

What Is An Internal Bath?

By R. W. Beal

Much has been said and volumes have been written describing at length the many kinds of baths civilized man has indulged in from time to time. Every possible resource of the human mind has been brought into play to fashion new methods of bathing, not strange as it may seem, the most important as well as the most beneficial of all baths, the "Internal Bath," has been given little thought. The reason for this is probably due to the fact that few people seem to realize the tremendous part that internal bathing plays in the acquiring and maintaining of health.

If you were to ask a dozen people to define an internal bath, you would have as many different definitions, and the probability is that not one of them would be correct. To avoid any misconception as to what constitutes an internal bath, let it be said that a hot water enema is no more an internal bath than a bill of fare is a dinner.

If it were possible and agreeable to take the great mass of thinking people to witness an average post-mortem, their sights, their feelings, and their things they would learn would prove of such lasting benefit, and impress them so profoundly, that further argument in favor of internal bathing would be unnecessary to convince them. Unfortunately, however, it is not possible to do this, profitable as such an experience would be to all. There is, then, only one other way to get this information into their hands, and that is by acquainting them with such knowledge as will enable them to appreciate the value of this long-sought-for health-producing necessity.

Few people realize what a very little thing is necessary sometimes to improve their physical condition. Also, they have almost no conception of how little carelessness, indifference or neglect can be the fundamental cause of the most virulent diseases. For instance, the universal disorder from which almost all humanity is suffering, known as "auto-intoxication," a multitude of other terms, is not only curable, but preventable, through the consistent practice of internal bathing.

How many people realize that normal functioning of the bowels and a clean intestinal tract make it impossible to become sick? "Man of today is only fifty per cent efficient. The other fifty per cent is lost because of a clogged, unclean, and unwholesome intestinal tract."

That it is impossible to continue to do this indefinitely must be apparent to all. Nature never intended the delicate human organism to be operated on a hundred per cent basis. A machine could not stand this and not break down, and the body certainly cannot do more than a machine. There is entirely too much unnecessary and avoidable sickness in the world.

How many people can you name, including yourself, who are physically vigorous, healthy and strong? The number is appallingly small.

It is not a complex matter to keep in condition, but it takes a little time.

TWO STRONG BULGARIAN ATTACKS ARE REPULSED

PARIS, Aug. 31.—The French official statement from Macedonia says: "Army of the east, August 31.—During the day several violent engagements occurred at Strka Di Losen (west of the Vardar River) and in the hills to the west of Monastir. At Strka Di Losen two strong Bulgarian attacks, which had been successful during the night in gaining a foothold in some of our advanced trenches, were repulsed almost completely. A counter-attack, which lasted until midnight, resulted in the capture of the attacks during the day, but was everywhere repulsed.

In the region west of Nonte Peak troops from Seres entered the advanced positions of the enemy and captured a score of prisoners. The region of Monastir and Doiran the Bulgarians were very violent on both sides."

SEBS AND BRITISH REPULSED. BERLIN, Aug. 31.—The German war office reported yesterday says: "Macedonian front. The increased fighting activity continued. In the region of Strka Di Losen, the Bulgarian detachments were repulsed with heavy losses. British battalions were similarly repulsed southwest of Lake Doiran."

PARLIAMENT NOT LIKELY TO END BEFORE SEPT. 15

OTTAWA, Aug. 31.—Despite the announcement in the Senate that Parliament will pass out of existence on September 5, there is little hope of such a speedy prorogation in cabinet circles, where it is expected that the session will continue as long as possible. The only two contentious matters to be disposed of are the franchise bill and the C. N. R. proposition, both of these are likely to take up considerable time. It is predicted that a straight vote will defeat the measure there. A prominent Conservative member today said: "There is no doubt at all about this bill having a hard time. It is known that several Conservatives will oppose it, but we hope for enough Liberal gains to offset that."

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PRACTICAL BOOK BY FORMER LONDONER, IN SECOND EDITION

John D. Hunt Writes About Developing High Type of Citizens.

