

INDIGESTION

By W. Biddle Gilman, M. D.

After any mental shock particularly of a sudden and startling character, the cessation of digestion for a greater or less length of time is quite frequent, and in a time like that any food partaken of produces headache and gastric distress, occasionally followed by an exhausting diarrhoea.

The course to pursue in cases of this kind is to remove as much as possible all or anything that tends to aggravate or keep up existing conditions, and one of the best plans, if circumstance and means permit is to remove the patient to a considerable distance from home, where the change of scene and air, together with the meeting with strangers, etc., will frequently aid very materially in effecting a cure, a sea voyage of some considerable duration can be highly recommended, during which time the patient should remain on deck as long as possible, mountain air is also beneficial largely on account of the greater amount of ozone inhaled at a high latitude and also the amount of physical exercises required in climbing the higher places. Care should also be taken that he spends especially his evenings and rainy weather days in cheerful, lively, entertaining society, composed preferably of both sexes, and care should also be taken that he undergoes no exertion which is followed by much fatigue, though it is imperative that he should exercise and daily exercise graded according to his strength, should regularly be indulged in and he should be encouraged to take such exercise principally in the open air and it would be advisable that it should be in the form of walking, though bending exercises morning and night just before retiring have been strongly recommended.

One thing must be remembered, and that is, that he should never fail to secure a sufficient amount of rest, and upon the first feeling of fatigue, he should if practicable lay down in as comfortable a position as he could at full length and remain there until he is satisfied that he has recovered his strength again.

Again his mind should be kept diverted from thinking about his disease as much as possible, and he should be seldom if ever left alone.

The third and last form of Atonic dyspepsia occurs most frequently among the young, usually the patients range anywhere from fourteen to twenty years of age, and is of exceedingly common occurrence among that class of our communities who are in indigent circumstances, who daily suffer from poverty and want and who not only feel the cruel pinch of hunger, but who are also insufficiently protected either by want of fire or clothing against the inclemency of the weather, this is the class you can observe daily in winter crowding the free hospital dispensaries, their sallow, thin, dejected, careworn countenances, their spare figures, their bony hands and their sunken eyes tell the pitiful tale.

Nearly, if not quite the same symptoms that we find thus in the extreme poor, may manifest themselves in children of wealthy parentage but necessarily from different cause or causes, some of which are to commence with, hereditary influences, developed by too much "care" on the part of the indulgent parent or parents, insufficient exercise in the open air, too rich and stimulating diet, or

irregular and excessive eating of tasty but undernourishing foods.
Continued

Our Church Directory

BAPTIST CHURCH

On the third Sunday in each month there will be preaching at 11 o'clock by the pastor, Rev. O. B. Mitchell.

Sunday School every Sunday morning at 10 o'clock.

A cordial invitation is extended to all to attend these services.

METHODIST EPISCOPAL CHURCH

Rev. L. H. Joyner, Pastor.

Sunday School every Sunday morning at 10 o'clock.

Preaching every first and fourth Sunday at 11:00 a. m. and 8:00 p. m.

Prayer meeting every Wednesday evening at 8:00 o'clock.

Epworth League every Sunday evening at 7:30 o'clock.

PRESBYTERIAN CHURCH.

Rev. M. D. McNeill, Pastor.

Service every second Sunday afternoon at 3:30 o'clock and fifth Sunday morning at eleven o'clock.

Sunday School every Sunday morning at ten o'clock.

Christian Endeavor every Sunday evening at 7:30 o'clock.

Every one is cordially invited to attend these services.

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