

whatever you do in the way of applying or in adjusting the pack should be done with this specific object in view. On removing the pack, in the morning, bathe and rub thoroughly with cold water—the colder the better—and in drying rub briskly to produce reaction. The operation will be found delightfully refreshing and exhilarating and could be applied to the entire body, except in the case of very delicate persons, with most excellent tonic results.

4. FLUSH THE COLON twice or thrice per week, as directed by Dr. Hall, and, at the same time, FLUSH THE KIDNEYS AND URINARY DUCTS by Hall's Specific Method, using a pint or a quart of cool,* but not cold water—pure, fresh rain water, if obtainable, being much the best because of its purity and freedom from lime, &c.

NOTE PARTICULARLY: Never flush the kidneys until you have thoroughly flushed and cleansed the colon of all fecal matter, otherwise the filthy and poisonous fecal fluid will percolate through the whole urinary tract with evil effect.

REPEAT THE PACK NIGHTLY, not omitting the other factors in the treatment, and so surely as morning comes after the night, so surely will your catarrh with all its miserable incidental belongings soon become a thing of the past.

IN THE CASE OF PILES—After completely flushing and cleansing of the colon, inject a small quantity of pure glycerine, or a half pint or a pint of cool, not cold water, containing from a half to three-quarters of a teaspoonfull of carbolic acid to the pint.

DYSPEPTICS will greatly facilitate a cure by first stopping any sexual excess or abuse, and by refraining from drinking anything with the meal and not for from three to five hours thereafter, and then let the drink be HOT, or at least NOT COLD. NEVER DRINK COLD WATER, and as

* Should cool water cause pain or cramps use hot water.