

conditions, a sallow complexion, often persistent and severe pains referred to the back, hips, etc., may follow. Sciatica may be due to constipation. Referring to the treatment, Dr. B. divided it into hygienic, dietetic, medicinal and mechanical. Under hygienic, he spoke of exercise, walking and riding, massage of the abdomen and general massage in persons unable to take active exercise, and bathing, as conducive to a permanent cure. Under dietetics, he forbade the excessive use of meat or a too nutritious diet, and advised more vegetables, fruit, and coarse breads. Some people took too little fluids, and a more liberal supply of water frequently relieved them. In the medicinal treatment of these cases, he thought usually a combination of drugs in small doses acted better than a single one. He enumerated succinctly the indications for the more important purgatives. He had found, in some of the most obstinate cases of constipation in children, cod-liver oil act with great satisfaction. He had not found cascara sagrada to be a specific. A pill he found useful in many cases is one containing sulphate of iron, aloes, colocynth, nux vomica and belladonna. Under the last heading he noticed the various enemas and suppositories useful in constipation. In all cases, patients must be urged to solicit a motion of the bowels at the same hour daily; the persistent practice of this rule would cure the majority of cases.

*Discussion.*—DR. TYE said many cases were due to general debility, and required general tonic treatment. He did not think it was necessary or natural for every one to have a daily evacuation, but considered it important for the rectum to be kept emptied, and found a pill of aloes and soap a most useful article. Small doses of sulphur was a useful laxative in his experience.

DR. HOLMES endeavored, in treating constipation, to ascertain the cause. If due to neglect, remedy that by proper means. If due to debility of coats of bowels, give nux vomica, electricity and exercise. If there was defective circulation, massage was beneficial. It might be due to some local physical condition, such as fissure of anus. In many cases of constipation, an examination of the rectum was advisable.

The PRESIDENT mentioned a case of peripheral paralysis of left leg cured by an active purgative. Had treated cases successfully by the persistent use of electricity. Had found a simple, but effectual, remedy in an enema of cold water at bedtime. A formula he often resorted to with success was equal parts of bitart. pot., senna, sulphur and ginger; a teaspoonful two or three times a day as necessary.