

make any progress with these cases until we have secured a regular evacuation every day. The corset is an obstruction which has been sanctioned by many years' custom, and which women wear only to satisfy the demand of silly men who admire a small waist, so that it never will be given up until men who are about to marry shall have been taught that a tight corset means a sick wife.

Many of the diseases which come to me in an advanced stage, would readily have been detected by bimanual examination if it had been made. This brings up the question of which cases should a general practitioner examine, and which should he not. In the diseases of girls before marriage it is rare that a digital examination is required. The appearance of these patients alone is almost sufficient to make a diagnosis: and a few supplementary questions, if truthfully answered, places it almost beyond a doubt. For this reason, it is better to instruct the mother to obtain the exact information on those points for us. The appearance of the girl's face, the color of her lips, the fact that her periods are scanty and pale in color, and that during the intermenstrual periods, she has a profuse discharge, tells us at once that she is suffering from anæmia. In that case, six weeks or two months of the administration of one or two of Blaud's pills, three times a day before meals, will bring the color to her cheeks, arrest the leucorrhœa and make her periods more natural in quantity and quality. If, however, she is suffering from constipation, as nearly all of them are, this will not be sufficient, for in addition to the scantiness of the flow, you will find that she suffers pain with it due to congestion. In that case you must combine aloes with the iron, such as the pill ferri et aloes, one three times a day after meals, more or less according to the condition of the bowels. If the congestion is very great and the nervous system is in a weakened state, then a mixture containing 10 minims. of phosphoric acid, 10 of tincture of iron, and 10 of tincture

of nux vomica for each dose may be used to improve the appetite and tone up the circulation. But as this mixture is not laxative, some mild purgative must be given in conjunction with it until by regular habits the patient has acquired the ability to evacuate the bowels without medicinal aid. The occupation and habits of women, and especially of young women and school girls, deprives them of two important auxiliaries, namely, sunshine and fresh air. Unfortunately, there is no drug which can replace these necessaries of life, so that the physician is justified in sacrificing studies, which after all are of secondary importance, in order that his patient may grow up robust. Too much education has a great deal to answer for in producing sickly girls and still more sickly wives.

When an examination of the pelvis is absolutely needed in young girls in order to determine the existence or absence of a pelvic tumor or a displacement of the uterus, then the rectum should be used for this purpose, as it is a serious matter even for a physician to commit what has been called a moral rape, if it can be avoided. In married women, of course, this does not hold true, for they generally know a good deal about their uterus and ovaries, and there is not the same danger of causing them to have what another authority has called, ovarics on the brain.

When an examination of the pelvis is necessary, it should be made thoroughly, and this cannot be done with the patient lying in the hollow of a bed. If possible, she should be induced to come to the office where an examination table or chair can be used. For that purpose, a common pine table such as is used in a kitchen, answers every need. It may be covered with a cushion or a folded blanket, and have a pillow for the head, but it is absolutely necessary that *it should be short*, so short that the patient will be compelled to make the pelvis project over the lower end, as a thorough examination cannot be made if she shrinks from you half way up the