

excitement will evidently lead to glandular hypertrophy; while the more the muscular fibres contract, or in other words the more work they have to do, the more powerful and enlarged do they become, thus explaining the hypertrophy of the muscular element. The great increase in the fibrous tissue found in prostatic hypertrophy is due not so much to active as to passive congestion. This is made more clear by comparing the prostate with the uterus, which latter organ as a rule atrophies at the beginning of old age, but which in exceptional cases, on the contrary, hypertrophies whenever from any cause the venous circulation is interfered with. This may arise through constipation or tight lacing, or some displacement of the organ itself which presses on the veins which empty it of blood. In such cases there is a general increase of areolar tissue, and in others there is a local deposit of exudation tissue around the bloodvessels known as fibroid. There seems to be no good reason why the same conditions of obstruction of the venous circulation of the prostate by constipation or enlargement of the liver or disease of the heart should not produce the same effect upon the fibrous elements of it. As a matter of fact we do find fibroids in the prostate, and enlargement of the organ is almost always associated with constipation or other cause of obstruction, while distension of the hemorrhoidal veins from the same cause is a very usual concomitant. According to Lydston, it will be found by careful rectal examination of men from the age of twenty and upwards that a prostate which is perfectly normal in size, consistency and sensibility is the exception rather than the rule. The fact that prostatic hypertrophy is so rare in animals and so common in man is explained by the fact that man abuses his sexual apparatus which animals rarely do, only using them when a female requires fecundation, while men use them for the purpose of gratification long after his mate has been impregnated. From the consideration of these facts it is evident that enlargement of the prostate, while a very distressing disease, is a wholly preventable one. The avoidance of masturbation in early life and of undue excitement or gratification during middle age, together with the avoidance of constipation, enlargement of the liver and other causes of venous obstruction at any time would no doubt in due time render

enlargement of the prostate a disease of the past.

As far as treatment is concerned, once the disease has become established, first and foremost comes the regulation of the bowels; then the administration internally of vasomotor tonics, such as ergot and strychnine, the former of which especially we have known more than once to produce excellent results. Electricity in the form of the constant current, with one pole in the rectum and the other in the bladder so as to include the enlarged organ in its circuit, has proved of use, while as a last resort we can fall back upon prostatectomy, which so far has too high a death rate to warrant us in recommending it very strongly. Greater experience and the earlier resort to operation may yet place this surgical procedure on as sound a basis as the corresponding operation of hysterectomy.

#### THE PAN-AMERICAN MEDICAL CONGRESS.

OFFICE OF THE SECRETARY GENERAL,  
311 Elm Street.

Cincinnati, April 2, 1893.

The Executive Committee of the First Pan-American Medical Congress promulgates the following information:

1. The First Pan-American Medical Congress will be opened under the presidency of Prof. William Pepper, M.D., LL.D., president of the University of Pennsylvania, at Washington, D. C., September 5th, and will adjourn September 8, 1893.

2. The countries officially participating in the Congress are restricted to Argentine Republic, Bolivia, Brazil, British North America, British West Indies (including B. Honduras), Chili, Dominican Republic, Honduras (Sp.), Mexico, Nicaragua, Paraguay, Peru, Salvador, Republic of Colombia, Republic of Costa Rica, Ecuador, Guatemala, Haiti, Kingdom of Hawaii, Spanish West Indies, United States, Uruguay, Venezuela, Danish, Dutch and French West Indies.

Distinguished representatives of the profession from other countries are expected to be present as guests and to participate in the proceedings.

3. The general sessions will be limited in number, one for opening and one for closing the Congress, being all that will be held, unless some necessity arises for a change in this particular.

This arrangement will permit members to em-