

HÆMORRHOIDS AND THEIR TREATMENT.

HÆMORRHOIDS, or, as they are more commonly called, *Piles*, may be generally attributed to derangement of the functions of the bowels in eliminating accumulation of deleterious material. They are commonly found in persons of more or less sedentary habits—the blocking of the bowel with hard masses causing pressure upon the venous system, and driving the blood into little painful swellings. Or they may exist internally, causing severe pain and inconvenience.

These latter are known as internal piles; and when each act of defæcation occurs, the sufferer experiences severe pain and anxiety. If this condition be permitted to go on for any length of time, the subject becomes nervous and irritable. Moreover, the condition of the disease becomes more serious; the swellings frequently bleed, and the substance of the pile becomes filled with congealed blood, which, becoming hard, irritates the surrounding tissues, causing swelling and inflammation of the mucous membrane, tiny fissures, and ulcers.

The pain then is very severe, and necessitates the patient remaining in the recumbent position for a day or two. Even when improvement does take place, the act of walking is attended with severe pain and irritation. Should the hæmorrhoid attain the size of a pea, it should be the subject of an operation. Surgeons of the modern school accomplish this with very little pain or discomfort to the patient, and whenever the general treatment hereafter detailed fails to afford relief, the surgeon should be consulted as to the advisability of operating upon them.

Piles are considered by some to be hereditary; in a certain sense they may be so, that is, if a predisposition to constipation appears to be hereditary, and this condition is not relieved, the hæmorrhoids appear as a matter of course.

As regards *treatment*, first correct any tendency to constipation by frequent doses of a mild laxative; probably the best for this purpose is Cascara. This drug does not gripe or purge, but it stimulates the secretory functions of the liver, and through it the intestines, so causing the intestinal action to become healthy in its character. The best form of the drug is the "Tabloids"; two of these can be taken at bedtime, twice weekly, followed the next morning by a half-tumblerful of Franz Josef Water. This plan will remove the primary cause.

The next consideration is to allay the pain, stop hæmorrhage, and reduce the congestion. Probably no remedy has been so extensively or successfully employed in the treatment of piles as Hazeline. This drug is the distilled product of the fresh green leaves, bark, and young twigs of the witch-hazel. It is water-like in appearance, and possesses a pleasant fragrant odour, astringent taste, and has the excellent advantage over many other remedies of being *non-poisonous*.

Hazeline is applied in a variety of ways, a good plan being to inject half a wineglassful, with an equal quantity of warm water, by means of an ordinary vulcanite syringe. An excellent combination is that of Hazeline with Lanoline, known as "Hazeline Cream." This soft agreeable unguent can be applied with the finger to external piles, or by means of Dr. Ward Cousins Ointment Injector if they are situated internally. It is essential that the external part should be well cleansed daily with a mild antiseptic soap, such as Eucalyptia and Lanoline Soap; and after drying the part thoroughly, a little Hazeline Cream may be applied.

Attention to diet is essential. Business and professional men as a rule eat too much meat and ignore green vegetables. Those suffering from hæmorrhoids

should reverse these conditions, and take a plentiful supply of vegetable food, well cooked, with their chief meals. A little of the Kepler Extract of Malt mixed with their porridge or other farinaceous food, would do good and assist digestion, derangement of which is very frequently a cause of the trouble.

THOUGHTS ON FOODS.

THERE are three great classes of foods upon which mankind depends. They are known as albumens, carbo-hydrates, and fats. Albumen is represented by the gluten of wheat, flesh, fish, the white of egg, the caseine of milk, and the vegetable caseine of legumes. The carbo-hydrates are starch and sugars. Now, before these foods can pass into the blood, their minute chemical particles must undergo a change sufficient for them to pass through the interstices of the tissues. If it were designed to pass some bricks through the openings in the trellis of a grape vine, the first thing would be to break up the bricks so that they would go through easily. The case is precisely the same with the food; it has to be broken up and dissolved, and its constituents made so small as to readily pass through the walls of the stomach and intestines. It should always be borne in mind that when food is taken into the stomach it is in no sense in the system any more than when it is in the hand or in the mouth.

It is the custom of men to cook the food, and then to eat it. Some one asks, Why is it cooked? and the answer given is, To make it tender. This tenderness means that the food has been made softer, or, as we may say, less tough. It is curious to know that if this tenderness be sufficiently prolonged, there will be no work whatever for digestion to perform. In other words, cooking and digestion are both on the same lines, and the food is cooked that the digestion may not be burdened. The cooking is not always an advantage, for sometimes, as when one is doing hard work, the food must not be too easily digested.

The presence of food in the stomach is very sustaining, and on this account it is that we hear the want expressed for something substantial. The Irishman likes a stone in his potato, that is, he prefers the bulb a little underdone, for then it remains in his stomach a longer time. It is a mistake to suppose that a digestible food is necessarily the best and to be preferred. When one hears the endless chatter about digestible foods, he almost wonders whether people are losing their stomachs or their brains. When a person is well, the daily food should be that which is liked and agrees well. But there is a large class of people whose stomachs are an ever-present evil. They suffer for want of food, and they suffer when they have it. Again, in the case of disease, oftentimes a patient's life may depend upon the care used in feeding. Where there is life there is constant destruction and repair of tissue going on, and if the destruction be greater than the repair, it is only a question of time before the end must come.

The introduction of the predigestion of food has done miracles in the way of feeding infants and invalids. By adding a little Zymine to the patient's food, it is rendered assimilable and unirritating. Thus in typhoid fever, gastric inflammation, ulcer of the stomach, diarrhoea, the administration of predigested food is a boon. Many a mother has saved her infant's life by the addition of a Zymine Peptonizing Powder to her baby's food. In dyspepsia, if the patient will take a Pepsin Tabloid with each meal, the pepsin will help to digest the food, and thus help the stomach out of difficulties.

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