

# Selected Articles.

## A CONTRIBUTION TO THE MODERN TREATMENT OF PILES.

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The most important factor in hemorrhoidal disease of almost all kinds is disturbance in the normal formation of the fecal masses and of the regular soft evacuations, no matter whether the underlying cause is dependent upon some derangement of the intestinal functions themselves or whether the affection is secondary to or accompanies troubles in other organs. Remembrance of this well-known and yet insufficiently appreciated fact is requisite to understand what follows here, and to enable the sufferers from these rectal affections to obtain the full benefit of the remedial measures advocated.

Prevention of the appearance of hemorrhoidal tumors, or their retrogression and cure when already present, requires as its essential condition the regulation of defecation; in fact, the entire question of the treatment of hemorrhoids can be summed up in one sentence: "*Procuring regular passages from the bowels.*"

From one point of view physicians do indeed appreciate this fact in their treatment of piles. We do seek to stimulate the sluggish functions of the intestines, the most frequent cause of fecal accumulation, by means of suitable muscular exercise, stimulating cold douches, massage, proper diet, and finally by the use of purgatives. When these measures are conscientiously and persistently followed out we get fair results in a number of cases; unfortunately, they are most often neglected.

Nevertheless, these methods of treatment are never thoroughly satisfactory, either to the physician or his patient. The sufferer from hemorrhoids is always a troublesome patient for his attendant; the latter can finally find no new remedy for the sufferer's ever-recurring troubles and complaints, and in the end the dreaded knife of the surgeon, or even the deceptive aid of narcotics is invoked.

Thus we are forced to realize the fact that in spite of most careful carrying out of appropriate general measures—gymnastics, diet, regular attempts at defecation, etc., in most cases the tendency to the accumulation of fecal masses in the lower large intestine remains. These more or less compact