

clever, profess to take a "corn out by the roots," a most unscientific observation, to say the least of it, and in reality all they do is, by a patient and gentle paring process, remove a great part of the thickened cuticle, and recommend a well-fitting boot, and simply by removing the cause often effects a cure. You must also bear in mind that a very loose boot is nearly as bad as a very tight one. Glacial acetic acid is also recommended to be applied after the callosity has been well softened by keeping the feet in warm water for a short time. When the callosity occurs in the sole of the foot and a circumscribed enlargement is seen, if directions are given to a bootmaker, he can make an allowance in the sole and form a slight depression, so as to prevent undue pressure to the foot; in fact, boots of any dimensions and shape can be made by an intelligent bootmaker to suit any deformity occurring in the toes or feet. Well-made boots prevent much annoyance and deformity, while badly-made and ill-adapted boots are a very frequent cause of deformity, corns, bunions, limping, etc. Another distortion often seen is what is called *Hammer-Toe*; it is caused generally by wearing boots of insufficient length, and the toes are bent up and considerably flexed to accommodate themselves to their cramped position; after a time the flexor tendons become permanently contracted, and the toes assume a form not unlike the appearance of a hammer, hence the name; the great, second, and last toes are most often affected.

*Treatment.*—To recommend longer boots, and allow the toes space to travel forward. Tenotomy of the contracted flexor tendons may be resorted to, and a spring-pad attached to a sole of leather or other light material, and the toes bent forcibly down and bandaged to this sole, which may have slits in it corresponding to the interdigital spaces, which facilitate the bandage passing between the toes and keep them permanently extended.

#### TREATMENT OF INVERTED TOE-NAILS.

BY DR. W. HUKILL,  
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Every practitioner, probably, is acquainted with this affection. Every one knows, also, that the various plans of treatment generally pursued are very unsatisfactory. The purpose of this article, however, is to recommend a mode of treatment that has been employed by the writer for about four years, which has been highly satisfactory. It is, simply, to apply the muriated tincture of iron to the nail and the surrounding ulcerated and granulated surface, once or twice a day, with a camel's hair pencil. As a general rule, to apply it once a day, at bed-time, will be sufficient. The ulcerated surface heals with astonishing rapidity, and the nail assumes its normal appearance, making a complete cure

in most cases in a few weeks. Since I commenced using this remedy, I have done nothing else in such cases. Paring and cutting the corners of the nail usually does more harm than good. I need not attempt to speak of the *modus operandi* of the remedy, the object being, merely, to recommend a trial of it to others.—*Philadelphia Medical Reporter.*

#### DIET IN DYSPEPSIA.

In a lecture translated in the *London Medical Times and Gazette*, Prof. Leube discusses the best form of diet for dyspeptic patients, and insists on the maxim that "for a sick stomach there is no better diet than rest." However, it is not necessary to adopt such a maxim literally in most cases of dyspepsia, involving, as it does, the exclusive use of enemata; ordinarily, we may content ourselves by giving "easily digestible" food by the mouth. The relative digestibility of different foods has occupied the attention of many observers, without even yet being satisfactorily understood. We want still to know more of the relative share which is taken by the different parts of the alimentary canal in the process of digestion. It is not at all desirable that a dyspeptic patient should have food ordered for him which is only digestible by the stomach. Foods which by their consistence and form mechanically irritate it do not cause so much harm to it as foods on which the gastric juice can act easily, and which therefore remain long in it. Individual constitution and the nature of the particular disease must be also considered in deciding on forms of diet.

It is probable that young veal, chicken, pigeon, boiled fish, and underdone beef are the most suitable foods for most patients, of course, with the exception of milk and eggs, which are the most digestible of all. Meat should be underdressed, not only because it becomes tough by much cooking, but because Fick has recently shown that the same gastric juice digests cooked meat three times as slowly as raw. Eggs should be taken soft boiled, and not raw, for Leube has found by experiments on himself that their albumen is more easily digested when cooked than raw; and Fick has also shown that there is at any rate no advantage in the uncooked form over the cooked, so far as digestibility is concerned. Fat sauces must be abstained from, because they shield other food from the action of the gastric juice. The only vegetables which Leube allows are asparagus, young peas, and carrots, and mashed potatoes. Bread he gives stale. He usually forbids all alcoholic liquors.

#### UMBILICAL HERNIA IN INFANTS.

A "Country Doctor" writes to the *London Medical Times and Gazette*:—

Speediness in the care of the above, combined with simplicity in the means employed, is, I hold, the great desideratum. What more simple than