Important Discussion of Alimentary Toxemia
Before the Royal Society of Medicine of Great Britain

Years ago the subject of alimentary toxemia (constipation) was discussed in London before the Royal Society of Medicine, by fifty-seven of the leading physicians of Great Britain. Among the speakers were eminent surgeons, physicians and specialists in the various branches of medicine.

Poisons of Alimentary Intestinal Toxemia

The following is a list of the various poisons noted by the several speakers: Indol, skatol, phenol, cresol, indican, sulphuretted hydrogen, ammonia, histidine, urobilin, methylmercaptan, tetramethylendiamin, pentamethylendiamine, putrescin, cadaverin, lecithin, ncurin, cholin, muscarine, butyric acid, beta-imidazolethylaminc, methylgadinine, ptomatropine, botulin mytilotoxin, rnytilo-congestine, oxybetaine, tyramine, agmatine, tryptophane, sepsin, indoleethylamine, sulphemoglobin.

Of the thirty-six poisons mentioned above, several are highly active, producing most profound effects, and in very small quantities. In cases of alimentary toxemia some one or several of these poisons is constantly bathing the delicate body cells, and setting up changes which finally result in grave disease.

Symptoms and Diseases Due to Alimentary Toxemia

It should be understood that these findings are not mere theories, but arc the results of demonstration in actual practice by eminent physicians. Of course it is not claimed that alimentary toxemia is the only cause of all the symptoms and diseases named: Although of many it may be the sole or principal cause, some of them are due to other causes as well. In the following summary the various symptoms and disorders mentioned in the discussion in London, to which reference has been made above, are grouped and classified.

The Digestive Organs

Duodenal ulcer causing partial or complete obstruction of the duodenum; pyloric spasm; pyloric, obstruction; distension and dilatation of the stomach; gastric ulcer; cancer of the stomach; adhesions of the omentum to the stomach and liver; inflammation of the liver; cancer of the liver, The muscular wall of the intestine as well as other muscles, atrophies, so that the passage of their contents is hindered. The abdominal viscera lose their normal relationship to the spine and to each other, on account of weakening of the abdominal muscles; these displacements are much more marked and serious in women. Other conditions are; Catarrh of the intestines; foul gases and foul-smelling stools; colitis; acute enteritis; appendicitis, acute and chronic; adhesions and "kinks" of the intestine; visceroptosis ; enlargement of spleen; distended abdomen; tenderness of the abdomen; summer diarrhea of children; inflammation of pancreas; chronic dragging abdominal pains; gastritis; cancer of pancreas; inflammatory changes of gallbladder; cancer of gallbladder; gallstones; degeneration of liver; cirrhosis of liver; infection of the gums, and decay of the teeth; ulcers in the mouth and pharynx.
Heart and Blood Vessels
Wasting and weakening of the heart muscle; microbial cyanosis from breaking up of blood cells; fatty degeneration of the heart; endocarditis; myocarditis; subnormal blood pressure; enlargement of the heart; the dilatation of the aorta; high blood pressure; arteriosclerosis; permanent dilatation of arteries. Dr. W. Beizley says: "There are a few phases of cardiovascular trouble (disease of heart and blood vessels) with which disorder of some part of the alimentary tract is not causatively associated."

The Nervous System
Headaches of various kinds-frontal, occipital, temporal, dull or intense, hemicrania; headache of a character to lead to a mistaken diagnosis of brain tumor. Dr. Lane tells of a case where a surgeon had proposed an operation for the removal of a tumor from the frontal lobe of the brain; the difficulty was wholly removed by the exclusion of the colon. Acute neuralgia pains in the legs; neuritis; twitching of the eyes and of muscles of face, arms, legs, etc. Lassitude; irritability; disturbances of nervous system, varying from simple headaches to absolute 'collapse; mental and physical depression. "A medical man with neurasthenic symptoms and a belief that he 'was ruined, recovered after he left off taking an egg for breakfast." Insomnia; troubled sleep, unrefreshing sleep, the patient awakening tired; excessive sleepiness, patient falling asleep in the daytime; shivery sensations across lower spinal region; burning sensations in face, hands, etc; epileptiform tic; typhoid state; paralysis; chronic fatigue; horror of noises; morbid introspection; perverted moral feelings; melancholia, mania, loss of memory; difficulty of mental concentration; imbecility; insanity; delirium, coma.

