

sufficient. I may state, the winter before, this young girl's health nearly gave way from the same cause. Explaining to them a tonic would only be of partial benefit, one was given. The tonic consisted of phosphoric acid, pyrophosphate of iron and liq. strychnia. True enough the benefit from it was very small, and that little was only temporary. Fearing I did not know as much as I should about their daughter's case, they consulted some one else, and in about four months' time they had consulted four or five different medical men, one of them being a homœopath, and in every instance were given the same advice, which, of course, they did not follow. In the end they returned to me, wishing to know if it were advisable to take her to New York. The young lady's condition was worse; she still suffered from headaches, and her menstruation had become irregular, scanty and very painful. She dreaded the return of every period on account of the pain. Instead of being able to follow her studies at school, she was now half the time at home confined to the sofa. So much for the ambition and pride of her parents. Feeling now I was master of the situation, the advice about visiting New York was given, that it was wholly unnecessary, that all that was required was a little common sense on their part to follow out the instructions already given here. They consented at last, their daughter was taken from school, and change of occupation was effected by making her do some light house-work upon those days she was able. She was forced to go out and indulge in the amusements of her age. The same tonic was given to her and she rapidly improved. As soon as the summer months arrived she was sent to the country, from which she was not allowed to return until the autumn. She was then in perfect health. Her parents saw, at last, the wisdom of following the instructions given, and she was never allowed to over-apply herself to her studies again. As a result of this, they were not only surprised but gratified that she made as much progress and kept as good a position in her class as when she was jaded by over-work.

Parents and teachers should bear in mind the fact, that young girls at the time of puberty should not have too great a strain put upon their nervous system, that it is at this time all their strength should be husbanded for the develop-

ment that is taking place. A girl's future health is more or less stamped by the manner in which puberty has been established.

It is a pity the German practice is not in vogue here. There a young girl is sent to school until menstruation begins to appear, when she is kept at home and only allowed to study moderately under the guidance of a visiting governess, after which she returns to school, and care is taken, at each menstrual period, of allowing her a little more leisure time.

The experience of this prudence shows that time is not lost, but rather an advantage is gained. These German girls graduate from school well developed young ladies, and are much better able for the cares of future life, than the majority of the same class on this side of the Atlantic.

#### CASES IN PRACTICE.

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J. S., *æt* 41, short, stout, healthy-looking man who said he had never had a day's illness in his life, called me up early one morning complaining of excruciating pain in the rectum, as if something was "sticking into" him some distance up the bowel. A digital examination, and one per speculum ani, failed to detect anything; but, as he insisted there was something there, a good dose of castor oil was ordered, and after that had operated, no relief being afforded, some warm water enemata were used, which had the effect of dislodging the substance and bringing it down so near that I was able to hook out with the finger (bending it in two whilst so doing) a splinter of wood the length of my forefinger, and sharply pointed at both ends: it was evidently a splinter from a sugar cask which had been swallowed. The patient remembered, about ten days previously, being nearly choked whilst drinking some coffee at breakfast, and fancied then that he had swallowed something. The marvel is that it should have passed through the many feet of convolutions of intestine to be arrested in its progress just in the only position where mechanical aid was able to afford relief. I remember many years ago being present at a post-mortem on a fine healthy young man who had for days suffered great agony from pain in the abdomen which