

## **APOPLEXY.**

This word signifies a fit of sudden insensibility. There is a complete loss, for the time, of all consciousness and sensation, and all power of voluntary motion.

**Causes.**—Whatever induces congestion of the brain may cause it, for the insensibility is caused by pressure on the brain. Intoxicating liquors, tobacco, opium, great heat or cold, sudden excitement, blows or injuries on the head—any of these may occasion the disease, especially if the person is plethoric or full-blooded, such persons being peculiarly liable to it. This disease resembles drunkenness and narcotic poisoning. In drunkenness, the smell of alcohol is always present, and it may be in apoplexy if the patient indulges in its use. The habits of the patient, if known, as they certainly will be in the home circle, will assist in making out the character of the disease.

**Treatment Preventive.**—A person who has a tendency to apoplexy must avoid all excitement and over-exertion, all stimulating substances, extremes of temperature, straining at stool, tight neck-ties, and hot baths. He must partake

of food sparingly, sleep on a mattress with the head elevated, and in a cool and well-ventilated room. He should take moderate exercise daily in the open air, and should keep his bowels free. The head should be bathed daily with cool or cold water. When dizziness, head ache, throbbing of the temples, or nose-bleed occurs, he should abstain from food for one or two meals. Such are preventive measures.

**Treatment Curative.**—As soon as the fit occurs, place the patient in a sitting posture, loosen all the garments about the neck and chest; place hot wet blankets about the feet, limbs, and abdomen, and renew the heat frequently; place pounded ice in a bladder or a bag on the head, or pour cold water on the head for twenty minutes several times a day, until consciousness returns.

**Apoplexy** (from [Ancient Greek](#) ἀποπληξία (*apoplexia*) 'a striking away') is rupture of an internal organ and the accompanying symptoms. The term formerly referred to what is now called a [stroke](#).<sup>[1]</sup> Nowadays, health care professionals do not use the term, but instead specify the anatomic location of the bleeding, such as cerebral, ovarian or [pituitary](#).

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 292-93 by M. G. Kellogg*