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Magazine



## How Smart Are Your Children?

# The American Magazine

October, 1926

MERLE CROWELL, *Editor*  
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# "Ouch!"

That's what you say when a pain hits you; but what do you do about it?—Aches are really friendly voices trying to tell you that something is wrong, and if you are wise you will have these voices interpreted.

How to relieve some of the commoner pains

By William S. Sadler, M. D.

DRAWINGS BY NORMAN PRICE

**W**HEN you first feel a pain in some part of your body, what do you do? Do you bear it philosophically (as another cross) and hope that it will soon depart?

Or do you rush to the medicine cabinet and reach out for some quick relief in the shape of a drug that dulls your nerves but does not get at the underlying trouble?

Or, do you say to yourself, "Pain, eh! I guess I have been doing something that I shouldn't!" And, if the pain does not give way to homely remedies or simple treatment, do you consult a doctor about your symptoms?

As a physician, I have a great admiration for those people who bear pain with fortitude when they know it must be borne. But I have no admiration for people who disregard the warning signals of nature in the form of pain, and fail to investigate the reason for their discomfort. I have seen far too much preventable disease and suffering caused by disregarding pain signals to applaud the hardihood of men or women who bear *unknown pains* with resignation and allow them to rack their bodies.

As for those people who seek relief in drugs at the first twinge of pain, they are literally shooting the guardian angel of health. Pain calls for an interpretation of its meaning. And to dull the senses by drugs is rank stupidity. Drugs do not get at the underlying cause—they merely deaden the nerves for the time being so that you cannot recognize the painful impressions that continue to come from the seat of the trouble.

Don't disregard pain, and don't drug it. Look upon it as a friendly voice trying to tell you in the only way it can that you have switched off the road of health and that, unless you get back on it, there are dangers ahead of you. In other words, it is nature's own way of trying to cure the trouble before it has become deep-rooted in your system.

First of all, I want to tell you something about sympathetic pain. You should understand that you can have trouble in one part of the body, while you suffer distress in another. For instance, in the case of most headaches, the trouble is not in the head. The lordly brain is simply doing a combination of scapegoat and fire-alarm duty for some other less exalted organ of the body that is in trouble. We frequently suffer from headaches as a result of eye strain, stomach trouble, and various disorders in other parts of the body.

Again, much of our stomach trouble and digestive distress is an indication of mischief which is going on in some other part of the abdomen. The outstanding thing about the stomach is that it is (nervously speaking) on a sort of party line telephone system. There are a number of different organs, including the appendix and gall bladder that are on this same nerve line, so that we should learn, every time the stomach bell rings, to in-

illustrated by a universal experience which most of us have passed through at one time or another—I refer to the common accident of putting one's hand on a hot stove. The intense and immediate pain that follows arouses your consciousness and calls upon you to take quick action to save your hand. As a matter of fact, were it not for the kindly and restraining influence of physical pain, untold thousands of selfish and heedless mortals would plunge themselves into all manner of indulgences, which would speedily terminate their individual existences, and ultimately threaten even the existence of the whole human race.

Even the blister which is raised upon the burned hand is more or less a curative process. The blister is nature's first effort to correct the results of the burn and, as far as possible, encourage the healing of the wound by the formation of new skin underneath. These reparative processes are protected by the blister overhead, with its neutral water bath underneath; indeed, this is an ideal dressing, provided the water that is contained in the blister does not become infected by microbes, and thus lead to the formation of pus. In this latter event, the blister should be pricked and a suitable artificial dressing applied.



quire, "Who's talking?" The chances are three to one that the trouble is not in the stomach at all. Most cases of chronic appendicitis, for instance, produce symptoms which are almost wholly referred to the stomach.

And so we must not always suspect that our troubles are to be found in immediate association with the site of our pain. The nervous system is able to refer pain to some locality far removed from the location of the disease, and it is this tendency of old Mother Nature to refer pain—it is this very sort of sympathetic pain—that makes it sometimes very difficult for physicians to interpret properly these pain signals of distress.

**T**HE most common forms of sympathetic or referred pains are found in cases of headaches and backaches, and these more frequent forms of distress are to be dealt with more fully in separate articles.

