

Caution.

The apparatus is protected in various styles of manufacture at home and abroad. Any infringement of the Patent rights, or copy of this book, even if only partial will be followed by prosecution.



The
**Alternating Temperature
Treatment**

in
Woman's intimate hygiene and
care of the body.

Alternating Temperature treatment

by means of the

"EXPERATOR" Apparatus.

Popular description and explanation of a natural method for the control and prevention of the everyday complaints to which women are subject. A contribution to public hygiene based on expert research.

Surprising Results

produced by an artificial temperature alternation in the abdominal regions.

"EXPERATOR"

is an apparatus of high technical perfection, which renders possible an alternating temperature method that answers in every respect to the most up-to-date requirements of modern science by providing a means of intensive treatment of the abdominal organs that has hitherto been impossible with simple appliances.

"EXPERATOR"

has stood the test in cases of:

Menstrual derangements and stoppages.

Pain during menstruation.

Weak or undeveloped abdominal organs.

Displacement or prolapsus of the womb.

Leucorrhoea (Whites) and its consequences.

Convalescence from disorders resulting from physical neglect, and for

Beauty and health treatment and care of the body.

Hundreds of Professors, experienced Doctors, Clinics, &c. are unanimous in testifying that the Alternating Temperature treatment is undoubtedly the best for such cases. The "EXPERATOR" apparatus complies with all requirements and, above all, never does harm. If in doubt ask your Medical Adviser.

Light complications are immediately relieved by two or three irrigations with this

Unique Irrigator.

In more difficult cases usually five to seven irrigations suffice

The Purpose and Motive of the Process.

The purpose of the Alternating Temperature treatment by means of the "EXPERATOR" Apparatus is to strengthen quickly the abdominal organs and restore them to normal health by promoting metabolism as the result of attracting the blood to those regions, thereby causing vigorous excretion of all residues from the digestive process and of auto-toxins. The treatment, as such, is based on a natural sequence of events. By an artificial increase in the blood heat in the abdominal organs, occasioned by the high temperature of the rinsing-water used, a healing process which follows the laws of nature is artificially produced. As far as science can look back into the past, the increase of temperature of the blood has been recognised as a healing factor. Fever alone shows us how nature increases the temperature of the blood in order to combat disease in the body. If we have burned, bruised, sprained, or in any other way injured any part of our body, we see how the place affected becomes heated and, as a result of the increased blood supply to that part, expels either by inflammation or through the urine the mortified utricles, thus enabling the injured part to recover its health. But if the body is too weak it often drags on with the injury for years or wastes slowly away till it is released, sooner or later, by death.

The artificial increase in the blood temperature, if it is to be effective as a healing factor, must be kept within limits and be suited to the purpose. To subject the body for any length of time to an increased temperature would only have as a result the opposite of what was sought, because any continuous increase of temperature would induce a relaxation of the blood vessels and injure the body instead of assisting it. But if the temperature is kept within limits and suddenly reduced to the reverse degree, the actual healing factor, the reaction, operates and effects a healing process. The normal temperature of the blood is 97—101° Fahrenheit (36—37.5° C.). In order to increase the blood heat the artificial conductor of heat — in this case the water — must be at least 114° Fahrenheit (45° C.). This is necessary to raise the temperature of the blood by 1° Fahrenheit ($\frac{1}{2}$ ° C.), especially the parts contiguous to the conductor, in this case the abdominal organs. If the hand be held near a hot stove, for instance, one notices an increased flow of blood to it, which makes it firm and comfortable. In precisely the same way, in the case above-mentioned, the blood courses towards the abdominal organs and effects the healing process described. With a gradually increased temperature, the body can bear up to 130° Fahrenheit (55° C.) internally. In the directions for use given below attention is, therefore, drawn to the fact that a commencement may be made with 114° Fahrenheit (45° C.) rising to 130° Fahrenheit (55° C.). In the case of the female genital organs these temperature variations can only be effected by an appliance as represented by the "EXPERATOR" apparatus, for if the plain tube of an ordinary irrigator or any similar spraying apparatus were used, the hot-water would run down the legs and make syringing at a high temperature impossible, because externally no such high temperature can immediately be borne.

Attention may here be drawn to other Irrigators which, so far as external appearance goes, are imitations of the "EXPERATOR", but which lack the patented closing device of the "EXPERATOR" apparatus. Without this device any apparatus is useless and of no more worth than an ordinary irrigator. The Alternating Temperature method is only made possible by a firm and secure closing device. In the "EXPERATOR" ladies are provided with an apparatus of the utmost value which solves a vitally important problem that is not considered in other apparatus.