

CONSTIPATION.

As a rule, most people, when their bowels act normally, have an evacuation every day; some, twice a day, and others, once in two days. It is important that the bowels should act regularly, and that they act sufficiently often that their contents shall not become hardened. It is best that they act once or twice daily. There are many, however, who neglect themselves, and have no regularity of habit in this respect. Evil results often follow this neglect, such as irritation of the mucous membrane of the intestines, causing inflammation, diarrhea, dysentery, piles— hemorrhoids, etc.

Cause.— The most common cause is the use of bread made of bolted (bran removed) wheat flour, salt fish, salt meat, and sedentary habits.

Treatment.— Move the bowels with enemas, and subsist upon plain food; use no bolted wheat flour, but use unbolted wheat meal or graham flour, cornmeal, oatmeal, pearl barley, cracked wheat, hulled corn, etc., and fruit, especially apples. Take daily exercise in the open air, such as walking, horseback riding, or

useful labor of any kind. Indolence and too much sleep must be avoided. A glass or two of cold water drunk night and morning is very beneficial. Sometimes the rectum becomes so packed with hardened faeces that a passage cannot be had, nor can water be introduced. In such cases, the faeces must be removed with the handle of a spoon, or a similar instrument, or with the fingers.