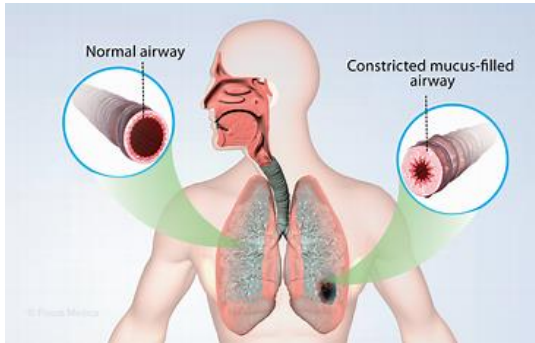


## ASTHMA.



This affection consists in a spasmodic contraction of the smallest branches of the bronchial tubes so that it is with the greatest difficulty that the patient can inhale sufficient air to sustain life. The difficulty is not continuous, but the "attacks" occur at irregular intervals. It is generally symptomatic of other diseases.

**Treatment.**— First, relieve the spasm by the hot half-bath or hot sitz and foot-bath prolonged for half an hour, allowing the patient in the meantime an abundance of pure, cool air, for which he is panting. The patient should drink freely of hot water to relieve the spasms. If the breathing is very difficult, hot fomentations should be applied, alternating with cold for three minutes, at the

end of every ten minutes for a half hour. During the interval between the paroxysms (*a sudden attack or violent expression of a particular emotion or activity*), the patient should take constitutional treatment, which see.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 323-24 by M. G. Kellogg*