

last roll in every case should be applied from above downward in inverse order to the first. By attending to this, a stocking can be easily drawn over the bandages without disturbing the folds. For this purpose it is well to use a thin cotton or silk stocking, which should only be changed at the time of dressing, the ordinary stocking can be put over it and removed at bedtime.

In applying the bandages the greatest care should be taken to regulate the pressure in such a way as not to cause stagnation of the venous circulation in the foot. This can be done by always applying rather more pressure to the foot than to the leg. The ideal is to have the pressure graduated in such a manner as to be greatest at the foot, and evenly and gradually less in ascending the leg. The arterial circulation should be almost unaffected, but the stasis in the veins completely overcome by the elastic pressure of the bandages. This is a purely mechanical matter, and is governed by the same laws which regulate the pressure of fluids elsewhere. A varicose leg is like an india-rubber tube, full of fluid, which from over-wear or over pressure has begun to stretch and bulge in places, and in such a tube the greatest amount of pressure would be at the lowest portion.

*Changing the Dressings.*—The dressings should be changed as seldom as possible; three times weekly is about the average number of times required in order to keep the pressure even and the discharges removed. When the discharge is very great it is necessary to change the bandages every day at the beginning of the treatment, lessening the frequency as the leg improves. Some legs hold the bandage in position much better than others. The attendant must use his own judgment. Some do well changed once or twice weekly, others require changing every day. A simple aid to uniformity in putting on the bandages is to make a narrow strip of paper into half inches and lay it on the front of the leg as a guide. If these directions be carefully followed, it will be found easy to reduce almost any kind of swelling in the leg.

*Bandaging after the Cure.*—It is always better to continue the bandaging for at least six months after an ulcer is healed, and in aged persons for a still longer period. This may safely be left in the hands of patients themselves, after explaining clearly to them the method of application. In cases of varicose veins the bandaging must be continued for a still longer time. Two sets of bandages should be used, so as to permit of one set being washed when required. Care should be taken to direct the party who washes the bandages not to disturb the original folds, and in dressing to draw them out sidewise before rolling; on no account should they be stretched lengthwise.

While patients are under treatment they should not be allowed to remove the bandages themselves.

When cured, they should be directed to remove them every night and reapply them every morning. As will be seen by the foregoing description, the three conditions of success spoken of above are almost perfectly fulfilled by this method. The stockinette is wonderfully elastic, and compresses the veins most completely and comfortably. The Gamgee tissue is absorbent to a very high degree, and in conjunction with one of the ointments described disinfests and absorbs all discharges, and the thinness and flexibility of the materials used permit of exercise being taken with perfect freedom.

*Illustrative Case.*—Mrs. T—, aged forty; housewife, with two children; general health good. Ulcer situated just above the inner ankle of the left leg, circular in shape, two inches in diameter, and deep and unhealthy in appearance. She had suffered from it for fifteen years. The leg was much swollen, and the pain "something dreadful." The veins were varicose. The ulcer had been caused by a knock accidentally received. She had twice been an out-patient at Manchester Infirmary, and had been treated by several private medical men. She came under treatment on May 1st, 1884. Two rolls of bandage were used (twelve yards in all) and the ulcer dressed with carbolic ointment and Gamgee tissue as described. The dressing was changed every second day for a week, and afterward every third or fourth day. She experienced immediate relief from all pain as soon as the bandage was applied, and was discharged perfectly well on May 31st, 1884. On making inquiry in April, 1889, she was still perfectly sound, and had never suffered any inconvenience in the interval. No rest of any kind was given, and she did her ordinary work during the treatment.

The medicinal treatment will not be spoken of. Every case must be treated on its own merits. Free exercise should be enjoined and wholesome and nourishing food recommended. It is very important to keep the bowels regular, having a movement at least once each day. Is it safe to heal an ulcer of the leg? Yes, when free exercise is taken during the treatment. In every case treated by myself improvement in the general health took place.

In varicose veins the bandage should be applied as before directed, and will be found on the whole much superior to elastic stockings. In recent wounds of the leg the benefits of this method of dressing are seen to their greatest advantage.

In acute synovitis the equable and constant pressure obtainable in this way often seems to act as if by magic in reducing the swelling and inflammation.

A synopsis of the first hundred cases of ulcers treated was appended to this paper, but is omitted for lack of space. The average period of treatment was about five weeks. Eighty per cent. of