

## **BRAIN, CONGESTION OF THE.**

This may be acute or chronic. It consists in a rush of blood to the various organs within the skull. It is always accompanied with a sense of fullness and pain. If unattended to, the congestion may lead to serious consequences, such as a leakage of the watery portion of the blood from the small blood-vessels and capillaries, thereby causing dropsy of the brain—hydrocephalus. Or it may lead to brain fever or apoplexy, by the leakage of blood.

**Cause.**—Congestion of the brain may be caused by anything that unbalances the circulation, such as exposure to sudden heat or cold, improper food, impure air, cold feet, constipated bowels, an overloaded stomach, undigested food retained in the stomach, or by prolonged brain labor.

**Treatment.**—Remove the cause, if in the stomach, by warm-water emetics; if in the bowels, by enemas; if it is caused by excessive or prolonged mental labor, take exercise in the open air. If caused by a recent cold, take a hot sitz and foot bath, followed by a dripping-sheet. If the disease has become chronic, take a

warm sitz and foot-bath daily or every other day, for five or eight minutes, at 92° or 95°, then cool the water to 80° and continue the bath for three minutes. Wet the head with cold water before taking the bath. In many cases, hot fomentations applied to the head and alternated with cold every five or eight minutes, for a half hour, will give relief.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 290-91 by M. G. Kellogg*