

## LANGUAGE OF DISEASE.

When the body is diseased, there will be a disturbance of some or all of the vital manifestations, and to determine the nature and severity of the disease, we must carefully watch the vital manifestations, and note wherein they differ from those which take place in health.

The following manifestations are the language of disease, and some of them always occur when the body is diseased. The temperature of the body may be disturbed by being too high or too low, occasioning chilly sensations, or burning fever. The skin may be dry and husky, and may even crack or scale, or it may lack clearness, being clogged with impurities. The appetite may be craving, or there may be loss of appetite. It may be capricious, and relish only highly-seasoned food, or it may call for stimulating food and drink. The stomach may act in a disturbed manner; there may be either cramping, heart burn, nausea, vomiting, eructations, heat, or pain.

The bowels may be irregular, being either constipated or loose, with either bilious, watery, bloody, or slimy discharges, or wind may accumulate in them. The kidneys may excrete a thick, stringy substance with the urine, or they may fail to excrete a proper amount of urine, or they may excrete too great a supply. The bladder may refuse to retain but a small amount of urine, which may be voided with great difficulty

and pain, the urine being hot; or there may be failure to retain the urine, or there may be an undue retention of it, causing great pain. The circulation may be disturbed, as indicated by the pulse, which may be too high or too low, too fast or too slow, too strong or too weak; it may be full, or wiry, or too frequent, or irregular. The breathing may be oppressed, or the breath may be short, or it may have an offensive smell. There may be mucous or slimy discharges from the throat or lungs; the mouth may taste bad, or may be dry, or the tongue may be coated. There may be wasting of the body, or an abnormal filling up with fat. Some of the senses may be faulty, or the mind may manifest unusual activity, or stupidity, or insanity, or despondency. There may be involuntary contractions of the muscles, amounting to cramp, spasms, or even convulsions. The bodily sensations may be unpleasant, and even painful. The sleep may be disturbed and unrefreshing, the individual being restless or nervous. There may be a feeling of listlessness, and an antipathy against taking exercise. Such manifestations as the foregoing indicate that disease exists, hence they are **the language of disease**.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 215-16 by M. G. Kellogg*