

The Wonderful Mission of the Internal Bath

By C. G. Percival, M.D.

Do you know that over five hundred thousand Americans and Canadians are at the present time seeking freedom from small, as well as serious ailments, by the practice of Internal Bathing?

Do you know that hosts of enlightened physicians all over the country, as well as osteopaths, physical culturists, etc., are recommending and recognizing this practice as the most likely way now known to secure and preserve perfect health?

There are the best of logical reasons for this practice and these opinions and these reasons will be very interesting to everyone.

In the first place, every physician realizes and agrees that 95 per cent of human illness is caused, directly or indirectly, by accumulated waste in the colon; this is bound to accumulate, because we of to-day neither eat the kind of food nor take the amount of exercise which Nature demands in order that she may thoroughly eliminate the waste unaided.

That's the reason when you are ill the physician always gives you something to remove this accumulation of waste before commencing to treat your specific trouble.

It's ten to one that no specific trouble would have developed if there were no accumulation of waste in the colon—

And that's the reason that the famous Professor Metchnikoff, one of the world's greatest scientists, has boldly and specifically stated that if our colons were taken away in infancy, the length of our lives would be increased to probably 150 years. You see, this waste is extremely poisonous, and as the blood flows through the walls of the colon, it absorbs the poisons and carries them through the circulation—that's what causes Auto-Intoxication, with all its pernicious enervating and weakening results. These pull down our powers of resistance and render us subject to almost any serious complaint which may be prevalent at the time. And the worst feature of it is that there are few of us who know when we are Auto-Intoxicated.

But you never can be Auto-Intoxicated if you periodically use the proper kind of an Internal Bath—that is sure.

It is Nature's own relief and corrector—just warm water, which, used in the right way, cleanses the colon thoroughly its entire length and makes and keeps it sweet, clean, and pure, as Nature demands it shall be for the entire system to work properly.

The following enlightening news article is quoted from the New York Times:

"What may lead to a remarkable advance in the operative treatment of certain forms of tuberculosis is said to have been achieved at Guy's Hospital. Briefly, the operation of the removal of the lower intestine has been applied to cases of tuberculosis, and the results are said to be in every way satisfactory.

"The principle of the treatment is the removal of the cause of the disease. Recent researches of Metchnikoff and others have led doctors to suppose that many conditions of chronic ill-health, such as nervous debility, rheumatism, and other disorders, are due to poisoning set up by unhealthy conditions in the large intestine, and it has even been sug-

gested that the lowering of the vitality resulting from such poisoning is favorable to the development of cancer and tuberculosis.

"At the Guy's Hospital Sir William Arbuthnot Lane decided on the heroic plan of removing the diseased organ. A child who appeared in the final stage of what was believed to be an incurable form of tubercular joint disease, was operated on. The lower intestine, with the exception of nine inches, was removed, and the portion left was joined to the smaller intestine.

"The result was astonishing. In a week's time the internal organs resumed all their normal functions, and in a few weeks the patient was apparently in perfect health."

You undoubtedly know, from your own personal experience, how dull and unfit to work or think properly, biliousness and many other apparently simple troubles make you feel. And you probably know, too, that these irregularities, all directly traceable to accumulated waste, make you really sick if permitted to continue.

You also probably know that the old-fashioned method of drugging for these complaints, is at best only partially effective; the doses must be increased if continued, and finally they cease to be effective at all.

It is true that more drugs are probably used for this than all other human ills combined, which simply goes to prove how universal the trouble caused by accumulated waste really is—but there is not a doubt that drugs are being dropped as Internal Bathing is becoming better known.

For it is not possible to conceive until you have had the experience yourself, what a wonderful bracer an Internal Bath really is; taken at night, you awake in the morning with a feeling of lightness and buoyancy that cannot be described—you are absolutely clean, everything is working in perfect accord, your appetite is better, your brain is clearer, and you feel full of vim and confidence for the day's duties.

There is nothing new about Internal Baths except the way of administering them. Some years ago Dr. Chas. A. Tyrrell, of New York, was so miraculously benefited by faithfully using the method then in vogue, that he made Internal Baths his special study, and improved materially in administering the Bath and in getting the result desired.

