

will render chronic ulcers of the leg more amenable to treatment will surely be welcomed by those who have to deal with them. Such a measure is the elevation of the limb: not merely on a chair while the patient sits bolt upright on another one, nor even with the patient lying down in bed with the body half raised on pillows. To be of any use, the foot must be raised and the head lowered until the lowest part of the ulcer is higher than the highest part of the head. In order to attain this object, the simplest and most comfortable way is to raise the foot of the bed on two chairs or on a low table, so as to favor the constant emptying of the veins of the limb by gravity. But once the ulcer has healed the patient must never again assume the vertical position without first bandaging the limb. We have on several occasions completely cured in a few weeks, without the aid of skin grafting, ulcers of the leg which had dated back several years. The explanation is easy: the ulcer in the first place was due to a local necrosis of the skin, due as a rule to venous stasis or engorgement and a relaxed condition of the vessels. In the vertical position the weakened vein walls have to support a pressure of several pounds to the inch, while in the horizontal position with the limb elevated, there is not only no pressure on the vein walls but an actual suction or syphonage which completely removes all venous blood from the limb. The result is that not only all pressure is removed from the vein walls but also the parts are better nourished, owing to the great increase in the rapidity of the circulation, and the process of healing rapidly sets in. In addition to elevation of the limb, linseed poultices may be added with advantage for the purpose of maceration and removing the devitalized or partially necrosed tissue and for favoring granulations, but they must be left off as soon as the granulations have reached the surrounding skin, when they may be replaced by zinc ointment. Great care is necessary to see that the ointment is made from fresh lard, as if prepared from rancid lard, instead of soothing as it should always do, it will probably increase the smarting and pain. As a rule, it is better to have the ointment made from vaseline instead of lard.

We would be glad to hear from any of our readers who may try this plan, as we have no seen it mentioned much in the most recent works.

## THE PAN-AMERICAN CONGRESS, THE CHICAGO EXHIBITION AND THE CANADA MEDICAL ASSOCIATION.

For those of our readers—and we hope they are the majority—who can afford a two weeks absence from home, a splendid opportunity will present itself for combining business with pleasure during the month of September. On the 5th, 6th, 7th and 8th of that month there will be held at Washington one of the most remarkable and interesting medical congresses that has ever assembled on this continent. There will be representatives not only from the various provinces of the Dominion of Canada and from every one of the United States, but there will also gather there our brethren from the great South American continent, about which we so little know. The federal government of the United States, with its proverbial generosity, has voted a handsome sum to defray the cost of entertaining the visitors from whom the Congress will not accept any contribution other than a literary one. A great number of interesting papers have been announced, so that those who attend will not only be handsomely entertained physically but they will also be sure of a rich intellectual treat.

After the close of this Congress a number of special trains will convey those who wish to visit the World's Fair to Chicago, at a moderate rate. Those who are interested in electro-therapeutics are invited to attend a meeting of the Electro Therapeutic Association on the 12th, 13th and 14th at Chicago, after which a week may be devoted to the Exhibition. On the evening of the 19th a start should be made for the meeting of the Canada Medical Association at London, Ontario, which opens on the 20th of September and lasts two days. They may thus reach home by the 22nd or 23rd, just seventeen days from their having left it. For those who cannot be absent so long, the Canada Medical Association and the World's Fair could well be taken in together.

## SANITARY IMPROVEMENTS IN THE CITY OF QUEBEC.

We have much pleasure in calling attention to the excellent report of the Medical Health Officer of the City of Quebec, Dr. Catellier, for the year 1892, now before us. The sanitary