

the thorough and carefully prepared paper. The treatment of these cases depended, first, upon a careful diagnosis. If only a strain of tendons and ligaments, rest for a few hours or days, according to the severity of the lesion. The application of ice inhibited swelling and effusion into the joint by lessening the blood supply through stimulation of the vaso-motor nerves. Later on heat applied locally promotes the removal of the swelling and effusion by dilating the blood and lymph vessels.

Another valuable aid is fixation in the normal position during the acute stage.

Of the value of strapping as practised by Dr. Gibney and Mr. Carter, it is of very great value. The strips should be so applied as to support the strained and injured tissues. In one case they should be applied on the inner side and in another on the outer side.

The removal of fluid from the joints, which has resisted other methods, by aspiration is desirable. The patient should use the joint as early as he can do so without pain.

DR. THOS. HUGH BALFE (Hamilton). In cases of sprains of ankle, it is always important to have complete rest and ice locally for the first 24 hours and firm bandaging, preferably by elastic bandage. It is also well to start passive motion early, with hot bathing, etc., to promote absorption of effusion into joints and to avoid adhesion of joint. I think it is well, if there is much effusion or hemorrhage, to aspirate, or if this is not done, not to allow the patient about too soon, and start early massage.

DR. GIBNEY complimented the reader of the paper on the excellent pathological detail, especially the point he made on the protrusion of a bit of torn ligament into the joint, thus explaining the persistent pain sometimes found.

He called attention to the necessity of conducting the case to an absolute cure, with complete restoration of function.

He took issue with one of the speakers on the statement he made about the necessity for rest for a week or ten days, believing that such a plan would result in impairment of function.

He called attention to the importance of an X-ray as a valuable aid to diagnosis, claiming that if a fracture or dislocation were thus eliminated in the diagnosis, that mild, medium and severe sprains were all amenable alike to the strapping treatment.