

like acuteness of pain, though I held this enormous quantity of water for some minutes before allowing it to be expelled.

The result, as before, was not only a complete cleansing of the colon, but a settling of the contents of the small intestine to fill the vacancy thus produced, and the concomitant emptying of the stomach and the duodenum, with the resultant hunger as before.

And I can now aver since that time, forty years ago, I have not failed of a single second or third night to treat myself with this drugless and revolutionary remedy, while I can also state in the most truthful and solemn manner that thousands of times since that memorable occasion I have been made intensely hungry, within half an hour after the water has passed away, by the sudden settling of the contents of the small intestine and emptying of the stomach as already described.

I also declare that from the time this complete demonstration was made, I began perceptibly to improve both in weight and physical vigor. At the time described I weighed about 120 pounds. In three or four weeks I had gained about five pounds, with a glow of healthy color beginning to come to my face. My cough also began to subside, my pains left my kidneys, my pleurisy ceased to trouble me and all symptoms of dyspepsia had left me never more to return, as I have not felt the slightest indication of it from that day to this.

And so it went on, every month adding to my weight and physical vigor, till finally, some twelve or more years ago, I had reached the maximum of 225 pounds of the firmest muscular structure probably of any man living, young or old, and that, too, without any undue corpulency in the common adipose sense of that term.

I do not suppose that any one will dispute the fact that I am the very first man of all the millions, present and past, to inject a gallon of water into the *colon*. No medical man would be willing to believe such a feat