

most ready and efficient caustic. A two per cent. solution of cocaine should first be spread over the mucous surface and the application made in small spots at frequent sittings. Very slight pain or inflammation ensues, and there is a minimum destruction of glandular tissue.

(c) Atrophic Rhinitis.—Popularly termed "bad smelling catarrh." Cleanliness is the cardinal rule in the treatment of this affection. Hand sprays are not of much service as they reach only the anterior part of the nasal fossae and frequently leave large masses of thick, mucous in the posterior part. For thorough cleansing the nasal douche is necessary. In prescribing the latter, the following directions should be given, as improperly used the douche may produce inflammatory action in the middle ear.

Directions for using the douche or nasal cup:—

- 1st. Warm the fluid used and apply vaseline to the nasal tip.
- 2nd. Put the nasal tip in the nostril that has the most obstruction.
- 3rd. Hold the breath, throw the head slightly backward and allow the fluid to flow gently into the nose.
- 4th. If you feel that you must breathe, take the tip away and after a few moments begin again.
- 5th. While using the douche, don't attempt to walk, talk, cough, swallow, sneeze or become excited in any way.

Any alkaline solution may be used in the douche and after the mucus has been thoroughly removed, some stimulating application should be made. For several years iodine has been used almost exclusively in my service at the hospital, as repeated tests proved it to be decidedly more beneficial than any other remedy. Three grains of pure iodine was added to an ounce of oleum hydrocarbon co. and applied to the mucous surfaces night and morning with a camel's hair brush. Persistent use of this remedy relieved most cases.

In some patients scattered spots of ulceration appear on the septum and turbinated bodies. On these, occasional applications of 50% solution (also full strength) of ichthyol, and the daily use of a 5%-10% solution of ichthyol will prove very serviceable. For a year past, monochlorophenol has been on trial, and promises to surpass in value other remedies in atrophic rhinitis. A 10-25% solution in glycerine should be smeared over the mucous membrane once or twice a week. Considerable smarting follows, but lasts only a few moments. For home use a one-half to one per cent. solution in oleum hydrocarbon co. is applied twice a day. In many cases that had not previously received any treatment, and in several where iodine and ichthyol had failed, the use of monochlorophenol produced immediate and remarkable results. When the ulcerations on the septum are especially large and do not respond quickly, a 25% solution of monochlorophenol or the pure drug may be employed. It should be carefully applied in small quantities to small surfaces and preceded by the use of cocaine; considerable lachrymation and frontal headache may ensue, but are only transient. Any treatment to be successful must be continued for several months.

(d) Epistaxis.—Recurrent nose bleed is usually due to minute abrasions of the mucous membrane at the anterior and lower part of the septum.