

when applied over same region. In acute diarrhoea it will check the bowels, allay vomiting if it exists, and in the severer forms will restore warmth to cold and cramped extremities. In the vomiting of pregnancy, carefully used, it promises much. In gastritis, in simple leucorrhœa, and in constipation, he has used it advantageously. He has derived excellent results in hysteria from the effect of ice in subduing the hyperæmia of the sympathetic ganglia, and those spinal centres which give rise to the muscular spasm when unduly excited, as in these cases. In sleeplessness due to excessive use of the brain, from almost any cause, ice applied low down (dorso lumbar region) will produce sleep by dilating the arterioles of the lower body, thus withdrawing from the cerebral circulation its excessive supply, the cause of the sleeplessness. When the ice is not sufficient, thus applied, to have the desired effect, a double-columned hot water bag may be used over the sympathetic ganglia of the cilio spinal region of Chapman, or, in other words, the cervico-dorsal vertebræ, and will assist, by stimulating these ganglia, to a hyperaction, causing thereby a contraction of the blood vessels of the brain. He used it with benefit in one case of asthma.

Dr. Kinnear, in conclusion, says: "I would again suggest to those of my medical confrères who may decide to try this method, not to do so without a careful attention to those *dangers* with which a careless or ignorant application will certainly bring them face to face. Upon these *dangers* Dr. Chapman gives very clear and minute directions and cautions."

#### VENESECTION IN HEART DISEASE.

In the *Lancet*, Dr. Bedford Fenwick, in the course of an interesting article on this subject, says that his attention was first called to the value of venesection in heart disease by a mere accident. A young man was admitted into the hospital with mitral stenosis and aortic regurgitation. His condition became gradually more and more critical until he became drowsy, almost comatose, and his death was hourly looked for. When in this condition he threw up his arm, and striking his nose violently, it began to bleed very freely. Attention being called to another patient, his nose was allowed to bleed, thinking that it would soon stop. He lost some twelve or fourteen ounces of blood, and when again examined was found perfectly conscious, breathing quietly, and calmly said that he felt much better. His improvement was uninterrupted, and in a few days he returned home. Loss of blood is a common cause of fatty degeneration, therefore it would not be wise to bleed where we have or fear fatty degeneration.

Dr. Fenwick only uses leeches or cupping to remove blood directly from the cardiac region in cases where stenosis exists. He imagines that we obtain thereby more certain and more rapid results

with a more accurate loss of blood than when venesection from the arm is resorted to. Still this is a matter of such great practical importance to the patient's welfare and to our own success, that he feels bound to state distinctly some reasons for his judgment: 1. The patient and the patient's friends usually object less when leeching or cupping is suggested, than when "bleeding" is proposed, and they are less alarmed at a local application to the seat of disease than at the procedure necessary to open a vein and keep it bleeding. 2. The quantity of blood to be abstracted can be more accurately measured and controlled, and is generally much more easily obtained, in cases of advanced stenosis, by local than by brachial venesection. 3. Even as, like all practical men, he gives a hypodermic injection of morphia at the seat of pain, although he cannot explain why its insertion there should give so much greater and more rapid relief than when introduced into the same blood at a distance, so he cannot explain why a little blood removed from the cardiac region should afford greater and quicker relief than is derived by the abstraction of even a somewhat larger quantity from the arm. He does the former and leaves the latter undone in these cases, because he is convinced of the great practical truth that thereby greater good is gained.

He has been astonished to find how drugs which had been given for days or weeks without apparent benefit, as soon as even a little blood has been removed, seem at once to assert their power again. Next, with regard to acute pericarditis and endocarditis, he has not had the opportunity of using venesection in many such cases, but where he has done so he has invariably bled by cupping the cardiac region, and always with good result—so successfully, indeed, as to make him believe that if this measure be taken at the onset of the disease it will very often, if not always, cut the attack short, or at least greatly mitigate its severity.

Finally, with regard to pain, more or less severe and more or less persistent in the cardiac region, he has found nothing give such rapid and complete relief as local abstraction of blood. In conclusion, he summarizes thus:—

1. In cases of valvular stenosis, if dyspnoea, or pain, or urgent symptoms be present, bleeding is generally useful; that it appears to be better to bleed often, if necessary, but to take only a small quantity each time, and this by means of leeches or the cupping glass, direct from the cardiac region.

2. In cases of valvular incompetency, if urgent dyspnoea or cyanosis or stupor be present, it appears best to bleed freely from the arm, to about sixteen or twenty ounces, if necessary, and if possible once for all.

3. In cases of acute pericarditis and endocarditis the attack may possibly be cut short by freely cupping the cardiac region at once.