

canal,—especially the *colon*,—unduly detained long after they should have been expelled from the body.

In our present civilized mode of living, such undue deposition of poisonous substances absorbed from the intestinal canal can, as I conceive, only be prevented in one way, and that method forms the basis of the discovery made by the writer more than forty years ago, and which he has since demonstrated in his treatment of himself, in pursuance of that discovery *more than five thousand times*, with results upon his health so conclusive as to leave no shadow of a doubt as to the priceless value of the discovery.

And now, not to keep the reader in suspense any longer than is necessary, I will briefly narrate my own condition at the time of making this discovery, and give a succinct sketch of the process of reasoning by which I was led to the absolute necessity of the treatment itself, narrating the full details of the same, after which I will present some general considerations bearing upon the discovery and its beneficial effects upon health and longevity.

But let me again beg the reader not to skip one word of these preliminary considerations in his eagerness to get at the secret of the discovery, because everything I shall say in approaching this treatment will have an intrinsic value upon the reader's mind in preparing him to reap the real benefits to health and longevity stored up in this revelation.

MY OWN CONDITION, EXPERIENCE AND REASONING WHICH LED TO THE DISCOVERY.

PART II.

At the age of twenty-nine, after years of public speaking, much of the time in public debates and in the open air, I found myself a worn-out, broken-down old man in what ought to have been the prime of my youth.