

What and Why is the Internal Bath?

By C. GILBERT PERCIVAL, M.D.

Though many articles have been written and much has been said recently about the Internal Bath, the fact remains that a great amount of ignorance and misunderstanding of this new system of Physical Hygiene still exists.

And, inasmuch as it seems that Internal Bathing is even more essential to perfect health than External Bathing, I believe that everyone should know its origin, its purpose and its action beyond the possibility of a misunderstanding.

Its great popularity started at about the same time as did what are probably the most encouraging signs of recent times—I refer to an appeal for Optimism, Cheerfulness, Efficiency and those attributes which go with them, and which, if steadily practiced, will make our race not only the despair of nations competitive to us in business, but establish us as a shining example to the rest of the world in our mode of living.

These new daily "Gospels," as it were, had as their inspiration the ever-present, unconquerable Canadian Ambition, for it had been proven to the satisfaction of all real students of business that the most successful man is he who is sure of himself, who is optimistic, cheerful, and impresses the world with the fact that he is supremely confident always for the world of business has every confidence in the man who has confidence in himself.

If our outlook is optimistic, and our confidence strong, it naturally follows that we inject enthusiasm, "ginger," and clear judgment into our work, and have a tremendous advantage over those who are at times more or less depressed, blue, and nervously fearful that their judgment may be wrong—who lack the confidence that comes with the right condition of mind, and which counts so much for success.

Now the practice of Optimism and Confidence has made great strides in improving and advancing the general efficiency of the Canadian, and if the mental attitude necessary to its accomplishment were easy to secure, complete success would be ours.

Unfortunately, however, our physical bodies have an influence on our mental attitude, and in this particular instance, because of a physical condition which is universal, these much-to-be-desired aids to success are impossible to consistently enjoy.

In other words, our trouble, to a great degree, is physical first and mental afterwards—this physical trouble is simple and very easily corrected. Yet it seriously affects our strength, and energy, and if it is allowed to exist too long, becomes chronic and then dangerous.

Nature is constantly demanding one thing of us, which, under our present mode of living and eating, it is impossible for us to give—that is, a constant care of our diet, and enough consistent physical work or exercise to eliminate all waste from the system.

If our work in confining, as it is in almost every instance, our systems cannot throw off the waste except according to our activity, and a clogging process immediately sets in.

This waste accumulates in the colon (lower intestine) and is more serious in its effect than you would think, because it is intensely poisonous, and the blood circulating through the colon absorbs these poisons, circulating them through the system and lowering our vitality generally.

That's the reason that biliousness and its kindred complaints make us ill "all over." It is also the reason that this waste, if permitted to remain a little too long, gives the destructive germs, which are always present in the blood, a chance to gain the upper hand, and we are not alone inefficient, but really ill—seriously, sometimes, if there is a local weakness.

This accumulated waste has long been recognized as a menace, and Physicians,

Physiculturists, Dietitians, Osteopaths, and others have been constantly laboring to perfect a method of removing it, and with partial and temporary success.

It remained, however, for a new, rational and perfectly natural process to finally and satisfactorily solve the problem of how to thoroughly eliminate this waste from the colon without strain or unnatural forcing—to keep it sweet and clean and healthy and keep us correspondingly bright and strong—clearing the blood of the poisons which made it and us sluggish and dull spirited, and making our entire organism work and act as Nature intended it should.

That process is Internal Bathing with warm water—and it now, by the way, has the endorsement of the most enlightened Physicians, Physical Culturists, Osteopaths, etc., who have tried it and seen its results.

Heretofore it has been our habit when we have been by disagreeable and sometimes alarming symptoms, that this waste was getting much the better of us, to repair to the drug shop and obtain relief through drugging.

This is partly effectual but there are several vital reasons why it should not be our practice as compared with Internal Bathing.

Drugs force Nature instead of assisting her—Internal Bathing assists Nature and is just as simple and natural as washing one's hands.

Drugs, being taken through the stomach, sap the vitality of other functions before they reach the colon, which is not called for—Internal Bathing washes out the colon and reaches nothing else.

To keep the colon constantly clean drugs must be persisted in and to be effective the doses must be increased. Internal Bathing is a consistent treatment, and need never be altered in any way to be continuously effective.

No less an authority than Professor Clark, M.D., of the New York College of Physicians and Surgeons, says: "All our curative agents are poisons, and as a consequence every dose diminishes the patient's vitality."

It is rather remarkable to find that, at what would seem so comparatively late a day, so great an improvement on the old methods of Internal Bathing as this new process, for in a crude way it has, of course, been practised for years.

It is probably no more surprising, however, than the tendency on the part of the Medical Profession to depart further and further from the custom of using drugs, and accomplish the same and better results by more natural means, causing less strain on the system and leaving no evil after-effects.

Doubtless you, as well as other Canadian men and women, are interested in knowing all that may be learned about keeping up to "concert pitch," and always feeling bright and confident.

This improved system of Internal Bathing is naturally a rather difficult subject to cover in detail in the public press, but there is a Physician who has made this his life's study and work, who has written an interesting book on the subject, called "The What, The Why, The Way of the Internal Bath." This he will send on request to anyone addressing Charles A. Tyrrell, M.D., Room 389, 280 College Street, Toronto, and mentioning that they have read this in The Grain Growers' Guide.

It is surprising how little is known by the average person on this subject, which has so great an influence on the general health and spirits.

My personal experience and my observations make me very enthusiastic on Internal Bathing, for I have seen its results in sickness as in health, and I firmly believe that everybody owes it to himself, if only for the information available, to read this little book by an authority on the subject.

