

the subject of disordered menstruation. I cannot too strongly condemn the too common practice that mothers have of giving to their daughters, when in pain at their monthly periods, alcoholic liquors. Little beginnings often have big endings; and I, and other physicians besides myself, are aware of many cases of intemperance which can be traced back to early life, commencing at the age of 15, to take hot gin and water at every monthly period. Nor do I think the physician is without blame who prescribes opium or morphine without due warning. I myself know of several instances of women who have become regularly habituated to the use of morphine, and especially to its hypodermic use; and they use it not only at the monthly period, but I may almost say daily, to their great injury. I feel strongly on this point, and I think it is wrong for any physician to tell his patient, when in pain, take this morphine pill. It is done so, perhaps, thoughtlessly; but it is time we raised a warning voice against, I fear, this too common practice. I personally know of no remedies that can be prescribed which will with certainty bring about a cure, though undoubtedly, under certain circumstances, they are decidedly beneficial aids. Apioi has been recently recommended as a valuable remedy to relieve pain. I have been disappointed in its use. Perhaps I have not given it a sufficient trial. Cannabis indica and conium, I think, are quite as good as any remedies I have ever used to relieve pain. There are some few cases where positively nothing but opium or morphine seems to relieve. The hot bath is decidedly beneficial; it acts as a sedative, relieves pelvic congestion, and draws the blood to the surface, thus relieving the engorged uterus. Strict attention should in all cases be paid to hygienic rules, exercise, regulation of bowels, proper food and clothing, and everything that will improve the general health brought to our assistance. When the patient is pale and anæmic, most assuredly some one of the many preparations of iron should be prescribed. For my own part, I frequently give the carbonate or sulphate, and it appears to me they act better than others. Having faithfully followed up a judicious course of constitutional treatment without benefit, and

the patient's general health suffering from the constant and frequent recurrence of pain, instead of pursuing further in the dark I think we are justified in suggesting a vaginal examination; and, having obtained the patient's consent, we should commence some local treatment. If any displacement is found, appropriate measures ought to be taken to restore the uterus to position. If the cervical canal is small and contracted, I would strongly recommend the gradual dilation by bougies or graduated metal dilators. The normal cervix ought to admit readily a No. 9 male bougie. In regard to division of the cervix by means of the hysterotome, I have used this plan, but not frequently, and I think equally good results may be obtained by dilating with the bougies. Having, by these means, removed what may be called mechanical causes, our attention should be directed to the interior of the uterus. If a speculum examination reveals a uterus with a large, full congested cervix, the application of leeches or the scarificator, with the daily use of copious hot vaginal douches and the use of the glycerine tampon at night, will be highly beneficial, aided by counter-irritation over the sacrum. And when the passage of the sound within the uterine cavity reveals that sensitive condition of the endometrium, to which I have already alluded, and which I believe to be the true source of the pain in a large proportion of cases, I have found nothing superior to the application of nitrate of silver. It must however be used only fused on the platina probe. It is the only safe and certain method of using this most valuable agent. One or two applications at intervals of 7 to 10 days will give great relief. I may here add that I always use the small cervical speculum, so as to avoid touching the cervical portion of the uterus. Another excellent application is carbolic acid. Churchill's tincture of iodine is likewise beneficial, and, in obstinate cases, the application of strong nitric acid must not be overlooked. Some one of these various plans will in time produce a cure. My experience teaches me, that till we can get a healthy condition of the lining membrane of the uterus the pain will not be relieved. I make no allusion to those cases where fibroids or other tumors exist, nor to the more recent operation