

## CHAPTER XV

### HOW TO USE THE J. B. L. CASCADE

SOMETIMES the infrequent detractor of the practice of Internal Bathing through the use of the J. B. L. Cascade contents himself with uttering the generality, "Oh, it's so complicated to use."

The J. B. L. Cascade is very simple to use—as simple in its operation as it is effective in its results.

However, one should follow the directions as set forth in this chapter, directions which have been carefully and scientifically worked out and, furthermore, tested as to their correctness and efficiency by thousands of J. B. L. users.

Obviously the most convenient place in which to use the Cascade is the bathroom or toilet. A hard-seated wide chair or other firm, flat surface, such as a bench, chest or top of toilet seat, is necessary upon which to place the rubber bag. Do not attempt to hurry the operation of using the Cascade. "Be patient with thyself"—as the old injunction says, and follow at all times the simple directions herewith appended. But first study them carefully because in so doing *you will learn the precise physiological reasons why the J. B. L. Cascade produces such beneficial results in the treatment of constipation and auto-intoxication.* "Once having learned the truth, no man can ever after be deemed anything but wise."

Having thoroughly rinsed out the rubber bag with warm water, close the faucet. Dissolve a level tablespoonful of the J.B.L. Powder in a cupful of boiling water and pour it into the bag, which should then be *completely* filled with water as warm as the bare hand or elbow can comfortably bear when it is wholly immersed. If tested with a thermometer the water should be 100 degrees F. Warm water is one of the best solvents for impacted fecal matter. Besides, water below the temperature of the body may sometimes cause pain.

It is absolutely necessary to fill the bag completely, in order to exclude all air, which otherwise prevents the proper reception of the water. Before taking the treatment, it is advisable to attempt to evacuate the bowel (without straining), because, even if no fecal matter is expelled, pent-up gases are frequently liberated.

When the bag has been filled, the Cascade should be placed flat, as directed, upon a convenient, firm seat; the injection point should then be screwed into the dome and liberally smeared with the J. B. L. Lubricant. In addition, thoroughly lubricate the first or index finger, insert it gently into the anus, and keep it there until the sphincter muscles relax. A slight spasm of the external and the internal sphincters of the rectum is natural, but in nervous or constipated persons often it is unduly pronounced; and the purpose of leaving the well-lubricated finger in the rectum for a few seconds is to enable the rectal tissues to relax.

When all is thus ready, pass hand between the legs and, holding the handle of the faucet,

guide the "injection point" into the rectum. Then carefully lower the body down upon the bag, until the "injection point" has been completely introduced and you feel comfortably seated and completely relaxed allowing the full weight of the body to rest on the bag. The reason for this is shortly explained.

Turn on the faucet, partly at first, then fully. It is essential to take just enough water (about a pint), to fill the sigmoid and the descending colon, thus to create first a reverse spasm of bowel expulsion. When you feel this spasm, rise from the Cascade and evacuate the bowel immediately. If necessary, again take about the same quantity of water, and at about the same temperature. This preliminary emptying of the lower bowel is most important and a little experience will soon prove how easily it is done.

When this has been done, after one, or possibly two attempts, you should then sit with the full weight on the bag. Turn on the faucet (as before), then the water will pass very quickly through the sigmoid, up the descending colon, round the splenic flexure, into the transverse colon, and eventually into the cecum. The reason for following exactly the sequence of procedure, as just explained, is so as not to force fecal matter, already in the sigmoid and descending colon, back into the transverse colon or cecum. At the time of receiving the water, proceed with the following movements: Starting at the lower left side of the abdomen gently massage the abdomen up, then across just above the navel, and down to the right groin, and

thus around in a circle. These movements are directly over and along the course of the colon, and if they are made gently but firmly, the water will be assisted on its course. A study of the diagram of the digestive apparatus in the front of the book will be of great assistance in enabling you to understand the reason for and the method of these movements; but, of course, this must not be done during the preliminary flushings of the rectum, sigmoid and descending colon.

As soon as all the water has entered that you feel is comfortable to receive, turn off the faucet, rise from the Cascade, sit over the toilet and allow the bowel contents to escape. At the same time, repeat the massage movements described above, this time reversing the procedure; that is, beginning in the right groin, etc. These movements have a three-fold object: they assist the water in its passage backward and forward, thus shortening the time of the treatment; they force along the accumulated matter in the colon with the current of water, and help to dislodge adherent matter from the walls of the colon.

After the bowel has evacuated completely, lie flat upon a bed or couch, with the hips elevated slightly higher (four or five inches) than the shoulders, then again repeat the encircling massage of the abdomen, first one way and then the other, as described above. This will help the bowel to retract.

