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Original Communications.

The Treatment of Dysmenorrhœa.*

BY ALBERT A. MACDONALD, M.D.

IN a normal condition women should menstruate without pain every twenty-eighth day, but whether on account of their mode of life or hereditary defect they are subject to a considerable degree of irregularity.

The flow may last from one to seven days, and still be normal; an amount of irregularity may exist, and still the woman may be healthy. But if the amount of pain suffered with menstruation is considerable, the woman is not healthy, and we are called upon to give her relief from her sufferings.

We are apt to think that women are specially prone to disease, and that disorders of the reproductive organs belong to this age; but the more we consult the older books, the more clearly we see that such troubles had a very early recognition, and that some of the means employed for their alleviation were not only of the same class, but were very much the same that are in vogue to-day.

* Read at meeting of Toronto Medical Association.