

necessary that nature should not be listened to at any other than the appointed time. And in this precept there is no contradiction of the statement made in the previous paragraph; for it is not the temporary and exceptional denial of nature with the view of establishing a regular habit of defecation—it is the repeated denial of nature with no such object in view which blunts the reflex sensibilities of the parts concerned, and brings about an obstinate constipation.

5. The co-operation of expectation and will. Many persons seek relief to the bowels without taking any pains to secure success. With some persons, indeed, such pains are unnecessary. A certain automatism has been established; and it needs only time, place, and position to set it in successful motion. But in persons whose defecation is difficult, direct attention, expectation, and effort are essential, and when patiently practiced seldom fail. The practice of slight alternate contraction and relaxation of the anal sphincter sometimes provokes exceptionally active peristalsis of the lower colon; and so, with concurrent effort, secures relief which could not otherwise be obtained.

6. Contentment with a moderate discharge. Ignorance of the average amount of feces required for the daily healthy relief of the bowels is one of the main causes of constipation, the unnecessary use of aperients, and the evils that arise from both. For a man of average weight, consuming an average amount of food, the average amount of feces ready for discharge in twenty-four hours is about five ounces. This should be formed, sufficiently aerated to float, and coherent. According as the cylinder is moist or dry it will measure from four to six inches in length. Now, many people expect to have a much more abundant discharge, and are dissatisfied or anxious if they do not get it. They complain of their insufficient relief, and take aperients to make it larger. For a day or two larger discharges are procured, but then, when the reserves of feces are removed and the colon is empty, and the conditions of defecation no longer exist, more or less complete inaction of the bowels ensues, constipation (as it is here erroneously called) becomes confirmed, new and stronger aperients are had recourse to, and at last the patient falls into a pitiable condition of physical suffering and moral wretchedness. And from this condition there is no escape through the complete suspension of aperients, the renewal of obedience to physiological laws, and a courageous patience in waiting upon nature.

I will conclude these imperfect remarks by putting down as briefly as possible the instructions which I ask my pupils to give to their patients for the management of simple constipation:

1. On first waking in the morning, and also on going to bed at night, sip slowly from a quarter to a half pint of water, cold or hot.
2. On rising, take a cold or tepid sponge bath, followed by a brisk general toweling.

3. Clothe warmly and loosely; see that there is no constriction about the waist.

4. Take three simple but liberal meals daily; and, if desired, and it does not disagree, take also a slice of bread and butter and a cup of tea in the afternoon. When tea is used it should not be hot or strong, or infused over five minutes. Avoid pickles, spices, curries, salted or otherwise preserved provisions, pies, pastry, cheese, jams, dried fruits, nuts, all coarse, hard, and indigestible foods taken with a view of moving the bowels, strong tea, and much hot liquid of any kind, with meals.

5. Walk at least half an hour twice daily.

6. Avoid sitting and working long in such a position as will compress or constrict the bowels.

7. Solicit the action of the bowels every day after breakfast, and be patient in soliciting. If you fail in procuring relief one day, wait until the following day, when you will renew the solicitation at the appointed time. And if you fail the second day, you may, continuing the daily solicitation, wait until the fourth day, when assistance should be taken. The simplest and best will be a small enema of equal parts to olive oil and water. The action of this injection will be greatly helped by taking it with the hips raised, and by previously anointing the anus and the lower part of the rectum with vaseline or with oil.

8. If by the use of all these means you fail in establishing the habit of daily or of alternate daily action of the bowels, it may be necessary to take artificial help. And your object in doing this is not to produce a very copious defection; your object is to coax or persuade the bowels to act after the manner of nature by the production of a moderate more or less solid formed discharge. Before having recourse to drugs, you may try, on waking in the morning, massage of the abdomen, practiced from right to left along the course of the colon; and you may take at the two greater meals of the day a dessert-spoonful or more of the best Lucca oil. It is rather a pleasant addition to potatoes or to green vegetables.

9. If the use of drugs is unavoidable, try the aloin pill. Take one half hour before the last meal of the day, or just so much of one as will suffice to move the bowels in a natural way the next day after breakfast. If it should produce a very copious motion, or several small motions, the pill is not acting aright; only a fourth, or even less, should be taken for a dose. When the right dose has been found it may be taken daily or on alternate days, until the habit of daily defecation is established. Then the dose of the pill should be slowly diminished, and eventually artificial help should be withdrawn.

The aloin pill is thus composed.

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| R. Aloinæ, | |
| Extr. nucis vom., | $\frac{1}{2}$ gr. |
| Pulv. sulph., | $\frac{1}{2}$ gr. |
| Pulv. myrrhæ | $\frac{1}{2}$ gr. |
| Saponis, | $\frac{1}{2}$ gr. |
| Fiat pil. i. | |