

little of anything as possible. Generally there is quite sufficient moisture in the food, especially in a fruit and vegetable diet, for all purposes of complete digestion. Some—and indeed many stomachs—are very weak and digest very slowly from being, during numerous years, ruinously over-charged. LIGHTEN THE LOAD by eating just one-half, and try two meals per day instead of three; ONE MEAL digested is worth fifty rotten in the stomach. ONLY WHAT YOU DIGEST is of use.

IN ACUTE INFLAMMATION OF THE KIDNEYS, with or without hemorrhage; NEURALGIA OF THE STOMACH, INFLAMMATORY RHEUMATISM, INFLAMMATION OF THE BOWELS, and in ALL INTERNAL INFLAMMATIONS OF AN ACUTE CHARACTER USE THE HOT PACK OR COMPRESS,—made and applied as follows:—FOLD FLANNEL so as to give you four or six thicknesses, four inches wide by ten long. Have two, and wet in water as *hot as can be borne*. Cover with dry, and change at first every minute, and be careful not to be too long changing. Let the last remain on, and, if upon the stomach, the patient should keep very quiet afterwards, as this is very relaxing. Have the hot water handy by that instant changes may be made, let no cold air touch the affected part.

But in all such cases the first thing to be done is to evacuate the colon by HALL'S PROCESS. This treatment, if properly applied, especially the *hot pack* part of it will almost instantly relieve the pain, and in case of hemorrhage of kidneys or bladder will in a very short time stop that also—in such cases and in all cases it will be quite safe to keep the pack or a wet girdle 21-2 yds. long on all night—if the girdle, wet half of it only, putting the wet part to the skin, wind it closely—*tightly*—around the body upon itself and secure with safety pins. The girdle is best made of narrow crash; there should be two, each the same length for change. If the pain should increase as the pack becomes cool see that it is not so loose that cold air is sucked under it upon the affected part by the