

omy, I saw that not
seeds of disease and
ridity from the *colon*
m and jejunum, but
sted, helped on these
affected parts of the
n the very poisonous
being permitted to rid
abnormally detained
nel below.

I even a mile below
air at every outlet
backs up its deleter-
s to life and health
waste materials. To
w should be flushed
y outlet.

now know, by flush-
nd hydraulic means
generation of acid
this organ's passing
ne duodenum, when
ld again knock for
freeing the colon of
isible absorbents of
and pernicious em-
fluids the germs of
ion in turn, thus free
h its normal health-
of the organism the
racted from the un-
s digested, and from
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atural working of the
ave found to be the
a carefully analyzed
tient and persistent

At the time of the terrible ordeal of which I speak, I saw as plainly as I see now, with all my after and recent study of physiological and anatomical science, that could the *colon* thus be flushed by mechanical means and all obstructions periodically removed, say once in every second or third evening, nature would have a free course to run and be glorified.

I saw absolutely that all my physical ailments and troubles, with the near approach of death, lay in that single source of evil—the engorged *colon*. But was it practicable to realize my ideal thus formed of artificially flushing this reservoir to the complete removal of its contents, and without injury to the organization?

This I resolved to attempt; and to do so, as I had mapped out in my desperation, I must needs fill that entire portion of the intestinal canal with warm water. How much it would contain in addition to its contents, normal and abnormal, I had no means of knowing save by practical experiment, and my desperate condition of health, or rather of disease, had made me almost scientifically reckless, with my own poor body thus as a laboratory for physiological experimentation.

And now, dear reader, after all these stages of approach to the treatment, and broad hints at what is necessary to aid nature, I come at last to the process itself, which I will endeavor to narrate as the priceless secret of my discovery.

I began by purchasing a common bulb-syringe at a drug store, and on the first attempt I forced a pint of water into the rectum, though with considerable difficulty. But small as was the quantity its discharge produced a more beneficial, restfull and exhilarating effect over my whole organism than that of any cathartic I had ever taken, while leaving no detrimental or weakening effects such as an active physic always produces.

So encouraged was I at the result of this initial experiment, that the next evening I doubled the quantity,