

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 full 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 today is only fifty per cent. efficient." Reduced to simple English this means that most men are trying to do a 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 entirely 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 seem to 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 head keen, your blood pressure normal, your nerves relaxed, and be able to enjoy the vigor of youth in your declining years, practise internal bathing and bask in today.

Now that 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 them, 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. Tyrrell, the inventor of the "J. B. L. Cascade," whose lifelong study and research along this line make him the pre-eminent authority on this subject. Not only has internal bathing saved and prolonged Dr. Tyrrell'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 a 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. Tyrrell at Room 385, 257 College Street, Toronto, and mention having read this article in The Grain Growers' Guide, and same will be immediately mailed to you free of all cost of 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 for 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 of your opportunity to get this valuable information, which is free for the asking. 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?

Advertisement.

QUITE A DIFFERENT REASON

"Will you show me some looking glasses, please?" inquired young Jim of the storekeeper.

Kindly the old man leaned over the counter to his little customer.

"Tell me," he said, "do you want to see a hand mirror or one to hang on the wall?"

"I'd like to see several of each of them, please," said Jim. Several were selected and placed in different positions along the counter.

Jim stood back and closed his eyes.

"What is this," inquired the man, "a little present for mother?"

"Oh, no," answered Jimmie, edging doorways. "I only wanted to see what I was like when I'm asleep."

IDIOT!

Grace was specially charming and attentive to her father on his arrival home from business.

"Daddy," she said softly, "did Cyril come to your office today?"

"He did," said papa quietly, knocking the ash off his cigar.

"What—what did he want, daddy?"

"Well, my dear, I've been waiting till I came home to see if you can tell me. As far as I could gather, he wanted to marry me; said that we had always loved each other, and that you could afford to keep him in the style to which he had been accustomed, and much more that I can't remember. So I told him to go home, get calm, and type it out and post it to me!"

Manitoba

This Section of The Guide is conducted officially for the Manitoba Grain Growers' Association by R. C. Henderson, President, Suite 4, Balmoral Court, Winnipeg, to whom all communications for this page should be sent.

SOURIS HEARD FROM

A goodly number of farmers attended the meeting held in the council chamber, Souris, on Saturday, March 4, for the purpose of organizing a local Grain Growers' Association. Over twenty signed the membership roll, with promises of many more. W. V. Sanderson was elected president and W. G. King, secretary-treasurer. The outlook for a strong, healthy association is most assuring, and Souris local will certainly be heard from later on. Many farmers seem to have a misconception of the aims and objects of the Grain Growers' Association, which misconception we are going to endeavor to remove.

W. G. KING,
Secretary.

AN ACTIVE ASSOCIATION

The Oak Lake Association have forwarded to this office a draft for \$1,674.25, being the first installment of their contribution to the Patriotic Acre Fund. The secretary states that owing to the condition of the roads in their district and some of the farmers in that part not having their threshing done yet, they have not yet made a complete canvass. Geo. Gordon, the secretary, states that all have contributed very willingly to this fund, knowing the worthiness of the cause. The following have contributed to the above handsome donation to the war relief work: E. McBeth, \$25; G. Wallace, \$20; John Scott, \$20; Geo. Gordon, \$20; A. Jackson, \$20; Herb. Hatch, \$20; John Aitkens, \$20; D. W. Goodwin, \$15; P. M. Lusk, \$15; Wm. Hatch, \$15; Wm. Wallace, \$10; Thos. Smith, \$10; Chas. Pearson, \$10; W. J. H. Walton, \$10; Chas. Forrest, \$10; John Owens, \$10; P. Masson, \$5; P. Jordan, \$5; D. Stewart, \$2; Nelson Bairster, \$10; Jas. Milne, \$10; Henry Tolton, \$12.40; John McDonald, \$50; Geo. Spencer, \$50; A. E. Harvey, \$50; J. B. Cairns, \$50; E. Young, \$50; A. Johnston, \$50; Robt. Scott, \$30; Geo. Scott, \$30; R. K. Smith, \$25; R. Romberg, \$25; W. C. Smith, \$25; Wm. Bothwick, \$25; R. Bailey, \$25; John Little, \$25. Total, \$1,650.40.

