

# OUT RHEUMATISM. IT IS AND HOW IT SHOULD BE TREATED.

**A Little Known Disease - Various  
Forms of Rheumatism - When a  
Doctor is Needed.**

After I have exhausted all the  
remedies in the treatment of  
rheumatism, what is the last re-  
medy? I asked a young physician of a  
public practitioner.

"The rheumatic leg-  
ions," was the laconic re-  
ply. It is a generally recognized  
fact in the medical profession that  
the knowledge of the exact nature of  
rheumatism is very imperfect, and  
its treatment still remains uncer-  
tain or is confined to certain  
symptoms or complications  
of the disease. There is not a  
wet, or even chilly day that  
does not cause thousands of people  
to groan and consider them-  
selves afflicted beyond their fellow-  
creatures by reasons of their rheumatic  
troubles. There are a half dozen  
different kinds of rheumatism recog-  
nized by the doctors, but the most  
common of them all is the least dan-  
gerous.

Muscular rheumatism numbers its  
victims by tens of thousands, and it  
is not to be assumed that only a small  
portion of those afflicted really  
know what ails them. It is a disease  
of adult life, which is almost always  
of cold and damp, or direct  
attacks of cold air.

The first attacks are generally  
sudden. They come on suddenly,  
in the muscles and stiffness  
of the limbs, with accompanying  
fever of movement. Persons  
whose parents have at any period of  
their lives suffered from rheumatism  
will have no difficulty in determin-  
ing what the matter with them, for  
it is well known that rheumatism is  
constitutional, hereditary disease.  
Dull and aching, or occasionally  
sharp and lancinating, pains are the  
characteristic features of muscular rheuma-  
tism. While the pain may prevent  
work there is a noticeable absence of  
fever. The attack may only cover a  
period of a few hours or it may last  
a week. When it becomes chronic  
it returns frequently, becoming  
more aggravated when the weather  
is damp or cold. Muscular rheuma-  
tism attacks the muscles of the  
head, neck, back, loins, thorax,  
shoulders, and abdomen.

The greatest dangers to be appre-  
hended are the complications which  
may lay a foundation for grave and  
incurable lesions of the heart. In  
the case of middle-aged women, es-  
pecially, the tendency to heart disease  
as a result of severe or repeated at-  
tacks of inflammatory rheumatism  
is not rare.

## A LITTLE KNOWN DISEASE

As before stated, rheumatism and  
especially this phase of it, is a disease  
concerning which very little is known.  
Its treatment embraces the widest ex-  
tremes. During the last century the  
treatment of no human ailment has  
undergone such mutations as rheuma-  
tism in its various forms. In the  
early part of the century bleeding,  
purgings, and poultices were the  
standard treatments. Later on the  
liberal administration of nitrate of  
potassa, quinia, and opium was con-  
sidered the proper thing, but in later  
years this has given way to acid and  
alkali prescriptions.

Recognizing the fact that it is a self-  
limited disease, sometimes running a  
long and sometimes a short course,  
one eminent physician claims that  
"colored water" is about as potent as  
anything else. The usual course of  
treatment followed at present is to  
administer large and frequently re-  
peated doses of the salicylates or ac-  
idum salicylicum for the first three or  
four days. If no marked improve-  
ment is observable under this acid  
treatment, it is then shifted around to  
the alkaline, which consists in the ad-  
ministration of an ounce or an ounce  
and a half of the alkaline carbonates,  
either alone or with a vegetable acid,  
every twenty-four hours. This is con-  
tinued until the urine becomes neu-  
tral or alkaline, when the quantity is  
reduced. If the patient is afflicted  
with insomnia it is controlled by opium  
in some form, or atropina in  
hypodermic injections.

The red and swollen joints are  
treated with applications of flannel  
cloths dipped in laudanum and hot  
water, although some physicians pre-  
fer simply the application of woollen  
cloths wrung out of water as hot as  
can be borne. If there is marked  
prostration, which is rare, the pa-  
tient's strength can be maintained by  
doses of quinine and iron. Where  
the joints are unusually painful the  
application of small blisters about  
two inches in width wrapped around  
the affected part is advocated. As  
for the complications which may  
arise they should be treated by the  
family physician according to their  
character as they make themselves  
manifest.



Both in the way it acts, and in the  
way it's sold, is Dr. Pierce's Favor-  
ite Prescription for women.

It acts in this way:  
If you're weak or "run-down," it  
builds you up; if you suffer from  
any of the painful disorders and  
derangements peculiar to your sex,  
it relieves and cures. It improves  
digestion, enriches the blood, dis-  
pels aches and pains, brings refresh-  
ing sleep, and restores flesh and  
strength. For all functional weak-  
nesses and irregularities, it's a posi-  
tive remedy. Hence,  
It's sold in this way:  
It's guaranteed to give satisfac-  
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paid for it is refunded.

