

A PERORATION ON WATER

By Charles A. Tyrrell, M. D.

"Humanity at large has never estimated water at its true value. Yet all the gifts in Pandora's fabled box could never equal that one inestimable boon of the Creator to the human race. Apart from its practical value, there is nothing in all the wide domain of Nature more beautiful, for in all its myriad forms and conditions it appeals equally to the artistic sense.

"In the restless ocean, now sleeping tranquilly in opaline beauty beneath the summer sun, now rising in foam-crested mountainous waves beneath the winter's biting blast, its sublimity awes us. In the mighty river, rolling majestically on its tortuous course, impatient to unite itself with mother ocean, its restless energy fascinates us. In the pearly dew, glittering on the trembling leaf; or the hoar frost, sparkling like a wreath of diamonds in the moon's silvery rays; in the brawling mountain torrent, or the gentle brook, meandering peacefully through verdant meadows; in the mighty cataract, or the feathery cascade; in the downy snow-flake or the iridescent icicle; or in the gigantic iceberg, with its translucent sides of shimmering green, its wierd grandeur enthralls us, and in all and each of its bewitching forms it is beautiful beyond compare. But its claims to our admiration rest not alone upon its ever varying beauty or grandeur.

"When consumed with thirst, what beverage can equal a draught of pure, cold water? In sickness, its value is incalculable in slaking the eager, intense thirst, cooling the fevered brow and soothing the aching head or

moistening the heated surface, and in ten thousand ways it brings unnumbered blessings to humanity.

"And if we admire it for its beauty, and esteem it as a beverage, how inconceivably should these feelings be intensified by the knowledge that its remedial virtues are in no wise inferior to its other qualities."

It covers four-fifths of the earth's surface, and furnishes the rest with its moisture, and causes the earth to bring forth and bud, the grass to grow, to satisfy the beasts of the field, and furnish food for man; and furnishes a trough for the mighty vessels, which traverse the mighty deep, carrying commerce to all countries, and for all people, and renders it possible to breathe the atmosphere through the moisture diffused. It is indeed the greatest of all blessings to humanity, and its estimation is indeed incalculable.

IMPACTION OF THE COLON

There is scarcely a more significant cause of disease than colonic impaction. As disease is a consequence of impediment of the venous circulation, it may be readily seen that an inordinate accumulation of feces—the refuse of the ingesta—causes pressure against the viscera and thereby interferes with the circulation of the venous blood and the lymphatic secretion in all of the organs in relation with the colon, and may be the cause of many diseases.

The essential thing to be done in removing the impaction is to use the “high enema,” and this can be effectually done in the following manner: The first thing to consider is the how to get water into the colon. The most convenient way is to use a syringe which will force the water through the sigmoid flexure, or pass a long, flexible rubber tube through that flexure, into the colon, and let the water run through it until the colon is filled with water.

In all cases of constipation, this is the remedy for the very first consideration. IMPACTION of the COLON is a necessary accompaniment of constipation. Generally that is the case in chronic diarrhea, flux and typhoid fever. The first, and most essential, thing needed in all these conditions is to cleanse the engorged, impacted colon.

Toxemia of the entire system is caused by impacted colon, and the ONLY rational remedy is the removal of the engorgement, for, when this is done, the effects cease, and the patient begins to recover immediately, because this removes the poison which contaminates the entire body throughout.

There are several kinds of syringes recommended by physicians, and all are useful in a degree, at least; for all are used especially to relieve the lower bowel of its contents, and are thus of some benefit.

The tube may be attached to an ordinary fountain syringe, then inserted into the bowel about three inches, then let the water run, and while it is running, push the tube on through the sigmoid flexure, in the colon. The fountain syringe should be elevated several feet above the patient, and the fountain should hold as much as a half a gallon to a gallon of water, and it should be as warm as the elbow can be comfortably borne in it, or from 100 to a 110° temperature. Soap-suds is the best for the first flushing, as this has solvent properties which are generally needed to dissolve the impaction. Olive oil or epsom salts are also good, and either one may be used.

