

CONSTITUTIONAL TREATMENT.

Many cases of chronic disease require constitutional treatment as well as local treatment. By constitutional treatment is meant a course of treatment calculated to increase the constitutional power and vigor of the patient. This treatment consists, first, in putting the patient on a plain, unstimulating diet, which must be composed of the very best quality of fruits, grains, and vegetables. There should be a variety of these provided, so that the weak digestive organs may find plenty of good, nourishing food from which to make blood.

There need not and should not be a very great variety at one meal, but there should be in the course of the week a good variety used. ~~Sweet milk and cream may be used to some extent in cooking other food~~ (*no longer applicable as we have advanced in the health message to leave off these articles of food*), and, if the patient is not an experienced vegetarian, or if he is very much debilitated, he should occasionally, that is, once or twice a week, use a little fresh beef or mutton that is free from fat. It is far better, however, to abstain from such food entirely, as soon as a person can habituate himself to a vegetable diet.

In addition to proper diet, the patient should form habits of regularity in all things, and especially in the time of eating, retiring for sleep, amount of exercise, and in moving the bowels. The clothing should be worn loose about the waist, the feet and limbs should be warmly clad; and the patient should spend as much as possible of his time in the open air and sunshine— avoiding excessive heat, however— and should sleep in a large, airy room. On rising in the morning, the patient should rub himself briskly with the dry hand for five or ten minutes, being careful not to chill. He should also, as often as every other day, take a tepid bath of ten to twenty minutes' duration, followed by a cool bath for three to five minutes, and this, by a thorough drying and dry-hand-rubbing. If he has liver, kidney, or bowel difficulty, or trouble with the spleen, he should wear the wet-girdle three or four nights in the week. If the throat is affected, he should wear the compress around it nights, keeping it well covered with a dry cloth.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 363-64 by M. G. Kellogg