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# The History of The Internal Bath

By Charles A. Tyrrell, M.D.

**I**NASMUCH as I have the best of reasons for the statement that Internal Bathing is at the present time being regularly practiced by upward of at least half a million Americans, it may be of somewhat general interest to examine into what is known of its origin, its reason and the recent stages by which it arrived at its present popularity and resultfulness.

Though popularly supposed to be a comparatively modern practice, its usage, in a crude form, is traceable many centuries back, for Pliny in his *Historia Naturalis*, A. D. 79, mentions it as being prescribed by the ancient Egyptian physicians to whom its investigation was suggested by the health habits of the Ibis, a bird of the Nile.

These Egyptian physicians, by the way, were the first medical practitioners known to history, not excepting the Chinese.

And the ancient Egyptians, measured by their accomplishments, seem to have been a pretty healthy, husky people.

Although history does not give much light on the subject in more recent periods, it does mention a widespread use of this treatment throughout Europe in the early part of the Eighteenth Century, especially in France.

The recent resuscitation of this ancient remedial practice dates back to the early forties, when Dr. A. Wilford Hall of New York, after years of public speaking and the authorship of many religious and scientific works, failed in health, rapidly declined and was given by his physicians but a few months to live.

Dr. Hall was not a Doctor of Medicine, but of Philosophy and Laws, and a man of the highest knowledge and attainments. I knew him very well in later years and he frequently said: "Having had considerable trouble in that way, the idea came to me like an inspiration that if I could keep the colon cleansed of waste matter, I would have at least a better chance of recovery."

Dr. Hall persisted in this treatment, using the crude and laborious method of a bulb syringe, and from that time until his death at the generous age of eighty-two, forty-odd years after he had been given up, did his utmost to give the world the benefit of his personal experience.

I arrived in New York City in 1887 after an extended trip through India, China and Japan, and unwisely invested my entire capital in a commercial venture which failed.

More or less indifferent attention to my physical condition and the shock of this experience brought on a second stroke of paralysis in the left side (the first having occurred previously in Hong Kong).

Being helpless, I became an inmate of a hospital for a time; was then refused admission to another and fortunately knowing of some of the results of Internal Bathing, I resorted to it regularly

with such success that in 60 days I was walking about the city.

Impressed by the fact, however, that the method of taking these baths was then crude and imperfect, I decided to study, practice and improve on it.

To do this properly and legally I quickly found that I would have to become a Doctor of Medicine.

Entering immediately a medical college, I took the four years' course and graduated with honors.

Not at all a bad commentary on the results of Internal Bathing, considering my condition before entering.

After graduating I found my experience exactly akin to all those who must educate the public, especially in a matter where most of us are so notoriously careless—Irrregularity.

But I knew from the experience of myself and others that the foundation of a great and revolutionary, though perfectly natural remedy was there.

And that once its results were generally known no power could stop its rapid and universal appreciation.

And so I persevered.

From the smallest of beginnings I found that every "J. B. L. Cascade" which I distributed brought me demand for others—that once the proper administering of the Internal Bath accomplished its result with one patient, he was generously eager to pass his experience along.

And so it grew, and has grown so astoundingly in the past twenty years that I heartily agree with physicians generally when they claim that "the vast majority of human illnesses are directly or indirectly caused by accumulated waste in the colon."

That also is the direct cause of our frequent loss of spirits and lack of confidence; in other words, our fifty per cent. of inefficiency.

You will never appreciate this properly except in the clear, eager, confident way you will always feel the morning after an Internal Bath.

In the twenty-five years of my specializing on this Nature's remedy there have developed, as you may imagine, many informing and interesting phases of this treatment. The result of these years of research and practical experience has been summed up in a little book, "The What, the Why, the Way of Internal Bathing," which I will gladly send to any interested person free on request.

Just address Chas. A. Tyrrell, M.D., 134 West 65th Street, New York, mentioning that you read this in *THE ART WORLD*, and the book will go forward by return mail.

Of course we all want to be well and efficient and stay so without calling upon drugs to help, if that be possible. There are, as I have said, hundreds of thousands who are already doing this by this purely natural preventive, and the numbers are steadily growing. So it may be that in your own interest it would be well to send for this little book to-day while it is still on your mind.

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