The warning rôle of pain, and the corrective mission of suffering, may well be

**E**VERY actual physical pain is the effect, directly or indirectly, of some physical cause. And these physical causes which may arouse a sensation of pain are many and varied—inflammation, new growths, over-vigorous muscular contraction, and pressure, as in the case of baby's new tooth trying to push its way up through the gums. Excessive work on the part of either mind or body may also set up certain painful sensations.

Pressure, when increased up to a certain point, never fails to produce pain, as is shown in the case of the throbbing, pulsating pain of an acute swelling or inflammation.

Among the most painful of all our aches are those which accompany the over-distention, over-stretching, of any of our hollow internal organs, such as the gall bladder, bowel, stomach, or appendix. This produces the excruciating, colicky pain that we are all more or less familiar with.

We are wont to describe our pains by comparative terms, such as burning, gnawing, cutting, pinching, smarting, boring, shooting, stabbing, grinding, sharp, dull, aching or throbbing. Now, it is

true that certain disease conditions of the body do sometimes produce characteristic pains. Most rheumatic pains are described as gnawing; neuritis pains as boring; and many forms of nervous headache as pressure. Neuralgic suffering is sometimes described as a cutting pain, and in the case of grip, and other infectious diseases, the suffering is sometimes described as a dull, aching pain; whereas the distention of internal organs produces the characteristic colicky pain. Inflammatory swellings are always accompanied by the well-known throbbing pain, such as occurs in the roots of an inflamed tooth. Shooting and darting pains are usually neuralgic, and pains which quickly travel from one part of the body to another usually belong to the neurasthenic group.

Under certain conditions the nervous system is able to set up a fictitious cry of pain; without having any real cause, the nerves and nerve centers report to the consciousness that the individual is suffering. Ofttimes these fictitious pain sensations are referred to some particular organ; of course such self-deceived individuals come to believe that they are victims of some grave disease, and it is difficult to persuade them that nothing really is wrong.

I know it has been contended that it is impossible really to imagine pain, but we know that victims of hysteria and nerves can draw upon memory's storehouse; they can so thoroughly reenact the rôle of suffering that they are able to transfer their sensations from the storehouse of the past and suffer pain, when no physical reasons for it exist. This is what we doctors call *habit pain*.

I recently saw a patient who described a "frightful pain" which had tormented her left arm for years; and as she told of her "unbearable suffering," of her "excruciating agony," her face was wreathed in a beautiful smile and her whole countenance beamed with delight and joy. She seemed to take supreme satisfaction in being able graphically and exhaustively to describe a pain whose location and character she thought I was unable to comprehend.

So, often, when people come to see the doctor about their pains and miseries, on careful investigation the whole thing turns out to be a "false alarm."

They have become so expert at "listening-in" on their own feelings and sensations that they mistake for pain those common, everyday, natural impulses which are constantly passing to and fro over the human nervous system.

WHILE I am writing this article, a patient comes complaining of pain in the region of his heart. He has this pain, or, more correctly, this "unpleasant feeling" every now and then, especially when he has an accumulation of gas in the stomach, and more particularly at other times when he is tired and worn out.

I suppose I have examined this man's heart twenty-five times in the last dozen years, and yet he is not fully convinced that he does not have some sort of heart trouble. He still suspects that there is



something wrong that I have not been able to discover. I sometimes wonder if I am ever going to convince him. I shall probably have to go on examining his heart from time to time, although I am glad to say he doesn't come as often as he used to. And why do I do this? Just to be human, to show sympathy and interest and, further, to be thoroughly sure that I am not overlooking anything that might have developed since my last examination. In other words, we have to be very careful in dealing with patients of this sort that we don't make a mistake, and form the habit of neglecting them in the presence of real danger, just because they have fooled us so often with false cries of "Wolf! Wolf!"

MANY neurasthenics have such sensitive stomachs that it seems almost impossible even partially to distend them with a good meal without producing some sort of distress. They imagine their suffering is caused by everything, from ulcers to cancer, and sometimes they have succeeded in digging up such a flock of symptoms that a surgeon has been misled into performing an operation. I don't mean to criticize surgeons as a class, because if a person really needs a surgical operation he should have it; but we must all the time be on the sharp look-out to see that, as physicians, we are not deceived by neurotic "false alarms."

