

HEMORRHOIDS—PILES.

The usual causes of this troublesome difficulty are habitual constipation, the frequent use of purging medicines, torpid liver, straining to pass hardened faeces, rich food, insufficient exercise, etc.

Treatment.— Keep the bowels free, avoid all the known causes of the difficulty, do not over eat, and take a shallow cold sitz-bath two or three times a day, when they are inflamed and painful. Ice introduced into the rectum will give relief.

When bleeding or internal piles exist, the hemorrhage can be stopped as directed for hemorrhage of the rectum, which see. The general health must be well attended to. See Constitutional Treatment.