

Macfadden's Treatment

Note: This is the information on one of the Macfadden treatments which you requested. This information is quoted directly from Macfadden's Encyclopedia of Health (vol. VII)

(DISCLAIMER: This information is provided for educational purposes only and not for the treatment of any illness or health condition.)

Kind regards, Jim Bennett

In the treatment below, Macfadden highly recommends colon cleansing. I have researched this subject, and some of the pertinent information I have found is located at riverflow.com/life/coloncleansing.html

Macfadden's Treatment For Constipation...

Cathartics of all kinds, especially mineral cathartics, should be avoided; they lessen one's vital efficiency, they dry up the glands that furnish the digestive juices, and in many ways they interfere with the activities of the physical organism. It is unwise to take drugs to cure a complaint of this nature when there are various other methods of relief far more pleasing and far more satisfactory, especially more permanent in their results. For instance, there is what is termed the internal bath, the cleansing of the colon with a considerable quantity of water. As a means of temporarily remedying constipation, this particular Method cannot be improved upon. It can be highly recommended where one is suffering from a sudden attack of acute disease. (See enema, Vol. VI, Sec. 2) Colonic irrigation given by a skilled operator is of great value in cleansing the large intestine. The lower bowel being the principal sewer of the body, many poisons are eliminated from the body through it. Frequently, attacks of acute illness can be almost immediately relieved by this one measure. It is claimed that the continued use of enemas entirely destroys the natural functions of the bowels. Where they are used too frequently and continued for a considerable period of time, this is true, especially when immoderate quantities of water or when hot water are used. However, there is no necessity for cleansing the bowels in this manner except when one actually has need for the relief. Often the injection of a pint to a quart of water will be sufficient to bring about a satisfactory evacuation. But where an acute disease is being treated and there are symptoms at all serious in nature, it is well to use all the water the patient can retain for a few minutes; for under such circumstances the bowels are more thoroughly cleansed and the process of eliminating poisons is continued much more actively. One should not depend altogether upon this means of internally cleansing the body, but should so adapt his diet and exercises that the alimentary canal will perform its duties without artificial assistance. The sufferer should avoid concentrated foods. Highly seasoned dishes that require complicated preparation also had better be shunned entirely. When beginning a dietetic routine for the purpose of increasing bowel activity it is well to remember that there is the probability that one has been eating too heartily. Under such circumstances, of course, it is exceedingly valuable to precede the treatment with a fast of at least one meal or, better still, from

one to five days. A process of this kind will help to restore the bowels to normal muscular tone. They will be able to perform their functions more ably as a result of this brief rest. But whether or not digestive rest be taken, it will be necessary to add to the diet various foods that will bring about the desired object. Use whole-wheat bread-not the brownish bread often sold for whole-wheat, but bread made from the whole grain, bran and all. Also use plain bran, or, if desired occasionally, bran muffins. Various fruits are used in the treatment of this trouble. Grapes, for instance, can be recommended, the entire grape to be eaten. Grape-juice likewise often is effective. This is especially so if it is taken in the form of what some call grape-coffee. This is made by filling a cup one-third full of grape-juice, sweetening it with a teaspoonful of honey, and filling the remainder of the cup with boiling water. If one or two cupfuls of this are taken immediately after a meal it often will bring good results. Some find that apples act very beneficially. Where there is a desire for fruit of this nature, they may sometimes be eaten between meals with benefit. Fresh apple cider is particularly beneficial in this regard. Prunes and figs are the most laxative of ordinary fruits. They may be taken uncooked or stewed. To many people oranges, pears, peaches, or certain other fruit will be laxative and to most people blueberries, huckleberries and blackberries have decidedly laxative qualities. The bulky green vegetables, particularly in salad form, but also cooked, are even better than fruits in most cases. Many people suffer from constipation because they do not drink sufficient water. This does not mean, however, that one should force himself to drink large quantities of water; but one should acquire the habit of drinking at least a glass of water for every two hours during waking hours. It is not necessary to drink every two hours, but the entire amount of water that one takes during the twenty-four hours should average at least this amount. It is stated that some Japanese make a habit of drinking at least a gallon of water a day, but this is more than is required. In addition, the whole grain of wheat, barley, oats and rye can be recommended for troubles of this nature. The ordinary rolled oats which may be purchased in grocery stores will be found a fairly good article of diet. The whole barley, prepared as a whole grain, is valuable. Olive oil can be palatably used on various foods, or if one or two tablespoonfuls are taken at night on retiring good results can be secured. Mineral oil has a better effect in most cases; but it must be used regularly for some time. It is a lubricant, not a laxative. It should be taken with meals and thoroughly incorporated with the food. If desired it may be taken with bran, at one or more daily meals, as required. In many cases better results are secured by the use of uncooked foods. If there is an antipathy to eating certain beneficial foods in this manner one might first try flaked grains, prepared by placing about a teacupful of flaked or rolled wheat, oats, rye or barley on the stove, with a similar quantity of water. As soon as the water begins to boil the food is ready to serve and may be eaten with dates, raisins, or any other sweet fruit that one might desire, with the addition of cream or milk if this is necessary to make it more appetizing. The whole grains (kernels) of wheat, rice, barley, and rye, also may be so prepared as to make a very tasty and excellent food. Soak the grains overnight in a small quantity of cold water. Put them on the stove the next day and simmer for several hours or until they are somewhat softened. Be careful not to add so much water that a part of it must be poured off the grain. Fifteen minutes or half an hour before you take the grain from the stove add dates, raisins, or other sweet fruit. The above dietetic suggestions will answer perfectly in nearly all instances; but in serious and acute cases it sometimes is advisable to adopt a still more radical plan. In order to accomplish quick results in severe cases of consti-

