

## GOUT.

This is an inflammatory affection of the joints of the toes, feet, fingers, and hands. It is accompanied by great pain and swelling of the affected joints with more or less fever, and by some disturbance of the digestive organs.

This disease is generally caused by the use of rich and highly seasoned food, wine, and spirituous and fermented liquors. When drugs are administered in the treatment of this disease, it is not uncommon for the inflammation of the joint to suddenly subside, and for a new inflammation to manifest itself in some of the internal organs, which in many cases proves fatal. This changing the seat of the inflammation, which is called metastasis, has never been known to occur under the hygienic treatment.

**Treatment.**— The first thing to be done to insure recovery is to cut off the supply of rich food, pies, cakes, preserves, puddings, gravies, condiments, and all spirituous or fermented liquors, and to place the patient on a **spare diet** of hygienic food (see Diet for Sick). He must eat as little as he can subsist upon for a few days. The **cold compress** should be applied to the inflamed part until the heat

is reduced to the normal standard, but no longer. If the cold water causes pain, tepid water can be applied, and then the temperature gradually lowered. A daily **pack** should be given for half an hour, followed by a **dripping-sheet**, or any other form of general bath.

If the patient is weak, with feeble nerves, and a shattered constitution, cold water should not be applied, but all the applications should be tepid or warm. In some instances, **hot fomentations** applied to the affected part for fifteen or twenty minutes will be very beneficial.



*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 251-252 by M. G. Kellogg*