

The more difficult a disease is to treat successfully the longer the list of remedies employed; that judging from the length of the list in this case, one would be almost discouraged from attempting a cure.

Yet with clear ideas of causes, the indications for treatment are simple, and with the hearty co-operation of the patient the physician may feel quite certain of gaining, sooner or later, the desired result.

The following I give as a general outline of the treatment, which of course must be varied somewhat according to the special indications of each case:

Regulate the diet, having three meals per day of palatable, nutritious food, not too bulky or too concentrated. Have soup at least one meal each day.

On rising, at least an hour before breakfast, drink one or two large goblets of water. If the stomach is weak and inclined to chronic gastritis, I order the water to be drank hot. Twenty or thirty minutes following the water, give the bowels a thorough kneading for ten minutes. Then assume erect position, with arms above the head and left foot on a line with the right and placed in front of it, bend forward until the knuckles of the closed hands touch the floor, then back to the first position, repeating this five or six times; then, reversing the position of the feet, repeat the movements. This is an excellent exercise for the abdominal muscles and an inactive liver.

At night, also, before retiring, drink a goblet of water, and if there are indications of dryness of lower bowels I use an enemata of one-third to one half cup of water, to be retained.

Flushing the sewer may be a good practice with some, making the stomach the flooding tank; but we must use great care not to interfere with digestion.

When it is available, I often order a fifteen minutes' daily application of electricity to the abdomen, using the Faradic current.

If any medicine is demanded, the first on the list is cascara sagrada. I think it is an excellent "peristaltic persuader." It renders in my hands the most efficient service in small and repeated doses.

I impress it upon my patients to make it a daily practice to go stool at a regular hour, to induce if possible, by voluntary muscular effort, a movement, remembering that this measure alone, if persisted in, will oftentimes overcome this deplorable habit. Perhaps the best time of the day for this is soon after breakfast. Patient continuation in this line of treatment will do a great deal to dispel this *bête noir* of medical practice.—*Detroit Lancet*.

A SIMPLE FORM OF NASAL DOUCHE.

Frank Woodbury, M.D. *Medical Times*.

The douche consists of an A shaped elbow of

glass tube, to which is attached a short (about three inches) piece of ordinary rubber tubing on one arm, and a long (twenty inches) piece from the other, the latter having a hollow, somewhat conical, glass nozzle, so as to occlude the nostril when pressed into it, and keep in the fluid delivered through a central opening. The short end is also tipped with a glass tube so as to hold it open and prevent collapsing. When not in use the entire apparatus is contained in a small paper box ($2\frac{1}{4} \times 1\frac{1}{4} \times 1$ inch), which may be conveniently carried in the pocket, or may be carried in a valise without breaking. In order to use the douche, a glass tumbler, or any similar receptacle, should have placed in it the required amount of warm water (100° F.), medicated as desired; the douche should be immersed in the fluid, and then the long tube (tightly pinched between the fingers so as to retain its contents) is drawn out of the reservoir until the glass elbow hooks over the edge of the cup, where it is self-retaining; the fluid will flow from the nozzle as long as it is depressed below the level of that in the receiver. The flow can be interrupted by simply dropping the nozzle back into the tumbler. It fulfils perfectly the purposes of a nasal douche, where such an instrument is desired. The douche may also be used for acute affections of the ear (after scarlet fever, etc.), for the eye, and generally for such purposes as an instrument of this size is adapted; among these may be mentioned the administration of milk, broth, etc., to patients unable to sit up, and too weak to drink in the ordinary way.

The advantages of this form of nasal douche are: (1) its simplicity, there being no parts that can rust or get out of order; if any portion is broken it can be replaced at a trifling cost; (2) its convenience, being compact in form, occupying little space, taking but a moment to put into operation; (3) its safety, the stream being delivered without force, simply by gravity, it is almost impossible that the fluid should be forced into the middle ear; and (4) its efficiency being granted, its chief advantage is that it is the most economical douche that is in the market, its cost being insignificant.

In common with every one engaged in general practice, I have found patients for whom a nasal douche might be useful for a short time, but the comparative expensiveness of the Thudichum's douche, and its danger of breakage, have often made me hesitate before ordering it. Any one can make one for himself in a few minutes at a cost of about twenty-five cents. The rubber tubing costs ten cents per foot, and the glass a trifle only. Having given it to Mr. Hayes, of the St. George Pharmacy, with the request that they should be made and sold at this price (twenty-five cents) to patients, he very kindly consented; so that if any one does not wish to take the trouble of making the douche, he can get it by sending this amount to Mr. Hayes, Broad and Walnut streets, Philadelphia.