

should be produced and sustained for twelve or sixteen weeks. If doing good, it should render the tongue clean, moist and healthy looking, cause the digestion and appetite to improve, the complexion to become clear, and the health generally to advance. Should it weaken the pulse, or increase its rapidity, or cause diarrhoea or cough, its use should be at once suspended.

Be cautious particularly against its employment in slight cases, or where there is extreme exhaustion, or irritability, or a tendency to phthisis or stumous disease.

Rheumatism.—Dr. Meigs aptly remarks that when we find a patient, who, having previously been subject to rheumatic pains, bathes her limbs in cold water, or, wearing no drawers, is careless about getting wet or cold feet, the inference is that she has rheumatism of the womb when the menstrual flow becomes arrested or difficult, and the uterus highly sensitive. Such persons he recommends to wear flannel around the hips, dress warmly, and to take sulphur to keep the bowels soluble, after first purging them with the compound powder of jalap. Assuming this inference to be correct, it may perhaps account for the extraordinary successes and failures of Dr. Dewees' treatment with the volatile tincture of gusaiacum. I have frequently ordered this remedy, and occasionally with much benefit, but the success has necessarily been speedy, as I have never yet been able to induce a patient to take a teaspoonful of this disagreeable medicine three times a day for two or five weeks, as he directs. Dr. Dewees says that after forty years constant employment of the gusaiacum, he has never known it to fail in a case of uncomplicated amenorrhoea.

Caution.—Should any organic disease of the lungs, heart, womb, ovaries, kidneys, or other organ retard or suppress the menstrual flow, the tonic treatment alone must be resorted to, as any attempt to stimulate the uterus, would not only prove futile, but be fraught with danger.

After treatment.—Having succeeded in restoring the catamenia, Dr. Charles West remarks that it is not enough to take precautions the first time of menstruating only, that the period of its return should, even in the healthiest girl, be watched for, and all previous precautions repeated again and again, until the habit of healthy menstruation is established. And that this precaution bears with tenfold force on all cases in which the catamenia have been tardily, painfully, or difficultly accomplished; for if the bad habit be not broken through during the first years of womanhood, it will in all probability never be attained; and that many cases of long standing disease of the ovaries date back to some accidental suppression and want of care at the return of the few following periods.

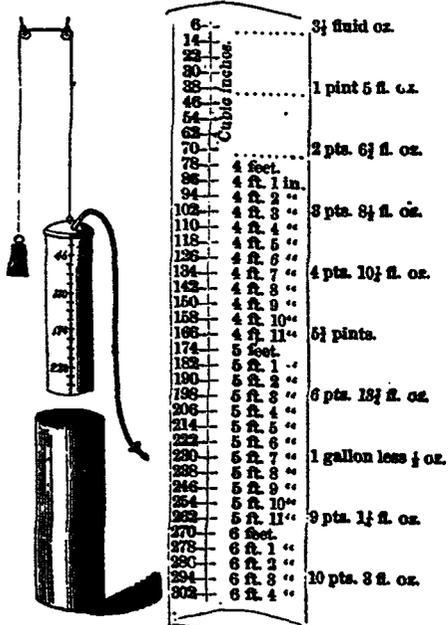
Arrest from sexual excitement.—Having had three cases of this form of amenorrhoea within the past year, I can bear testimony to the correctness of Dr. West's experience, that sexual intercourse, independently of pregnancy, not unfrequently arrests menstruation for two or three months, when its unexpected reappearance gives much joy to the single, and disappointment to those recently married, who find their hopes suddenly dissipated by the unwelcome return of the menstrual discharge.

The habitual sexual excesses of prostitutes, although they sometimes induce menorrhagia, yet in a great majority of cases suppress menstruation altogether, or render its return irregular and deficient in quantity.

A CHEAP SPIROMETER.

By W. E. BOWMAN, M.D.

A cheap spirometer may readily be made from two tin vessels similar in shape to the ones figured in the accompanying wood cut; the one should be about 20 inches long and 6 inches in diameter, and the other 18 inches long and 5 inches in diameter. The latter may be graduated into spaces of eight cubic inches by means of our ordinary gallon measure, which is the old wine measure of Great Britain and the one that is adopted by the United States Pharmacopoeia; it consists as every body knows of 8 pints of 16 ounces each, the ounce measuring 1.8 cubic inches.



Having placed the smaller vessel perfectly upright, measure into it a gallon of water less half an ounce, and with a rule ascertain the precise distance from the surface of the liquid to the brim of the vessel, then placing this measure outside of the tin, mark the height of the water as 230 c. in. In a similar manner with half a gallon and 10½ fluid ounces, mark 134 c. in.

Next divide the space between these two points into 12 equal parts, which will be measures of 8 c. inches each, and with the compasses continue the graduation upwards and downwards, placing the figures on the inverted vessel as here shown. If its diameter be everywhere alike the measure must be correct, its accuracy however may be readily tested by the annexed subdivisions of the same measure. The pulleys and counterpoise may now be adjusted to the graduated tin.

Next fill the larger vessel with water so that the smaller may be just covered when inserted as low as possible into it, and mark the height of the water on the inside of the larger tin. Then raise the small one gently until the 174 c. in. line appears even with the surface of the water, and make a second mark of its level. Finally put the third