If pain is present during the treatment, it is usually due to one of two causes: either the water has not been sufficiently hot, or the bag has not been com-

pletely filled. If, however, pain is felt while the full weight of the body is on the Cascade, the user should shut off the water immediately and evacuate. Sometimes it is advisable to take more water, but if one feels discomfort to any marked extent, it is better to wait twenty-four hours before taking another injection. If pain is persistent, even though all precautions are taken, we advise you to communicate with us for further instructions. However, cases of persistent pain while using the J. B. L. Cascade are extremely rare. Once the technique of using it has been fully mastered, no untoward results need arise.

The reader should study the diagram of the digestive organs at the beginning of the book, and realize that the purpose of any Internal Bath is to clear the entire large bowel of fecal residue. Now, the large bowel varies with the individual; and sometimes there are constrictions, saculations and pouches which must be helped in returning to normal bowel motility, or rhythmic peristalsis—that is to say, normal automatic functioning.

The J. B. L. Cascade has proved to be the best instrument for home high colonic usage but before using it, one should thoroughly understand that water should not be permitted to go beyond the sigmoid and descending colon, until this part of the bowel has been completely washed out—relieved of all fecal residue. The sigmoid (that part of the bowel just above the rectum) is often considerably dilated, pouched and consequently gravitated. The descending colon is that part of the bowel just above the sigmoid, and leading up to the splenic flexure where (see diagram)

the bowel then turns to the right, and forward, forming the beginning of the transverse colon.

Quite a small quantity of water will fill the sigmoid and the descending colon and create a natural reverse spasm (or "desire") of the bowel expulsion; but if too much water, *at first*, is admitted, abnormal distention may ensue. For instance, abnormal distention of the rectum or the sigmoid may cause constriction of the descending colon just above. Moreover,—and this is still more important—it is essential that no fecal (and perhaps, actively poisonous) matter already in the sigmoid and descending colon be forced backward into the transverse colon or the cecum.

Then, if too much water, *at first*, is admitted, both the scientific application and the benefits of the treatment are not fulfilled. And that is why so much attention is paid here to the procedure for the primary flushing of the lower bowel. It is wise to repeat the preliminary flushing, in order to make quite sure that the lower bowel is thoroughly washed out.

The frequency with which the treatment is used will depend upon the nature of the trouble and the length of time it has existed. Generally we recommend the following plan: During the first week the Cascade may be used every night; during the second week on every alternate night; thereafter intervals between treatments may be gradually lengthened.

The Cascade should *not* be used *within three hours after eating a full meal*; because if both the stomach

and the transverse colon are distended at the same time, they press against each other; and since the stomach is the more sensitive of the two, nausea is probable. With this proviso, the treatment may be applied with benefit at any time during the twenty-four hours; although just before retiring at night is by far the best time to take it, for several reasons. First, it is usually the most convenient time. Secondly, it invariably induces a good night's rest—for no sleeping potion can equal the soothing effects of this scientifically-correct Internal Bath. Thirdly, night is Nature's repairing season, when she is busy making good the ravages of the day—replacing the waste by building fresh tissues, and by putting the system into a cleanly condition and purifying the blood current.

After using the Cascade, it is quite possible that there may not be a movement of the bowels until late in the following day. This must not be considered as evidence of constipation, but simply of a lack of matter to discharge. In a perfectly natural existence there should be at least one or two movements of the bowels during the day, but it must be remembered that owing to the ever-increasing demands of civilized life, the human system has acquired bad habits, and therefore, some time must elapse before normal conditions are re-established. If, however, from a half-pint to a pint of hot salt water (a teaspoonful of salt to one pint of water) is sipped half an hour before breakfast, it will stimulate the bowels to action, even though the Cascade has been used on the night before; and its cleansing effect upon the stomach and the small bowel will help the digestive functions in a marked degree. If the salt water is unpalatable, it is equally advan-

tageous to sip one or two glasses of hot water, into which the juice of half a lemon has been squeezed.

It must be realized that we live a more or less artificial life. In his barbaric state, man obeyed the calls of nature without regard to time or place; and it is safe to assert that in those conditions an obstructed colon was an almost unknown quantity. But in deference to the demands of civilized life we disregard nature's calls and defer the response until a convenient opportunity presents itself. An obstructed colon, therefore, being itself unnatural, man, with intelligent deduction, is obviously justified in devising a means whereby the colon may be thoroughly cleansed.