The "J. B. L. Cascade," made and sold by Charles A. Tyrrell, M. D., 134 W. 65th St., New York City, N. Y., is the best and most convenient apparatus on the market, and can be had of some druggists, or through them, or direct from Dr. Tyrrell himself. Cost, \$10.00.

COLONIC IRRIGATION

There is nothing which serves to relieve the condition called "impaction," like the internal bath. It removes the accumulation of refuse, permits normal action of the colon, prevents undue pressure upon blood vessels, nerves and lymphatics, allows normal peristalsis of all of the intestines, thereby permitting normal secretion and elimination to take place.

Accumulation of the waste material of the body—from food not taken up—and the deposition of the refuse in the colon, causes pressure upon the pancreas, and the pancreas presses against the stomach, interfering with its function, the stomach presses against the diaphragm, limits the capacity of the chest walls, thus crowding the lungs and heart, making a combination of disturbances which involve the functioning of all of the principal organs of the internal viscera, and becomes the direct cause of a multiplicity of conditions which produce in-harmony in the various organs involved, and causes disease, not only in the organs directly involved in the pressure, but in all of the organs connected with them.

The toxic poison resulting from the decomposition of the feces in the colon, increases the distention, hence increases the pressure on the organs named, and increases the intensity of the consequences.

It matters very much, in all conditions called disease, that the colon be one of the first to receive attention, to see that it is cleansed of its contents, then the toxic influence is lessened, the way is opened for normal action, normal secretion and normal function of all of the organs of the chest and abdominal viscera.

Constipation, proctitis, colitis, appendicitis, torpid

liver, enlarged spleen, indigestion, lung and heart affections, are frequently caused by the accumulation of gas in the colon; the gas is due to the excessive accumulation and its too long retention in the colon.

The high enema, then becomes a prominent factor in the treatment of every condition, whether acute or chronic, and should ALWAYS receive due attention from the practitioner. This should receive due consideration from day to day; see that it be not neglected.

What Colonic Pressure Influences.

It produces appendicitis, impairs and seriously interferes with digestion.

It interferes with the circulation of all of the abdominal viscera.

It causes difficulty of breathing; the normal action of the heart and lungs.

It interferes with the pancreas and other secreting organs; causes indigestion, constipation, piles, kidney and bladder troubles; causes toxic poisons to accumulate in every tissue in the body, and is a great factor in all conditions called disease. It causes sluggishness of the entire body, stupidity of the mental functions, forgetfulness, loss of memory, brain-fag, and every condition resulting from impediment to the circulation of the venous blood and the lymph.

Pressure beyond the normal execution of the functions of the body, upon the fluid-carrying vessels, extends to the nerve filaments, and prevents them from performing their functions; hence inharmony reigns throughout the body. Health cannot be maintained unless every faculty and organ is performing its normal function.

If the food is not digested, exhaustion ensues. Digestion cannot take place when the fluids of the body are not permitted to flow naturally through the glands, which manufacture the fluids which digest the food. Food

cannot maintain normal conditions unless it is digested, assimilated, and appropriated in the renewal of blood or worn out tissue, supplying the normal elements at all times, in every tissue and organ in the entire body.

Normal breathing cannot take place when pressure is unduly made on organs which control the breathing apparatus—the lungs, the chest muscles, diaphragm, etc. That accumulated fluids result from impeded venous circulation is apparent to those who think, and know anything about the human organism.

The most common obstruction to the circulation of the blood, and nerve function, is found in the colon, caused by impaction of feces—the refuse from the food eaten, the undischarged and undigested refuse—which is always due to failure to observe the normal calls of nature for that purpose.

That accumulation oftentimes fills the cecum—the ascending colon—which not only expands the cecum to its unnatural capacity, causing venous congestion, nerve pressure as well, interfering with their function, but extends to the appendix vermiformis, causing inflammation of it. The pressure extends to the liver, causing undue and abnormal interference with its functions, resulting in many disorders thereof, also extends to the transverse colon, filling it and causing undue pressure on the pancreas, interfering with its function—that of secreting the juices which exercise an important influence in the digestion of fats—and the extension of the pressure on that organ passes to the stomach, then upon the diaphragm, thence to the lungs, thence to the heart, and in this manner the entire physical organism is disturbed.