

intercepted by the falling snow. What happened to the iron ore might also happen to typhoid and other germs which retain their vitality for some time even when subjected to drying. They could be carried along with the dust particles into open wells, into vessels containing water, milk, butter and so on, into stagnant sloughs, and be deposited on the roofs of houses thence to be washed by the next rainfall into the cisterns. In this manner many epidemics and isolated cases may be accounted for.

There are two points of practical importance to be deducted from the above. The first concerns the management of the individual case of typhoid. The physician directs the attendant to disinfect excreta-fæces, urine and sputa, but as the thorough disinfection of a typhoid stool is a matter requiring time and trouble and is very disagreeable, it is safe to say that it is never completely done. Indeed there is often great carelessness in the disposal of typhoid excreta, and sometimes they are thrown out on the surface, whence they may be carried by water into the wells, but more likely, on the prairie, after becoming partially dried to be swept with the dust to neighboring farms. In rural districts all typhoid stools should be buried in a hole, away from the water supply, the bottom of the hole being first covered with a liberal quantity of lime or other disinfectant. Or they should be burned.

The second point concerns the public health authorities and has to do with the water closets in use on the railway trains. These are, for the most part, open chutes down which the excreta are projected to the railway track. Many people with ambulatory typhoid, and patients in various stages of the disease en route to hospitals or home, use these closets, and thus typhoid stools are spread along the railway, ready for distribution by the wind all over the neighboring country. The same thing might

happen were cholera ever to obtain a footing on this continent, but apart from the specific danger in such diseases the method is unhygienic and offensive. It should not be difficult to attach a box below the chute and adopt some modification of the earth closet, the excreta being removed and buried at divisional points along the line.

---



---

#### SELECTED ARTICLES.

---



---

##### TREATMENT OF DYSMENORRHEA:

The well-known gynecologist, Mr. Skene Keith, in the "Medical Press and Circular" of October 27, 1897, in discussing the treatment of dysmenorrhea, tells us that in every case, without exception, general treatment must be most thoroughly tried first, because many, and certainly all the slighter cases, can be cured or much relieved in this way, and also on account of the very evident objection there is to local interference. It is fortunate that this is one of the conditions which can often be treated without actual local knowledge of the pelvic organs. The general treatment, and with it the preventive treatment, may now be considered. At the time of puberty enough attention is not given, more especially to the delicate girls, to keep up what is commonly called a good circulation. Many girls get far too little exercise—occasionally far too much and of an unsuitable kind—and far too little care is taken both at home and at school to keep them warm, especially at night. People do not seem to think it matters to let a growing girl go to bed with cold feet, or if they do, imagine that to have a hot-water bottle is coddling. A greater mistake is never made. It is essential that the feet be kept warm during the night whenever there is uterine dysmenorrhea, or, indeed, whenever there is any pelvic trouble. In some cases it is advisable to have the feet and legs thoroughly rubbed before going to bed.

The preventive treatment consists, then, in keeping the girl warm and in attending to her general health. When a delicate,