

upper ends ; lastly the whole ankle is to be firmly bandaged. Amongst the working classes, or in the case of an uncontrollable patient, it is advisable to apply two thin splints over the anterior pads, keeping them in position by a long strip of adhesive plaster. Where there is much superficial ecchymosis, where there are bullæ, or where there is unhealthy-looking skin, instead of using soap-plaster, the pads may be kept in position and pressure maintained by a piece of lint on which ointment has been spread. Calamine ointment made stiffly is clean, and not uncomfortably greasy. If, as occasionally happens, even this should cause irritation, warm wet lint covered by oiled silk may be advantageously used over the pads, and secured by a firm bandage ; but neither of the applications can compare in efficiency with the soap-plaster spread on leather.

It is, as I have said, impossible in the limits of this paper to describe the method of adaption of the pads to all the different joints ; but a very little consideration will suggest the shape, size and thickness necessary to be employed in each case. —*Chicago Med. Journal and Examiner.*

#### THE HOT PLATE—AN OLD BUT USEFUL REMEDY.

Many persons suffer from pains and aches in various parts of the body, pains rheumatic or neuralgic, or with pains in the stomach or bowels, or with menstrual pains each month ; some have a cold spot between the shoulders, or in the shoulder blades ; some have cold feet ; some are tormented with pain from old wounds, burns or injuries. In all these cases warmth is grateful, and often brings entire relief.

Hot fomentations are efficacious ; these must be skillfully applied or the patient's clothing and the bed-clothing will be wet, and the patient is made chilly and uncomfortable ; they must also be constantly re-applied.

Hot bottles are excellent, and fit nicely into the angles and corners of the body ; but bottles are not always at hand, nor is even hot water at times, besides the corks *will* sometimes come out, and then the bed is saturated.

Some have nice warmers made of tin, these are heavy and soon begin to leak ; the corks also work out sometimes.

Some scientific preparations have been made to hold heat a long time, such as spongio-pilin ; these are excellent, but not attainable by all.

In every household there are old plates of all sizes, and there is a stove or grate where the plates can be heated. These can be wrapped in any old sheet or flannel garment, and be instantly applied to any part of the body ; they will retain heat a long time, if well wrapped in flannel. Where hot fomentations or poultices are applied, the hot plate outside will keep them warm, so that they need not be changed for hours. It is quite wonderful

how much comfort and relief can be obtained from this simple remedy, which is always at hand, and within the reach of every person.

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—*Monthly Review of Medicine and Pharmacy.*

#### TREATMENT OF SKIN DISEASES.

Dr. H. S. Purdon, physician to the Belfast Hospital for Diseases of the Skin, gives a brief account of his treatment in the *Dublin Med. Jour.*, March. He says : "For acne I am using, with benefit, glycerine internally, as suggested originally by Gubler—a substance so analogous to oils, and, like them, following the ordinary modes of elimination, in traversing the sebaceous follicles ; while, locally, if on the face, my friend Dr. Samuel Moore's ointment of sulphur and green iodide of mercury is the most useful application I know of. Acne, in young men and girls, often attacks the shoulders. Here, sponging with sea water and brisk friction with a rough towel is far over ointments or lotions. For parasitic affections due to vegetable growths, croton oil liniment, by producing suppuration, destroys the growth more rapidly than any of the vaunted parasiticides. The solution of the ethylate of sodium I still use in nævi, small warty growths, and some forms of lupus, although Volkmann's spoon is the best means of quickly curing the patient. For lupus erythematosus the local application of liquor potassæ has given me good results, while internally, in the acute stage, large doses of acetate of potassium relieve the congestion, and in more chronic cases I prescribe Thompson's solution of phosphorus. In chronic psoriasis I think there is nothing to equal either cold or tepid 'packs,' as used at the hydro-pathic establishments." *Phil. Med. Reporter.*

#### PAIN AND ANODYNES.

Dr. Roberts Bartholow, of Philadelphia, says : The most powerful means for relief of pain which is now in our possession—the subcutaneous injection of morphia and atropia together—is an illustration of the advantages derived from the study of physiological antagonism. By this combination the anodyne qualities of the two agents are enhanced, rather than diminished, while the disadvantages of each are in a great measure obviated. The combined use of morphia and atropia is, also, the best preventive of the tendency of anæsthetics, like chloroform and ether, to produce fatal paralysis of the heart or lungs ; while the prescription of atropia simultaneously with chloral to a great extent averts the dangers that sometimes attend the use of that agent. —*Nashville Jour. of Med. Surg.*