

**INTESTINAL ILLS: CHRONIC CONSTIPATION,
INDIGESTION, AUTOGENETIC POISONS,
DIARRHEA, PILES,
ETC., ALSO AUTO-INFECTION, AUTO-
INTOXICATION, ANEMIA, EMACIATION,
ETC. DUE TO PROCTITIS AND COLITIS**

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Intestinal Ills: Chronic Constipation, Indigestion, Autogenetic Poisons, Diarrhea, Piles, etc., also Auto-Infection, Auto-Intoxication, Anemia, Emaciation, etc. due to Proctitis and Colitis by Alcinous B. Jamison

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ALCINOUS B. JAMISON

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DUE TO

PROCTITIS AND COLITIS

BY

ALCINOUS B. JAMISON, M.D.

NEW YORK



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BY

ALCINOUS E. JAMISON, M. D.

TO
THE UNFORTUNATE SUFFERER
FROM ILLS DESCRIBED IN THIS VOLUME
AND TO THOSE WHOM I HAVE HAD
THE PLEASURE OF CURING
THIS BOOK
IS RESPECTFULLY
DEDICATED

BEAUTY'S FALL.

It was an image good to see,
With spirits high and full of glee,
And robust health endowed ;
Its face was loveliness untold,
Its lines were cast in beauty's mold ;
At its own shrine it bowed.

With perfect form in each respect,
It proudly stood with head erect
And skin surpassing fair ;
Surveyed itself from foot to head,
And then complacently it said :
" Naught can with me compare."

When lo the face began to pale,
The body looked too thin and frail,
The cheek had lost its glow ;
The tongue a tale of woe did tell,
With nerves impaired its spirits fell ;
The fire of life burned low.

In the intestinal canal
Waste matter lay, and sad to tell,
Was left from day to day ;
And while it was neglected there
It undermined that structure fair,
And caused it to decay.

The doctor's words I would recall
Who said : " Neglect precedes a fall,"
And verily 't is true ;
For ye who disregard your health,
And value not that precious wealth,
Will surely live to rue.

PREFACE.

THE following chapters were contributions to *Health*—a monthly magazine published in New York City. Certain peculiarities of form and considerable repetition of statement—both of which the reader cannot fail to notice—are owing to the fact that about two-thirds of the chapters were written under the caption “Auto-genetic Poisons in the Intestinal Canal and their Auto-infection.” In revising these contributions for book form I have given to each chapter a caption of its leading thought; but I am convinced that repetition of some of the matters treated, especially if the repetition be in a somewhat different connection, is not such a very bad thing. I have used my blue pencil sparingly, and as a consequence the consecutive reader will find that constipation, diarrhea, biliousness, indigestion, auto-infection and