

What Is Auto-Intoxication— And How to Prevent It

By C. G. Percival, M.D.

Perhaps the best definition I have ever noted of Auto-Intoxication is "Self-Intoxication, or poisoning by compounds produced internally by oneself."

This definition is clearly intelligible because it puts Auto-Intoxication exactly where it belongs; takes it away from the obscure and easily misunderstood, and brings it into the light as an enervating, virulent, poisonous ailment.

It is probably the most insidious of all complaints, because its first indications are that we feel a little below par, sluggish, dispirited, etc., and we are apt to delude ourselves that it may be the weather, a little overwork or the need for a rest—

But once let it get a good hold through non-attention to the real cause and a nervous condition is apt to develop, which it will take months to correct. Not alone that, but Auto-Intoxication so weakens the foundation of the entire system to resist disease that if any is prevalent at the time or if any organ of the body is below par a more or less serious derangement is sure to follow—

The ailments which have been commonly, almost habitually, traced to Auto-Intoxication are: Languor, Headache, Insomnia, Biliousness, Melancholia, Nervous Prostration, Digestive Troubles, Eruptions of the Skin, Rheumatism, Neuralgia, Kidney Disturbance, Liver Troubles.

There are several conditions which may produce Auto-Intoxication, but by far the most common and prevalent one is the accumulation of waste in the colon, caused by insufficient exercise, improper food or more food than nature can take care of under our present mode of living.

I wonder if you realize how prevalent this most common cause of Auto-Intoxication really is—the clearest proof of it is that one would be entirely safe in stating that there are more drugs consumed in an effort to correct this complaint than for all other human ills combined—it is indeed universal, and if it were once conquered, in the words of the famous medical scientist, Professor Eli Metchnikoff, "the length of our lives would be nearly doubled."

He has specifically stated that if our colons were removed in early infancy we would in all probability live to the age of 150 years.

That is because the waste which accumulates in the colon is extremely poisonous, and the blood, as it flows through the walls of the colon, absorbs these poisons until it is permeated with them. Have you ever, when bilious, experienced a tingling sensation apparent even above the dormant sensation which biliousness creates? I have, and that is Auto-Intoxication way above the danger point.

Now, if laxative drugs were thorough in removing this waste, there could be no arraignment against them—

But they are at best only partially effective and temporary in their results, and if persisted in soon cease to be effective at

all. Their effect is, at best, the forcing of the system to throw off a noxious element, and they therefore "jolt" nature instead of assisting her.

There is, however, a method of eliminating this waste, which has been perfected recently after many years of practice and study, which might be aptly termed a nature remedy. This is the cleansing of the colon its entire length, at reasonable periods, by means of an internal bath, in which simple warm water and a harmless antiseptic are used.

This system already has over half a million enthusiastic users and advocates, who have found it the one effective and harmless preventative of Auto-Intoxication, and a resulting means of consistently keeping them clear in brain, bright in spirit, enthusiastic in their work and most capable in its performance.

The one great merit about this method aside from the fact that it is so effectual, is that no one can quarrel with it, because it is so simple and natural. It is, as it is called, nothing but a bath, scientifically applied. All physicians have for years commonly recommended old-fashioned Internal Baths, and the only distinction between them is that the newer method is infinitely more thorough, wherefore it would seem that one could hardly fail to recommend it without stultifying himself, could he?

As a matter of fact, I know that many of the most enlightened and successful specialists are constantly prescribing it to their patients.

The physician who has been responsible for this perfected method of Internal Bathing was himself an invalid twenty-five years ago. Medicine had failed and he tried the old-fashioned Internal Bath. It benefited him, but was only partially effective. Encouraged by this progress, however, he improved the manner of administering it, and as this improved so did his health.

Hence, for twenty-five years he has made this his life's study and practice until today this long experience is represented in the "J. B. L. Cascade." During all these years of specializing, as may be readily appreciated, most interesting and valuable knowledge was gleaned, and this practical knowledge is all summed up in a most interesting way, and will be sent to you on request, without cost or other obligations, if you will simply address Chas. A. Tyffrell, M.D., Room 286, 163 College Street, Toronto, and mention having read this article in The Grain Growers' Guide.

The inclination of this age is to keep as far away from medicine as possible, and still keep healthy and capable. Physicians agree that 95 per cent. of human ailments is caused by Auto-Intoxication.

These two facts should be sufficient to incline everyone to at least write for this little book and read what it has to say on the subject.—Advertisement.