I remember a patient who was always complaining of some ache or pain or



misery. Fortunately, these unpleasant sensations were migratory, first settling in one part of the body and then another, so I was pretty sure that they were neurotic pains. After years of suffering, this patient decided to take my advice seriously, and quit "listening-in" on the life processes of his own body. Within six months these neurasthenic pains had all but disappeared. Or, to put it more accurately, he had so occupied his brain with other things, and so trained his mind, that he ceased to feel these normal, natural feelings.

YOU see, these chronic neurotics get to the place where they regard normal, natural impressions of the body as unpleasant sensations, and sometimes they actually insist that they are painful.

But it is just as foolish on the other hand to get into that unreasonable and dangerous state of mind where you don't believe in pain, where you try to ignore all suffering, and assume that happy-go-lucky attitude that it will come out all right. If the pain is real, if it is definitely located in one place, and if it is gradually getting worse, it means trouble. Don't try to fight pain of this sort by trying to forget it. Real pain means something, and deserves your immediate attention.

Fastidious sufferers include those sensitive and neurotic patients who are more or less constant victims of a certain variety of human affliction, which is characterized by a refinement of suffering and a nicety of illness altogether different from, and wholly unlike, the common everyday sort of pains which harass ordinary mortals.

It is not my purpose to speak lightly of these so-called "fastidious sufferers," nor would I undertake to belittle their sufferings. Although we speak of this group of nervous patients as belonging to the "fastidious class," nevertheless, we freely recognize the reality of their pains and associated unpleasant sensations. These pains are very real to the patient— independent of the fact as to whether they have their true origin wholly or partially in the mind of the sufferer.

It is now a settled and accepted psychological fact that a patient's sufferings—the degree of his pain and the quality of his distress—are all more or less determined by the sensitiveness of his nerves, his habits, his mode of thought, the quality of his perception and feelings, as well as by the general state of his physical health.

THE suffering of neurasthenics is made worse by attention and by fear, as well as by tired or irritated nerves. I recently saw a woman who had gone about on crutches for seven years because of the severe pains in her knees. As a result of training she is now free from her crutches. She was a victim of "attention" pains. Her knees were all the time free from disease.

The hypochondriac is "set" in his ways. It is almost impossible to reason these unfortunates out of their troubles. Their sufferings have become a real part of themselves, and all (Continued on page 172)



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"Why!" he echoed. Then his voice broke out like a clap of thunder. "Don't you know what you are? Do you really believe that you're Philip Rowland's wife?"

"What am I, then?" she asked.

"You're the wife of another man. When you went through that marriage ceremony with Rowland you committed bigamy. Bigamy is a crime. In the eyes of the law you're a criminal!"

(To be continued)

## "Ouch!"

(Continued from page 25)

efforts to help them by an appeal to reason is usually lost—you can cheer them up only for the time being. In the most pathetic manner, these sufferers will tell you of their burning or prickling hands, while they tenderly exhibit the suffering members for your inspection and sympathy. They suffer all sorts of pains, such as "boiling in the stomach," "ice on the back," "bees stinging one side of the head," "water running under the skin," "the body stuffed with prickly burrs," as well as painful sensations in the various internal organs. These hypochondriacs will frequently describe their sufferings with a tearful eye; in fact, their pains are even more than real—they are excruciatingly agonizing.

Sometimes, when the emotions are highly stimulated by joy or anger, or the attention is diverted, we may be more or less insensible to actual pain. Possibly you remember when you walked up to the dentist's door with a jumping toothache, and then, just as soon as you looked in and saw the tools, the tooth suddenly stopped aching. Excitement, fires, accidents, and strong religious emotions undoubtedly serve to lessen the sensation of pain, and it is highly probable that the tremendous emotion involved in battle sometimes serves to lessen the sufferings of the wounded soldier.

Old Mother Nature is kind in many forms of grave disease in that she brings about conditions that dull the consciousness on the one hand, and poison the nerves on the other, so that the suffering is greatly lessened and pain is much diminished.

IT IS an all too common practice, when pain has raised its voice in an eloquent wailing, to reward its kindness by resorting to the use of some powerful "pain killer," or to some popular patent poison. While these quickly deaden the pain they in no wise work to remove its cause.

