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I saw in that desperate struggle for existence that the acid thus generated in the stomach from food unduly detained near the very seat of vitality, not only irritated and weakened the digestive membrane of that organ, thus aiding and abetting dyspepsia, but that this corroding and semi-poisonous liquid, after mixing with and partially neutralizing the gastric juice, entered into the general circulation to instigate fevers of all kinds by semi-inflammation of the organic tissues wherever it penetrated, even to the reddened cuticle of the body.

I further saw that to stop the work of poisoning the organism with this dyspepsia-breeding and fever-inflaming acid, there must be room made below into which the stomach could empty itself readily and that this could only be done by some heroic process of disgorging the overtaxed *colon* of its contents, thus enabling the small intestine, by discharging its deleterious contents into its normal reservoir, to make a free course for the stomach and duodenum to do their vital work.

To cure dyspepsia and its sympathetic evil effects on throat, liver, heart, lungs, etc., and thus prevent headaches, no food should be allowed to remain in the stomach till fermentation shall begin. To effect this result, again I assert that the *colon* should periodically be cleared of its contents, when infallibly, by a law as sure as that of gravitation, the intestinal canal above, even up to the *duodenum*, will free itself, thus as infallibly ridding the stomach of all food-remnants before they can have time to ferment and generate their characteristic acid.

For years before the adoption of my discovery I was one of the most wretched victims of dyspepsia that ever lived. For forty years past, however, as I solemnly declare, I have not felt the slightest intimation of that distressing disease, even without a thought as to the kind of food I should eat. This mighty physiological change is now easily within the reach of every suffering dyspeptic.