

I have now used the India-rubber stem for more than four years in a large number of private and hospital cases, and in two cases only—cases of chronic metritis with retroflexion, in which a spring vaginal pessary was worn—have I had to withdraw it on account of the onset of irritation. Both patients were highly sensitive women, and had undergone but little previous treatment. I have found these stems most useful in the following cases :

1. Dysmenorrhœa ;
2. Flexions—ante- and retro-flexion of the uterus ;
3. Strictures of the orifices and canal of the cervix ;
4. Sterility, congenital and induced ;
5. Certain cases of subinvolution ;
6. Certain cases of interstitial fibroid of the uterus.

In two cases, the ante-flexion was so extreme that, although the India-rubber stems were worn for many months, still they were found bent. In one, the patient was free from dysmenorrhœa at the end of many months, and may still so remain for aught I know.* As to the other, a hospital patient, from whom Dr. Godson removed the stem, I have no particulars. I have reason to believe, from a subsequent examination, that in one of these cases the uterus was bound down by adhesions to the surrounding parts. In a few cases, where there had been a tendency to a free loss during menstruation, the flow was much increased and the period prolonged, but never to the extent of inducing me to suspend treatment. In nearly all the cases, while the stem was in position, there was a more or less free secretion of mucus, in a few occasionally tinged with blood, which ceased on removal of the stem. I could have largely added to the number of cases treated during a period of nearly five years ; but I have deemed it more useful and instructive to restrict myself to the narration of a few typical cases.

A friend, after having read through this paper, remarked that it would be as well to record one or more unsuccessful cases ; but, as not one case of failure has at present come to my knowledge in which the stem-treatment has been carried out, I am, happily, unable to comply with his suggestion.—*British Medical Journal*.

* I have recently heard that this lady became pregnant, went the full period, and was safely delivered of a living female child about two years ago.

Therapeutic Notes.

KOUMISS ; ITS MODE OF PREPARATION AND ITS REMEDIAL VALUE.

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Despite the marked advances made of late years in our knowledge of the alimentation proper for different kinds of disease, we are constantly meeting with special conditions in which it is very difficult to find any form of food that will agree with the patient. The introduction of the exclusive milk diet, now so well established, has put into our hands a most valuable mode of treatment in a number of obstinate and intractable affections.

Not only in gastralgia and some other forms of dyspepsia, and in chronic diarrhœa, but in organic diseases of the kidneys, in certain types of cardiac disease, and in some nervous affections, does the administration of milk, according to a definite method, prove an invaluable mode of treatment. In cases of malnutrition or of wasting disease, where it is desired to give more food than can be advantageously taken in a solid form, milk has been found the best addition to the diet. It will be found, however, that in certain cases of all these groups milk is not well digested. No doubt the assurance so often given to us that milk cannot be taken is, for the most part, unfounded. But I have frequently met with cases where very careful trials convinced me that the statement was literally true ; and, unfortunately, in not a few instances this has happened in the very cases where I was most desirous either of using an exclusive milk diet or of giving a considerable amount of milk to eke out the insufficient quantity of solid food that could alone be digested. In these cases I have found very great advantage in resorting to koumiss as a substitute for milk. I have also found that this new article of diet is peculiarly applicable in certain conditions where milk is not specially indicated.

Before illustrating these statements by the brief notes of a few of the many cases in which I have used koumiss with advantage, a short account of this useful food may be given. It is