

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, but, 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, the sights they would see and the 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 doubtless prove to be. 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 disease. For instance, that universal disorder from which almost all humanity is suffering, known as "constipation," "auto-intoxication," "auto-infection," and 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 to-day is only fifty per cent efficient." Reduced to simple English, this means that most men are trying to do man's portion of work on half a man's power. This applies equally to women.

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 overload. A machine could not stand this and not break down, and the body certainly cannot do more than a machine. There is certainly 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, and in these strenuous days people have time to do everything else necessary for the attainment of happiness but the most essential thing of all, that of giving their bodies their proper care.

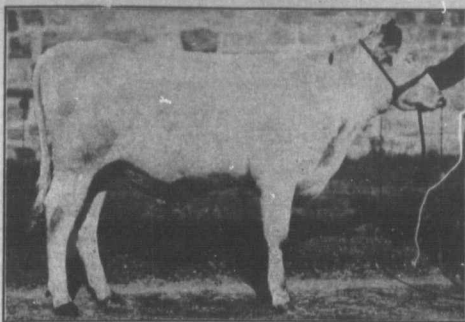
Would you believe that five to ten minutes of time devoted to systematic internal bathing can make you healthy and maintain your physical efficiency indefinitely? Granting that such a simple procedure as this will do what is claimed for it, is it not worth while to learn more about that which will accomplish this end? Internal Bathing will do this, and it will do it for people of all ages and in all conditions of health and disease.

People don't realize, strange to say, how important it is to keep the body free from accumulated body-waste (poisons). Their doing so would prevent the absorption into the blood of the poisonous excretions of the body, and health would be the inevitable result.

If you would keep your blood pure your heart normal, your eyes clear, your complexion clean, your mind keen, your blood pressure normal, your nerves relaxed, and be able to enjoy the vigor of youth in your declining years, practice internal bathing, and begin to-day.

Now if 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** people should take it, and the **WAY** 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. Tyrell, the inventor of the "J. B. L. Cascade," whose life-long study and research along this line make him the pre-eminent authority on this subject. Not only has internal bathing saved and prolonged Dr. Tyrell's own life, but the lives of multitudes of individuals have been equally spared and prolonged. No other book has ever been written containing such vast amount of practical information to the business man, the worker and the housewife. All that is necessary to secure this book is to write to Dr. Tyrell at Room 395, 280 College Street, Toronto, and mention having read this article in *Farm and Dairy*, and same will be immediately mailed to you free of all cost or obligation.

Perhaps you realize now, more than ever, the truth of these statements, and if the reading of this article will result in a proper appreciation on your part of the value of internal bathing, it will have served its purpose. What you will want to do now is to avail yourself of the opportunity of learning more about the subject, and your writing for this book will give you that information. Do not put off doing this, but send for the book now, while the matter is fresh in your mind. "Procrastination is the thief of time." A thief is one who steals something. Don't allow procrastination to cheat you out of your opportunity to get this valuable information, which is free for the taking. If you would be natural, be healthy. It is unnatural to be sick. Why be unnatural when it is such a simple thing to be well?



A Study in Type and Breeding—The New Herd Sire at McDonald College

Pontiac Regis Duplicate Hot Loo has just recently been selected by Prof. Barton to head his herd at Macdonald College. This young sire comes from the best producing families of the breed. His dam, Alberta Maid, has 122 lbs. milk in a day to her credit; 50.43 lbs. butter in a week and 18.19 lbs. milk in eight months. His sire, King Regis Pontiac, as most breeders know, is the sire of Jno. Arfman's famous \$50,000 bull. So that in breeding and production this fellow is about as good as can be secured. But in addition he has the constitution, length and make-up of the typical dairy bull. King Regis Pontiac Hot Loo was produced by Hot Loo Farm, Vaudreuil, Que. See *Farm and Dairy* gossip, Dec. 31.

The Call of the Farm to the Wage Earner

(Continued from page 3)

and parcel of the easy labors of a great city, where people are over-worked, under-exercised, and mentally oppressed. The country boy who believes that he will pull through, that he will win because of sobriety and industry, may well consider the fact that hundreds of boys just as sober and industrious as he have fallen into the drink habit; for the artificial life of the city breeds bad habits.

Just one more instance of the several that I quoted when writing my nephew. I made some alterations recently in the plumbing of my house. I got into conversation with the head plumber. Here is his story: "I get \$1,000 a year. That is about as much as a tradesman can get. Most of us get much less. If we take a single holiday we lose our day's pay. Quite frequently we are out of employment through no fault of our own. Then the savings of previous months disappear like light air. My wife and I have managed to save about \$300 a year by scrimping at every point. A season of hard times would use up the whole."

I don't know what the average wage of the city worker is. Those who get as much as I do, \$1,500 a year, consider themselves very fortunate. My nephew would stand a small chance of securing such a salary. Few country boys would. The labor market is over supplied. Without any special training he would not be able to take up a special line of work. He would have to enter that class where competition for jobs is most severe—that of the unskilled laborers. If my persuasions count for anything, my nephew and I will soon be neighbors up in Huron county.

Many Farm Homes Desire to Adopt Belgian Children

(Continued from page 2)

Scott advised me to see Mr. G. Bogue Smart, Chief Inspector of the Dominion Government of British Immigrant Children, and telephoned to him. Smart and arranged for me to meet him.

A Child's Enthusiast
Mr. Smart is very enthusiastic in regard to the work that he has in hand. He has entire charge of the supervision of all immigrant children brought from the Old Land to Canada. The societies in the Old Land which send children to Canada are required

to inspect the children very carefully, to ensure none but bright, healthy children being allowed to come to this country. When children prove failures the expense of bringing them out is charged back to the society, which ensures their taking the greatest possible care in the selection of the children they send. Mr. Smart has under his direction a number of inspectors in different parts of Canada who visit the children after they have been placed in the different homes. Thus the welfare of the children is thoroughly safeguarded. He stated that 95 per cent of the children thus placed turn out satisfactorily.

Mr. Smart suggested that in event of its being found impracticable to bring Belgian children to Canada, that many of the readers of *Farm and Dairy* might like to adopt the orphaned children of British soldiers. In this connection he stated that he had heard that several hundred of these children had already been sent to orphanages in Great Britain and that many of them would probably be sent to Canada before long. He intimated that *Farm and Dairy* could count on his assistance in every way possible in helping its readers to obtain bright, healthy children and gave me the name of an English gentleman who is directly in touch with this work and to whom I have already written for information.

Some Children Already Placed

Our Folks will remember that some two weeks ago I published a reference to a letter that had been received from Rev. E. C. Hall, of the Children's Aid Society, Oshawa, who mentioned that they had several children in the home at Oshawa for whom they were anxious to find homes and also told their ages. Since the publication of that issue I have received letters from two of our readers who are anxious to adopt some of these children. I sent these applications on to Mr. Hall. Mr. Hall replied that he had already received seven or eight applications as a result of that article in *Farm and Dairy*, in consequence of which homes had been found for all the children from 11 to 18 years of age, and he had been forced to send the extra applications on to some of the homes at other points in Ontario. Mr. Hall concluded his letter by stating: "We have some dear little boys two years, four years, five years and eight years old for whom we would like to find homes. I greatly appreciate the help of *Farm and Dairy*, and trust that I may be able to obtain for some of

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