It is true that pain must be relieved when it is of great severity or long-continued; it is also true that life itself is sometimes dependent upon our ability to stop suffering. Nevertheless, before re-

sorting to the use of powerful pain remedies, which are usually composed of dangerous, habit-forming drugs, it certainly would be the better part of wisdom to give a thorough trial to such effective measures as heat, light, rest, and other natural agencies, which are often so highly successful in the relief of even the most severe forms of pain.

So many of us, when seeking deliverance from pain, first think of some drug which will give immediate relief from suffering that it is highly important we should understand the danger of frequent recourse to pain-relieving medicines. The thoughtful physician of to-day is exceedingly conscientious about this matter of administering morphine and similar drugs to patients who are highly nervous, or who are suffering from pain that is likely to recur with periodic frequency. Of course, we don't hesitate to use drugs in the case of the patient who is passing gall stones or kidney stones, or something of that sort which is not going to recur frequently, and which, more than likely, will be permanently relieved by a surgical operation or other proper measures.

The cocaine habit is usually contracted by people who are more or less nervously weak, but the morphine habit is sometimes acquired by men and women who are otherwise estimable and altogether normal individuals. It comes about in this way: They are suffering pain which the common sense of any physician dictates should be immediately relieved by a hypodermic injection of morphine. Now, in many cases it develops that this pain is bound to recur, and so there occurs the occasion for more of the sedative, pain-relieving drug, and it is surprising how quickly some nervous types of individuals will be on the verge of becoming morphine addicts as the result of a few repetitions of this medicine.

It is an unfortunate practice to resort to the use of aspirin and similar drugs every time you feel a bit indisposed. Aspirin used occasionally is harmless enough but when persistently used it is bad for both the heart and the kidneys. Moreover, it is little short of a crime to give paregoric or similar quieting medicines to babies—except upon a physician's order.

**WE SOMETIMES** needlessly suffer for hours or days from various conditions, all of which could have been quickly relieved by the use of one or more of the simple and natural pain-relieving methods about to be described.

And the great advantage of these methods is that no bad after-effects are going to occur. Whatever relief can be obtained is a net gain. Furthermore, these methods are all so simple that the majority of them can be employed in any home; and the few appliances not kept in the ordinary household may be found in the average hospital or physician's office.

1. **THE HOT-WATER BAG.** The ordinary rubber hot-water bag, when it is filled with near-boiling water and covered with a towel or a piece of flannel, is one of the best known methods of relieving not only ordinary pains but also many deep-seated pains in the back or abdomen, as well as various neuralgic pains. In fact, the hot-water bottle is suitable for use in the treatment of any pain that is not of acute



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inflammatory origin. (Stone or glass fruit jars or bottles can be used if a rubber bottle is not available.)

When acute congestion is present, other means should be used. Sometimes the hot-water bottle and other forms of heat can be used for a few moments in connection with other remedies in the treatment of acute inflammation; but under no circumstances should the hot-water bottle be applied to the seat of pain when there is throbbing and other evidence of acute congestion.

There is a little trick in properly filling the hot-water bottle which everyone should know. It should be filled only about one half or two thirds full of water, and then bent over the edge of the sink or tub, so as to exclude all the air, and the stopper screwed in while the bottle is in this position. In this way, the hot water will find its way through the bottle freely when it is resting on the patient. If the air is not excluded, but little more than half of the surface of the bottle will be in service as a pain-relieving agent.

**OTHER** forms of pain, particularly neuralgia and sometimes neuritis, are much better relieved by moist heat. In this form of treatment, the hot-water bottle, after being filled with boiling water, is covered with a flannel cloth which has been wrung out of hot water, and in this way the "steaming" effect is secured. In any event, a dry piece of flannel should always be placed between the hot-water bag and the patient.

**2. HOT SAND BAGS.** Heavy canvas bags filled with ordinary sand and heated in the oven may be wrapped up in a towel or blanket and applied to painful areas, just the same as the hot-water bottle.

**3. THE FOMENTATION.** This is one of the most valuable of all ordinary methods which can be used for treating most forms of pain. It consists of a good-sized flannel cloth, preferably part of an old woolen blanket, wrung out of boiling water, or water as hot as can be borne. In preparing a fomentation, the cloth is held by its two ends and twisted until the twist curls upon itself. Grasping the ends in each hand, the twisted-up portion of the cloth is dipped repeatedly into boiling water and then, by pulling on the two ends, it can be wrung out quite successfully. A fomentation should be wrung out of water as near boiling as possible. If the water is only as hot as can be borne by the attendant's hands, then it is too cool to be efficient for fomentation purposes. A dry piece of flannel should always be placed between the hot fomentation and the patient.

