

ABOUT CONSTIPATION.

AMONG nearly all classes of people, especially among women, this is an ever-present evil, and one of the most troublesome to cure. Laxatives are given, but after a time lose their effect; recourse is then had to strong cathartics. The effect is to weaken the alimentary canal, and so matters go from bad to worse. To successfully treat constipation the causes of it must be carefully ascertained. The great difficulty is that the causes are so manifold.

Long continuance in one position tends to induce the trouble. It is, therefore, common to needlewomen and to sewers at machines. Those leading sedentary lives are predisposed to it; as also are poor people and women living largely upon bread and tea, and those suffering from an exhausting drain upon the system. Regarding the complaint itself, there are generally two things at fault. Either the muscular wall of the intestine is deficient in tone, or else there is a deficiency of secretion, or both causes may be present.

Medicines which increase the secretion without improving the muscular or rhythmical action of the intestine are worse than useless, and highly injurious. Many cases of constipation are due to a disordered liver, and if the remedies do not include a hepatic stimulant or corrective they will be of little worth. Many a case of constipation is due to poor blood. Poor blood tends to aggravate constipation, and the constipation to further deteriorate the blood, and so on.

There is one drug that acts on the muscular wall of the canal, and that is *Nux Vomica*. It increases muscular action and restores the tone. It does not materially increase the secretion, and therefore it should be combined with some drug which does, such as *Cascara Sagrada*. *Cascara Sagrada* acts after the manner of *Rhubarb*, but more naturally, and without causing subsequent constipation. In the form of "Tabloids" it does not gripe, and exerts a gentle action on the liver. This is the form in which *Cascara* should be used by healthy, strong people. Where, however, the muscles seem flabby, and there are mental depression and indications of liver trouble, the Compound *Cascara* "Tabloids" answer best.

One well-known physician gave *Cascara* in fifty cases of constipation, with curative results in forty-three, relief being obtained in the other seven. For an occasional aperient where mercury appears undesirable, the Laxative "Tabloids" should be used. They are mild and efficient, and contain *colocynth*, *jalap*, *henbane*, *podophyllin*, *leptandrin*, and *peppermint*. They are excellent for the liver.

In stomacic troubles with deficient biliary and intestinal secretion, and in catarrh of the biliary ducts with jaundice, with alternating diarrhoea and constipation, *Rhubarb* and *Soda* "Tabloids" are indicated. They contain five grains each, the dose being one or more. For constipation accompanied with piles, the Compound *Rhubarb* "Tabloids"—containing *rhubarb*, *aloes*, and *myrrh*—will fulfil the

requirements well. These "Tabloids" contain three grains, the dose being one as required.

Rhubarb and *Magnesia* (*Gregory Powder*) is an old favourite combination also supplied in five-grain "Tabloids." In the constipation of women, *Aloin* "Tabloids," one nightly, will prove corrective; and in this connection we should refer to what are known as *Aloin Co. Tabloids*. They contain *aloin*, *bella-donna*, *strychnine*, and *ipsecac*. One or two may be taken three times a day. Their action is perfect. They do not gripe, they restore the tone of the intestinal wall, and are curative. An adjunct to other treatment where the intestinal secretions are deficient is plenty of oil.

An old and very good plan was to take as much olive oil as one could tolerate with the evening meal. It is needless to add that in the constipation of children a little cod liver oil, thrice daily, supplies that which nature wants. It should be taken in the form of the *Kepler Solution*. Pale-faced children should also have "Beef and Iron Wine."

CONSUMPTION.

CONSUMPTION, or *phthisis*, is one of the most prevalent diseases in this country. It usually attacks people between twenty and thirty, but is not uncommon at a more advanced age. It occurs frequently in stone-masons, grinders of steel instruments, miners, tailors, sempstresses, and others whose occupation is of a sedentary nature, and exposes them to the inhalation of dust. Impure air, constant bad food, dissipation, and deficiency of exercise, are all common exciting causes.

It may be said, speaking generally, that consumption is not curable, but under judicial medical supervision a great deal may be done to ameliorate the symptoms and prolong the life of the sufferer. Some years ago it was considered that the duration of consumption in this country in each individual rarely exceeded two years, but since the introduction of cod liver oil, extract of malt, and other remedies, patients frequently live many years, their term of life being but little shortened. The remedies which have to be taken in this condition are various, and the most important of them is cod liver oil, which to most patients, is not palatable unless combined with *Kepler Extract of Malt*. We believe this combination can be had in the form of the *Kepler Solution of Cod Liver Oil*; and it is said that patients grow fat upon it when other forms of oil are productive of distress and pain.

Expectoration may be facilitated by the administration of "Tabloids" of *Chloride of Ammonium*—one or two three or four times a day—and when the throat is painful from excessive coughing, a *Voice Tabloid* may be taken. It is frequently necessary to ensure a change of air for the patient, and the principal seaside resorts in this country suitable for invalids are *Ventnor*, *Bournemouth*, *Hastings*, and *Torquay*. In advanced cases, it is sometimes necessary for the patient to undertake a sea-voyage either to *Australia* or the *Cape of Good Hope*.

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