

NS CONCERNING MENT.

II.

Whatever description, the
as herein set forth, can
on the general system,
testinal canal be unduly
or not.

Nothing the external body
conducive to longevity, by
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and body never of itself
tain may the reader rely
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ease, whatever good they

set forth not only does
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in general, it will, if
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any part of the vital

As prevention is always better than cure, I most earnestly recommend this flushing treatment of the *colon*, to persons in the most exuberant health, at least every third night before retiring, in order to keep pure and uncontaminated the circulation of the vital fluids of the system, even if no sign of disease shall be discernible in any organ of the body. In this way a sound constitution may retain youthful vigor almost indefinitely.

This was the view taken of the new treatment by Dr. Stevens the moment I named it to him in Syracuse, more than twenty years ago,—even before that phase of its advantages had impressed itself upon my own mind.

He was then in the bloom of healthful vigor, and, as soon as it was practically demonstrated to him, he adopted the treatment and put it into regular practice, solely, he said, as a preventive of disease of any kind getting a foothold in his vital economy.

He reasoned that if the prevention of the germs of putridity and decay from entering into the circulation and locating themselves in the organism would cure a complication of diseases, as demonstrated in my own case, then surely, by assisting nature in advance, it would be a manifold easier process to guard against all forms of disease which originate in such deleterious germs if they should be entirely kept out of the circulation in the first place, and thus forestalled in their mischievous work.

The result has been that during all these years the Doctor has not had one day's sickness, and now, in his seventy-first year, is the healthiest and most vigorous man of his age I ever looked upon.

Of course in this respect he holds vastly over the writer with his already shattered constitution to start with and with a fraction only of a left lung to watch and arise from continually recurring colds at the slightest possible provocation.

Among the wonderful effects of this treatment in the cure of human ailments, it is easy to see that troubles of