

classes—the well-developed and full-blooded, and the anæmic with relaxed muscles.

The first must be submitted to all influences that subdue the nervous system. It is obvious that all kinds of excitement which appertain to our life in the cities must be eschewed, particularly the social excitements that allure the young, the mental excitements of high pressure education, and the excitation of rich and stimulating and improperly-selected food. Means to secure these ends are likewise familiar to all, but the writer would lay particular stress on the selection of a proper diet. Tea or coffee must be limited or excluded. The rheumatic or gouty diathesis forms a marked indication. The constituents of the urine afford a clue, and the occurrence of urates and uric acid persistently in excess is a guide to one system of dietetic regimen.

Change of climate may be considered here. Residence at the sea-side or in the mountains contribute to the general health. But many whose general health is very good are relieved of monthly suffering by a change to the sea. The writer recalls one patient who for eighteen to twenty days of the month was able to endure great exertion in social and domestic duties, and who was the admiration of her friends, on account of the appearance of good health. Four days of the month she suffered torments, which required ether and other means to alleviate, and another week was occupied in recovering from the exhaustion of pain and depression of drugs. Without any diminution in her labours, by residence at the sea, even at a fashionable place, with its exactions, she was always comfortable at her monthly periods. Such cases deserve climatic treatment, as much as cases of asthma or other affections.

The drugs which the writer has found of service in the states indicated are nitro-glycerin, the bromides, and antipyrin. One drop of a one per cent. solution of nitro-glycerin, continued for months, seems to have gradually lessened vascular tension and nervous erethism. Ten grains of the bromide of sodium three or four times daily accomplished the same result. It is of more service in the cases that show ovarian congestion at the period, or are accompanied with melancholia, or only mental depression shortly before and at the time of the flow. Three grains of antipyrin three times daily for a

long time is indicated for the same reasons as the other remedies, whether ovarian dysmenorrhœa be present or absent, if reasons do not exist for its discontinuance. In the anæmic or weak, for two weeks of the month iron may be substituted. It reduces arterial tension. Regarding the use of other tonics, the writer is not positive. The only one to consider is nux vomica and strychnine. In some, and especially if the muscles are atonic, the nervous system depressed, and the blood reduced, while prostration readily ensues on exertion, it is of service in ascending doses. In others small continuous doses suffice.

The state of the digestion and the action of the bowels must be examined into. They often furnish lines for special treatment. The alkaline laxative waters are of service in lithæmic states with high tension.

Treatment of the Monthly Period.—Antipyrin answers well in all cases. Three to five grains may be given every half-hour until the severe pain is relieved, and then every two, three, or four hours. It not only relieves pain, but allays the perturbed nerves. It is often of advantage to anticipate the pain by administering the drug at longer intervals, for three or four days, especially if there is much nervousness. For the same reasons, and in ovarian dysmenorrhœa, the writer begins the use of the bromide three or four days before the flow, in doses of ten or twenty grains every two, three, or four hours. They may be combined with antipyrin.

In many cases the tongue becomes furred, loss of appetite, and nausea and vomiting ensue. The patient claims to be "bilious." At the same time that antipyrin is given, calomel, in doses sufficient to secure free movements of the bowels, may be used.

Of course other medicinal means avail.* For the past two years the above methods have been enough to secure relief and satisfaction, and the writer is firmly convinced that opiates should not be used.—*Therapeutic Gazette*.

REMOVAL OF MOTHER-MARKS.—The *Allgemeine Medicinal Central Zeitung* gives the following as very efficacious in removing these marks: Mix one

*One of the writer's patients is always relieved within two hours by the fluid extract of viburnum.