SYMPTOMS, CAUSE AND CURE OF COLIC OR CRAMPS IN THE STOMACH

HOW THIS EXTREMELY PAINFUL AND AT TIMES DANGEROUS DISEASE IS TO BE TREATED

By Bernard Macfadden

CRAMPS in the abdominal region, or colic, as it is frequently called, is one of the most painful diseases with which humanity is frequently afflicted. The pain is usually felt in the region of the navel. It sometimes becomes so severe as to be almost unbearable.

There is no particular need for describing the symptoms of this disease, for they are very plainly evident in the pain, more or less severe, in the abdominal region of the body.

GENERAL CAUSES.

There are a number of causes that are likely to produce troubles of this nature. One of the most usual is over-eating, beyond the digestive capacity. Another cause is eating of unripe or overripe fruit, or decaying vegetables, and other unsuitable foods.

PHYSICAL CULTURE TREATMENT.

An effective treatment for trouble of this character is easily applied. Generally, upon a first appearance of the symptoms, drink several glasses of water as hot as can be borne. Immediately afterwards walk the back and forth over the affected part. Press upon the abdomen as vigorously as you can without inducing severe pain. If there is no much inflammation in the abdominal region that this massage process cannot be adopted. A more effective method is to, when well dressed in hot water over the affected part. This should be as hot as can be borne without pain, and should be changed frequently.

If there are paroxysms of severe pain, the best method is first to drink all the hot water possible and then to begin the use of hot cloths. As the pain begins to subside the massage process can be begun. In case the patient does not readily disappear, it will probably assist in converting the entire region which is flushed with warm water by means of rectal injection. In case the pain is increased by this, introduce only a small amount of water in the first treatment. The water thus first introduced should be made a little icy with the purest castle water. Two or three more attempts may be made after this to introduce a larger quantity of water, and no doubt you will be able, ultimately, to cleanse the entire colon. This unproductively will facilitate recovery, and will make a recurrence of the cramps far less likely.

Drugs of all kinds should be avoided, in every instance, in troubles of this character. There is no better internal remedy than hot water. If morphine, or other drugs of this nature are taken to allay the pain, recovery will be much more slow, and serious results are far more probable. Remember that when the pain is dashed by this process the condition that caused the pain is not changed. You are simply relieved of feeling, and when there is no disease the trouble is only temporary which accompanies cramps in this region it is an emphatic indication that there is need of hastening the functional processes to the point of relief.

Threatened attacks of appendicitis often will be diagnosed as cramps, but it must be admitted that the treatment here outlined, unless the case is severe, will usually be effective, even when the pains are due to indigestion appendicitis.

A PROTEST ON BICEPS.

The anatomy's passion for beauty of body, leg strong, and arm's strong, is stimulating daily in the back pages of the newspapers, where charlatan muscular ladies inNebuchadnezzar garments demonstrate the correct method of handling perspiration propinquities. Huge logs, in droves, make points the fingers of scorn at the reader from the advertising sections of magazines and set important questions of back blank editor. They offer to prove to any one who he is but half a man, any half well, only half vigorous, and only potential, and after a long course in calisthenics, ambitions.

Such an ambition to these gentlemanly indubitably have a Tammany leader remark is dissuading to the wearer of a thirteen collar and to him whose arm's have a tendency to fall about his midsection. Perhaps there is a case for the unambitious man, for the man who regards his tendency to portliness without dissatisfaction, who cares little for the rugged and manly vita activities urged by these drudges. He might not be difficult to make a nation for print and perfect form, to re-create in the flesh the ideal figures of Pericles.

But the tenacious digit man whose pigtails clink is a matter for every when he is on the football field, our correspondent urge, it frequently means the continuing in the Savage race. He is likely to be the most fitting vital play have with drench-some lust. Every makes no appeal to him.

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