The Farmers' Platform

The following platform was drafted and published by the Canadian Council of Agriculture in December, 1916. It was endorsed by The Manitoba Grain Growers' Association and the United Farmers of Alberta at their annual conventions in January, 1917, and by the annual convention of the Saskatchewan Grain Growers' Association in February, 1917. It will now be a subject for discussion in the local associations and the central offices of each association have been instructed to give effect to the platform as they may find it most advisable.

The Customs Tariff

Whereas the war has revealed the amazing financial strength of Great Britain, which has enabled her to finance not only her own part in the struggle, but also to assist in financing her Allies to the extent of hundreds of millions of pounds, this enviable position being due to the free trade policy which has enabled her to draw her supplies freely from every quarter of the globe, and consequently to undersell her competitors on the world's markets, and because this policy has not only been profitable to Great Britain, but has greatly strengthened the bonds of Empire by facilitating trade between the Motherland and her overseas dominions, we believe that the best interests of the Empire and of Canada would be served by reciprocal action on the part of Canada thru gradual reductions of the tariff on British imports; having for its objects a closer union and a better understanding between Canada and the Motherland and by so doing not only strengthen the hands of Great Britain in the life and death struggle in which she is now engaged, but at the same time bring about a great reduction in the cost of living to our Canadian people;

And whereas the protective tariff has fostered combines, trusts and "gentlemen's agreements" in almost every line of Canadian industrial enterprise, by means of which the people of Canada, both urban and rural, have been shamefully exploited thru the elimination of competition, the ruination of many of our smaller industries and the advancement of prices on practically all manufactured goods to the full extent permitted by the tariff;

And whereas agriculture—the basic industry upon which the success of all other industries primarily depends—is almost stagnant thruout Canada as shown by the declining rural population in both Eastern and Western Canada, due largely to the greatly increased cost of agricultural implements and machinery, clothing, boots and shoes, building material and practically everything the farmer has to buy caused by the protective tariff so that it is becoming impossible for farmers generally to carry on farming operations profitably;

And whereas the protective tariff is the most wasteful and costly method ever designed for raising national revenue, because for every dollar obtained thereby for the public treasury, at least three dollars pass into the pockets of the protected interests, thereby building up a privileged class at the expense of the masses, thus making the rich richer and the poor poorer;

And whereas the protective tariff has been and is a chief corrupting influence in our national life because the protected interests, in order to maintain their unjust privileges, have contributed lavishly to political campaign funds, thus encouraging both political parties to look to them for support, thereby lowering the standard of public morality;

Therefore be it resolved that the Canadian Council of Agriculture, representing the organized farmers of Canada, urges that as a means of bringing about these much needed reforms and at the same time reducing the high cost of living, now proving such a burden on the people of Canada, our tariff laws should be amended as follows:—

- 1—By reducing the customs duty on goods imported from Great Britain to one half the rates charged under the general tariff and that further gradual, uniform reductions be made in the remaining tariff on British imports that will ensure complete free trade between Great Britain and Canada in Five years.
- 2—That the Reciprocity Agreement of 1911, which still remains on the United States statute books, be accepted by the Parliament of Canada.
- 3—That all food stuffs not included in the Reciprocity Agreement be placed on the free list.
- 4—That agricultural implements, farm machinery, vehicles, fertilizer, coal, lumber, cement, illuminating fuel and lubricating oils be placed on the free list.
- 5—That the customs tariff on all the necessaries of life be materially reduced.
- 6—That all tariff concessions granted to other countries be immediately extended to Great Britain.

Taxation For Revenue

As these tariff reductions will very considerably reduce the national revenue derived from that source, the Canadian Council of Agriculture would recommend that in order to provide the necessary additional revenue for carrying on the government of the country and for the prosecution of the war to a successful conclusion, direct taxation be imposed in the following manner:—

- 1—By a direct tax on unimproved land values, including all natural resources.
- 2—By a sharply graduated income tax upon all incomes over \$4,000 a year.
- 3—By a heavy graduated inheritance tax on large estates.
- 4—By a graduated income tax on the profits of corporations over ten per cent.

Other Necessary Reforms

The Canadian Council of Agriculture desires to endorse also the following policies as in the best interests of the people of Canada:—

- 1—The nationalization of all railway, telegraph and express companies.
- 2—That no more natural resources be alienated from the crown, but brought into use only under short term leases, in which the interests of the public shall be properly safeguarded, such leases to be granted only by public auction.
- 3—Direct legislation, including the initiative and referendum and the right of recall.
- 4—Publicity of political campaign fund contributions and expenditures both before and after elections.
- 5—The abolition of the patronage system.
- 6—Full provincial autonomy in liquor legislation, including manufacture, export and import.
- 7—That the extension of the franchise to women in any province shall automatically admit them to the federal franchise.

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