

THE EDINBURGH MEDICAL SCHOOL GUIDE TO STUDENTS, 1883-84. E. & S. Livingstone, publishers, Edinburgh.

This little work contains all the information required for graduation in medicine and sanitary science, also for the Licenses of the Colleges of Physicians and Surgeons. It also contains the examination questions, set by the University and Colleges, for several years past.

*The International Review of Medical and Surgical Technics* (quarterly), edited by Dr. J. H. Warren and others of Boston, is a new adventure destined to fill a useful place in medical journalism. The price is \$2 per annum. It is devoted to the illustration and description of new instruments, appliances, and methods of operation.

**INGROWING NAILS.**—The following practical hints on the management of ingrowing nails are from the *Journal of Cutaneous Diseases*.

When the nail threatens to grow into the skin, or has already injured it, the first indication is to put on a sock of moderate size and to remain quiet. Afterwards the nail is to be scraped on the affected side till it is sufficiently thin; then it is to be seized with a delicate forceps, raising it in a sense inversely to its natural curvature. This having been done a small lamina of lead of a few millimeters' thickness is to be inserted beneath the nail, and after folding it over the toe, it is to be fastened there with a strip of plaster. In this manner the granulation being no longer in contact with the margin of the nail, the pain ceases, and the sore heals more or less rapidly; during the whole of this time the apparatus should be frequently inspected, so that the lamina of lead may not become displaced. Besides this it is necessary to scrape the nail every two or three days, so as to keep it thin and flexible, until the skin returns to its natural state, and can resist the pressure of the nail, and then the lead is removed. Hebra treats ingrowing nails in the following manner: Cut some flakes of lint of the length of the lateral groove of the nail, or a little longer. The lint is to be placed under the nail parallel to the groove; then with a flat probe introduce the lint, thread by thread, between the flesh and nail. Thus the parts are separated, with the little cushions of lint lying between. The sulcus is then to be filled with pledgets of lint, and finally long narrow strips of adhesive plaster are to be applied, always from above the inflamed sulcus downward, in such a manner that the latter is still farther removed from the margin of the nail. With such a dressing applied with sufficient care, there is no pain whatever; and

the patient can in a short time put on his ordinary stocking, and walk without trouble. After twenty-four hours the strips of adhesive plaster are to be removed, being previously softened in a bath of tepid water. This dressing is to be repeated daily; and in from two to four weeks it will be found that the toe is entirely well.—*Medical Age*.

**SMALL DOSES.**—The *Medical Times* and *Gazette* contains an article by Dr. J. C. Thorwood, in which he states the doses of medicines as set forth in books are often needlessly large when a gradual alterative or specific action from the remedy is desired. Calomel and other preparations of mercury, given in repeated small doses, in his experience, have proved valuable in the treatment of peritonitis, pleurisy pericarditis. He gives an example: A lady with knees drawn up in bed, rapid small pulse, black tongue and incessant vomiting. She had been confined about five days previous, and was taking repeated doses of opium. The opium was withdrawn and calomel administered in one-third grain doses every two hours. Under this treatment the vomiting ceased and convalescence set in.

The dose of tincture of aconite is from five to fifteen minims (British Pharmacopœia) but better results have been obtained from a dose of one or two minims every two hours in commencing inflammation.

The writer knows of no drug so generally useful in the treatment of asthma as arsenic, and in fifteen years' experience has seen a great many cases of spasmodic asthma that seemed to get quite well under the influence of small doses of arsenic. He never exceeded the dose of three minims of either Fowler's solution or of liquor sodæ arseniatis three times in the day.

In his hands excellent results have been obtained from a persevering use of very small doses (one-fiftieth of a grain) of strychnia in promoting the restoration of exhausted nerve function, while larger doses do but add irritation and eventually increase the exhaustion. Tincture of nux vomica taken in doses of one to two minims, fasting every morning, is very useful in the cure of chronic constipation of the bowels while five or ten minim doses three times daily act very much like quinine in checking the action of the liver, and causing disturbance of the system.—*New Summary*.

**ON SCHOOL HYGIENE.**—This was the subject of an address before the American Health Association, at its last meeting, by Dr. Charles J. Lundy, of Detroit. He sums up tersely as follows what is required to remedy existing defects:

1. Avoid the cramming process in education, and the nervous excitement due to the spirit of rivalry.