

## **TONGUE, INFLAMMATION OF THE**

Inflammation of the Tongue seldom occurs except as a result of taking mercury. Whenever the tongue is inflamed, apply ice to it, and give warm sitz and foot-baths freely. If suppuration (puss/ fester) occurs, open the abscess with a sharp knife or lancet.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 308 by M. G. Kellogg*