This perfected Bath he called the "J. B. L." Cascade, and it is the one which has so quickly popularized and recommended itself that hundreds of thousands are to-day using it.

Dr. Tyrrell, in his practice and researches, discovered many unique and interesting facts in connection with this subject; these he has collected in a little book, "The What, the Why, the Way of Internal Bathing," which will be sent free on request if you address Chas. A. Tyrrell, M.D., Room 254, 163 College street, Toronto, and mention having read this in The Western Home Monthly.

This book tells us facts that we never knew about ourselves before, and there is no doubt that everyone who has an interest in his or her own physical well-being, or that of the family, will be very greatly instructed and enlightened by reading this carefully prepared and scientifically correct little book.

Correspondence

At the Lakeside

Dear Editor—As I have been a silent reader of your valuable paper for quite a number of years, I at last have found enough courage to attempt writing a letter; I don't suppose it will ever escape the waste paper basket, but as the old saying is, never venture never win, so here goes:

I am not a subscriber to The Western Home Monthly, but my brother is, so I have been fortunate in getting nearly all the numbers to read. I think if I were to mention any favorite pages, it would be "The Young Man and His Problem;" "The Philosopher" and the Correspondence page.

At present I am camping in a small tent by the lakeside, all alone. Of course, there are a few more cottages along the lake. I am not here because I am so fond of spending my vacation at the lakeside, but rather acting on the doctor's advice on account of my health not being the best.

I was raised on a farm in Ontario, where I have lived nearly all my life until last spring, I had a chance of coming west, so I took it. I have spent the summer with my brothers, the eldest being married, so we are not having the batching experience that a great many of the Western boys are having; although I can truly sympathize with them, for I quite well remember my own experience which I had five years ago, when I was out West for four months, and it seemed like a year. It happened that we were just starting up on a section of land that my father had purchased. We landed there with two carloads of settlers' effects and not a building on the farm. It was not the most pleasant experience to have, and having to batch it did not make matters any better. However, through the kindness and generosity of our neighbors, we managed very well. The brother that I speak of has got married since that time.

The crops in this district are looking fine where they have any kind of a chance at all, but it sure is an eyesore to drive along some of the roads and see the weeds; honestly, I have seen some places where you cannot tell the wheat from the summer-fallow. I would think that the high wages and the price that twine is this year would be enough to convince the farmers of the West that it does not pay to be handling so many weeds, when it is very little more work to have a clean crop of wheat. The main thing is to get on the summer-fallow at the right time.

The hail storms which struck our district last year have caused a great many farmers to insure their wheat this year, which I think is a splendid idea.

Any person wishing to correspond with me will find my address with the Editor. I will sign myself

"Lonely Camper."

Sound Advice for "Spitfire" and "Pocahontas"

Dear Editor and Readers—Having at one time been a subscriber to The Western Home Monthly, I take the opportunity of saying a few words to two correspondents. These two individuals seem to be anything but friendly in their discussions regarding their different views, with regard to farm boys in khaki, versus the city boys. Now being a soldier of over two years experience, I think I can make both "Spitfire" and "Pocahontas" see good, sound, judgment on both sides, if they only would bend a bit in each other's direction. If they care to write, I'll answer them, backed by experience gained on the firing line. I'm going back to France for the second time, having just left a hospital a week ago. It takes up too much space to sit and write out the good points in both "Spitfire's" and "Pocahontas'" letters, or else I'd gladly do so. And should they, or others care to write to me, I'll be only too glad to discuss anything regarding soldiering with them, whenever I find time available in which to enjoy myself. Thanking you, I'll close leaving my address with the Editor.

"A Soldier."

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Miss Emma E. Melanson, Halifax, N.S., writes: "I am now 20 years of age, and since I was 16 I have been greatly troubled with constipation, so much so that at times I would be in bed 3 or 4 days a month. I tried all the old fashioned remedies, castor oil, cascara, etc., with only temporary relief until my sister-in-law gave me some of Milburn's Laxa-Liver Pills. From the first they seemed beneficial, and I gave them a fair trial. This was two years ago, and with an occasional dose I have kept entirely free from constipation for the period mentioned."

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