The fomentation relieves pain in two ways: First, by drawing blood to the surface and lessening the pressure upon the nerves caused by internal congestion; and, second, by causing the nerves in the skin to absorb water, and thus decrease their pain sensibility.

Attention should be called to the fact that this fomentation is not the ideal treatment for acute inflammation or congestion, although the fomentation is often very helpful when not overdone in such cases, especially when it is made to cover a very large skin area, so that much blood will be diverted from the immediate site of the pain into the surrounding tissues.

**4. HOT SPONGING.** Pain, when accom-

panied by great nervousness and restlessness, is often more effectively relieved by hot sponging than by either the hot-water bottle or the fomentation. A small compress of cheesecloth or linen is wrung out of very hot water by means of a potato ricer, and the painful part gently rubbed with it. By quickly passing the hot cloth over each painful part, a higher temperature can be applied to the skin than by any other known method. This form of treatment is especially to be recommended in neuralgia, sciatica, and pains of the spine.

**5. COLD RUBBING.** Some forms of pain that are at first relieved by heat, do better if the heat is interrupted occasionally by cold rubbing. This is particularly true of the pains of acute congestion, although neuralgia pains are sometimes aggravated by this method. The procedure is to dip either the hands or a cloth into cold water of about 60° F. and gently rub the painful part for a few minutes. The pain is sometimes not relieved by this method until the rubbing is continued sufficiently long to produce a slight reddening of the skin.

**6. THE ICE BAG OR ICE-WATER COMPRESS.** This treatment is particularly adapted to acute congestion, inflammation, and congestive headaches. It should be borne in mind, however, that it is, as a rule, more efficacious if heat is applied to some other part of the body in connection with it. For example, in case of severe congestive headache, not only should ice water be applied by means of a generous compress extending all over the head and face, together with an ice bag at the back of the head, but while the patient rests in bed a hot foot bath should also be given, or hot-water bottles applied to the feet and legs.

Sometimes ice water seems to be unwelcome in the compresses, in which case dip them in water that is around 50° F. Compresses, to secure the best results, should be continuously applied and frequently changed.

**7. ALTERNATE SPONGING.** We often have pains that are not much relieved by the application of heat, and which do not seem to be relieved by cold, but which are helped by the use of heat and cold alternately. This may be done either by sponging, or by compresses and fomentations. This method is carried out by gently rubbing the part first with water just as hot as it can be borne and then by going over the part with a cloth wrung out of ice water.

**STILL** another method of treating pain in this way is to apply a hot compress or fomentation first, and then rub the part with a piece of ice. This is very effective in the case of many severe pains.

**8. ICE BAG AND HOT-WATER BOTTLE COMBINED.** The ice bag and hot-water bag, or a combination of the ice bag and fomentation, are very valuable in the treatment of toothache. The patient should apply the ice bag to the side of the neck underneath the jaw near the aching tooth, and the hot-water bottle or the fomentation should be applied all over the side of the face. A hot foot bath at the same time also helps to relieve the pain.

**9. THE HEATING COMPRESS.** Many times, when one is suffering from a chronic pain or a deep-seated pain that is not over-severe, the seat of trouble can be treated all night long by means of a heat-

ing compress applied in the following way: A piece of old towel or several thicknesses of cheesecloth are wrung out of very cold water, and applied over the painful part. This is then covered with a piece of oiled silk or other waterproof material, which in turn is covered with several thicknesses of flannel which are snugly pinned on. In this way the moist cloth quickly becomes warm and will be found, if properly applied, to retain its heat all night long. It should still be moist when taken off in the morning. If it is dry, the heating compress has not been a success.

Large compresses of this sort which can be worn about the trunk of the body all night long are especially valuable in the treatment of minor miseries of the abdomen.

**WHEN** treating sciatica, lumbago, and neuritis, first apply hot fomentations until five or six have been administered, and then apply a heating compress as just described. This method also is of great value in old rheumatic joints.

