

her if she made any difference in her clothing, or took any less exercise, while she was menstruating. She said she did not; and then by questioning her we found that, as she was obliged to work through the day, night was the only time she had for recreation; and she told us that she was in the habit of attending several public balls every week during the fall and winter; that she made no difference during the week she was menstruating, but dressed herself in thin clothing, went to balls, and danced till a very late hour, often reaching home, after a long walk through the snow, with dragged clothing and wet feet.

It is not among the lower classes only that you will find imprudence during menstruation, and its unfortunate results, but you will often be called to attend the daughters of indolence and luxury. Not only is their entire life an unnatural one, but they too go to parties while menstruating, dressed in a ridiculous fashion, and remain standing for hours in overheated, badly ventilated rooms, then adjourn to the cooler hall, or to a seat on the stairs in a direct draught, for a chat with a young man who waltzes exquisitely and displays his classic brow to the best advantage by parting his hair in the middle. I need not tell you that tight lacing has anything to do with uterine disease, for all the women in this country wear their clothing very loose. If you think this is not true, why, ask your first young lady patient that you suspect of lacing tightly, and after a full explanation she will, by contracting the muscles, draw in her abdomen, and then run her hand under her corset, and say, "Look there!" when, if her corset lacings were to break, the explosion would be equal to the popping of a bottle of soda water; and when this young lady gets out of bed in the morning, her maid will tell you that the corset marks of the night before can be plainly seen about her waist.

Cases of internal metritis do not all present the same symptoms; while the menstrual discharge is generally scanty and of short duration, there are cases in which the discharge is profuse, and continues for a longer time than in health. Some of the patients suffer much more than others. You remember we had a young girl before us at our last lecture, who told us she had had a convulsion every time she menstruated for the last thirteen months. Females who suffer in this way are often hysterical, and most of them are exceedingly nervous. The pain in the back is rarely absent, and sometimes is very annoying; and they all have more or less leucorrhœa.

To relieve the intense pain at the menstrual period I think you will find it best to give the patient full doses of morphia at once. I am in the habit of giving a pill composed of one-fourth of a grain of sulphate of morphia, one grain of camphor, and two grains of the extract of hyoscyamus; but it is from the local applications made during the absence of the catamenia that you expect permanent relief. Although general medicinal treatment alone is powerless to subdue this disease, you must not neglect to avail yourselves of so powerful an accessory to the local means employed. You will find among all

classes that hygienic laws are daily violated, and you must include in your treatment of these cases not only such medicines as in your judgment are required, but you must not fail to give such dietetic and hygienic directions as may be required to improve the general health of the patient.

The reason the so-called local treatment of this condition is so often unsatisfactory is not that the disease is incurable, but that there has really been no local application made. There is no doubt that many of these patients have had a stick of nitrate of silver passed up the cervical canal time after time, and, while that may be proper treatment for cervical endometritis, it is worse than useless if it is the mucous lining of the cavity of the body of the uterus that is inflamed, for none of the application goes above the os internum. Now, as you all know that the distressing symptoms of inflammation of the lining of the cervical cavity are relieved by alterative applications, the fact that I desire to impress upon your minds to-day is that the inflammation of the mucous lining of the cavity of the body of the uterus will disappear just as surely if the proper remedies are applied to the parts diseased. The first step in the treatment is to dilate the cervical canal; this may be done at once by the uterine dilator, or by the slower action of the tent. Although a little time is lost by using the tent, it is by far the best method, and the only one I recommend you to employ in the treatment of these cases. The sponge-tent is perhaps the best, provided you can introduce it without difficulty; but, as it must be passed through the internal os, the resistance met with at this point is often considerable, and for this reason I have found the laminaria-tent, on account of its firmness and small size, much easier to introduce; and as the amount of dilatation required is not very great, I advise you to use it if you find any difficulty in introducing the sponge-tent. Having dilated the cervix, you introduce the vaginal speculum, and with a wisp of cotton twisted around the end of a probe remove the mucus from the uterine cavity; then with a sable brush you paint the entire cavity with the alterative you have selected for the purpose. Nitrate of silver is highly recommended; but, while I prefer it for cervical endometritis, I very seldom use it above the os internum. I have invariably been disappointed with it in the treatment of internal metritis, while with iodine I have had every reason to be satisfied. The formula I use is:

R. Potass. iodidi, ʒ ss;
Iodini, ʒiv;
Glycerinæ, ʒj. M.

The application may be made every eight or ten days; it gives but little pain, and the patient is required to keep her bed but one day. The length of time required to relieve these patients of course depends very much upon circumstances; while some will menstruate without pain after a few applications, others will require treatment for a much longer time before relief is experienced, and in some cases you will be obliged to resort to more powerful applications. After applying the above a number of