

HOW TO TREAT CRAMPS IN THE LEGS.

Many persons of both sexes are greatly troubled with cramps in one or both their legs. It comes on suddenly, and is very severe. Most people jump out of bed (it nearly always comes on either just after going to bed, or while undressing) and ask some one to rub the leg. I have known it to last for hours, till, in despair, they would send for the family physician; and even then it would be hours before the spasms would let up.

There is nothing easier than to make the spasm let go its hold, and it can be accomplished without sending for a doctor, who may be tired and in need of a good night's rest. When I have a patient who is subject to cramps, I always advise him to provide himself with a good, strong cord. A long garter will do if nothing else is handy. When the cramp comes on, take the cord, wind it around the leg over the place that is cramped, and take an end in each hand and give it a sharp pull—one that will hurt a little. Instantly the cramp will let up, and the sufferer can go to bed assured that it will not come on again that night. For the permanent cure, give about six or eight cells of galvanic battery, with the negative pole applied over the spot that cramps, and the positive pole over the thigh. Give it for ten minutes, and repeat every week for one month.

I have saved myself many a good night's rest, simply by posting my patients, subject to spasm of the legs, how to use the cord as above. I have never known it to fail, and I have tried it after they had worked half the night, and the patient was in the most intense agony. Even in such cases, at the first jirk of the cord, all pain left.—*R. W. St. Clair, M. D., Medical Age.*

PNEUMONIA IN CHILDREN.

Child of twenty-two months; admitted May 1st; has had persistent cough; temperature ranging from 100° to 103°; dullness, but not very marked, at base of right lung; mucous râles at the same spot. Diagnosis, catarrhal pneumonia. Dr. Stryker said that this case illustrated the fact that very young children rarely have the symptoms of pneumonia so well marked as they are in adults. Instead of complete dullness at the affected spot, there is merely a modified dullness, and auscultation shows that some air is entering the vesicles at this point.

Before being admitted the child had suffered from bronchitis. This has extended to the air cells, and now the child has both bronchitis and pneumonia. As for treatment, generally the simpler the better.

You might try a mild mustard plaster, but do not leave it on until there is any possible irritation. Turpentine stupes are also good.

He is not in favour of poultices on account of their sogginess, and the sudden changes of temperature to which the child is subjected through the changing of the poultices. He prefers a thick packet of cotton around the chest.

The treatment given was a mixture of *mistura glycyrrhizæ comp., ammonii chloridum, syr. senegæ, and syr. ipecac.*

A little paregoric was added to a dose when thought necessary, on account of the cough.—*Philadelphia Medical Times.*

ANTIPYRIN IN MIGRAINE.

During the last two months I have treated twenty cases of migraine; several of the patients having suffered for over ten years, and, finding all drugs useless, had become reconciled to being periodically prostrated for one or two days. In every case I ordered eight grains of antipyrin, dissolved in water or lemonade, to be repeated each half hour until cured, the patient to remain lying down. Most of the cases were quite cured by two powders, but the most obstinate yielded to three, and in no case did the antipyrin fail. A cup of warm tea sometimes seemed to help, and the only inconvenience due to the treatment was, in a few of the cases, considerable sweating.

Many of the patients can hardly credit that, instead of being utterly helpless for twenty-four hours, they can now cut short an attack in one hour.

There is another great advantage in using antipyrin, and that is that it prevents as well as cures these attacks. One lady, who cannot remember having fewer attacks than three a month, each lasting about thirty-six hours, has been quite free for about eight weeks, and this she attributes solely to the occasional use of an antipyrin powder.—*Med. Review.*

WEAK THROAT.

He advised a woman who had a weak throat, that is, the mucous membrane was relaxed, and caused sensations of a sore throat without its actually being sore, to pursue this treatment: On one sumac top, as fresh as possible, she was to pour a pint of boiling water; and into this put a teaspoonful of common salt. Keeping the water warm, she was to gargle her throat thoroughly every three hours. Atkinson has seen this treatment have a remarkably beneficial effect.

Hypodermic or other syringes, when clogged so that a fine wire cannot be forced through them, may be cleaned by holding them over a spirit flame for a moment, and the foreign matter will be quickly expelled or destroyed, so that liquids may be used immediately. When a wire has rusted in a needle, dip the point in oil, then hold it over a flame, and it can be removed. It is well to draw oil through the point, then heat it, and rust will be removed from the interior; afterwards wash with alcohol, and it is ready for use.—*Memphis Medical Monthly.*