pation the first suggestion of all is a fast. This fast should begin with Complete Fast No. -3 for two days, followed by Complete Fast No. 2 for three or four days, depending altogether upon the vitality and general vigor of the patient. The longer the fast is continued, within reason, of course, the greater the advantage, unless the patient shows distinct signs of emaciation or low vitality before beginning the fast. Under such circumstances two or three days, or five days at the outside, should be the limit of the fasting period. Each day while following the fast for the treatment of constipation it would be advisable to take, a full enema, thoroughly cleansing the colon. The fast-breaking routine suited to the length of the fast should be used-, and it is advisable in practically every instance to follow with Milk Diet No. 1 (or sometimes with Milk Diet No. 10), unless one already is much overweight. After breaking the fast, Cereal Diet No. 1 or 3, may be followed if it is impossible to follow the milk diet. Or Milk and Fruit Diet No. 3 may be taken with very agreeable results. One must remember, however, that the tendency of the sweet milk diet, in nearly every case, is to aggravate symptoms of constipation when one first begins it; hence before attempting this diet one should read carefully the full instructions for taking the milk diet, given in this volume. In some cases it will seem to aggravate the symptoms of constipation so greatly that it will be difficult to take. This occurs, however, only in rare instances, and the difficulty nearly always will disappear as soon as a sufficient quantity of milk is used. By constantly increasing the quantity of milk one usually can depend upon being relieved of constipation. Owing to the influence of the milk in toning the muscles, circulation, nerves and glands of the intestines, it is an especially valuable diet in remedying this disorder. A cold abdominal pack put on before going to bed and allowed to remain all night, or until dry, frequently will be of value in the treatment of this disorder. It will improve the circulation and add to the general vigor of the internal organs. Likewise, daily cold sitz-baths, often are of great benefit because of their invigorating influence. General or local abdominal cold baths are valuable in most cases. The mixture of one quart of hot water, the juice of one lemon and half a level teaspoonful of salt is excellent in cases of constipation. The water is to be just hot enough to allow fairly rapid drinking and the entire quart should be taken within ten to fifteen minutes if possible. This may be taken twice a day, but if taken shortly after arising, with no other break-fast, it probably should not need repetition during the day. This is one condition in which the "foodless foods" may be used with some benefit. These "foods" may be agar-agar, or cellulose flour made from cotton or wood. Ordinarily the same good usually can be secured by those bulky foods that have also some indigestible elements. However, these "foodless" substances are used chiefly to provide bulk to aid peristalsis and to assist in cleansing the intestinal walls. They require no digestive effort, since they are non-digestible. Mineral oils simply lubricate the foods and intestines. They are not absorbed by the system, but become mixed with the feces and pass out of the body practically unchanged. It is wise to adopt such a dietetic routine, as well as other health factors, so as to normalize the musculature, circulation and nerves of the digestive canal and follow it or some other method to perpetuate the relief secured. If one is suffering from constipation, no matter what method may be adopted to effect a cure, one should not forget the necessity for walking at least once each day until there is a slight feeling of fatigue. The distance covered, of course,, will depend altogether on one's strength. Some people can walk for many miles without fatigue, while others will tire after walking a very short distance; but if the suggestion to continue to 'walk merely until there is a slight feeling of fatigue is followed, there will be no danger of overexertion. It may be added that it is exceedingly