**10. POULTICES.** The old-fashioned linseed poultice, while it is messy and uncleanly, is, nevertheless, an effective method of treating many forms of pain. But in recent years clay has been sold under various names, and has been used in the treatment of inflammation, sometimes in a very successful manner. It is best, after spreading the clay over the affected part, to cover it with cotton, which should be thoroughly warmed before it is applied, so as to keep the clay at the proper temperature and consistency for a long period of time.

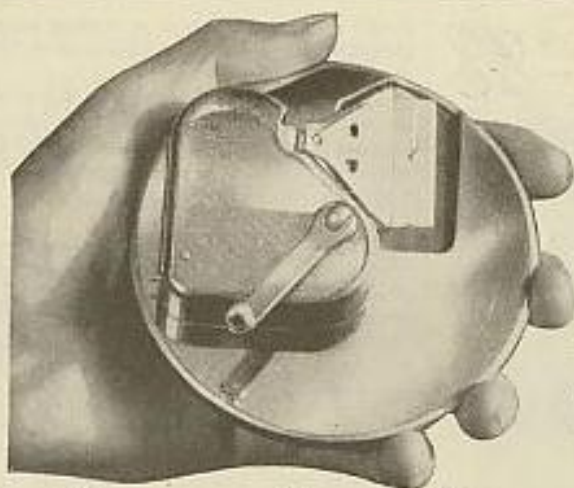
**11. HOT AIR AND FLAME HEAT.** Hot air, as arising from a hot steam coil or furnace register, is very serviceable in treating non-inflammatory pains, while lumbago and sciatica can be greatly relieved by lying down for hours in front of an open fire. A current of hot air, as may be had from the electric blower employed by barbers and beauty parlors for drying the hair, is invaluable for an aching ear. Earache is also helped by employing a ten-watt electric light made into a sort of reflector by means of a cardboard or paper cone, which can be allowed to rest over the ear for hours at a time.

**12. RADIANT HEAT.** In these days most homes, even many in the country, have electric lights, and where electricity is available, the ordinary incandescent light can be brought to the bed of the patient by means of an extension cord; and a cone of heavy cardboard, tin, or other material can be fashioned about the light so as to direct the rays over the painful part.

Heat of this sort is probably more penetrating than that supplied by either the hot-water bottle or the fomentation, and thus is especially valuable in treating pains of the spine, pain in the joints, neuralgia, or other deep-seated pains.

**13. SUNLIGHT.** During the summer season, or in those climates where the direct sunlight out of doors is available, or where a sun parlor or other exposure by window can be had, sunlight will prove to be an invaluable agent in the treatment of pain. There is no better remedy than to expose the painful part to the direct rays of the burning summer sun.

**14. THE HOT FOOT BATH.** In the treatment of many forms of headache, and certain chest and abdominal pains, we



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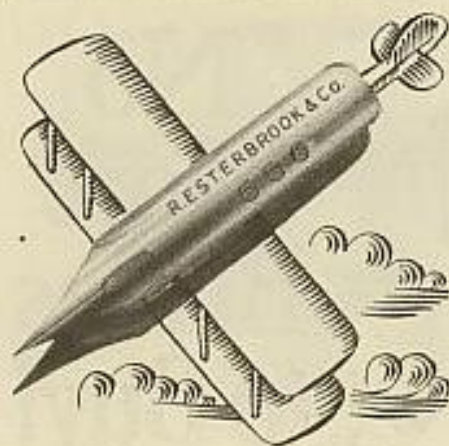
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doubt if even physicians or trained nurses thoroughly appreciate the value of the hot foot bath.

The water should be given as hot as the patient can bear above 105° F., slowly heating it up to 126° F., if the patient can stand it. Of course the deeper the foot bath, the better the effect.

**T**HIS is probably the best treatment known for the relief of sick headache and certain periodic pains, and should be resorted to every month if necessary, if proper investigation has not disclosed and removed the cause of these painful recurrences. Certainly no drug should be regularly employed for the relief of this sort of pain.

The hot foot bath is also invaluable in the relief of general restlessness and nervousness in the case of patients who are confined to bed from any cause.

15. **THE SITZ BATH.** The hot sitz bath is successful in relieving many forms of pelvic and abdominal pain. The water should come well up over the patient's hips and legs. Starting with a temperature of about 105° F., it should gradually be raised to 110°, 115° and sometimes even up to 118° F. At any rate, it should be taken as hot as it can be borne.

