

BLEEDING FROM THE LUNGS-HEMOPTYSIS.

When bleeding occurs in the lungs or bronchial tubes, the blood is generally raised by coughing. It is generally frothy and of a bright-red hue. The quantity expelled may vary from a simple streak mingled with mucus or a minute clot or two, to one or more pints. The hemorrhage very rarely proves fatal at once, though it hastens death if much blood is lost.

Treatment.— The hemorrhage should be checked as speedily as possible. The patient should be put to bed with the head and shoulders elevated, and should keep perfectly quiet; he should not be excited, but should dismiss all fear, for mental excitement will increase and prolong the bleeding. He should swallow sips of cold water, ice water, and occasionally bits of ice, and a **cold compress** should be kept over his chest, a **hot fomentation** should be applied to the spine at the same time. The limbs and feet must be kept warm. If there is congestion of the lungs, a **hot foot-bath** should be given, or the patient should be **enveloped in a very thick woolen blanket, wrung out of hot water** and applied as hot as he can possibly bear it. The extremities must be kept warm. A **sitz-bath** at from 98° to

105°, or a **hot leg-bath** at the same temperature, will frequently check the hemorrhage without any other treatment.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 230-231 by M. G. Kellogg