

## Special Selection

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### IRREGULAR MENSTRUATION AND TREATMENT.

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BY E. C. WILLEY, M D., LOUISVILLE, KY.

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Practitioners of medicine are consulted by no class of patients who display greater solicitude than those who have amenorrhea.

In the popular mind failure of the menses to appear is supposed to be due either to pregnancy or tuberculosis, and either may cause a degree of anxiety that is truly intense.

The term amenorrhea is used to mean the total absence of the menstrual discharge, or a marked deficiency in the quantity of the flow. Amenorrhea may be physiological or pathological. During pregnancy the absence of the menstrual discharge is, of course, physiological and demands no consideration in this article. When pathological, the causes of amenorrhea may be said in general to be due to the following:

(1) Taking cold, at or near the menstrual epoch. (2) Severe mental perturbation, as fright, sorrow, or great elation of spirit. (3) It may be symptomatic in several affections, as tuberculosis, anemia, chlorosis, syphilis, typhoid fever, nephritis, pelvic peritonitis, and other morbid conditions. (4) Obesity. (5) Luxurious life, or overtaxing the nervous system. (6) Stenosis or atresia of the cervical canal, or imperfect development of the tubes, ovaries or uterus. (7) Vicarious menstruation may make the condition obscure, there being a discharge at the regular monthly periods from the nose, lungs, bladder, stomach, nipple, or other part.

The treatment of amenorrhea must comprehend attention to general considerations, and special indications must be remembered at the various expressions of amenorrhea.

The treatment must, in a word, comprehend remedies and measures which are indicated by the etiological factors present in every case which comes up for treatment. When the amenorrhea is caused by having contracted cold, the patient should have a warm sitz bath, and hot applications should be applied to the abdomen and thighs. Often a hot vaginal injection will serve a most useful purpose, and a laxative, preferably a saline, will greatly aid in bringing on the flow.