

## UTERINE HEMORRHAGE.

There are two kinds of uterine hemorrhage. The first that we notice is called menorrhagin. This is simply an increased flow of the menses. The second is called metrorrhagia. The last is bleeding, independent of the menses, and is the proper uterine hemorrhage. The diseases which give rise to this difficulty are cancer, polypus tumors, congestion, and inflammation.

**Treatment.**— If a polypus tumor exists, a surgeon should be called, and the tumor removed. In other cases, **ice or cold water applied**, or a cold **sitz-bath** for a few minutes, or a hot sitz and foot-bath, or even the introduction of **air to the bleeding parts**, will usually be all that is required. The coldest water or ice, in a bladder or rubber bag, should be kept over the lower part of the abdomen, with heat to lower part of spine. If these appliances do not stop the bleeding, the vaginal canal should be packed with a sponge or soft napkin. If the bleeding is consequent upon childbirth, the plugging must not be resorted to. The **hot foot-bath**, and **cold to the abdomen**, and **air to the bleeding vessels**, and **heat to the**

**lower part of spine**, are the appliances to be used. In the first variety give the warm foot-bath.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 232-233 by M. G. Kellogg*