

act in the direction of health rather than disease, the lungs would at once become master of the situation, and the tendency to disease-sympathy and disease-accumulation would cease. That is what the new Hygienic Treatment claims successfully to have accomplished.

The same rationale, as to the beginning and the accumulation of disease in any other organ, applies with equal force. Let a start be made in the kidneys by strain, excess, or undue indulgence in wine, liquors, etc, and instantly the circulating fluids of the body begin to unload their impurities and disease-bearing germs in this congenial soil, and by their pernicious affinity attract similar germs as the vital fluid rushes by loaded with death, till soon the foundation of diabetes or Bright's disease is hopelessly established. No conceivable cure, which complies with natural law and physiological logic, can touch such cases successfully, save that which will remove its cause, namely, a complete cessation or stoppage of the excessive absorption into the circulation of diseased and putrescent matter from the contents of the intestinal canal.

I speak of *excessive* absorption advisedly. The entire prevention of such absorption of putrid matter into the vital circulation is probably not possible, nor is it absolutely essential to excellent results of alimentation as relate to perfect health and maximum longevity. The natural process of the assimilation of nutriment and of the elimination of waste and worn out tissue, as well as of the repulsion of deleterious matter carried and deposited by the circulation, will take care of itself infallibly if it is only given a fair chance to act; and this fair chance consists in not allowing the circulation, by leaving putridity unnecessarily in its path, to be so *excessively* loaded with impurities as to deposit them among the organic tissues *faster* than the normal eliminating and excreting process can disentangle and send them adrift to be hurried from the body. In a word,