

equally uniform debility of American women of culture, lies in the observance or neglect of natural laws. Dr. Clarke ascertained that much greater attention is paid by the aristocratic classes of Great Britain and Germany. In Germany three important points in the education of girls are diligently attended to. First, as a rule, girls are removed from school at the appearance of the catamenia, and thenceforward instructed at home and by private tutors. Second, by immemorial tradition among mothers, the closest supervision is exercised during the menstrual flow. The girl is watched and guarded, obliged to refrain from study, from late hours, excitement, and all but the gentlest exercise; and if delicate, is kept in bed three days. Third, school girls are never allowed to go to parties.

The physiological truths at the bottom of the admirable German system of management of school girls require to be brought to the notice of parents and the managers of high-class female seminaries and colleges in Canada. This duty devolves mostly on the medical practitioner, to whom no indelicacy will be attributed should he refer to it. We, therefore, ask our friends to give thought to the subjects treated of in the work which has served as the occasion of this article.

CONGENIAL WORK.

In the December number of the *Can. Med. and Sur. Journal*—(a copy of which we have received through a friend, the Editor not having the manliness to send us his reply)—the editor again returns to his congenial work of dirt throwing and slander. In his reply he makes the remarkable statement that the July No. of the *Canada Medical and Surgical Journal* was mailed on the 8th day of July, (precisely?) the hour is not mentioned. We confess to a good deal of surprise at the boldness of our cotemporary, for his readers must know that such a statement if intended to convey the idea that his journal is issued so early in the month is not warranted by the facts. If the *Canada Medical and Surgical Journal* is mailed with such promptness and regularity there must be something radically wrong with the postal arrangements not only in Montreal and Toronto but throughout the whole Dominion,—for some of the subscribers to

that *Journal* have informed us that it is no uncommon thing for them to receive it one and sometimes two months after its apparent publication. To show this more forcibly we need only say that, the reply of our cotemporary to the article in our December issue will be found in the December number of that journal.

The editor has backed down somewhat; he now says one of these articles was from the *type* of the *Canada Medical and Surgical Journal*. How should we know that? What is there peculiar about the type of that journal which distinguishes it from all other type of the same kind? If it was desired to have this article go forth as a reprint from the *Canada Medical and Surgical Journal*, as is alleged, why not announce it on the title page, as all journalists do? and then there could be no mistake about it.

PERNIO TREATED BY ELECTRICITY.

Dr. Alonzo L. Leach describes, in the *Philadelphia Medical Times*, his method of treating chilblain by electricity. He considers that we have, as the result of frost-bite, a partial or complete paralysis of the vessels as well as a nervous element, evinced by the pain and the intolerable itching. Electricity tends to give tone to the parts and restore them to their normal condition. This is the result sought for in all applications, but they only do so temporarily in a majority of cases. The cause re-appearing, the pathological condition still remaining, we have a return of all the symptoms. The secondary or induced current applied for a period of time every day, or at longer intervals, will place the parts in a healthy condition and effect a permanent cure.

As chilblain is just now a complaint of the season, it may be well to append another method of treatment, which is that adopted by the writer. The foot is first soaked in a bath as hot as can be borne, for fully fifteen or twenty minutes. The effect of this is to alleviate the pain and itching of the subcutely inflamed subcutaneous tissue; and afterwards the part is painted with tincture of iodine for a few times. The result rarely disappoints one. Dr. Balfour, of the Chelsea Royal Military Asylum, recommends the application of iodide of ammonium, pre-