BLEEDING FROM THE RECTUM.

This is usually caused by inflammation of the mucous membrane of the rectum, or the large intestine, or from hemorrhoids or blind piles.

Treatment.— Take cool **sitz-baths** for five or eight minutes at 75°, followed by brisk hand rubbing, or the hot sitz-bath, followed by cold. Ice may be introduced into the rectum with advantage if the bleeding surface is low down, or **cold injections** may be taken once a day, or a hot **enema** once a day with water at 105° Fahrenheit.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 232 by M. G. Kellogg