

The *Ibis*, for example, a species of Egyptian snipe whose food, gathered along the edge of the Nile, was of a very constipating character, was observed by the earliest naturalists to suck up the water of the river, and with its long bill to inject it into its anus, thus to aid a movement of this portion of the alimentary canal.

Pliny says that this habit of the *Ibis* is what first suggested the use of *clysters* to the ancient Egyptian doctors, known to be the first medical practitioners of any nations, not excepting the Chinese. [See *Nature History*, Lib. VIII., Chap. 41, Hagae, 1518.]

Other writers, such as Christianus Langius, have referred to the fact that this bird when attacked with constipation at some distance from the river and not able to fly from weakness, would be seen to crawl with drooping wings to the water's edge and administer its all-recuperating rectal treatment, when in a few minutes it would sail away in the full vigor of its vitality. What folly, therefore, to object to enemas on the plea that this treatment is not taught by nature, when an animal low in the scale of organic being intuitively knows more in the direction of health than some of our most eminent medical practitioners!

It only remained after ages had passed away for some one in the fullness of time to carry this knowledge of the Egyptian snipe to its legitimate limit as applied to the more complex abdominal anatomy of the human organism, and thus, by inaugurating the flushing of the entire colon and the reflex flushing of the kidneys, to attack disease as it was never before attacked. Those bigoted empiricists, therefore, who ask for authority for the use of the flushing process for the cure of disease are referred to the God of nature, who taught the *Ibis* to use this treatment, at least in its incipency, to counteract the very derangement which has become under our modern civilization the fruitful source of a majority of human ailments.

One thing, however, gives us cause for rejoicing, namely, that however reluctant a few of the medical