

when such a condition is persistent the proprietor of the feet is very uncomfortable. When such a case presents itself what is to be done? The feet are sometimes not only icy cold, but, to make matters worse, they may be bathed in clammy sweat. Some say warm them at the fire; others to put them in hot water. One woman was recommended to warm her feet on her husband's abdomen, but could only try it once, for he got a divorce for that. Some say to wear two pairs of socks and two pairs of shoes. One able writer has shown that the lower stratum of air in our rooms is always too cold and that the upper strata are too warm and that the only way to keep the head cool and the feet warm is to reverse our ordinary erect positions and to keep the feet in the warm upper strata. This method is largely employed on this continent, especially, we understand, in the Western States and, we believe, with some success; but the method is only partially carried out by leaning the head back and putting the feet on the mantle piece or table, and even in this modified form it has never become popular among the refined classes of the Eastern States and Canada. Others again recommend filling the socks with mustard, and so on, with a great many other plans but none of them are of any real and permanent value but the one we wish to recommend, and which is supported by many years' experience. Tell the patient to wash his or her feet quickly with soap and cold water, the colder the better, night and morning for a week or two, and to rub them dry with a very coarse towel until they fairly shine and glow with warmth. Remember, the patient must perform this task himself or herself, devoting about two minutes to the washing and five minutes to the rubbing of each foot. If the feet will not glow all day after less than a week of this treatment, then the circulation must be very bad and the patient must take more exercise, gradually increasing the latter from almost nothing to three or four miles

a day. A point worth attending to is to see that the feet are properly clad in woolen socks and loosely fitting boots so that the muscles of the feet may be left free to contract and relax, for muscular contractions are important aids to a defective circulation. We trust that these remarks may be of use to some of our readers and that they may in consequence earn the gratitude of the patients with cold feet.

### BOOK NOTICES.

A HANDBOOK OF DISEASES OF WOMEN, INCLUDING DISEASES OF THE BLADDER AND URETHRA. By Dr. F. Winckel, Professor of Gynæcology and Director of the Royal University Clinic for Women in Munich. Authorized translation. Edited by Theophilus Parvin, M.D., Professor of Obstetrics and Diseases of Women and Children in Jefferson College, Philadelphia. Second edition. Revised and enlarged, with 150 illustrations. Philadelphia; P. Blakiston & Co., 1012 Walnut Street. 1889.

SOME FALLACIES CONCERNING SYPHILIS. By E. L. Keyes, M.D., Consulting Surgeon to Bellevue, Charity, St. Elizabeth's and Skin and Cancer Hospitals of New York; Professor Genito-Urinary Surgery, Syphilography and Dermatology, Bellevue Hospital Medical College (1874 to 1889). George S. Davis, Detroit, Mich. 1889. Price, 25 cents.

This is an interesting little addition to the leisure library series.

A TEXTBOOK OF OBSTETRICS, INCLUDING THE PATHOLOGY AND THERAPEUTICS OF THE PUERPERAL STATE. Designed for Practitioners and Students of Medicine. By Dr. F. Winckel, Professor of Gynæcology and Director of the Royal Hospital for Women; Member of the Supreme Medical Council and of the Faculty of Medicine in the University of Munich. Translated from the first German edition, with permission of the author, under the supervision of J. Clifton Edgar, A.M., M.D., Adjunct Professor of Obstetrics in the Medical Department of the University of the City of New York. 190 illustrations. Philadelphia; P. Blakiston, Son & Co., 1012 Walnut St. 1890. Cloth, \$6.00. Sheep, \$7.00. For sale by Ashford, Montreal.

After a careful perusal of this volume, the unanimous verdict of all must be—that the work is com-