

HEMORRHAGE.

The escape of blood from the vessels in which it is naturally contained constitutes hemorrhage. Hemorrhage may be caused by cutting, or otherwise wounding, the arteries and veins. Such bleeding, if the vessels cut are quite small, will stop either spontaneously, or by simply binding the part. If an artery of some considerable size is cut (it may be known by the size of the stream and by the bright-red color of the blood), it should be tied. To prevent loss of blood while waiting the arrival of a surgeon, tie a handkerchief, or a strong bandage, about the wounded limb between the wound and the heart; tie sufficiently tight to stop the bleeding. If the wound is on the body, find the artery and make pressure at some point between the wound and the heart until it can be tied. If the blood flows in a steady stream, without jerking, and is of a dark-red color, it is simply venous blood, and the hemorrhage can be stopped by binding on lint.

Another form of hemorrhage is that occasioned by some constitutional difficulty. It may result from tubercle, or cancer, as these occasion decay of the tissues and coats of vessels; or it may be occasioned by excessive congestions, or inflammations in which some of the smaller vessels are ruptured; or it may be

cause by anaemia (poor blood), in which condition the tissues are all poorly maintained. This is especially the case with the coats of the capillary vessels, and they give way very easily.

For these reasons, hemorrhage frequently occurs in persons with the above conditions. Hemorrhage is not confined to any particular part of the body, but may occur from any organ or tissue.

Cause.— The immediate causes of hemorrhage in most cases are heat, violent mental excitement or muscular exertion, the use of **stimulants**, exposure to various irritants, excess of blood, and poor blood. Sometimes there is a hereditary weakness of the coats of the vessels, in which case a very trifling cause will induce bleeding.

Prognosis.— If the blood flows into the substance of any of the vital organs or into the cavity of any of the membranes that surround the vital organs, or if it occurs repeatedly in a person whose blood is thin, or whose blood-vessels are weak, there is very little probability of entirely overcoming the difficulty, even if death does not soon result. In other instances, death is very rarely the result.

General Treatment.—We should seek to excite contraction of the bleeding vessels and to balance the circulation by inducing a more copious circulation in organs or parts of the body remote from the bleeding part. The application of ice or cold water to the bleeding parts, or as near them as possible, will contract the vessels, and the application of warmth to parts remote therefrom will promote an increase of blood in those parts. A free current of air applied to the bleeding vessel will often cause the blood to coagulate in the part. As soon as the coagulum is formed in the vessel, the bleeding will cease. In endeavoring to control any form of hemorrhage, the patient should be kept as quiet as possible. His room should be kept cool and well aired. He should rest on a mattress without much covering, and subsist on simple, yet nourishing, food, and should drink freely of cold water or ice water, while the position of the body should be such that the flow of blood toward the bleeding part will be impeded. The after treatment should be such as will build up the constitution. Copious hot enemas are very useful in stopping hemorrhage from any organ.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 226-228 by M. G. Kellogg