

A Practical Talk

“Constipation”

By Lionel Strongfort

Constipation is a condition of stagnation in the large intestine or Colon, brought about by functional defects in the action of the Stomach, Liver and Bowels, the direct result of **Internal Muscular Weakness**.

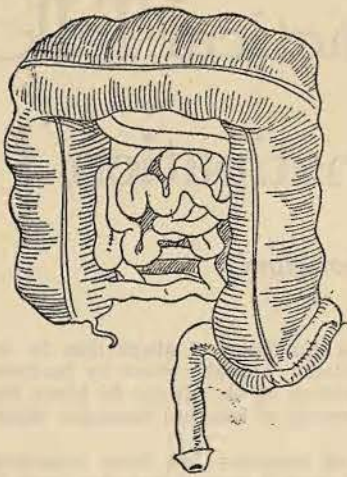
After the work of digestion has been completed in the stomach, the food is passed into the small intestine where the more important processes of final digestion and assimilation take place.

The small intestines, which are about twenty feet in length, are convoluted so as to occupy a comparatively small space in the abdomen, joining the large intestine or Colon, not end to end, but at the side, a few inches beyond the blind sac, known as the Appendix.

The large intestine or Colon is about five feet long and is much larger than the small intestine. It is used as a temporary receptacle for the feces or waste matter which represents that part of the food which remains after the final process of digestion and assimilation takes place in the small intestine. In due course, this material is moved by the muscular action of the bowels to that part of the intestine ending in the Rectum or Anus. The Anus is closed by a circular or sphincter muscle controlled by a series of nerves in the Rectum. When a sufficient quantity of waste matter or feces is accumulated in the Rectum, the nerves convey an impulse to the sphincter muscle in the Anus and a passage or expulsion of the feces takes place.

Aside from the muscular activity, an intestinal lubricant is necessary in order that the feces or waste matter may retain the full mold of the bowel and yet move through to the Anus without irritating the sensitive coat lining the intestines. This lubrication is also necessary in order to activate the process of evacuation. Nature has provided for this necessity through a secretion of the Liver, called the Bile. This material is manufactured in the Bile Sac and finds its way into the intestine through the Bile Duct, where it mixes with the contents of the small intestine—softening the material and preparing it for the final process of Expulsion.

Constipation can arise from many causes. First we shall consider Diet. Nature has provided many foods with laxative properties tending to stimulate the action of the Bile and of the secretions of the Stomach and Bowels. Therefore, when these foods are not used in sufficient quantity, one step is taken toward Constipation and its many disastrous effects.



An Abnormal Colon
Distended by Constipation.

Another important cause of this unnatural condition is the character of the foods common to our civilization. In the olden times the food was coarse, prepared foods were unknown and there was sufficient coarse material remaining after digestion and assimilation to entirely fill the Bowel, thus stimulating muscular activity. Nowadays, the food is mostly canned—partly digested—therefore insufficient mastication before swallowing

has become habitual. When this imperfectly chewed food is passed on to the Stomach, it is unfit for the digestive process, intended to be completed in this organ. Hence, it is retained for a period sufficient to digest it, and the muscle which closes the Stomach at its lower end, connecting with the intestine, will not allow the food to pass until it has been properly prepared. Fermentation takes place; the food is partially spoiled, and when it finally arrives in the intestines, the schedule of digestion and assimilation is upset—further fermentation takes place, delaying the completion of intestinal digestion and assimilation, finally ending in putrefaction and auto-intoxication or self-poisoning.

Habitual neglect, due to vocation, environment, modesty, temperament, etc., is also an important cause of Constipation. Clerks, bookkeepers and those who sit down at their work, invite Constipation through internal muscular deficiency.

Environment is another contributing cause of Constipation. Many persons, such as traveling men, are unable to have a movement of the Bowels because of lack of accommodation, and if the impulse is not promptly heeded, movement is retarded. This very often happens with women who may be away from home when the impulse to evacuate arrives. Modesty and lack of proper public conveniences in such cases contribute largely to the numberless victims of Constipation.

Of all the contributing causes of this condition of internal stagnation known as Constipation, none are so important as Intestinal Muscular Weakness. The intestinal walls contain two muscular processes—one, longitudinal, and the other, circular. These muscles, when functioning properly, produce the wave-like or creeping motion of the bowels, which forces the feces toward the Rectum for expulsion. If these muscles are not developed and nourished, the wave-motion, commonly called peristalsis, is deficient or lacking and the bowel content is allowed

to remain so long that it becomes hardened, and unless moved by increased muscular activity, or artificial means, it will cause obstruction, which, unless relieved, will end in death. Nature has wisely provided these muscles and nothing will take the place of muscular activity in securing a natural bowel movement and expulsion or evacuation of the feces.

