

WORMS.

Cause.— The use of unwholesome food, over eating, and indigestion, are the chief causes. It is true that the eggs must be introduced into the alimentary canal, yet, were proper food taken in proper quantities, the bowels would act regularly, and the worms could not remain in them.

Symptoms.— The most common are colicky pains and swelling of the abdomen, picking of the nose, itching of the rectum and anus, irregularity of the bowels, foulness of the breath, grinding of the teeth while sleeping, voracious appetite, headache, etc. The most conclusive evidence is the passage of worms or joints of worms.

Treatment.— The **small thread worm** can generally be removed by cold enemas of salt water, which should be given three times a week for a few weeks to remove any remaining worms. Sometimes cold water alone is sufficient. The long, **round worm** will have to be killed in most cases before it can be removed. Anthelmintics, or worm medicines, will have to be given. These are simply

poisons, and are not to be given for the purpose of curing the sick child, but for the purpose of killing the worms, thereby causing them to loosen their hold on the mucous membrane of the intestine, after which they are readily passed off. Of course a large dose of the poison would kill the child. There are many cases, however, in which the worms can be caused to loosen their hold by the use of mucilaginous drinks; pumpkin-seed tea or slippery elm bark will often effect this. When a tape worm is known to exist within the bowels— this is ascertained by the passage of joints of the worm— a physician who understands his business should be employed, as much care has to be exercised in administering the poison. *(We have many herbal remedies that work today and there is no need to use poisonous medicine)*

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 345-46 by M. G. Kellogg