John D. Hunt, an old London boy and a former student of the London College Institute, is the author of "The Law of a New Patriotism." The book, although only recently published, is already in its second edition. Mr. Hunt taught school for some years, and later practiced law extensively in the West. The great need of a book that would be read especially by younger people, dealing with the best ways of developing good citizens. In the West, where there are so many different races, it is a problem to find a common ground of vital importance. Before Mr. Hunt's book was published, many influential westerners had learned of its coming, and gave him every encouragement. Its importance was at once recognized, and it was able to enter the youth in their declining years, practice internal bathing, and begin today.

Now that your attention has been called to the importance of internal bathing, it may be that a number of questions will suggest themselves to your mind. You will probably want to know WHAT AN INTERNAL BATH IS, WHY TO TAKE THEM, and HOW TO TAKE THEM. These and countless other questions are all answered in a booklet entitled "THE WHAT, THE WHY AND THE WAY OF INTERNAL BATHING," written by Doctor Chas. A. Tyrrell, the inventor of the "J. B. L. Cascade," whose lifelong study and research along this line make him the eminent authority on this subject. Not only has internal bathing saved and prolonged Dr. Tyrrell's own life, but the lives of multitudes of individuals have been equally saved and prolonged. No other book has ever been written containing such a vast amount of practical information to the individual citizen, the publisher of Boston, asking if such a book could be published. The suggestion was made, and the book was written. It is a book that is being taken into consideration. If it comes to pass that a sufficient quantity of Canadian folk song will be found to make a book, then it is entirely probable that one of the very first volumes to be published will be a book of Canadian folk songs. The book is being taken into consideration. If it comes to pass that a sufficient quantity of Canadian folk song will be found to make a book, then it is entirely probable that one of the very first volumes to be published will be a book of Canadian folk songs.

JOHN D. HUNT.

Growers' Association and similar bodies, if there is a call for it, it is to be placed in many of the school libraries of the West, and many copies will be distributed by organizations.

Education Essential. Mr. Hunt's book deals with the establishment of democracy, and he emphasizes that its successful development depends upon the education of the people in political knowledge and the sense of their own responsibility. When citizens fail to realize their responsibilities and lose the inspiration that comes from faith in a "higher law," which neither legislatures nor courts can enforce, the result is a society that is a mockery. The foundation of political liberty is swept away and democracy becomes a mockery. Plutocracy oligarchy grasps the reins of power, and the rights of the people become a thing of the past. This is not the form of government that makes people free. Mr. Hunt's book is a book that is being taken into consideration. If it comes to pass that a sufficient quantity of Canadian folk song will be found to make a book, then it is entirely probable that one of the very first volumes to be published will be a book of Canadian folk songs.

"Procrastination is the thief of time." A thief is one who steals something. Don't allow procrastination to cheat you out of your opportunity. Get the valuable information, which is free for the asking. If you would be natural, be healthy. It is unnatural to be sick. Why be unhappy when it is such a simple thing to be well?

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REAL CANADIAN FOLK SONG, IS THERE SUCH A THING?

Conducted by A. Minor.

Well-Known Firm Favorably Considering the Publication of Volume of Canadian Folk Song—Idea Suggested by Librarian F. Landon.

The term "folk song" wears a sort of delightful halo of sentiment. "Folk songs" are a program, always adds a flavor of historic and geographic as well as romantic value to the number. The designation "folk song" does not serve it or not. Canadian folk song is a term that has been used by those who have been turned out of the world of Scotland and England for the characteristic melodies of Ireland. They have revelled in the old folk songs of France and even of a country which is now not mentioned in polite society.

What about the folk songs of Canada? Has Canada a folk song literature of her own? A prominent local musician was asked, "What is the Canadian folk song?" He answered, "There is no Canadian folk song. The folk song is a term that has been used by those who have been turned out of the world of Scotland and England for the characteristic melodies of Ireland. They have revelled in the old folk songs of France and even of a country which is now not mentioned in polite society."

When we come to hair, what a collection of mope could be cited. "Crieg," it is generally believed, coined only on his birthday. Beethoven never wrote a note of music, but he has been perpetually coming in order to produce that wonderful "Dutch" effect, which has been the cause of so striking. As for the performers, let us dwell for a moment upon the portraits of Radnor and Percy Girdler. Let us consider the long, sable, straight hair of the latter, and the straight hair of the former must be a permanent. It is so different from that worn by the ordinary citizen.

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