

**THE ROYAL ROAD TO
HEALTH: OR,
THE SECRET OF
HEALTH WITHOUT DRUGS**

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The royal road to health: or, The secret of health without drugs by Chas. A. Tyrrell

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CHAS. A. TYRRELL

**THE ROYAL ROAD TO
HEALTH: OR,
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The Royal Road to Health

OR THE SECRET OF
HEALTH WITHOUT DRUGS

BY
CHAS. A. TYRRELL, M. D.

Founder of Tyrrell's Hygienic Institute. Inventor of the "J. B. L. Cascade,"
Professor of Hygiene. Ex-President of the Eclectic Medical Society
of the City and County of New York. Originator of the
Improved System of Physical Exercises, etc.

TWO HUNDRED AND SIXTIETH EDITION

COMPLETELY REVISED, ENLARGED AND ILLUSTRATED

PUBLISHED BY
TYRRELL'S HYGIENIC INSTITUTE
134 WEST 65TH STREET, NEW YORK

1920



Chas H. Lyell MD

TO MY WIFE

WHOSE ENTHUSIASM, AND UNFLAGGING INTEREST IN ALL
MATTERS PERTAINING TO HEALTH IS EXCELLED BY
NONE, AND WHO HAS BEEN A FAITHFUL CO-
WORKER IN BUILDING UP THE SYSTEM OF
TREATING DISEASE BY HYGIENIC
METHODS HEREIN SET FORTH,

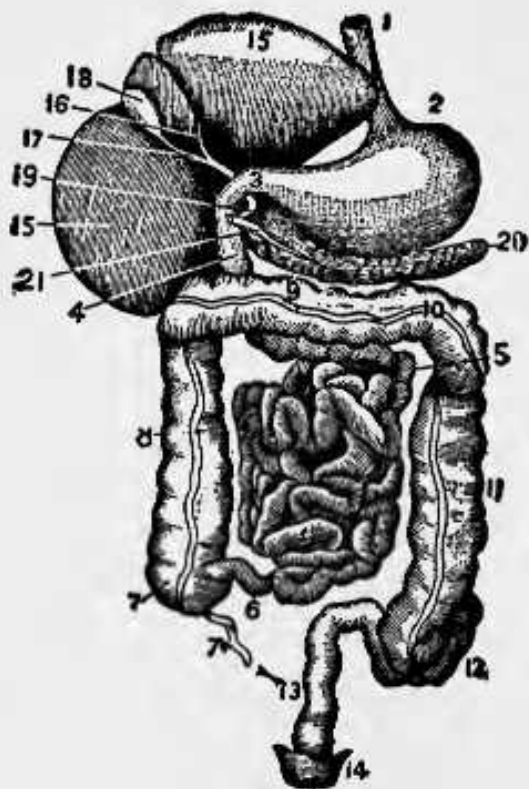
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CHARLES A. TYRRELL, M. D.



THE DIGESTIVE ORGANS

(Viewed from the front)

DESCRIPTION OF THE DIAGRAM
ILLUSTRATING THE
DIGESTIVE ORGANS OF MAN

1. Esophagus or Gullet.
2. Cardiac end of Stomach.
3. Pyloric end of Stomach.
4. Duodenum.
- 5, 6. Convolutions of Small Intestines.
7. Cæcum.
- 7* Vermiform appendage of Cæcum, called the *appendicula vermiformis*.
8. Ascending Colon.
- 9, 10. Transverse Colon.
11. Descending Colon.
12. Sigmoid Flexure, the last curve of the Colon before it terminates in the Rectum.
13. Rectum, the terminal part of the Colon.
14. Anus, posterior opening of the alimentary canal, through which the excrements are expelled.
- 15, 15. Lobes of the Liver, raised and turned back.

16. Hepatic Duct, which carries the bile from the liver to the Cystic and Common Bile Ducts.
 17. Cystic Duct.
 18. Gall Bladder.
 19. Common Bile Duct.
 20. Pancreas, the gland which secretes the pancreatic juice.
 21. Pancreatic Duct, entering the Duodenum with the Common Bile Duct.
-

The illustration here given of the Digestive Apparatus of man represents the organs of food digestion, especially the alimentary canal and glands connected therewith, and to the reader of this book, or to any student of anatomy, it will be found of invaluable service as a reference.

The diagram gives a view of the digestive organs from the ventral or front side, a proper study of which cannot fail to impress every intelligent being with the reverential deduction of the Psalmist that we are "*fearfully and wonderfully made.*"

PREFACE
TO THE
TWO HUNDRED AND SIXTIETH
EDITION

IN presenting to the public the two hundred and sixtieth edition of this work, it is a matter for profound gratification to be able to state that the treatment described in its pages has steadily increased in public favor since its introduction. Tens of thousands of grateful people testify to its efficiency, not only as a remedial process, but better still, as a preventive of disease. Truth must ever prevail, and this treatment being based on natural law (which is unerring), must achieve the desired result, which is the restoration and preservation of health.

This edition has been completely revised and much of it re-written, and while the essential principles remain unchanged, some slight departures from previously expressed opinions may be noted; for in the years that have elapsed