

patient die early in the course of the disease the ulcers may be superficial and the mucous membrane very soft and congested. Sometimes the small intestine is affected as well as the colon, but to a less extent. Histologically the process is the same as is usually seen in chronic ulcerations. About half of the patients who die from ulcerative colitis show no disease except that of the intestine. The associated diseases which in any way suggest a special connexion are Bright's disease, gout, and hepatic abscess. Among twenty-three cases of ulcerative colitis of which I have notes of the condition of kidney, chronic interstitial nephritis was present in six, and of the remaining seventeen two had urate of soda in their joints. The association with suppuration of the liver is very rare, but probably there are two distinct varieties of it, as there are of hepatic abscesses in association with dysentery—namely, the small multiple pyemic abscess and the large solitary abscess. Treatment, unfortunately, appears to have very little effect on the disease. Absolute rest in bed, with slop diet and opium, and hot fomentations, if the pain and diarrhoea are very severe, probably afford the best chance, but the prognosis is exceedingly grave. Several cases will be found recorded in the Guy's Hospital Reports, and one showing the association with hepatic abscess—W. Hale White, M.D., F. R.C.P., Lond., in *The Lancet*.

HEALTH COMMANDMENTS.

1. Thou shalt have no other food than at meal time.
2. Thou shalt not make any pies, or put into the pastry the likeness of anything that is in the heavens above or in the earth below. Thou shalt not fail to chew it or digest it, for dyspepsia shall be visited upon the children to the third generation of them that eat pie, and long life and vigor upon those that live prudently and keep the laws of health.
3. Remember thy bread to bake it well, for he will not be kept sound that eateth his bread as dough.
4. Thou shalt not indulge sorrow or borrow anxiety in vain.
5. Six days shalt thou wash and keep thyself clean, and the seventh day thou shalt take a great bath, thou and thy son, thy daughter, and thy maidservant, and the stranger that is within thy gates. For in six days man sweats and gathers filth and bacteria enough for disease; whereupon the Lord has blessed the bath-tub and hallowed it.
6. Remember thy sitting room and bed chamber to keep them well ventilated, that thy days may be long in the land.
7. Thou shalt not eat hot biscuit—wait.
8. Thou shalt not eat thy meat fried.

9. Thou shalt not eat thy food unchewed, or highly spiced, or just before work or just after it.

10. Thou shalt not keep late hours in thy neighbor's house, nor with thy neighbor's wife, nor man servant, nor his maid servant, nor his cards, nor his glass, nor with anything that is thy neighbor's. Thus endeth the tenth commandment.—*Med. Brief.*

ZINC STERATE IN THE TREATMENT OF ATROPHIC RHINITIS.—The author, Dr. Joseph F. Gibb, discusses the nature and general management of atrophic rhinitis, and concludes by outlining the treatment pursued at the Episcopal Hospital of Philadelphia, and the results obtained in fifty four carefully selected cases. The plan of treatment consisted of cleansing sprays, followed by stimulating applications, as usually recommended in the management of atrophic troubles. The cleansing was accomplished by spraying the nostrils with an antiseptic detergent solution (Dobell's Solution), followed by applications of a hydrogen peroxide on a cotton wrapped probe if the inspissated crusts were not otherwise removed. After the membranes were entirely free from secretions they were coated with a thin layer of powdered stearate of zinc containing 25 per cent. of euophen applied by means of a powder-blower.

Stearate of zinc has an oily feel when handled and has a peculiarly strong adhesiveness to mucous surfaces, thus exerting an influence for a prolonged period when applied to them surfaces. The drug produces no unpleasant effect when used in the nose, and nearly all patients claim that its use is very agreeable. Very satisfactory results were obtained in the cases treated at the Episcopal Hospital, three or four treatments in some instances being sufficient to eliminate the disagreeable odor as well as the formation of scabs. The patients were treated twice per week, and in the interval between treatments were instructed to use a cleansing solution made from Seiler's Tablets. In a total of thirty-two cases of atrophic rhinitis that remained under observation until discharged, the shortest time being two months, the longest eighteen months, there were twenty-seven in which there was a complete disappearance of crusts and odor. The author concludes by recommending stearate of zinc as a base for carrying stimulating applications, because of its simplicity of application, its effectiveness in relieving the distressing symptoms, and the comfort that it seems to induce.—*Med. and Surg. Rep*

LEUCORRHOEA IN YOUNG UNMARRIED WOMEN.—In the treatment of leucorrhœa in young unmarried women, instances frequently occur in which the usual practice of making an examination to ascertain the condition of the pelvic viscera is so