

## What Is Auto-Intoxication-- And How to Prevent It

By C. G. Percival, M.D.

Perhaps the best definition I have ever noted of Auto-Intoxication is "Self-Intoxication, or poisoning by compounds produced internally by oneself."

This definition is clearly intelligible because it puts Auto-Intoxication exactly where it belongs; takes it away from the obscure and easily misunderstood, and brings it into the light as an enervating, virulent, poisonous ailment.

It is probably the most insidious of all complaints, because its first indications are that we feel a little below par, sluggish, dispirited, etc., and we are apt to delude ourselves that it may be the weather, a little overwork or the need for a rest.

But once let it get a good hold through non-attention to the real cause and a nervous condition is apt to develop, which it will take months to correct. Not alone that, but Auto-Intoxication so weakens the foundation of the entire system to resist disease that if any is prevalent at the time or if any organ of the body is below par a more or less serious derangement is sure to follow.

The ailments which have been commonly, almost habitually, traced to Auto-Intoxication, are: Languor, Headache, Insomnia, Biliousness, Melancholia, Nervous Prostration, Digestive Troubles, Eruptions of the Skin, Rheumatism, Neuralgia, Kidney Disturbance, Liver Troubles.

There are several conditions which may produce Auto-Intoxication, but by far the most common and prevalent one is the accumulation of waste in the colon, caused by insufficient exercise, improper food or more food than nature can take care of under our present mode of living.

I wonder if you realize how prevalent this most common cause of Auto-Intoxication really is—the clearest proof of it is that one would be entirely safe in stating that there are more drugs consumed in an effort to correct this complaint than for all other human ills combined—it is indeed universal, and if it were once conquered, in the words of the famous medical scientist, Professor Eli Metchnikoff, "the length of our lives would be nearly doubled."

He has specifically stated that if our colons were removed in early infancy we would in all probability live to the age of 150 years.

That is because the waste which accumulates in the colon is extremely poisonous, and the blood, as it flows through the walls of the colon, absorbs these poisons until it is permeated with them. Have you ever, when bilious, experienced a tingling sensation apparent even above the dormant sensation which biliousness creates? I have, and that is Auto-Intoxication away above the danger point.

Now, if laxative drugs were thorough in removing this waste, there could be no arraignment against them—

But they are at best only partially effective and temporary in their results,

and if persisted in soon cease to be effective at all. Their effect is, at best, the forcing of the system to throw off a noxious element, and they therefore "jolt" nature instead of assisting her.

There is, however, a method of eliminating this waste, which has been perfected recently after many years of practice and study, which might be aptly termed a nature remedy. This is the cleansing of the colon its entire length, at reasonable periods, by means of an internal bath, in which simple warm water and a harmless antiseptic are used.

This system already has over half-a-million enthusiastic users and advocates, who have found it the one effective and harmless preventive of Auto-Intoxication, and a resulting means of consistently keeping them clear in brain, bright in spirits, enthusiastic in their work and most capable in its performance.

The one great merit about this method aside from the fact that it is so effectual is that no one can quarrel with it because it is so simple and natural. It is, as it is called, nothing but a bath scientifically applied. All physicians have for years commonly recommended old-fashioned Internal Baths, and the only distinction between them is that the newer method is infinitely more thorough, wherefore it would seem that one could hardly fail to recommend it without stultifying himself, could he?

As a matter of fact, I know that many of the most enlightened and successful specialists are constantly prescribing it to their patients.

The physician who has been responsible for this perfected method of Internal Bathing was himself an invalid twenty-five years ago. Medicine had failed and he tried the old-fashioned Internal Bath. It benefited him, but was only partially effective. Encouraged by this progress, however, he improved the manner of administering it, and as this improved so did his health.

Hence, for twenty-five years he has made this his life's study and practice until to-day this long experience is represented in the "J. B. L. Cascade." During all these years of specializing, as may be readily appreciated, most interesting and valuable knowledge was gleaned, and this practical knowledge is all summed up in a most interesting way, and will be sent to you on request, without cost or other obligations, if you will simply address Chas. A. Tyrrell, M.D., Room 256, 257 College street, Toronto, and mention having read this article in the Winnipeg Western Home Monthly.

The inclination of this age is to keep as far away from medicine as possible, and still keep healthy and capable. Physicians agree that 95 per cent of human ailments is caused by Auto-Intoxication.

