

Whether we defer it two days or four days as our business necessities, engagements and circumstances may sometimes require, we never have a call or the slightest demand for a movement till we begin to feel oppressed and are ready deliberately to wash the inside just as we would prepare to take a bath at stated periods and wash the outside. This is our experience and has been for more than forty years, and all the money in Wall Street would not buy us off.

Dr. Stevens, however, one of the soundest medical thinkers, and who has been a thorough practitioner of our treatment for more than twenty years, or ever since we first revealed it to him, declares in a letter now before us that it in no wise interferes in his case with the normal movements of his bowels, as he has frequently discontinued the treatment for a week or so for the very purpose of testing its effects in this direction.

We ought to note here before closing this supplement, that a few persons who have adopted this flushing treatment, because they have no movement the next day, suppose that all natural action has ceased, and at once they become alarmed and write to us to know what is the matter! We answer—just what naturally ought to be the matter. If the colon is flushed and cleaned out as it should be, it naturally ought to take it a couple of days to fill up again, and if a person were not gorging his stomach with twice as much food as the nutrient conditions of his organism require, it might take three and even four days before the colon was sufficiently recharged for another evacuation-pressure.

The truth is ninety-nine hundredths of the people eat double as much food as is required to keep the human engine properly fired up for running the machinery of the body, and especially the more important machinery of the mind. We never eat but two meals a day, and these moderate, and have never been so well physically, and so vigorous intellectually, as when living on one square meal a day.