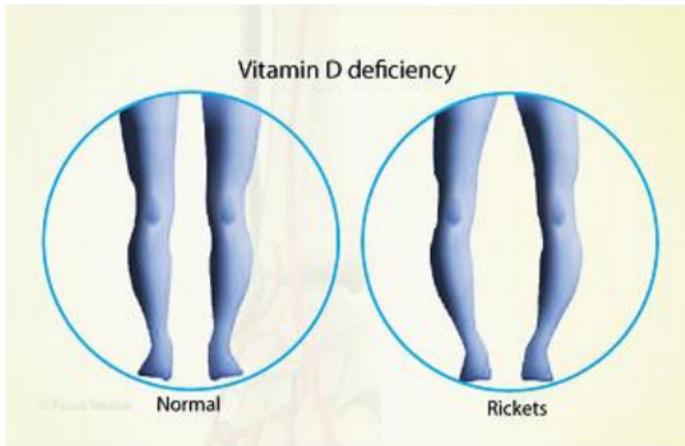


## **RICKETS.**

This disease usually manifests itself in early life, generally previous to the fifth year. It is a constitutional disease, and consists chiefly in an absence of earthy matter from the bones. The cause may be hereditary, children of scrofulous parents being particularly liable to it. Anything that impairs the powers of digestion and assimilation is also a remote cause of this disease. In sufficient and improper food, impure air, residence in damp, cold, dark, or filthy dwellings, and all similar circumstances, serve to induce this disease.

**Symptoms.**— The earliest symptoms are languor, occasional fever, sadness, irritability of temper, copious perspiration about the head, general tenderness of the body and limbs. After a while, the head appears enlarged, the face pale, and the features thin, the wrists, knees, and ankles become swollen, and are slightly painful to the touch, and if the child attempts to stand or walk, the legs soon become crooked.



**Treatment.**—As the chief cause of this disease is improper food during the first year of the child's life, together with other unhygienic habits and agents, it is absolutely necessary that the child should have the best of food (graham bread and milk is excellent), plenty of pure air and sunlight, regular exercise, and that it be kept clean.

This, with two or three cool **baths** each week and a thorough **hand rubbing** daily, will generally bring about a measure of health, but more or less deformity will always exist, unless taken in hand early. Parents who are of scrofulous diathesis (see Scrofula) should pay the strictest attention to the laws of health if they would have their children escape rickets and other diseases toward which they are liable to transmit to their offspring a tendency.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 249-250 by M. G. Kellogg*