They're the smallest, the cheapest,  
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But all that would be nothing,  
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take.  
Dr. Pierce's Pleasant Pellets pre-  
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gestion, Bilious Attacks, and all  
derangements of the liver, stomach  
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**COLD IN HEAD**  
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Apply Balm into each nostril.  
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An example of the cunning of gulls  
was observed at Tacoma when several  
alighted on a bunch of logs that has  
been in the water for a long time,  
with the submerged sides thick with  
barnacles. One was a big gray fel-  
low, who seemed to be the captain.  
He walked to a particular log, stood  
on one side of it close to the water,  
and then uttered peculiar cries. The  
other gulls came and perched on the  
same side of the log, which under  
their combined weight rolled over  
several inches. The gulls, step by  
step, kept the log rolling until the  
barnacles showed above the water.  
The birds picked eagerly at the food,  
and the log was not abandoned until  
every barnacle had been picked.

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With local applications, as they cannot reach  
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stitutional disease, and in order to cure it you  
must take internal remedies. Hall's Catarrah  
Cure is taken internally and acts directly on the  
blood and mucous surfaces. Hall's Catarrah  
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with the best blood purifiers, acting directly  
on the mucous surfaces. The perfect com-  
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Sold only in boxes.  
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They have been used in Europe for 50 years,  
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gently yet promptly on the Kidneys,  
Liver and Bowels, cleanses the sys-  
tem effectually, dispels colds, head-  
aches and fevers and cures habitual  
constipation. Syrup of Figs is the  
only remedy of its kind ever pro-  
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ceptable to the stomach, prompt in  
its action and truly beneficial in its  
effects, prepared only from the most  
healthy and agreeable substances,  
its many excellent qualities com-  
mend it to all and have made it  
the most popular remedy known.  
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## WHEN A DOCTOR IS NEEDED.

Where inflammatory rheumatism  
reaches a stage beyond which the  
application of hot fomentations are  
ineffectual, a physician should be  
summoned if for no other purpose  
than to anticipate serious results from  
possible complications. If it is desir-  
ed to attempt the alkaline treatment,  
which many physicians prefer to the  
acid, this can be done by administer-  
ing half a level teaspoonful of bi-car-  
bonate of soda with as much citric  
acid as can be held on the point of a  
penknife blade taken in three-quarters  
of a tumbler of water every three or  
four hours.

As for the acid treatment, a very  
pleasant and effective method is to  
take two good sized lemons, cut them  
in slices, place in an earthenware  
dish, and after sprinkling with a tea-  
spoonful of granulated sugar, bake  
gently in a slow oven for about an  
hour. A teaspoonful of the juice in  
a quarter of a tumbler of water,  
makes a very pleasant drink. Some  
sufferers who have tried this remedy  
recommend that the baked lemon  
juice be taken "straight" without  
the admixture of water. The tendency  
in this, however, would be to upset  
the digestive system in a very short  
time.

Rest is an absolute necessity in all  
treatment of rheumatism. Where it  
is manifest the patient should con-  
fine himself to a warm room, and  
maintain a position which will afford  
the greatest comfort without strain-  
ing or wrenching the parts affected.  
In attacks of inflammatory rheuma-  
tism the sufferer should be put to bed  
between blankets and in a position  
in the room where he will not be sub-  
jected even to the slightest draught  
of air.

Unless there are complications  
which would necessitate a change,  
the diet should consist of nourishing  
food, avoiding animal fats and rich  
pastries. The drink should consist  
principally of lemonade. There is  
little to fear in attacks of muscular  
rheumatism, while as for inflamma-  
tory, its painfulness and enforced ces-  
sation of all movement are its worst  
features, if we except the ever present  
danger in all diseases of unlooked-  
for complications. -M. D., in Phila-  
delphia Press.

**Simple Home Remedies.**  
Powdered tannic acid should be carried  
in a small pocket box. Used as a snuff  
it will check nose bleed.  
A dust of bicarbonate of soda (baking  
soda) not only will relieve a burn, but  
it is said will soothe a toothache. Oil of  
cloves will surely do this.  
Bend the head forward so that the chin  
rests deeply on either collar bone; close  
the eyes; at the head "nod" from side to  
side in the attitude into which the person  
falls naturally when dozing in a chair.  
This position cuts off the supply of blood  
to the brain.  
For a rush of blood to the head try to  
get some of it down to the feet. Even  
in sitting you can use the same device as  
that which prevents cold feet in a church  
or horse car: rest the weight of the leg  
on the toe of each foot. Make as though  
you were about to walk on tiptoes. This  
diverts the blood from an apoplectic  
head, and is found to relieve a giddiness  
or swimming of the head in a few minutes.  
Frequent use of this position to prevent  
headache, and to relieve a giddiness or  
swimming of the head, is highly recom-  
mended.

**"PROMPT AND PERMANENT!"**  
THE PECULIAR EFFECTS OF  
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Are Its Prompt and Permanent Cures.

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stage and checks any tendency to Nervous Prostration, Re-  
tardation, and other ailments, and is a source of Pains in  
the Back, Head, and other parts of the Body. It is sold  
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