

WATER EMETICS.

There is no necessity for taking any animal, vegetable, or mineral poison for the purpose of relieving the stomach of any morbid or injurious matter that it may contain. A far better way to accomplish this result is to drink copiously of warm water, filling the stomach unless vomiting is sooner induced. After drinking all the water the stomach will hold, tickle the throat with a feather or the finger, and vomiting will be speedily induced. In this manner the stomach may be freed of its contents without that retching, straining, and cramping which usually occur in connection with vomiting induced by drugs.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 173 by M. G. Kellogg