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THE FAMIIY nocios

## JOHIN JOSEPH GAINES.M.D

lation of the blood in the body; and, very many times we
physicians, meet with variations from normal, which may
be called "imbalance," or engorgements here anch ther physicians, meet with variations from normal, which may
be called "imbalance," or engorgements here and there,
which may vary from congestions to actual dilatations of which may vary from conge
the vessels- organic disease.
People with big abdomen
gree, from blood imbalance.
that traverse the abdominal
situated Anything that may cause "rcal content there effect on structures elsewhere. A big meal is an example and bowel, depleting the brain for the time being, causing dizziness, cloudy vision, staggering gait, stupor, with The symptoms may amount to a temporary helplessness, a
not very enjoyable feeling in elderly persons. I believe without accurate figures, that one-fourth of
the blood volume may flow in a great tidal-wave to a ponderous abdomen, from overexertion, overeating, etc,; and,
that this condition reacts heavily upon the heart and brain; lated from the constant sagging, making possible, if I may use the term, "abdominal apoplexy." And here it is that
the "tubby" abdomen is a very treut Methods of correction are slow, discouraging, and are seldom persisted in to get the relief possible. Carefully
practiced exercises are productive of results. Of course free daily evacuation of the bowel MUST be maintained. minimum. Indeed, the died must be just what is needed and and puff with slight muscular exertion, may wear a well-
fitted bandage to support the sagging, indolent organism. I personally know a man who declares he couldn't "navilated veins within bounds.


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