

doctor to doctor without relief and finally fall into the hands of charlatans and quacks.

If the above methods fail after thorough trial, it will be necessary to make a thorough pelvic examination per rectum. The condition usually found will be one of mal-development of the uterus, and this must be corrected by attention to general nutrition and local measures. One of the best of the latter is the application of galvanic electricity, which may be applied by placing one electrode over the sacrum and the other over the pubes, or, if this fails after thorough trial, the sacral electrode may be replaced by one in the vagina.

Pelvic massage has been highly recommended by some for this variety of dysmenorrhœa (which one might call "developmental"), but I think that its utility is doubtful. For one thing, it is extremely difficult to employ it effectively on account of the abdominal walls of a nullipara being usually so tense, and, secondly, the necessary manipulations are apt to direct the patient's attention to her genitals.

The bicycle is a most useful assistant in this class of cases, but its use must be very carefully regulated. It acts, of course, by stimulating the general and pelvic circulation and also as an encouragement to take exercise in the open air.

*In congestive or inflammatory dysmenorrhœa*, the indications are, first, to discover the cause, and, secondly, to remove it. For example, a small sub-mucous fibroid of the uterus may partially block up the canal and cause congestion of the endometrium, which swells up and causes the pain at the menstrual periods. Here the indication is to remove the diseased endometrium, and this may best be done by thorough curettage. The application of the positive electrode of a galvanic battery is also an efficacious remedy, although, naturally, the treatment will require to be more prolonged than where the curette is used. A slower, but sometimes a surer, way of removing the diseased tissue is to use gradual dilatation and the application of iodine, iodized phenol or pure carbolic acid to the interior of the uterus. If the uterus is out of position, you must endeavour to replace it and maintain it in its normal situation. If this cannot be done on account of adhesions, these may be softened by using the hot douche, by glycerine tampons and the application of iodine to the vaginal fornices. These methods will relieve the congestion as well as soften the adhesions. In the majority of these cases the uterus will be found to be prolapsed, in which event the wearing of a properly fitting ring pessary will give great relief by supporting the uterus and ovaries and so relieving the congestion, and it is under these circumstances that the much abused pessary will most strongly