

tended period, whether any change in the color of hair has been noticed.

BEETROOT IN HABITUAL CONSTIPATION AND HEMORRHOIDS.—In the St. Petersburg new periodical *Meditzina*, No. 6, 1889, p. 10, Dr. S. Kazatchkoff draws attention to the fact that a strong infusion or decoction of the common beetroot (*Beta vulgaris*: Russ., *buraki sviokla*) represents an excellent mild aperient, very much in favor with the South Russian peasantry, who resort to it especially in cases of atonic habitual constipations and hemorrhoids. It is taken in doses of from half to one tumblerful at bedtime or early in the morning about an hour before breakfast. The remedy does not cause any abdominal pain, griping or rumbling, nor does it create any tendency to consecutive constipation. On the contrary, any disposition in that direction is decidedly removed by a daily use of the decoction for a certain period. It is stated, however, that the patient's bowels get habituated to the beetroot in a week, so that, by the end of that time, the dose of the decoction should be increased, or a couple of apples a day be added. According to the author's experience, many constipated patients prefer the beetroot "juice" to castor-oil, rhubarb, podophyllin, magnesia, milk-sugar, milk, mineral matters, and similar ordinary means, used by them previously to their making acquaintance with the simple remedy under consideration.—*London Med. Recorder*.

COMPOUND FRACTURE OF THE TIBIA TREATED BY WIRING.—A case of compound comminuted fracture of the tibia, in which the fragments were successfully united by metallic suture, was recorded some months ago by Dr. J. B. Henrique, of Concepcion (Chil). The patient, a lad aged 17, had his left leg broken by a fall from his horse. "First aid" of a rough kind was given by those about him, the bones which projected being reduced more or less effectually by counter-extension, and a dressings of herbs applied. When first seen by Dr. Henrique, three days after the accident, the patient's general condition was very bad, while the wound in the leg, which was over the anterior border of the tibia, at the junction of the

lower and middle thirds, was in a most unhealthy state. Dr. Henrique, however, determined to make an attempt to save the limb, and accordingly, after applying Esmarch's bandage, he enlarged the wound in the vertical direction, removed a large fragment of the tibia which lay loose in the cavity, and trimmed the corresponding ends of the upper and lower fragments with the saw, saving the periosteum as far as possible. Two holes were next drilled in each fragment, and strands of twisted silver wire passed from behind forwards, and crossed over the outer surface of the tibia in the shape of the letter X. A counter-opening was made in the calf, a drainage-tube inserted, and an antiseptic dressing applied. The limb was placed on a grooved splint, allowing access both to the wound and to the counter-opening. Fifty-three days after the operation, which took place on August 17th, consolidation was so firm that the limb could be raised by grasping the heel, or the latter raised by grasping the leg below the knee. The wound had not, however, entirely closed. On the extraction of a small fragment of bone and the removal of the sutures it healed up rapidly. At the date of the report (November 16th) the patient could bear on the injured limb when standing still, and there was every prospect of recovery without shortening or appreciable lameness.

THE DOCTOR'S VACATION.—Nobody earns a vacation better than the physician, and no one finds it more difficult to take. It is the consequence of a practitioner's active life, especially due to his having no stated time in which to do his work, but being in constant readiness to turn out at any hour, that he loses the capacity of resting. He sleeps with one ear open; he goes to church or to the opera with the guilty conscience that Mrs. Smith's messenger may tap him on the shoulder at any moment; and the apprehension of this interferes so much with his enjoyment that he loses all zest for the theatre, and often forgets that he has a soul to be saved.—*Times and Register*.

SULPHUR IN SCIATICA.—Dr. Henri Gue-
neau de Mussy gives a treatment for sciatica which yields surprising results. It