Wheat contributed: Wm. Parsons & Sons, 124 bus.; Fred Taylor & Sons, 108 bus.; Wm. Johnston, 100 bus.; A. Gillespie, 54 bus.; E. Tolton, 50 bus.; D. McKinnon, 45 bus.; A. Goodwin, 32 bus.; Jack Johnston, 34 bus.; John Kneviht, 26 bus. Proceeds, \$623.85; making a total donation of \$1,674.25.

OSPREY ASSOCIATION

The first meeting of the Osprey branch for 1916 was held in the school house on the evening of February 16, and was a great success. If the same enthusiasm prevails throughout the year we are sure of some good and helpful meetings. The program rendered was as follows: Violin solo, R. Chisholm; solo, Mr. Beariste; reading, J. Litt; accordion, Mr. Bolter; address, Miss Stubbs; discussion on seed grain rates, led by Thos. H. Drayson; recitation, Mr. Beariste; violin solo, Mr. Chisholm; reading, J. Litt; accordion solo, Mr. Bolter; recitation, Miss Stubbs.

The following resolution was passed unanimously. Moved by Mr. Hocking, seconded by J. Montgomery, resolved that we, the Osprey Grain Growers' Association, desire to express our regret at the death of the late E. C. Murray, who had been a member of our association and taken a keen interest in all matters undertaken. Mr. Murray, as a president or in any other capacity, has always been one of our most active and practical members, and we feel it a distinct loss, both to the association and individually, that he should be taken from among us. We extend to Mrs. Murray and family our sincere sympathy in their bereavement. The meeting adjourned after singing the National Anthem.

EDEN BRANCH

S. H. McCracken, secretary Eden Association, in sending in the dues from their branch includes the sum of \$61.00

for the War Relief Fund contributed by some of their members.

SECRETARY RESIGNS

The secretary of the Ashville Association, who has filled the office for some years, has resigned on account of removing to California, and R. Calder has been appointed his successor. Mr. Keefer, the late secretary, will be much missed in his district, and has the good wishes of the district in leaving to take up residence in California.

SUCCESSFUL MEETING

The Grain Growers of Gilbert Plains held their annual concert in the Agricultural Hall, Gilbert Plains, on the evening of March 10. The hall was crowded to its full capacity by the farmers and their wives and the young people of the district. An outstanding feature of the meeting was the large number of young people present. R. J. Avison, director, and R. McKenzie, secretary of the Central Association, gave addresses. R. J. Avison devoted his time specially with the purposes of the Grain Growers' Association. R. McKenzie dwelt largely with the questions of rural credit and long term mortgage investments, pointing out the advantages that farmers in other countries have over the Canadian farmers who have to compete with them in the sale of their produce in the matter of low rates of interest and long terms of payment. The addresses were interspersed with instrumental music, readings and songs. The readings of Miss Coulter and the instrumental duets of the Parker boys are deserving of special notice. The evening's entertainment concluded with a box social and dance.

R. McKenzie addressed a good representative gathering of the members of the Ashville Grain Growers' Association on the afternoon of March 11, on rural credit and organization work, and from Ashville drove to an evening meeting of the Grain Growers at Grandview, at which place there was a full house of farmers and their wives. Mr. Dalgleish, of Gilbert Plains, gave a strong address on the MacDonald Act, which was received with marked attention by the audience. Mr. McKenzie briefly emphasized the importance of each farmer recording his vote on Monday, March 13, so as to make the majority in favor of the temperance act so emphatic that there will be no come-back by the liquor men in the future, and devoted the remainder of his address to the long term mortgage payments and rural credit, pointing out the expensive methods under which the farmer secures his working capital under the present system of financing the farms.

QUESTIONS AND ANSWERS RE GRAIN

A correspondent sends in the following letter and asks for a reply to his questions, which may also interest other farmers:

"I would like if you would state in a short way what is the law regarding the delivery of grain to an elevator doing business in Manitoba, as very many of the farmers seem in doubt as to their position in dealing with elevators and also as to their legal rights to service at a licensed elevator. For convenience I have numbered the questions and assumed what I consider the right position that a farmer ought to take."

Q. 1.—That any elevator having a license must, when any space is available, accept grain from a farmer to store till car is furnished for same.

A. Section 157 of the Canada Grain Act, subsec. (b), provides that persons operating any such country elevator shall, upon the request of any person delivering grain for storage or shipment, receive such grain without discrimination as to persons during reasonable and proper business hours.

Q. 2.—That in weighing grain for storage, the gross and net weight must be stated on the ticket in bushels and pounds, also the shrinkage, and that such shrinkage for such a purpose is to

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