

air and take as much exercise as is possible without actual fatigue. Instead of their brains being used, it should be their limbs, except just before and during menstruation, when they should be kept quiet, at all events until regular menstruation has set in. They should keep regular hours and their diet should be nourishing but simple. The girl ought not to be kept in ignorance as to what she should expect at puberty through any false modesty on the part of the mother. As a consequence of this want of knowledge, I know of at least one case where a young girl was just beginning to menstruate for the first time but, only noticing a stain of blood on her underclothing, went in bathing. She was attacked by pelvic peritonitis and has ever since suffered from dysmenorrhœa.

Once menstruation has become fairly established, we may relax our rules to a great extent, but there are few women who ought not to take especial care of themselves one week out of every four of their sexual life.

After this trouble has been once set up, what are we to do for its cure or relief?

In the first place, we must take the patient's personal equation into consideration if we hope to do her much good. Is she inclined to be neurotic or too introspective? If the latter, prescribe some regular occupation for her, but it must be one which will keep both mind and body occupied. In addition, you may prescribe a placebo or some simple tonic for her. If she is neurotic, advise some open air exercise, change of scene and the administration of nerve tonics. An excellent combination for these cases is one containing arsenic, valerianate of zinc and nux vomica, either in solution, or pill.

Where the patient is a young girl just beginning to menstruate, you will often find that she is chlorotic, in which case this disease will require to be dealt with, and it is wonderful what an improvement in the pelvic condition can be effected in these cases by the judicious use of fresh air, wholesome diet and regular exercise and rest, combined with iron tonics. One of the best of these latter is Bland's Pill with arsenic, although the compound syrup of the phosphates (Easton's), is also very useful. The condition of the bowels should be watched, the constipating effect of the iron being overcome by nux vomica, cascara, etc.

Under no circumstances should a local pelvic examination be made in these cases until you have conscientiously employed general remedies, and the girl should be encouraged to make as light of her trouble as possible, as an injudicious word of discouragement may convert her into one of those miserable neurotics, who wander from