The sum of all these contributing causes develops the condition known as Constipation. When the

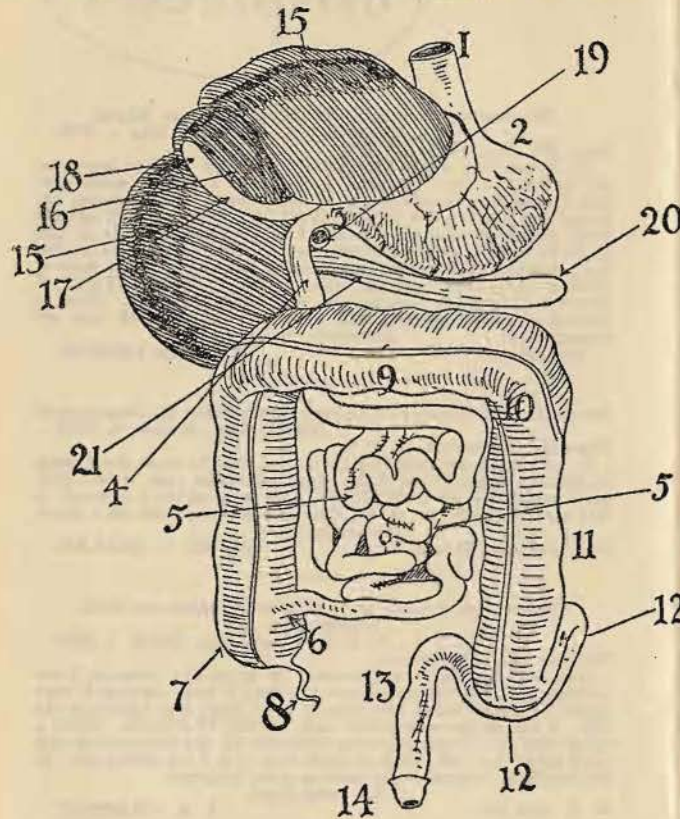


FIGURE A.

THE ORGANS OF DIGESTION, ASSIMILATION AND ELIMINATION

1. Esophagus or Gullet. 2. Cardiac End of Stomach. 3. Pylorus. 4. Duodenum. 5. Small Intestines. 6. Ileo Caecal Valve. 7. Caecum and Ascending Colon. 8. Appendix. 9-10. Transverse Colon. 11. Descending Colon. 12. Sigmoid Flexure. 13. Rectum. 14. Anus. 15. Lobes of Liver turned back to show Bile Sac or Ducts. 16. Hepatic Pancreas. 21. Point from which Pancreatic Duct runs into Common Bile Duct which enters the Duodenum.

bowel content is retained, when the Bile is insufficient in quantity and quality, the feces become hardened; the bowel walls become lined with this material, thus reducing its caliber. Very often a small passage is left open. The condition is evidenced by the peculiar physical appearance of the feces after passing from the body. Because of this condition, one may have a loose movement of the bowels through this narrowed passage and yet continue to suffer the full effects of Constipation.

If this caked waste matter is allowed to remain, a long series of poisonous substances evolved from putrefaction result, which find their way into the blood stream and are then transported to every part of the body. These toxins or poisonous materials are deposited in the bones and tissues, setting up many painful and dangerous conditions. This process of self-poisoning is commonly called Auto-intoxication.

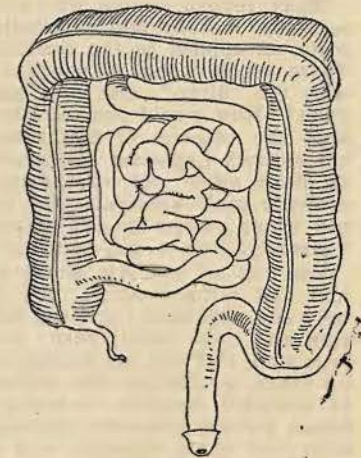
It is well known that 95 per cent. of all human misery—mental and physical—is directly traceable to Auto-intoxication or self-poisoning, which I have explained is the general effect of Constipation.

When the Liver does not function properly, the quality and quantity of the Bile is impaired. It becomes perverted and may, in some cases, find its way into the Stomach and cause severe Nausea. This is usually called Biliousness, and its chief characteristic, besides vomiting, is the yellow color of the skin and eyes, indicate that the Bile has been absorbed into the Blood Stream and deposited throughout the body.

I list here a few ills resulting directly or indirectly from Constipation and Internal Stagnation: Heart disease, Artero-Sclerosis, Indigestion, Dyspepsia, Biliousness, Gastritis, Catarrh, Piles, Asthma, Nervousness, Skin Disease, Falling Hair and Dandruff, Weak Eyes, Kidney diseases, Bladder trouble, Appendicitis, High Blood Pressure, Anaemia, Consumption, Pneumonia, Bronchitis, Rheumatism, Neuritis, Hay Fever, Despondency, Impaired Memory, Irritability, Varicocele, Sexual Weakness, etc.

Constipation has an important effect on one's business life. It produces so many conditions affecting the mental and physical welfare that a man or woman cannot develop full efficiency and thus forge ahead with the winners. It kills ambition, injures every mental process and slows up the business speed in a thousand different ways. Then, too, the effect on a person's appearance and personality is serious. If one is the victim of Constipation, he is usually narrow-minded, sour, irritable and even vicious. His outlook on life and his judgment is clouded by the poisonous materials circulating in his blood stream; his skin is yellow blotchy, pimply, and no matter how clever, bright or well-educated he is, the besmirching results of constipation will place him at a serious disadvantage. One cannot be efficient and successful if he suffers the evil effects of Constipation.

