspiring and informing articles one sees in the public press and magazines, the purpose of which is to increase our efficiency, he must believe that the entire Dominion is striving for such an end—

And this is so.

The Canadian Man, because the race is swifter every day; competition is keener, and the stronger the man the greater his capacity to win. The stronger the man the stronger his will and brain, and the greater his ability to match wits and win. The greater his confidence in himself, the greater the confidence of other people in him; the keener his wit and the clearer his brain.

The Canadian Woman because she must be competent to rear and manage the family and home, and take all the thought and responsibility from the shoulders of the man, whose present-day business burdens are all that he can carry.

Now what are we doing to secure that efficiency? Much mentally, some of us much physically, but what is the trouble?

We are not really efficient more than half the time. Half the time blue and worried—all the time nervous—some of the time really incapacitated by illness.

There is a reason for this—a practical reason, one that has been known to physicians for quite a period, and will be known to the entire world ere long.

That reason is that the human system does not, and will not, rid itself of all the waste which it accumulates under our present mode of living. No matter how regular we are, the food we eat and the sedentary lives we live (even though we do get some exercise) make it impossible; just as impossible as it is for the grate of a stove to rid itself of clinkers.

And the waste does to us exactly what the clinkers do to the stove; make the fire burn low and inefficiently until enough clinkers have accumulated and then prevent its burning at all.

It has been our habit, after this waste has reduced our efficiency about 75 per cent., to drug ourselves; or after we have become 100 per cent. inefficient through illness, to still further attempt to rid ourselves of it in the same way—by drugging.

If a clock is not cleaned once in a while it clogs up and stops; the same way with an engine because of the residue which it, itself, accumulates. To clean the clock, you would not put acid on the parts, though you could probably find one that would do the work, nor to clean the engine would you force a cleaner through it that would injure its parts; yet that is the process you employ when you drug the system to rid it of waste.

You would clean your clock and engine with a harmless cleanser that Nature has provided, and you can do exactly the same for yourself, as I will demonstrate before I conclude.

The reason that a physician's first step in illness is to purge the system is that no medicine can take effect, nor can the system work properly while the colon (large intestine) is clogged up. If the colon were not clogged up the chances are 10 to 1 that you would not have been ill at all.

It may take some time for the clogging process to reach the stage where it produces real illness, but, no matter how long it takes, while it is going on the functions are not working so as to keep us up to "concert pitch." Our livers are sluggish, we are dull and heavy—slight or severe headaches come on—our sleep does not rest us—in short, we are about 50 per cent. efficient.

And if this condition progresses to where real illness develops, it is impossible to tell what form that illness will take, because—

The blood is constantly circulating through the colon and, taking up by absorption the poisons in the waste which it contains, it distributes them throughout the system and weakens it so that we are subject to whatever disease is most prevalent.

The nature of the illness depends on our own little weaknesses and what we are least able to resist.

These facts are all scientifically correct in every particular, and it has often surprised me that they are not more generally known and appreciated. All we have to do is to consider the treatment that we have received in illness to realize fully how it developed and the methods used to remove it.

So you see that not only is accumulated waste directly and constantly pulling down our efficiency by making our blood poor and our intellect dull—our spirits low and our ambitions weak, but it is responsible through its weakening and infecting processes for a list of illnesses that if catalogued here would seem almost unbelievable.

It is the direct and immediate cause of that very expensive and dangerous complaint—appendicitis.

If we can successfully eliminate the waste, all our functions work properly and in accord—there are no poisons being taken up by the blood, so it is pure and imparts strength to every part of the body instead of weakness—there is nothing to clog up the system and make us bilious, dull and nervously fearful.

With everything working in perfect accord and without obstruction, our brains are clear, our entire physical being is competent to respond quickly to every requirement, and we are 100 per cent. efficient.

Now this waste that I speak of cannot be thoroughly removed by drugs, but even if it could the effect of these drugs on the functions is very unnatural, and if continued becomes a periodical necessity.

Note the opinions on drugging of two most eminent physicians:

Prof. Alonzo Clark, M.D., of the New York College of Physicians and Surgeons, says: "All of our curative agents are poisons, and, as a consequence, every dose diminishes the patient's vitality."

Prof. Joseph M. Smith, M.D., of the same school, says: "All medicines which enter the circulation poison the blood in the same manner as do the poisons that produce disease."

