

Therapeutic Suggestions.

THE TREATMENT OF CHRONIC RHEUMATIC ARTHRITIS WITH HOT AIR AND CONGESTIVE HYPERÆMIA.—Lately heated air has been widely commended in chronic diseases of the joints. Dr. August Bier, the author, has used this treatment for tubercular joints for several years without any promising results. His experience with this treatment has been more favorable in chronic rheumatic arthritis. Marked improvements were noticed in stiff and painful joints. The men who have used this method credit the heat itself, the diaphoresis, the hyperæmia, and the destruction of bacteria from heat. There is no doubt that painful and stiff joints are more comfortable in a warm condition and a warm surrounding than in a cold one. The author credits the hyperæmia with the beneficial effects obtained, and gives the following reasons :

1. A limb which has been subjected to heat for a number of hours is reddened and swollen.

2. With congestive hyperæmia the same results are obtained as with heat.

3. If hot air be used for a number of hours daily, the hyperæmia does not disappear during the intermissions, but the limb remains congested and cedematous.

Therefore the author recommends the use of congestive hyperæmia, as its application is more practical and the results are the same, namely, relief from stiffness and pain. If the following method is used correctly, beneficial results are sure to follow: Take an affection of the knee-joint for an example. Bandage the leg snugly from the toes to about six inches below the joint with a cotton bandage, so that the healthy parts will not be involved by the hyperæmia. Above the joint apply a rubber bandage, first using some cotton or lint so that the bandage does not lie next to the skin. This bandage should not overlap each different layer, but should cover each layer exactly, so that the space occupied is just the width of the bandage. Draw it firmly until the parts are of a dark, bluish-red color. If any part of the limb gets cold the bandage must be loosened. Try and get the greatest congestion without shutting off circulation entirely. In some cases it is possible to get a high degree of congestion with the first application; in others the bandage must be gradually tightened. The first bandage may remain several days with-