

## THE TREATMENT OF BILIOUSNESS.

According to the *Boston Medical and Surgical Journal*, the treatment of biliousness is prophylactic, alimentary, and medicinal. Prophylaxis is concerned with avoidance of all the known causes, whether of a toxic, malarial, or alimentary character. A plain diet, of bread, milk, oatmeal, vegetables, and fruits, with lean meat or fresh fish in moderation, and abstinence from alcoholic stimulants, seem to be the ideal fare for the biliously predisposed. This kind of diet is especially applicable for hot weather, when albuminoids are apt to, clog the portal system, and pastries are an abomination, and when a broiled schrode, a little chicken or a mutton broth, with bread and stewed fruit, will make a more healthful meal than the more sumptuous fare of a modern fashionable dining saloon. Exercise in the open air is of recognized utility in promoting oxidation and elimination, enhancing the digestive and assimilative processes, and lightening the burdens of the liver. Moreover, exercise (whether by rowing, horseback-riding, gardening, or walking) hinders absorption of bile by the hepatic venous radicals, and promotes the passage of that fluid into the duodenum, through the increased compression exerted on the liver by the diaphragm and abdominal muscles; this is in accordance with a recognized physiological law. The victim of an acute bilious attack will generally get righted in a few days by, first, abstinence from all food, then a diet of porridge and milk, or skimmed milk alone, and a very gradual return to solid food, which for several days should be restricted to toast, a little lean meat, or broiled fish, with some succulent vegetables or ripe fruit. As for medicines, saline aperients, such as sulphate of soda, Epsom or Rochelle salts in full doses in the morning, or the now fashionable tumblerful of Hunyadi Janos, will generally suffice to clear the *prima viæ*; the latter has especially a reputation for evacuating bile. The striking relief obtained by free bilious evacuations has often been remarked, and the veteran transgressor resorts to his blue pill or podophyllin with every recurrence of his malady. Of late enoïn has come much into use as a cholagogue. Harley recommends to persons who seem to have a more than usual tendency to biliousness, traceable to sluggish biliary secretion, and where there seems also to be defective nerve action, small doses of nux vomica or strychnia after their meals. This may be combined with belladonna and aloes as in the aloin, strychnia, and belladonna pill. The bilious person is generally constipated, hence such a pill has a special utility. Fothergill's pill of ipecac, capsicum, and pil. aloes et myrrh, has done good service in such cases. Nitro-muriatic acid and taraxacum have a reputation which is probably not altogether built on imaginary results. But bilious dyspeptics, while they should be attentive to the functions of eliminations (and

doubtless the ancient predilection for purgatives has been justified by modern scientific research, which finds in intestinal septicæmias and alkaloids of putrefaction many of the evils formerly attributed to peccant humors and atrabiliary disorders) should aim especially to be good hygienists, and learn to live right; but this is counsel which everybody gives and nobody takes.

In obstinate hiccough, always suspect aneurism, and carefully examine for such.

Iodine is recommended by Professor Parvin as one of the best uterine hæmostatics and antiseptics.

Dr. Musser states that, after all operation on pelvic viscera, it is always well to make a routine practice of giving opium by suppository.

Uterine cancer, in the vast majority of cases, is of the cervix; sarcoma is of the body. One third of all cancers found in women are of the uterus.

For constipation in infants Professor Parvin recommends equal parts strained oatmeal gruel and milk. If this does not act efficiently he prescribes from 3 ss. 3 j of sodii phosphas in twenty-four hours.

For irritable stomach of cholera infantum, Professor Parvin speaks highly of counter-irritation of epigastrium by means of mustard, and the internal administration of gr. v of bismuth with gtt. iij of aromatic spts. aromonia every hour.

For thread-worms, at night give gr. j of calomel and gr. ij-iv of santonin; the following morning inject a cleansing enema of water, and follow this by the infusion of quassia.

To properly examine a woman's breast, she should be lying on her back. If examined in any other position it can be so manipulated as to convert it into any tumour. When on her back, examine by pressing the tips of the fingers back through the breast against the chest walls, and not by pinching the structures up between the fingers.

Dr. Allis says the great secret of applying plaster-of-Paris bandages is to have all the sizing out of the material used, so when a piece of muslin to be used is thrown upon water it sinks readily; if it does this it will readily absorb water and plaster, and will set quickly; a little salt added to the water is an advantage; a roller made of lint is better than cotton to be applied next to the part.

## THE TREATMENT OF TYPHOID FEVER.

Dr. J. C. Wilson, Physician to the Jefferson Medical College Hospital, treats his cases of enteric fever by the systematic use of laxative doses of calomel during the first ten days, and by carbolized iodine, as originally suggested by Professor Bartholow, throughout the course of the disease. The most careful attention is given to the details of nursing, dietetics, and hygiene, and symptoms are treated as they become prominent.