If a sitz bath is not possible, the same effect can be secured by means of hot hip and leg packs, given after the manner of the general hot-blanket pack. This treatment is sometimes very valuable in treating pelvic pains, by having an ice bag applied over the painful organ in connection with the hot hip and leg pack. The patient is wrapped up in hot blankets and put to bed, while the ice bag is slipped in under the blankets to rest over the point of pain.

16. **THE HOT TUB BATH.** In these days, nearly every home is provided with a bathtub, and the value of the hot bath for the relief of various general and localized pains must not be overlooked.

A hot bath, preferably with cold compresses to the head, can last anywhere from ten to fifteen minutes. Its temperature can be regulated in accordance with the needs of the case, ranging up to 110° F. The hot tub bath is very valuable in affording relief from headache and pains due to gall stone, kidney stone, acute indigestion, acute arthritis, grip, muscular rheumatism, and other forms of internal inflammation and congestion, because, by drawing so much blood to the skin, it serves to equalize the circulation and thus relieves the blood pressure in the congested and painful area.

17. **THE HOT-BLANKET PACK.** When the bathtub is not available, the same results can be secured, sometimes even more effectively, by wringing a blanket out of very hot water, keeping the ends dry for properly wringing and twisting the blanket, as already described under the wringing of the fomentation. Unfold this blanket on the bed or table, and put the patient in it the very moment it can be done without burning the skin, and then snugly wrap him up in this hot blanket, with three or four dry blankets applied around it, so as to retain the heat. This form of bath is the most valuable method known for relieving the aches and pains of influenza.

18. **THE HOT ENEMA.** Gall-stone pain, kidney-stone pain, inflammation of the

bladder, many forms of neuralgia, and even certain types of headache are successfully relieved by hot-water injections into the bowel. The water should range in temperature from 102° to 106° F. Many intestinal pains are not only assisted by having the bowel washed out in this way but the heat in and of itself serves greatly to relieve the pain. The enema should be copious; it should enter the bowel slowly, so as to be retained for a considerable length of time.

19. **REST AND POSITION.** We must not overlook the value of absolute rest as a means of relieving pain. Many forms of pain, we well understand, will pass of themselves in a reasonable time if the part can be given rest, as in the case of broken bones, pleurisy, and so forth. In the latter case we strap up the chest with adhesive plaster to prevent as much respiratory movement as possible. In the other cases, we apply bandages, plaster of paris casts, and so on.

Position also has much to do with relieving pain, as patients with pain in the abdomen are always observed to draw the knees up. In the case of pains in the feet or legs, they are usually relieved by putting them up on a chair or footstool.

20. **OTHER PAIN CURES.** Now, there are many other ways of relieving pain without drugs which the physician can employ but which are not available in the average home, such, for instance, as the use of electricity. The galvanic current can be employed to relieve pain. There is a newer form of apparatus known as *diathermy*, which is also very valuable in the treatment of pain. In the case of neuritis and other deep-seated pains which do not yield to ordinary treatment, diathermy should be given a trial.

In this connection, I should like to suggest that in all cases of very severe or sudden pain a physician be consulted.

**T**HE *arc light* is one of the most efficient methods of relieving pain with which we are acquainted. Deep-seated pains, pains of the abdomen, as well as joint pains are successfully treated by this form of light. The apparatus used for the purpose is provided with some sort of reflector, so that the rays of the arc are focused directly upon the site of the pain.

One simple method of relieving pain in the arm or leg is to tie a rubber tube quite tightly about the limb above the pain for a few minutes. In this way, by causing a congestion of venous blood, the pain is sometimes greatly relieved; but care should be taken not to employ this method extensively, or to leave the band on longer than a few minutes at a time, except under the direction of a physician. Cupping or the vacuum treatment, as well as vibration and massage, is also useful in the case of chronic pains and nervousness.

Certainly one or more of these methods that I have described should be employed in an effort to relieve pain before resorting to the use of drugs, which, I affirm, should be administered only under the direction of a physician.

Remember that pain serves a friendly purpose. It is a danger signal. When you are suffering, something is wrong. And while relieving the pain, do not overlook the prime necessity of discovering and removing its cause.

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