—Advertisement.

Maclean's Bank Reform Plan

Continued from Page 7

currency beyond the real needs of the country or beyond its power of redemption. Just now specie payments are suspended all over Canada and unavoidably so, but the Maclean plan contemplates a substantial and adequate gold reserve. The law at present requires a 25 per cent. gold reserve for an issue of Dominion notes up to \$50,000,000. Over and above that sum the government does not issue paper currency except on the basis of 100 per cent. gold reserve. Mr. Maclean believes that the 25 per cent. gold reserve, which is more than ample for an issue of \$50,000,000 would be quite adequate for an issue of \$500,000,000. But the great value of the national currency will be the fact that it has behind it the wealth and credit of Canada. Public securities of the Dominion to the extent of hundreds of millions of dollars find a ready sale without any gold reserve at all being specially provided, because the credit of the country is behind them. The national currency will represent the wealth and credit of the Dominion and by the rediscounting system above referred to, the nation will lend its credit thru the banks to the people.

Admittedly today there is not enough money in the country to meet the legitimate demands of business. The banks are unable or unwilling to issue more money by increasing their circulation; they are unable to extend credit to their customers because they have not got the money and they have no way to rediscount prime paper and good collateral. Mr. Maclean's scheme is to have the banks get more money and get it from the government by rediscounting. The government will issue currency representing the credit of the nation and for security it will have the obligation of the bank, the obligation of the bank's customer and the collateral put up by that customer whether it be municipal bonds, wheat, coal, silver or merchandise.

New Currency Legislation

At the last session of parliament the government took authority to increase the issue of Dominion notes upon a 25 per cent. gold reserve from \$30,000,000 to \$50,000,000. This would have enabled the finance minister, by purchasing \$5,000,000 of gold, to increase the government paper money in circulation by \$20,000,000. He may do so yet, but there is reason to believe that instead of the government issuing additional Dominion notes the gold reserve at Ottawa may be depleted by the transfer of \$15,000,000 of gold from the government to the banks.

Then, again, a law was passed by which the government could rediscount the paper of the customers of any bank if the paper was good. That is to say, the government was authorized to indefinitely increase the national currency or Dominion notes by way of loan to the banks on good security. The government was authorized to issue additional paper money against approved collateral other than gold, but there seems no way to set the machinery in motion unless the chartered banks will apply for the national currency. Apparently they will not make any such application because they want to control the issuing of currency and the power to expand and contract the same. They will not put government money into circulation so long as they have the sovereign power to emit currency. It would therefore seem that the government's plan will fail to work unless it is enlarged to include Mr. Maclean's proposal for the retirement of all bank circulation.

Banks and Circulation

But here it may be asked, pertinently enough, what is the amount of currency upon which we are endeavoring to conduct the business of the country; why can it not be increased to meet the legitimate demands of business; and how is the situation to be helped by act of parliament?

The chartered banks are permitted to issue notes up to the amount of their paid-up capital. They cannot exceed

this amount without being heavily fined, except in certain exceptional cases hereafter noted. The combined capital of all the chartered banks in Canada is \$114,833,877. They have a reserve or rest fund of about the same amount but, while the reserve is really part of the capital, it is not treated as paid-up capital for the purpose of issuing circulation. On July 31 last the bank notes in circulation—practically the currency of the country—amounted to only \$94,000,000 and at no time during the month of July did they exceed \$103,238,177. The banks therefore did not issue as much currency as they were entitled to on their paid-up capital. Neither have the banks availed themselves, to any great extent, of the privilege of issuing circulation against their gold. They are now empowered to issue excess currency to the extent of 15 per centum of their combined capital and rest, but this excess currency is subject to a tax of 5 per cent and has never been in much favor. It was originally an emergency currency for crop moving.

Only Government Can Increase Currency

The excess or emergency currency the banks are allowed to issue is a cumbersome roundabout way of financing, in no way to be compared with the national currency of the United States, which is deposited with the banks for the express purpose of assisting the public, thru the banks, with the national credit.

As we have seen the government issues of paper money do not take any part in the business of the country except for the purposes of small change and for settling clearing house balances between the banks. So far as the business of the country is concerned it depends upon the bank issues, which fell on July 31st, to considerably less than \$100,000,000. Everyone has admitted for a long time that more money is needed and various devices have been resorted to, but always with the design of having bank notes, instead of government money, circulate among the people. It has been argued that the banks should increase their capital but the old stockholders, with their interest in the vast reserves, will not hear of any new shares being issued except at an enormous premium. They might increase their capital by dividing their surplus but this they will not do. If the currency of the country is to be increased materially it will evidently have to be increased by a government issue.

Platform Summarized

Mr. Maclean believes that the troublesome problems we have discussed can be solved by proper financial legislation. In short Mr. Maclean stands upon a platform of progressive financial reform which may thus be briefly summed up:

1. The government to supply all currency, based on the credit of the country and further secured by a percentage gold reserve.
2. The government to organize a bank of rediscount, on the lines of the new system of national reserve banks in the United States, for the purpose of making advances in national notes to the chartered banks, on approved securities. The government to have a voice in the management of this discount bank and all chartered banks to be members and shareholders in it.
3. The banks to be allowed to borrow Dominion notes up to the amount of their paid-up capital at, say, one per cent. interest, in place of their present privilege of note issue; all further advances against securities to be at reasonable interest charges.
4. The government and the government bank to fix the rate of interest on bank loans. Call loans by banks, if any, to be under strictest regulation and all stock exchange borrowing from banks to be also under regulation.
5. The issue of securities to be regulated by the government, as well as their flotation by banks.

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