

In the three-days' type the conditions as to flow may be quite natural and normal from beginning to end, the menstrual wave advancing to its maximum and then receding. There may or may not be pain. Profuse hæmorrhage seldom occurs.

In the four-days' type the conditions may also be quite normal as to flow, pain, and general or local disturbance. But there are also cases in which the hæmorrhage is abundant, the uterus being the seat of disease of greater or less extent. Pain is seldom a prominent feature. The type which continues five to seven days is not usually as marked as the preceding ones. The last day or two are often marked by very little loss of blood. In some cases there is a cessation of the flow on the third or fourth day, then an interval of a few hours, and then another period of flowing lasting one to three days. If the flow is profuse lasting five to seven days, or longer, uterine disease of a more or less serious character is likely to be present.

With women who are in robust health and without physical deformity, the discharge of blood may be the only intimation that anything out of the usual course is transpiring, but with vast numbers of women in civilized life, menstruation means not only a discharge of blood in greater or less abundance, but a multiplicity of attendant discomforts and annoyances, which may amount to intense physical or mental suffering. The unpleasant sensations or *molimina* are due mainly to the combined action and reaction of the vascular and nervous systems, especially to undue vascular tension and congestion. Thus we obtain the well-known variety of sensations in the pelvic organs, liver, kidneys, stomach, intestines, brain and skin. The mental functions, digestion, secretion and assimilation may also share in the disturbances, and the statement of the far-reaching possibilities of menstruation for annoyance is sustained. This should teach us to be on our guard, and anticipate if possible, the evils which may arise, keeping the patient under the most favorable conditions possible before and during the entire performance of the menstrual function. The family physician should devote more attention than has heretofore been the custom, to instructing those who are under his care concerning the precautions which they should exercise with respect to menstruation. The common errors and imprudence in that direction should no longer be allowed, without his vigorous and persistent protest.

## THE PREVENTION OF PHTHISIS.

"One of the most striking features of the age is the rapidity with which new ideas are established. The theory which is timidly advanced to-day, becomes the accepted doctrine of to-morrow.

"It will be interesting to the workers of fifty years hence to note what were our ideas at the present time, thirteen years after the discovery of Koch's bacillus, with regard to the prevention of phthisis." Thus writes an observer in the *Medical Press and Circular*, March 14th. It is a strange fact that notwithstanding the prevalence of the disease, and the attention which its study has attracted, the true nature of the disease has been but recently understood, and brought under the search-light of science. The lectures of the last generation were clever clinical pictures of the disease, but gave no hope in treatment. This is now changed, and phthisis is singled out as one of the early conquests of preventive medicine. Such a result has been brought about by several factors, among which the following are chief:

First, the registration of deaths, making it possible to study disease in a mass. Secondly, the great experimental advance made about 1840, which proved that tubercle could be reproduced in animals inoculated with tuberculous matter. Then came the crowning discovery by the illustrious Koch, which clearly demonstrated the fact that tuberculosis depended for its existence upon a specific bacillus. Not much can be said about the value of curative measures in this disease; the most important results of research lie in the impetus given to the study of its prevention. It is well known that tubercle bacilli exist in the dust of rooms inhabited by consumptives, that the organisms exist in the flesh and milk of infected animals, especially cows, that the sputa of consumptives is scattered broadcast, and is probably a source of infection to man and animals.

Guided by these and other considerations, the attacks of sanitarians have been mainly directed against the micro-organism as the root of the evil. Infected clothing has to be sterilized, while ordinary handkerchiefs have to be replaced by paper, which is afterwards destroyed. All sputum is destroyed after being collected in cups charged