Now, the internal organism can be kept as sweet and pure and clean as the external and by the same natural, sane method—bathing. By the proper system warm water can be introduced so that the colon is perfectly cleansed and kept pure.

There is no violence in this process—it seems to be just as normal and natural as washing one's hands.

Physicians are taking it up more widely and generally every day, and it seems as though everyone should be informed thoroughly on a practice which, though so rational and simple, is revolutionary in its accomplishments.

This is rather a delicate subject to write of exhaustively in the public press, but Chas. A. Tyrrell, M.D., has prepared an interesting treatise on "The What, The Why, The Way" of the Internal Bath, which he will send without cost to anyone addressing him at Room 381, 286 College Street, Toronto, and mentioning that they have read this article in The Grain Growers' Guide.

Personally, I am enthusiastic on Internal Bathing, because I have seen what it has done in illness as well as in health, and I believe that every person who wishes to keep in as near a perfect condition as is humanly possible should at least be informed on this subject; he will also probably learn something about himself which he has never known through reading the little book to which I refer.—Advertisement.

## Our Ottawa Letter

G.T.P. Debate Ended—Militarists Still Wasting Money—C.N.R. Deal Nearing Completion—Budget Monday

(By The Guide Special Correspondent)

Ottawa, April 3.—This week has seen the conclusion of the debate on Hon. George P. Graham's motion of censure of the government relating to the report of the investigating commission which inquired into the cost of construction of the National Transcontinental Railway. On a vote of 105 to 67, a government majority of 38, the ministerial party declared its faith in the findings of the commission. The last stage of the debate was marked by speeches by Sir Wilfrid Laurier, who said a final word in condemnation of the report of the commission, and Premier Borden, who, in finally closing the discussion defended the report as tabled in parliament. So thoroughly had the previous speakers covered the ground that the two leaders experienced some difficulty in finding anything new to say in regard to the matter. In so far as a discussion of the details of the report was concerned anything said by them had already been covered by the speakers on either side, who had preceded them. The chief interest in the speeches made by the Prime Minister and Sir Wilfrid was, therefore, confined to what they had to say by way of condemnation or defence of the members of the commission.

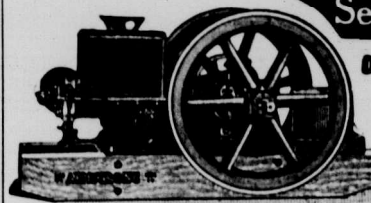
Sir Wilfrid Laurier was emphatic in his declaration that Lynch-Staunton was a partisan of the worst kind, and that he did not drop his partisanship when appointed by the government to undertake this important work. He had neglected his duty at Ottawa, he said, to take part in the South Bruce by-election. He had come from that campaign in a disappointed mood to frame his report. Sir Wilfrid said that this was contrary to all practice. In 1880, when Sir John Macdonald named a commission to inquire into similar charges made against the Mackenzie administration in connection with the construction of the I.C.R. he had appointed as a commissioner a Mr. Shanly, an engineer of high repute, who was absolutely disassociated from politics. As for Mr. Gutelius, Sir Wilfrid maintained that he had taken part in the general election of 1911; that as soon as the Conservatives came into power he had become the confidential adviser of the minister of railways, and that, as a result, he had in the course of a short time been advanced to the position of general manager of the I.C.R. at a salary of \$20,000 per year, a post which had been honorably filled for many previous years by David Pottinger for \$6,000 per annum. It was not fair, he said, to put a man in a position where he had to choose between his salt and his duty. That was the position in which Mr. Gutelius was placed, and he was afraid that he had chosen his salt rather than his duty.

Borden Defends Commissioners Premier Borden, in the course of his reply, warmly defended both of the commissioners. He described Mr. Lynch-Staunton as a man of ability and character quite equal to that of any of the members sitting to the left of the speaker, from the highest to the lowest. Mr. Staunton, he said, had shown his good faith and honesty throughout the inquiry. He had demonstrated the lack of any pressure from the government as to the nature of the report by making references to the Quebec Moncton section which he knew to be contrary to views expressed by himself (Mr. Borden). As for Mr. Gutelius, Mr. Borden remarked that the chief criticism of him seemed to be that he was an American citizen. This was no reason, he said, why he was not the right sort of a man to make such an inquiry, while it was a reflection upon the thousands of Americans who had settled in this country and were amongst our best citizens.

The net result of the nine days' talk is probably one that will leave the mind of the average man just about where it was before the report was brought down and the discussion commenced. Conservatives will be prone

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