The Eyes
Degenerative changes in the eye; inflammation of the lens; inflammation of the optic nerve; hardening of the lens; scleratitis, sclerokeratitis; iritis; iridocyclitis; cataract; recurrent hemorrhage in the retina; eyes dull and heavy. 'W. Long says: "As an ophthalmic surgeon, I can look forward full of hope to a future when those serious eye affections ,will cease to occur, because the physician has taught mothers how to feed children properly, and the dental surgeon has impressed upon the population at large the importance of proper mastication and the hygiene of the mouth."

The Skin
Formation of wrinkles; thin, inelastic, starchy skin; pigmentation of the skin-yellow, brown, slate-black, blue; muddy complexion; offensive secretion from skin of flexures; thickening of the skin of the back of the upper arm; irritability of the skin; sweating of the palms of the hands and the soles of the feet; eruptions of the skin-sores and boils; pemphigus; pruritus; herpes; eczema: dermatitis; lupus erythematosus: acne rosacea; cold clammy extremities; dark circles under the eyes; seborrhea ;psoriasis; pityriasis; alopecia; lichen: planus jaundice; "An infinitesimal amount of poison may suffice to cause skin eruption."
Muscles and Joints
Degeneration of the muscles; "Muscles waste and become soft and in advanced cases tear easily." "In, young life the muscular debility produces the deformities which are called dorsal excurvation, or round shoulders, lateral curvature, flat-foot, and knock-knee." "Weakness of abdominal muscles causes accumulation of feces in the pelvic colon, which renders evacuation of contents more and more difficult." Prominence of bones; rheumatic pains simulating sciatica and lumbago; various muscular pains; muscular rheumatism; arthritis deformans; synovitis; rickets; arthritis, acute and chronic. Tubercle, and rheumatoid arthritis are the direct result of intestinal intoxication. Dr. Lane says: "I do not believe it is possible for either of these diseases to obtain a foothold except in the presence of stasis."

Genito-Urinary and Reproductive Organs
Various displacements, distortions and diseases of the uterus; change in the whole form and contour of woman; fibrosis of breast; wasting of breasts; induration of breasts; sub-acute and chronic mastitis; cancer of breast; metritis and endometritis; infection of bladder especially in women; frequent urination; albumosuria; acute nephritis, movable kidney; floating kidney. Dr. Lane goes so far as to say: "Auto-intoxication plays so large a part in the development of diseases of the female genitourinary apparatus, that they may be regarded by the gynecologist as a product of intestinal stasis."

General Disorders and Disturbances of Nutrition
Degeneration of the organs of elimination, especially the liver, kidneys, (Bright's disease) and spleen; pernicious anemia; lowered resistance to infection of all kinds; premature. senile decay; retardation of growth in children, accompanied by mental irritability and muscular fatigue; adenoids; enlarged tonsils; scurvy; enlarged thyroid (goitre); various tumors of thyroid; Raynaud's disease. In those who apparently suffer no harm from constipation during a long series of years there is perhaps as suggested by Hertz, a partial immunity established. The writer has long believed that such an immunity is sometimes established in the very obstinate constipation which accompanies absolute fasting, because of the cleansing of the tongue and reappearance of appetite which often occurs' at the end of the second or third week of the fast, a phenomenon very like that which appears in typhoid fever and other continued fevers. It must not be supposed, however, that even the establishment of so-called immunity insures the body against all injury. The labor of eliminating a large amount of virulent toxins, which falls upon the kidneys, damages the renal tissues and produces premature failure of these essential organs. Any process which develops toxins within the body is a menace to the life of the tissues and should be suppressed as far as possible, and as quickly as possible.