

FLATULENCE-WIND COLIC.

When the food is not properly digested, or when unsuitable food is eaten, or when from any cause the food ferments in the alimentary canal, a gas is generated which, inflating a portion of the intestines, causes severe pain. There is, however, no inflammation, and no preternatural heat, and the pain is somewhat relieved by pressure. Colic is also caused by the retained faeces in constipation. Infants, when fed from a bottle by a careless nurse, often swallow air with their food in sufficient quantities to cause extensive flatulence.

Treatment Preventive.— Avoid the use of all such food as is known to cause colic. Avoid exposure to damp and cold. Eat moderately of the most wholesome food. Attend to the general health.

Treatment Curative.— Give a thorough enema of tepid water, and apply hot fomentations, alternated with cold, to the abdomen. The hot, warm, or cold sitz-bath may be employed.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 342-43 by M. G. Kellogg