NEURALGIA.

Persons affected with chronic disease, especially dyspepsia, are liable to have pain in the nerves, yet the disease that occasions the pain may be remote from the seat of the pain. Facial neuralgia, is generally occasioned by decayed teeth, which should be removed.

Neuralgia in the abdomen or loins is generally occasioned by inflammation or displacement of the pelvic organs. Sciatica very often results from pressure upon some part of the nerve, such as is produced by accumulation of hardened feces within the lower bowel, or from inflammation of the





sheath of the nerve, or from overwork, exposure to cold and wet, and occasionally from rheumatism.

Treatment.—When the neuralgic pains are severe, a hot fomentation should be applied to the part for a few minutes, after which, it should be alternated with the cold compress every eight minutes for a half hour.

In treating sciatica, the hot sitz-bath or hot fomentations, followed by cold compresses or the cold douche to the part, will give relief. Drip ping-sheets, spraybaths, or the hose-douche are all applicable. In all neuralgic affections the general health must be attended to, and every local difficulty remedied by proper treatment.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 287-88 by M. G. Kellogg