

form of rheumatism in fact than over any other. Dr. Graves, of Dublin, is the first one reported to have made use of iodide of potassium in lumbago and he tried its effects upon his own person. He found that in doses of from five to ten grains given every three or four hours, its effects were truly wonderful.

This clinical fact—I refer to the peculiar influence of the iodide of potassium upon rheumatism of the lumbar muscles—is very difficult of explanation, but it is undoubtedly true. The iodide has been tried in the treatment of muscular rheumatism of other parts of the body and its effects in such cases have been found to be not by any means so immediately successful.

In the chronic form of lumbago the condition is one of great obstinacy and is very difficult to treat. Such cases are very apt to persist in disappointing your hopes of cure. The most useful class of remedies here are of course the various forms of counter-irritants, such as blisters, sinapisms, the actual cautery, etc., etc. Thoroughly and conscientiously applied local friction and *massage* may do good in some instances where counter-irritants have signally failed.

Of all remedies, however, for chronic lumbago, I am accustomed to rely most upon the influence of tepid water upon the affected parts. The action of water, though slow, is a very permanent one. The water may be applied either in the shape of wet compresses kept in constant contact with the part, or you may use a douche and allow a stream of water to fall steadily upon the rheumatic muscles for some time from a height of from eight to ten feet. This use of water does great good in all forms of muscular rheumatism no matter where located. After the treatment by douche, or by wet compresses, the parts should be briskly rubbed with a coarse cloth or a skin brush, and then covered with cotton, or wool, or a piece of India-rubber cloth.

I have occasionally derived very advantageous and rapid results from the use of a metallic brush, rubbing the affected part briskly with it. This rubbing acts of course as an electric stimulus, and always gives immediate, if not permanent relief, though my experience has been

that the use of the electric brush afforded permanent as well as immediate relief.

Very often I advise tying a cloth over the lumbar muscles and ironing them thoroughly, two or three times a day, and then following up the ironing with the application of some stimulating liniment.

If a person is subject to attacks of lumbago he should of course protect the parts by wearing constantly a Burgundy pitch plaster, or perhaps better still, a plaster that has lately been patented—I refer to the various makes of porous plaster. These plaster acts in two ways, first by protecting, and secondly by affording constant mechanical support to the affected muscles.

I think that I have already pointed out to you the most important remedial measures generally employed, but before closing I must not forget to tell you that guaiacum sometimes does great good. So, too, with regard to mezereum. Sulphur also is occasionally used with much benefit in the shape of sulphur baths, or sulphur water by the douche. Many recommended highly the continuous use of sulphur waters internally, or again, sulphur powder may be quilted in between two cloths and these kept in constant contact with the loins.

The treatment of chronic lumbago, if it is to be at all successful, must be constantly changed.

Dr. Stillé then speaks of rheumatism of the deltoid, muscles of the scalp, abdomen, eye, diaphragm, &c., all of which he treats in essentially the same way as lumbago.

The treatment of all these local forms of rheumatism is in general essentially the same as that for lumbago.—*Hospital Gazette*.

---

EXTRACT OF MALT OF THE TROMMER EXTRACT OF MALT Co., FREMONT, OHIO.—We find that this extract converts starch into glucose and dextrine rapidly, and in large quantity. In flavour it is excellent, and we have, therefore, no hesitation in praising it highly. Malt extract seems to be steadily increasing in favour for diseases involving impaired nutrition; but its preparation requires great care, as it is easy in making it, to destroy its activity for starch converter, and so render it nearly useless.—*London Lancet*.