

frequently succeeds in restoring uterine action, it should be employed weak at first, a few drops being put into a wine glassful of milk, and be repeated three times a day, gradually increasing its strength until it causes pain, when its use must be suspended. It is not applicable in high states of uterine excitement.

After the restoration of the catamenia, should the headache still continue, some purgative, as the compound aloetic pill, will generally give relief; and if followed by a drachm and a half of tincture of henbane, with a drachm of Hoffman's anodyne, will remove all subsequent restlessness.

*Strychnine.*—Many authors speak highly of this remedy in obstinate cases of amenorrhœa, and frequently find it to succeed where every other treatment has seemed to be unavailing. It is given in doses of from a twelfth to a quarter of a grain, three times a day, and continued until it produces headache or twitchings. Dr. Copeland, however, prefers the extract of nux vomica, which he gives in half grain doses with an equal quantity of aloes; employing the same precautions as when prescribing strychnia.

Amenorrhœa cannot be called a disease nor should it be interfered with until it produces pain or ill health. It would be wrong to treat a young girl without a womb for amenorrhœa, although the existence of ovaries might cause the perfect development of her frame, and even produce a desire for sexual intercourse. And equally wrong to give emmenagogues to those rare cases of flat-chested masculine looking women who possess neither the one nor the other. Again there are females occasionally met with by very practitioner who do not menstruate but from 10 to 20 years, after the cessation they certainly require no uterine stimuli.

*Obstruction.*—But when we find a well-formed frame with properly-developed breasts and other external signs of puberty, troubled with constant headache, flushing of the face, severe pain in the back and loins and down the thighs, at each monthly period, without discharges of any kind, and which have rather been aggravated than otherwise by the usual remedial agents, some obstruction of the uterus, vagina or hymen may be suspected. If the uterus or upper part of the vagina, the abdomen swells as in pregnancy, and the irritation thus produced causes, development of the breasts and darkening of their areolæ. If at the lower part of the vagina, or labia, the accumulation by compressing the bladder and rectum, seriously impedes the functions of these organs; if from an imperforate hymen, unless extremely dense it becomes pushed forward between the labia by the distension, presenting the appearance of a tumour. These obstructions after great distress and trouble may of themselves give way from the internal pressure, and recovery take place without interference, but if long continued, they produce a state of the system much resembling anæmia, when the existence of an obstruction may be suspected, from the aggravation produced by iron and tonics. The adherent labia, the hymen, or the false membrane covering the os uteri, may require incision, but the vagina can generally be separated by patience, with the finger, or a piece of compressed sponge bound tightly to its point of adhesion. Happily these forms of amenorrhœa are extremely rare.

*Amenorrhœa with debility.*—We have treated of amenorrhœa in the strong and healthy, in cases attended with debility, it is our duty to place them

first in the same category, and afterwards to remove the obstruction by like remedial agents. For this purpose, we must ignore the catamenia for a time, and direct our first efforts to arousing the liver to greater activity and to ridding the intestines of all their unhealthy contents. This is best accomplished by administering a blue pill every night for several nights, and following it each morning afterwards by a Seidlitz powder, repeating the latter towards noon if the bowels be not freely opened. Dr. Rigby remarks, that when he notices the papillæ of the tongue red and prominent, and the patient complaining of tenderness at the epigastrium on pressure, he finds that a sinapism applied to this part gives great relief both locally and generally, arousing the circulation, relieving the headache, and causing the extremities to become warmer, and the action of the medicines to be promoted. He further advises that the lower extremities should be put into hot water up to the knees every night, to which, if necessary, mustard may be added. The patient should be directed to keep herself well clad and to wear extra flannel around the pelvis and thighs for a few days once a month, and early hours must be insisted upon, with cold bathing or tepid sponging, according to the season of the year, and active friction afterwards with a rough towel. The extremities should be kept warm by such active exercises as games, running, skipping, riding on horseback &c. The system will soon be noticed to improve under this treatment. After the first few days, the use of iron and quinine may be commenced, with extract of gentian or hop, repeating the blue pill and Seidlitz twice a week. And a little later the patient may be put upon the syrup of the iodide of iron in half drachm doses three times a day, as Dr. Rigby and others consider it one of the most valuable emmenagogues in these cases. Under a regular course of such treatment, the health soon becomes firmly established, and with it an increasing power at each monthly effort, which soon results in the natural flow. Should menstruation, however, be long retarded it may become necessary to interfere.

*Cantharides.*—When leucorrhœal discharges attend these monthly efforts, Dr. Dewees remarks that they act as a sort of local depletion, and prevent the due congestion of the uterus so necessary to the production of the natural flow. He says that the tincture of cantharides given in half drachm doses three times a day will remove them; he continues the remedy for two or three weeks, and increases the dose when obstinate. Dr. Wood recommends it to be pushed until it produces some slight symptom of stangury, and to be afterwards kept within this point.

*Electricity* proves one of our most valuable agents in assisting nature at these periods.

*Oil of Savine.*—Pareira particularly recommends this remedy in doses of from two to six drops in amenorrhœa accompanied by a torpid condition of the uterine vessels; he says that he has employed it in numerous instances, and has never known it to produce any ill effects. He considers it the most powerful emmenagogue in the whole materia medica. Drs. Gregory and Locock, combine it with iron, aloes, and myrrh, and give it in the form of pills.

*Mercury.*—Dr. Ashwell says that in obstinate amenorrhœa, where there is chronic inflammation or permanent congestion, and any evidence of incipient structural change, there is no remedy comparable with this. He thinks that moderate salivation