

GOITER. (Enlarged Thyroid)

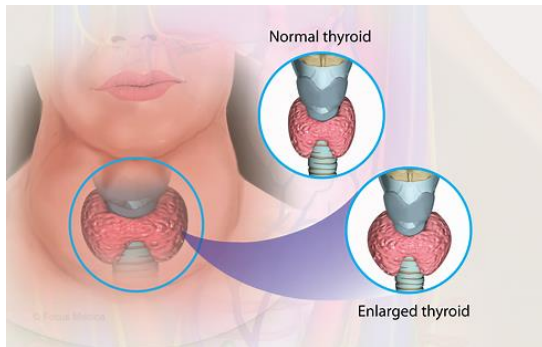
This is simply an **enlargement of the thyroid gland**, which becomes, in some instances, so enlarged as to cause the neck to measure upward of two feet in circumference. The swelling is usually unaccompanied with pain, and causes little inconvenience. In some cases, however, the pressure on the veins, arteries, and other organs of the neck, causes uncomfortable sensations

This disease is caused by drinking hard water or water containing lime, magnesia, or other earthy substances, and by breathing impure air, living in the shade, and other unhygienic habits.

Treatment.— The first thing to be done in treating this difficulty is to supply the patient with pure soft water to drink (filtered rain water is the best), and a plain, nourishing diet, free from flesh-meats and grease, and let him be much in the open air and sunshine. The **cold compress**, or **hose-douche**, or **cold water poured from a pitcher**, should be applied daily to the part, also **cold wet-hand rubbing** over the tumor. The prolonged, **tepid sitz-bath** should be taken every other day. **Ice applied for fifteen minutes every one or two hours**, with a spare diet, will promote absorption. (*Distilled water is rain water or rain water can be caught and filtered.*)

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 314-315 by M. G. Kellogg

Sister White: We are comfortably situated. My health is very good now again; I am so glad. I wish we had a filter. I told Brother Kellogg to see in regard to getting one in London, but no word comes from him yet, whether he made any purchase or not. I think the swelled necks are more the result of the water they drink than anything else. I think it would be well to bring a small filter. Talk with Dr. Kellogg. I understand he purchased a filter in London. The soft water here is a treasure, I assure you, and now that we can keep warm, my health is as good in this climate as in California, perhaps better.



{Lt72a-1886.9}

Sister White: I have sent by Brother Kellogg to get me a filter in London. I do not think it is safe to use this hard water, either to drink or to cook with. {Lt38-1885.20}