Common sense and experience combine in teaching us that the Internal Bath through the use of the J. B. L. Cascade is not only the easiest, but the most effective means of cleansing the colon; and undoubtedly it must be entirely harmless, since in the process we use nature's most simple and effective cleansing agency—pure water. Sickness itself is unnatural; and in order to restore the system to its natural condition, reason plainly shows us that we must cooperate with nature in removing impurities from the system—a task which our disregard of her warnings has prevented her from accomplishing unaided. Cathartics merely excite and spur the excretory processes. This unnatural exertion is followed by a feeling of languor, for all purgative action is debilitating. Besides, the constant use of drugs is a primary cause of pouching or sagging of nearly every part of the large bowel, and even the terminal ileum, which is the first part of the small bowel just beyond the cecum.

The Internal Bath, on the contrary, acts directly



on the accumulated fecal matter in the colon; and, instead of causing an unnatural excitation of any of the natural processes, it induces a sense of profound relief and content.

Remember, too, that in many instances various medicines and nostrums are swallowed to aid the stomach, when the root of the real trouble lies in the colon.

It has been stated that the practice of washing out the colon is debilitating. We have the evidence of many thousands of people to the contrary—people who have tested the treatment. *Personal* experience is always more to be relied upon than unsupported theory. Many doctors, moreover, whose patients have practiced internal bathing regularly, will testify to its invigorating effects.

And, to the objection that the Internal Bath weakens the intestines, we reply—in well-known fact—that at least fifty per cent of people in civilized communities are slaves to the purgative habit, because they have found that the system refuses to fulfill its normal functions without this unnatural excitation. If, therefore, dependence must be placed on something, we should unhesitatingly give preference to water, rather than to cathartics. But the main weight of medical evidence proves that this objection has no foundation.

On this subject, Dr. Forrest said: "Flushing the colon does not cause weakening of the intestines. When this procedure is no longer necessary, owing to better physical conditions, the intestines have also been strengthened and improved in tone and will carry on their functions unaided."

It may also be contended that the frequent use of

the Internal Bath will so stretch the colon that it will remain permanently distended. *This cannot possibly take place, if the instructions outlined in this book are closely followed.*

The veriest tyro in exercise knows that exercise develops a muscle; that repeated flexion and extension of the arm, for instance, will strengthen the muscles of that limb, not cause them to lose their contractibility. All muscle fibres are alike in their physical response to exercise, except that some are voluntary, others involuntary. No reason can be shown why the muscles of the colon should lose their elasticity through exercise, contrary to all the other muscles of the body. During the Internal Bath they are not subjected to any extraordinary strain; such tension as there is only lasts for a few moments; and as soon as the water begins to escape, relaxation follows. Moreover, the pleasant, soothing heat acts as a stimulant.

Again, it might be contended that the Cascade operates against peristalsis (the rhythmic, longitudinal and circulatory contracting wave of the bowel muscles). We deny this emphatically; for the energy shown by the intestine in expelling the water is proof of *increased peristaltic vigor*. And even if the Internal Bath did suspend peristalsis for a few moments, is it not the fact that other natural functions can be suspended for a much longer period, only to be resumed with unabated vigor?

Still another unreasonable objection sometimes is advanced, that the washing of the interior surface of the colon is injurious—because it washes away the fluid (mucous secretion) that nature secretes for the

purpose of lubrication. By the same argument, one might say that bathing the external surface of the body prevents further excretion of perspiration; or that bathing the eyes destroys the functions of the Meibomian glands; or that the drinking of water prevents any further discharge of saliva into the mouth, or of gastric juice into the stomach! If washing away of a secretion destroyed the power of the secreting gland, human existence would be brief indeed.

The truth is that very few people really understand anything about the bowel; and experience has proved and will continue to prove, that scientific (and common-sensed) colonic irrigation, as accomplished by the use of the J. B. L. Cascade, can only be healthful.

How long the treatment of the Internal Bath should be continued will depend upon the nature and the habits of the patient. If the pernicious habits that caused the trouble are not abandoned, a constant resort to the Cascade will be necessary. If a patient is naturally of a costive habit, and has thoroughly weakened his intestines by an indiscriminate use of cathartics and improper diet, long persistence in reformed habits will be necessary before the weakened bowels gain sufficient strength to fulfill their functions normally.

Often, it is advisable for elderly people to use the Cascade at regular intervals; because, with advancing years, the bowels naturally become less active, and this simple process offers valuable assistance to flagging nature, and at the cost of little, if any, exertion.

We would strongly impress on the minds of those who propose to give the Internal Bath a trial that, like every other undertaking in life, thoroughness

and persistence are indispensable to success; they are necessary if the patient would restore to the bowel a condition from which, perhaps, it has long been estranged.

Perseverance in the treatment and rules of hygiene outlined in previous chapters will frequently achieve results that seem startling to those accustomed to the usual "hit or miss" methods employed in the treatment of constipation.