difficult to walk too much. Of course, if one -were to use his will to force himself he might walk beyond his strength. However, many persons have been known to continue to walk until they felt they were hardly able to stand, but after a few hours' rest, they felt as fresh and strong as ever. This indicates that the fatigue that comes from walking very quickly disappears because of the tonic effect of this particular exercise on all the various blood-making and vitality-building organs (see Volume 111). Another especially valuable exercise is that of jumping slightly, just as one jumps a rope. The slight 'ar of this particular exercise accelerates the activity of the intestinal tract and will be found very useful in the treatment of constipation. As a rule it is a good plan to take this exercise - upon rising, and it will be found more, effective if one will drink one or two glass's of water before beginning the exercise. The exercise should be continued on each occasion until a slight feeling of fatigue is noted. At first, unless one is fairly strong, he may find it difficult to jump more than one hundred to three hundred times without feeling fatigue, though for best results the exercise should be, con- tinued for two hundred to even five hundred times,, resting when- ever one feels especially tired. Of course, it is understood that this exercise is to be indulged in only if there is no organic contra- indication, especially he-art, lung and kidney disease or prolapsed organs. The exercise of leaning forward while sitting in a chair, press- ing the abdomen strongly against the right leg, then returning to a sitting position, and repeating the exercise pressing the abdomen against the left leg, also will be found valuable in this trouble. This exercise should be continued until there is a feeling of fatigue. When leaning forward to press the body against the right leg the body should be swayed well to the right, and then well to the left when pressing the body against the leg. This exer- cise gives the colon a kneading treatment equivalent to an abdominal massage. Massage of the abdominal region with the fists also can be recommended in some instances. If one. will tightly close the right hand and then press inward, using the other han4 to add to the pressure, encircling the abdomen in the direction of the movement of the hands of a clock, one nearly always will secure favorable results. This is especially so if one persists in this movement regularly and for a sufficient length of time. A croquet ball or a metal ball of similar size may be used to roll over the abdomen in the direction mentioned. Manual or mechanical vibratory massage has a toning, stimulating effect in any case. The exercise of rising to a sitting from a reclining position brings the abdominal muscles into active play. The exercise of raising both legs to a vertical position while reclining on the back also has this effect, as do the exercises of starting with the legs vertical and then performing various movements. When one strengthens the walls of the abdomen, to a certain extent the internal organs seem to acquire additional vigor. Percussion given by the hands of an attendant or by a mechanical vibrator, or self-applied by the hand, also is beneficial, but the abdominal wall should be lightly tensed. See exercises illustrated in Volume III. Perhaps no exercises are more valuable than abdominal breath- ing movements. For instance, when drawing in a breath and slightly expanding the abdominal region, all the organs in the abdomen receive the stimulation of the slight movement which comes with this combined with exhaling and abdominal retraction. In short, a general vitality-building routine should be adopted for increasing the strength and vigor of all parts of the body. It is important to select a routine adapted to one's strength and to follow the general instructions given therein persistently. In stubborn cases, it will help greatly to give Special Manual Treatments 11 to 16 or for the patient himself to take Self-Applied Exercise Movements I to 6, thus stimulating the nervous system, These treatments affect the lumbar and dorsal regions of the spine,

thus influencing directly the spinal nerves which control activities of the bowels. In some cases this feature of the treatment will be found the most important of all. Regularity of habit in defecation is a good thing to cultivate, especially if one practices regularity in regard to meals. However, one never should resist the slightest inclination to defecate, no matter at what time of day. Disregarding the calls of Nature is responsible for a great deal of constipation and of trouble due to this condition. Constipation sometimes is induced mechanically by the presence of tumors or by displacements of the uterus. In such cases appropriate treatment for these disorders will be necessary. Gravity exercises are of excellent value,, indirectly, for constipation resulting from displacement of the uterus or the bowel; and for the latter the sinusoidal electrical modality to the abdomen has a remarkably direct effect, as it also does in case of simple loss of tone of the colon. Rectal dilation by means of solid dilators is excellent for constipation due to a tight sphincter; spinal manipulations and concussion of the second and the fourth lumbar vertebrae also are of much benefit. Sunlight, ultra-violet or infra-red treatment are of excellent, though indirect, value.

Fast #3 - Complete fast. Abstinence from all liquid and solid food except water. One to two glasses of water each hour of each day. Fast #2 - Complete fast except water according to desire. Milk Diet #1 - first day: half pint of milk hourly. Second day: Half pint milk every three-quarters of an hour. Third day: Half pint milk every half hour. Fourth day and thereafter: One to one and one-half in accordance with the desire. Milk Diet #10 - First day: eight ounces of milk every hour for twelve hours. Second day: Two glasses of milk every 1½ hours. Third day: four glasses of milk (quite warm) three times a day, also one to two glasses of cool milk upon arising, again between each two quarts, and again on retiring. (Warm milk may be used at all of these times instead of cool milk, if preferred.) Five quarts daily. Following days: the same. An orange or two daily. Milk and Fruit Diet #3 - this consists of three meals daily of sumik(?) and sweet fruit. Usually three or four glasses of sumik may be taken, and from 1/4 to 1/3 pound of any preferred sweet fruit. Cereal Diet #1 - Ordinary flaked or rolled oats, wheat, rye, or barley moistened with cream, adding raisins to taste. Begin with a fourth to one-half pound of this mixture at each meal, taking two meals a day. This allowance may be increased gradually. One may drink whatever quantity of milk is craved at each meal. A noon-day meal (if three meals are deemed necessary) may be taken, It may consist of a large raw vegetable salad and two or three glasses of sumik or buttermilk. The cereal in these diets is uncooked. Cereal Diet #3 - Two meals daily of the same combination as described in Diet #1, though not to take milk. Add to the last meal a green salad of some kind, watercress, lettuce, spinach, or the like, in accordance with the desire.
