

It seems almost as if I should apologize for mentioning what is so self-evident and is well known to all of you, but still we do find cases in which so much attention is directed towards the organ chiefly at fault that the general body is somewhat neglected. But, to be more exact, what shall we do for the neuralgic form of dysmenorrhœa during the attack? This form of the trouble may not be associated with any pelvic disease, but may and usually does attack one who suffers from neuralgia in some other portion of the body. There is hyperæsthesia of the lower abdomen, undulatory pain, and pain on pressure in the ovarian region. Rest and warmth, with local heat in the form of fomentations, poultices or the hot-water can, if the latter is made in such a way that it arches over the abdomen without making much pressure. A hot flannel cloth may be applied underneath the can, and a long-continued, comforting heat may be secured. Chloral hydrate and bromide of potash, with hyoscyamus, are often very efficient. Phenacetin, antipyrine, and such remedies, are prompt in many cases. Cannabis indica, in sufficient doses, is very suitable at times, though there are some who cannot stand it. There are many other remedies, but these are the chief ones which have found favor with me. Morphine and whiskey, though prompt, are too dangerous, and anyone who has witnessed, as I have, the painful sequences of their too free use in such cases, would hesitate before prescribing such remedies, as potent for evil as for good. It is in cases of this kind that great good may be done by careful treatment during the intermenstrual period. Constipation, which is usual in this form of dysmenorrhœa, must be removed. The tone of the system at large must be elevated by tonics, fresh air, exercise, and relief from overwork or anxiety, if such exist. The skin and all the secretions of the body must be stimulated to healthy action. As the menstrual period approaches, apiol 5 ℥ in capsules, three times a day, or pulsatilla gtt. v., in the same way, are advised. But I have seen benefit follow the use of valerianate of zinc three times a day for ten days before the flow, and chloral in fifteen-grain doses when the pain appears. Electricity must not be forgotten, for some cases yield to a constant current of 30 to 40 milliamperes applied for ten or fifteen minutes a day for two or three days before the flow, one electrode being placed in the vagina near the painful ovary, and the other, a large flat one, over the abdomen in the ovarian region.

In the congestive form of dysmenorrhœa, where it is ushered in with a sudden onset of pain in the pelvis, scanty flow, irritable bladder, with such general symptoms as headache, fever, delirium and scanty urine, the treatment must be active—warmth, both local