

and the part over which it is applied, clean, pustules may form which might lead to inflammation in the deeper portion of the breast. But this need not happen; and patients have often informed me that the simple gutta-percha tissue thus applied is a considerable relief, especially when the nipples are tender. To supply the natural unctuous matter of which sucking deprives the nipple, I order the application of some simple ointment, as fresh oxide of zinc; glycerine soap and tepid water easily removing it before the child goes to the nipple.

The foregoing measures, if carefully carried out, I find, as a rule, sufficient to prevent tender nipples in cases where, from the sensitive temperament of the patient, such would probably have resulted; and that this is the case is, I think, borne out by the fact that, when the nurse leaves, and the prophylactic treatment of the nipples is more or less neglected, instead of being gradually left off, I have noticed in many cases that tender nipples begin, and this after an interval of four or more weeks of immunity from sore nipples.

To those who have been disappointed in the results of their treatment of sore nipples, and who have not put the prophylactic treatment to the test, I would strongly recommend a fair trial of the plan which I have briefly sketched.

THE TREATMENT OF SPERMATORRHEA AND IMPOTENCE.

One of the first and most important matters to be attended to is to relieve the constipation. But do not attempt to do this by means of cathartics, for they will give rise to a still greater relaxation than already exists. It is necessary, however, that the bowels should move daily, and the most satisfactory method of doing this is to have an enema of cold water administered every morning. This will produce a normal evacuation from the bowels, and at the same time will stimulate the blood-vessels and the surrounding parts to a more vigorous contraction, and accelerate their return to the normal condition. At first these injections may give rise to unpleasant sensations and perhaps to slight pain, but their continuance will do no harm whatever; on the contrary, they will be followed by marked benefit in most cases.

DERANGEMENT OF DIGESTION.—You will next turn your attention to the stomach. The patient's appetite usually is poor and very capricious, and food of almost every kind seems to give rise to dyspeptic symptoms. A question arises just here. Some textbooks direct you to refrain from ordering articles of food which increase the formation of seminal fluid and excite erections. This is a mistake. Do not pay the slightest attention to such advice, but recommend such a diet as will elevate the vitality of your patient and bring him up to the

normal standard. Give him oysters, eggs, milk, beef, mutton, and every variety of food which improves nutrition, and do it independently of any apparent increase in the number of emissions.

SHALL ALCOHOLIC STIMULANTS BE WITHHELD?—The question will arise, shall we permit such patients to partake of alcoholic stimulants? By nearly all practitioners these are discarded entirely, but there is an exception to this sweeping rule. The stomach in its debilitated condition may require some stimulant to arouse it into action, and so assist in the digestion of the oysters and other articles of food recommended. It is therefore well, in most cases belonging to this class, to prescribe some mild stimulant, such as claret, for it will promote good digestion without at all exciting inordinate desires or increasing the seminal emissions.

BATHING.—Another important adjuvant to the treatment already advised is the use of water in various ways. Direct your patient to take a cold sponge-bath every morning, unless it gives him such a chill that brisk friction does not bring about a free and full reaction. Never order a cold shower-bath. The patient will derive great benefit from sitz-baths taken at night, three or four times a week. He should not remain in the first one more than five minutes; the second bath may be prolonged to ten minutes, and soon the patient will be able to extend the time to fifteen or twenty minutes. Cold water at the same time may be thrown into the rectum.

EXERCISE.—This class of patients should take an abundance of vigorous muscular exercise, even to fatigue. Boxing is one of the best forms of exercise that can be employed, for it brings into action almost every muscle in the body. Walking, running, skating—in short, almost any out-of-door exercise—will be found beneficial. Horseback exercise can not be adopted with advantage.

So much for the general course to be pursued in the management of this class of cases.

LOCAL TREATMENT.—We come next to the important matter of local treatment. Many authors recommend that a sound be passed down to the prostatic portions of the urethra, when by its pressure it will empty the blood-vessels and reduce the sensitiveness of that portion of the canal. There is no objection to this plan of treatment, but it will not answer to depend upon it alone. The passing of a sound through the urethra three or four times a week, and continuing such treatment for months, will prove about as effective as it would to rub it over the patient's back. The occasional introduction of the sound, however, is not objectionable.

A double catheter has been recommended, through which a stream of cold water can be