These two facts should be sufficient to incline everyone to at least write for this little book and read what it has to say on the subject.

sack style and 7 yards for the gown style for a 36-inch size. A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

**1581—Costume for Misses and Small Women (with Sleeve in Either of Two Lengths)**—Mixed suiting in green and brown tones was used for this style, with trimmings of brown and braiding in green. The design is unique in its detail and finish. The fronts show a smart vest, topped by an over-vest or chemisette. The back and side fronts are gathered below yoke portions. The sleeve is loose, and finished with a shaped cuff at wrist length. In short length it has turnback cuff. The skirt flares with fashionable fullness, and is fitted with plaits at the sides, in front and back. Pointed tab sections form a smart finish. This design is lovely for broad-

cloth or serge, with matched satin for trimming, and nice for velvet combined with taffeta. Gabardine, voile, poplin, repp, taffeta, woolen mixtures, checked and plaid suitings are also nice for it. The pattern is cut in 3 sizes: 16, 18 and 20 years. Size 16 will require 6½ yards of 36-inch material. The skirt measures about 3½ yards at the foot. A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

**1573—Girls' One-Piece Yoke Dress, with Sleeve in Either of Two Lengths**—This model is excellent for school or general wear, but may also be developed for a best dress. Serge, gabardine, cashmere, poplin, repp, galatea, gingham, khaki, linen, percale and chambray are all suitable for its development. The dress has plaited portion attached to a square

yoke, and held to position by the belt. The sleeve in wrist length is finished with a narrow flare cuff. In short length a turn back cuff forms a smart trimming. The pattern is cut in 4 sizes: 8, 10, 12 and 14 years. It requires 4½ yards of 36-inch material for a 10-year size. A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

**1580, Waist—1577, Skirt**—This attractive gown was developed from Waist pattern 1580 and Skirt pattern 1577. The model has good lines and attractive style features. The waist is cut with a convertible collar and may be finished with or without the bolero. The skirt has a yoke, shaped in points, to which the flare sections are joined. As here shown brown gabardine was used for bolero and skirt portions, and ecru lace allover for the waist. Velvet or taffeta could be used with plaid silk or matched satin for the waist. A medium size requires for the waist pattern 2½ yards of 36-inch material with 1½ yard for the bolero. It is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. The skirt requires 3½ yards of 54-inch

**1448—A Pleasing and Popular Mode—Costume for Misses and Small Women (with Sleeve in Either of Two Lengths, and with Five Gore Skirt)**—Plaid suiting in gray and blue tones was used for this style. It is nice for serge, taffeta, gabardine, cashmere, linen, gingham, chambray, voile and poplin. The waist has simple lines and is trimmed with a deep collar. The long sleeve has a straight cuff with pointed over portion, and in elbow length, is finished with a shaped turn back cuff. The pattern is cut in 3 sizes: 16, 18 and 20 years. It requires 6½ yards of 36-inch material for a 16-year size. The skirt measures about 2½ yards at the foot. A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

**1588—Girls' Dress in One-Piece Style with Sleeve in Wrist or Elbow Length**—Brown galatea with trimming of checked gingham or blue serge with red poplin for collar and cuffs would be nice for this model. The right front overlaps the left at the closing. The fullness of the dress is held by a belt. The cuff finish of



material. It is cut in 6 sizes: 22, 24, 26, 28, 30 and 32 inches waist measure. The skirt measures about 3½ yards at the foot. This illustration calls for two separate patterns which will be mailed to any address on receipt of 10c for each pattern in stamps.

**1307—A Practical Up-to-Date Under Garment—Ladies' Corset Cover and Petticoat**—This style is good for lawn, crossbar muslin, dimity, crepe, cambric, batiste or silk. It may be trimmed with lace or embroidery edges, or the free edges may be embroidered in scallops, and the fullness over the fronts drawn up through embroidered eyelets. The neck edge could be finished with a casing of beading or band of embroidery. The skirt may be made without the ruffle, and like the corset cover could be embroidered or lace trimmed. The pattern is cut in 3 sizes: small, medium and large. It requires 3½ yards of 36-inch material for a medium size, without the ruffle, which will require 3¾ yards of embroidery. A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

the sleeve is neat and comfortable in either length. The pattern is cut in 5 sizes: 4, 6, 8, 10 and 12 years. It requires 3 yards of 44-inch material for a 6-year size. A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

**1590—Ladies' Costume with Sleeve in Wrist Length, with or without Deep Cuff or in Short Length with or without Flare Cuff**—This portrays a very smart style, suitable for any of the combinations now in vogue. In blue poplin or moire, with satin to match or green serge and matched satin it will make a very handsome gown for afternoon or calling. The waist has surplice fronts which form a yoke over the upper part. The sleeve may be finished in wrist length with a simulated or added deep cuff or in short length with a new flare cuff. The skirt is cut with ample fullness and has plaited extensions at the sides of the front panel. The pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. Size 36 will require 6 yards of 44-inch material for a medium