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Habitual Constipation.

Dudley Roberts, of Brooklyn, N. Y., treats constipation by finding out the causative factors and remedying them. There is no panacea for habitual constipation. The passage of the food through the bowels is accomplished by two mechanisms, reflex movements of the colon down to the sigmoid, and voluntary movements in the rectum. The stimulus to the reflex mechanism is given by the chemical irritation of the intestinal contents and the stretching of the intestine by gas and liquids. Peristalsis comes from centers in the spinal cord. Emotions may affect them. The sigmoid and rectum form a collecting reservoir; states of fullness cause a desire to empty the bowel. Here voluntary effort has its part. We must determine the site of failure to act in order to cure constipation. The study of the colon involves palpation of its parts and study of size, condition and fullness of these parts. Digital examination of the rectum after a day without cathartics will show whether the mechanism of defecation is faulty by the presence of soft feces in the rectum. If the trouble is higher up the rectum will empty. The color, form, and consistency of the stools give information, with chemical and microscopical examination of them. Disturbances of defecation may be neurotic, or they may be caused by pain in evacuation, or a tight anal muscle. Failure of the muscles of de-

fecation may be the result of stretching of the abdominal walls. Exercises of these muscles are most valuable. Anal abnormalities, fissures, and hemorrhoids will cause constipation by pain and spasm of the muscles. The colon peristalsis may be at fault. Constipation may be the result of underfeeding, or sedentary habits, or of enteroptosis. The colon may be atonic spastic. Each one of these conditions has its appropriate remedies, which the author outlines.



Climatic Cure of Tuberculosis.

In a somewhat lengthy article, E. S. Bullock and C. T. Sands, Silver City, N. M. (*Journal A. M. A.*, June 19), review the evidence for the climatic cure of tuberculosis, illustrating their argument by tables joining the comparison of results of sanatorium treatment at high altitudes with those in institutions nearer the sea level. They find in their tabulations that, in spite of the generally inferior and more advanced class of cases treated, the government, military and naval sanatoria at Fort Bayard and Fort Stanton show better results than some of the best institutions in the East, viz., the Adirondack Cottage Sanatorium, the Massachusetts and the Rhode Island State Sanatoria. The difference is not great but it is in favor of the high altitude sanatoria in the West, and the difference is most marked in the advanced cases, which