

self on these points, he is then in a position to give confidence to those he may be fortunate enough to attend professionally. During the past few years the Ontario Government, through the Board of Health Department, has accomplished much in the line of public sanitation, and through energetic exertions the death rate in this province has undoubtedly been reduced. A movement is now on foot to establish a "Health Institute" at Ottawa for the Dominion; however, such is at present in the incipient stage of development, the only specific information from the Dominion Government being the mortuary statistics issued monthly by the Department of Agriculture. In time we anticipate more energetic action in this direction, as nothing tends more to advance the interests of the public at large than what concerns public health.

Another point of great importance is the study of *the influence* the present system of education is producing on the germinal intellectual power which must in time guide and direct the best interests of our Dominion. The great effort at present is towards a species of hot-house culture, as far as education is concerned. The multiplication of subjects, even with the pliant and undeveloped childlike brain, in the very formative process, becomes a serious problem, and one which cannot be too carefully studied out and directed accordingly. Each thought, each mental evolution, is the production of a chemical change in the elements of *Brain Tissue*, and thus the successive flashings along the line of continuous mental strain have a powerful effect, not alone on brain structure, but the general systemic powers as well. How is education to be accomplished without brain strain, is a cogent question, and one which will very naturally be asked. Ordinary brain effort is one line of action, but over-strain and excessive brain work is quite another. How frequently is it the case that the highest indications of brain activity in the child, by over-strain and without the parent being aware of the fact, become clouded for the duty of after-life. The same result is frequently observed with honour men in University life, although there are exceptions, where inherent physical power guards the balance, and thus upholds the system.

These are points to which I desire to direct the attention of our young graduates who may have an opportunity of quiet study and patient investigation,

while seeking a practice which will grow gradually and surely as public confidence is gained, on these lines of observation.

Selections.

NOTES ON THE TREATMENT OF DYSMENORRHOEA.

BY DR. J. H. MUSSER.

General Treatment.—(a) The writer is convinced of the necessity of securing good muscular development. The muscles of the back and abdomen require particular attention. Anyone may observe in many cases the tendency to stooping and curvature of the lower half of the spinal column. The gait of the patient and the position assumed in the sitting posture show this. Until full muscular strength is restored, the muscles should be supported by external means. The so-called abdominal supporters are of service. Any firm girdle that presses upon and supports the abdomen *below* the umbilicus will answer. Due attention must be paid to the selection of garments and corsets that will not crowd the viscera into the lower abdomen, and hence overstrain the abdominal muscles. Light gymnastics, calculated to develop the muscles necessary for the support of the spinal column posteriorly and the abdominal contents anteriorly, are absolutely essential.

(b) It goes without saying that any anæmia, if present, must be carefully treated. The medicinal means to accomplish the desired result are familiar to all. Hygienic and dietetic methods will yield better and more lasting results than drugs. It is not necessary to enter into details regarding measures obvious to all.

(c) The state of the nervous system and the degree of vascular tension are to be considered. All are familiar with the "charged" state of the nervous system at the approach of the menstrual period. The flux does not relieve this state in many, or but temporarily, and during the interval between the flows, it persists. High arterial tension is an exponent of this condition, and the remedies that relieve it lessen the nervous erethism. Hence, too, drugs are not essential, though temporarily all-powerful. The cases can be divided into two