

it somewhat difficult to recognize that organ. These cases are plain enough; the treatment of them is obvious.

In concluding this subject, I would merely say, that my own opinion, formed entirely from observation, leads me to the conviction that the true cause of pain in dysmenorrhœa is in a large proportion of cases, at least, due to a diseased condition of the mucous membrane of the uterus, producing congestion of the mucous membrane and pressure on the nerves; and whether this condition is the result of a flexion, of a fibroid, of cold, of anæmia, or of any other discoverable cause, I must leave it to be found out by the physician himself in attendance; and until he brings about a more healthy condition of that membrane, I believe he will get little permanent benefit in the way of relief from pain. The recognition of this diseased state of the interior of the uterus is easy enough,—the passage of the sound is all that is necessary. In a healthy uterus this operation causes no pain; while on the contrary, in one diseased, just so soon as the sound touches the os internum the patient cries out with pain, and whatever part of the lining membrane you may touch, even gently, it causes pain, in some, intense. I have had patients faint from this simple procedure. Some one present may naturally ask, is everyone, then, the subject of dysmenorrhœa, married or unmarried, to be at once submitted to a vaginal examination to ascertain and treat this condition? My answer is emphatically, No. All and every reasonable effort is to be first resorted to; and then, in the event of failure, and if the patient's sufferings be such as to render her life almost a burden, or her general health failing, or if she be a married woman and without children, I think then the procedure quite warrantable—after having fully explained to herself or some near friend or lady relative, or perhaps her husband—your intentions. A cure will follow appropriate topical applications, and a barren woman will probably become a joyful mother, and the young woman the subject of this painful disease entirely cured.

*Treatment.*—There is a very old saying, that prevention is better and easier than a cure, and in this very complaint I believe much might be

done in this direction if mothers were a little more explicit to their daughters and cautioned them more about the risks of exposure to cold and chills at the monthly period. Young persons think nothing of leaving off their warm flannels in the coldest months of the year to go to a dance, and perhaps at this very time they are menstruating. After dancing and becoming over-heated, they go and sit in draughts; the result is a sudden suppression of the secretion, and this lays the foundation of some local uterine complaint. The present style of dress our young ladies wear is not conducive to health. They require so many more yards of material to make a fashionable dress, and this is all hung round the waist, tending to compress the pelvic organs, pressing the uterus down, and favoring some flexion, especially ante-flexion. The uterus is normally anteverted, and if the intestines are constantly being pressed down by heavy clothing suspended from the waist, in time this normal position becomes an abnormal one, or exaggerated one. All female clothing should be carried from the shoulders, and then this objection would become a thing of the past. Again, many young ladies, during the fashionable winter months, live a sort of artificial life, at dancing parties much too frequently, go to bed too late, and a condition of anæmia is the result, with all its accompanying ailments. To my mind, these are two of the chief reasons why, at the present day, so many young persons suffer from deranged menstruation. And the same remarks are applicable to young girls in a more humble walk in life. Look at the factory girl. For ten hours a day she sits in an over-heated, over-crowded, ill-ventilated room, driving or guiding the sewing machine. She returns home in the evening to a frugal meal; boards in a locality not well or properly drained; to keep pace with her friends who put the most of their earnings, in the shape of finery, on their back and head, she does the same. The result is, her under-clothing is deficient, her feet are improperly protected, no flannel petticoat or woollen stockings. She goes out in the evenings—the only time she has for recreation—and she comes home chilled through; anæmia, neuralgia, and allied diseases crop up, and this girl in a short time becomes