

able time has been lost in unavailing treatment by internal remedies and the use of some simple vaginal douche. In some of these cases perhaps no examination whatever may have been made. Great advances, however, have been made of late years in the diagnosis of cancer, and so far as the profession itself is concerned there is a more general recognition of the significance of intermenstrual hæmorrhages. Now, whilst any intermenstrual hæmorrhage should excite a suspicion that there may be something seriously amiss, and lead to a thorough investigation, it is not too much to say that hæmorrhage after the menopause is generally due to cancer. There are, of course, exceptions to this as to most other rules, but the safest plan is to regard any case of hæmorrhage after the menopause as possibly due to cancer till an examination has been made. Even if no evidence of anything abnormal is discovered by an ordinary vaginal examination, it should not be forgotten that the disease may be beginning in the supra-vaginal cervix, or even in the body of the uterus, and certainly the persistence of a sanious discharge should lead to a further investigation—that is to say, the cervix should be dilated, so that the condition of the supra-vaginal cervix, and of the interior of the body of the uterus, may be ascertained.—Ed. in *Lancet*.

PRECAUTIONS AGAINST CHOLERA.

The *Therapeutische Monatshefte* has published the following rules issued by the Imperial Bureau for the benefit of the German people. The advice is certainly wise and minutely given, and shows the paternal care of the government.

1. Keep your presence of mind in the danger; avoid too great anxiety, for it clouds your clear judgment. Only the man who thinks clearly can make proper use of the precautions against danger.

Maintain cleanliness in your person and surroundings. Discretion, temperance, precise cleanliness, prove the best protection against disease.

Hold firmly to your ordinary regular mode of life. Avoid festivities and assemblages of people.

Avoid medicines as long as you are well.

Visit the sick only when your duty calls you.

Avoid intercourse and close contact with persons who come from cholera regions.

Do not leave your home in order to escape the disease. Consider that you may be in greater danger in travelling, and living under altered conditions in a strange place, than while leading a careful, regular life at home.

2. Do not put other objects besides food and drink in your mouth—*e. g.*—the fingers in turning through a book, pen holders, lead pencils, etc.

Drink as little water as possible, and only such as you know to be above suspicion.

Pure spring water is, as a rule, unsuspicious. Water from deep pipe wells, and from closed pipes, if taken from open waters, such as have been subjected to a genuine filtering, is safe. (Small house filters, unless frequently changed or cleaned, are rather harmful than useful.)

Water from rivers, ditches, ponds, flat, open or poorly-covered springs, also from springs which are near dirt or dung sites, is suspicious during cholera epidemics. All washing and rinsing, as well as pouring out of dirty water near springs, may be dangerous to health.

Suspicious water during the prevalence of, or near cholera, is only safe to use for drinking, washing the face, rinsing the mouth, washing utensils used for food and drink and the like, after being boiled one minute. The germs of the disease are destroyed by cooking, but fresh germs may again occupy it if it stands long.

To make boiled water taste well, add to each glass (half a pint) as much tartaric acid as you can take on a knife-point, or two drops of hydrochloric acid.

Keep water in clean vessels.

Tea, coffee and cocoa are permitted drinks, also good beer and pure wine.

Beware of ice and very cold drinks.

Let your beer be clear and fresh, neither sour nor insipid; have it served to you in glasses which have been washed with unsuspicious water, (when necessary, boiled).

Bitter schnapps often contains aloes, hence, act laxatively and are questionable.

Mineral waters are unquestionable, if they come from natural springs, or are prepared with distilled water.

Avoid drinking uncooked milk.

The disease may adhere to butter and fresh cheese, if they were prepared or kept near persons ill with cholera.

Eat fruit and vegetables, also onions and the like, only in a cooked state.

Eat nothing uncooked or unroasted which strange hands have touched, unless you know them to be reliable.

Purchase food only from reliable, clean shops. Avoid such as are in cholera houses.

Avoid all excess in eating and drinking. Be especially cautious if you incline to diarrhœa.

Eat and drink nothing as wholesome which is in a sick room. Consider that flies and such insects might carry the germs of disease from the patient to your food.

Even cigars may convey infection in a patient's house.

3. Keep your head cool, your body warm, your feet dry.

Live and sleep in pure air; fumigations do not prevent contagion.

Wash your hands frequently during the day