In social life, Constipation is an



A Normal Colon.

important factor. If one's body and brain is overloaded with poisonous waste material, he cannot look well or feel well. Consequently, he cannot talk interestingly or prove to be a pleasant, happy companion. His appearance is another serious handicap. Who can be comfortable in the company of a person afflicted with yellow, sickly, pimply skin; foul breath; scraggy thin, colorless hair, and dull, yellow, bilious eyes? Who cares to listen to the narrow, bile-colored conversation of a person afflicted with constipation? Who wishes to put up with this irritability, dullness, melancholia and general unpleasantness?

Millions of people are daily swallowing hundreds of tons of pills and powders and drinking thousands of gallons of mineral waters and other drug combinations for the relief of Constipation. Temporary relief may be obtained, but at what great loss and injury. The delicate mucous membrane of the Stomach and Bowels are inflamed by these irritating materials. Yes, the effect of laxatives, cathartics, etc., is entirely dependent upon their power to irritate and cause unnatural secretion of great quantities of Bile and Intestinal Juices.

This works down a portion of the caked and hardened feces and then the drugs complete their work by irritating the sphincter muscle at the Anus, thus causing expulsion of some waste matter, usually in the form of a Diarrhoea.

Such methods, besides inflaming the entire digestive tract use up three or four days' supply of Intestinal Juices and Bile, and so it becomes necessary to take "another dose." Moreover, Nature attempts to protect the delicate mucous membranes by hardening and thickening—thus it becomes necessary to increase the "dose" each time and change "physic" always choosing a harsher one, of course.

Every day more people are realizing the danger and the uselessness of drugging for the relief of Constipation. Thousands are turning to the Strongfort Methods and are gaining permanent relief through building up the contractile power of the internal muscles with Scientific Muscular Activity.

Many refined people who are scrupulously clean mentally, morally and externally, are unclean internally, as applied to the condition of the intestines. These people would be shocked if classified frankly with the "dirty." But how else can one think of them? How would you classify the Housewife who kept the exterior of her home exceedingly clean but entirely neglected the interior? If you wish to be clean, sweet and wholesome, you must be clean in every part—externally and internally. Use soap and water externally and enforce muscular activity internally. Nature will care for everything else.

You can rid yourself of the miseries of Constipation and self-poisoning. You can be bright, mentally and physically; you can have clean, wholesome skin and clear bright eyes; you can feel well and look well, and you can accomplish all this naturally, no drugs, no tedious diet routines or long journeys to so-called curative watering places. Just stay home, enforce scientific muscular activity; eat sensibly and bathe correctly and apply the principles of STRONGFORTISM—Pure, Natural Science to your methods of living.

Strongfortism Brings Vigor & Health Complete

Constipation Relieved—No More Sleepless Nights
Hants Co., N. S. Canada, May 1, 1925.

Dear Mr. Strongfort:—

As it has been some time since I received the last lesson of my Course in Strongfortism, I feel that I should write you. My Course has benefited me in many ways. My muscles are larger and harder; my CONSTIPATION is relieved; I am not tired nearly so easily at work; I don't know what it is any more to have a sleepless night; my appetite is good as is also my digestion. My health in general is better. If I had derived nothing more than just the relief of my CONSTIPATION, I should feel that my Course was well worth the price. Now in closing, I pray that God will bless you in the work you are engaged in.

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Gratefully yours,

NELSON PARKER.

Received Real Benefits—Complete Eradication of Constipation.
Akron, Ohio, March 14, 1925.

Dear Mr. Strongfort:—

I find that I am receiving some real benefits from my Course in Strongfortism. One of the most noticeable ones is the complete eradication of CONSTIPATION from which I suffered. I feel sure that the rest of my Course will benefit me even more.

Sincerely yours,

DAVID L. MILER.

746 Roselawn Avenue

Weigh Two Pounds more than ever before—no more
Constipation.

El Centre, California, March 1, 1925.

My dear Mr. Strongfort:—

You will no doubt be interested to know the progress I am making with my Course. From the first, I have enjoyed it very much. I weigh today two pounds more than ever before in my life. I am no more bothered with CONSTIPATION. What a relief that is! I am following faithfully all the instructions you have given me. My flesh is more firm and I am filling out; so all together, I know I am making good progress.

Very truly yours,

R. A. CHESNUT.

P. O. Box 161

Bowels Function Twice Daily—Without Medicine.

Winnipeg, Man., Canada, April 27, 1925.

Dear Mr. Strongfort:—

I would like to say that I feel much better, although it is only two months since I started my Course. My BOWELS function twice a day without any medicine and my body in general is improving. My wife says that she can see a wonderful change in my body. Before starting on my Course in Strongfortism, my body was so dead and lifeless looking—now the veins are so full and visible all over my body. I am pleased to let you know that the money I sent you for my Course was well invested.

Your thankful pupil,

Sta. 11B, Campbell Block

OTTO C. OSTHOLME.

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