

(3) A third variety has the appendix swollen and edematous, but unperforated; and yet the symptoms are severe; and there is generally great anxiety and often distension. The tumor here is ill-defined and small, but there is considerable tenderness, with high temperature, pulse, and abdominal distension. With no improvement in two or three days, laparotomy and removal of the appendix, if easily found, is proper. (4) The fourth variety has a sharp pain at first, soon subsiding. Perhaps one attack of vomiting, or tenderness on pressure, and a swelling in the right iliac region, and without any tumor in the rectum. These cases resume an almost normal temperature and pulse in a few days, and though the convalescence often lasts for four or five weeks, yet health is finally restored. The liability to subsequent attacks, however, is problematical, but operation in the initial attack is improper.—*Boston Medical and Surgical Journal*.

#### THE TREATMENT OF INSOMNIA FROM INDIGESTION.

Healthful, refreshing sleep probably bears a closer relation to the operations of the digestive process than is generally acknowledged by even physicians. Healthful digestion does not in the least interfere with sleep, but any deviation from this standard is more than likely to disturb at least the amount of real rest thus obtained.

In a late issue the *Boston Medical and Surgical Journal* makes some important remarks which, while not new, are worthy of being placed in remembrance. First, errors are made as to the quantity of food taken. An excess causes an embarrassment to the digestive organs; decomposition and flatulence set in under un-molested microbic rule. Putrid and more or less toxic gases and ptomaines are generated, and a bilious condition supervenes. That insomnia should attend such a state of things is not surprising. The remedy for this is to reduce the daily rations to the physiological standard. The necessity of eating slowly and deliberately is apparent as rapid eaters are more than likely to over eat. Second, poor food may engender insomnia by inducing anæmia or starvation of the vital organs. It cannot be too much insisted upon that the daily fare contain an adequate mixture of albumen, fats and carbohydrates. Indigestible food produces essentially the same evils as excessive amounts of food. Under this head may be ranked improperly cooked food, unripe fruit, pastries, hot bread, fried pork, confectionery. Foods which alone are digestible may become indigestible if too many kinds are eaten at a meal. The idiosyncrasies of the individual must be respected, and articles found indigestible be avoided. Much depends upon the muscular work done. Thus

hay makers on the salt marshes need food hard of digestion, so as to yield up force during many hours; food such as baked beans and pork, boiled beef and cabbage, and mince pie. These people sleep well in spite of their hearty fare. The rich diet upsets the brain workers, the persons of sedentary habits. Third, a healthy digestion presupposes a healthy state of the stomach, intestines and accessory organs, and any derangement of these viscera must be corrected by suitable medicinal and dietetic means before normal sleep can be enjoyed.

The hygienic treatment of indigestion includes dieting, exercise, recreation, cold bathing, etc. Equally necessary are change of scene, diversions, and the cultivation of a contented, cheerful frame of mind. Of the medical means for promoting digestion we cannot now speak, but they are important in numerous cases.—*Amer. Lancet*.

#### BROMOFORM AS A TOPICAL APPLICATION.

Dr. S. Solis-Cohen has recently employed bromoform in a severe case of ozena as a topical application to the nasal mucous membrane after thorough cleansing with hydrogen dioxide. The absence of the severe local reaction anticipated, together with the extraordinary success of the measure, not only in destroying the odor but in controlling morbid secretion, encouraged him to use the same agent as a topical application to tuberculous and other ulcers of the larynx, after cleansing with hydrogen dioxide. Here the agent seemed to exert analgesic as well as disinfectant properties, as pain was relieved and healing apparently promoted. The agent being extremely volatile, the immediate effect is transient, and he has, therefore, followed this application with insufflations of iodoform powder.—*Medical News*.

#### THE USE OF FUCHSIN IN THROAT AFFECTIONS.

Dr. K. Bogroff strongly advocates the use of the aniline preparations as antiseptic agents. In a case of chronic pharyngitis provoked by a tubercular condition of the lungs and larynx, in which the patient had great difficulty in swallowing, and all treatment had proved useless, a spray of a 2 per cent. boric acid solution saturated with fuchsin cured the patient's pharyngitis. The spray forms an impermeable surface over the epithelial lining and protects the tissues from irritation. It is remarked also that this treatment is especially suitable in cases of tubercular laryngitis, as the fuchsin stains the tissues with which it comes in contact, and thus facilitates observation as to whether or not the right spots were touched.—*Vratch—New York Medical Journal*.