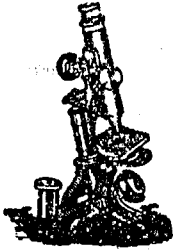


## Medical Matters.

### PRACTICAL HYGIENE IN PUBLIC SCHOOLS.



In an article on this subject in a recent issue of the *New York Med. Record*, Dr. Wilcox concludes:—

1. People must be made to understand that it is no disgrace if their children are not so strong, nor so receptive as their neighbour's. It will be an immense gain when the parents shall be made to understand that mental vigour depends largely upon bodily health.

2. Only the knowledge gained not at the expense of health, but accompanied by health, can be of real service. Education must mean better health if it is to mean anything.

3. Practical hygiene in the public schools, successfully carried out, is evidence of a growing recognition that home and school are parts of a single life; that the school is made for the health, happiness, and usefulness of the children; and that the breakdown in health of a schoolboy or schoolgirl from preventable causes is murder of the first degree, for which high averages cannot atone.

### THE MENOPAUSE.

An abstract of an article in the *Mobile Medical and Surgical Journal*, says: "J. L. Ellis finds the matter of the menopause a neglected field of research, and yet probably this epoch in a woman's life is more important than any other. The free action of the emunctories should be carefully maintained throughout this period. The menopause affects the kidneys by checking secretion. It is not yet determined just how this is done. Attention to food products and proper exercise should be given the preference over drugs wherever this is admissible. Milk and buttermilk are good diuretics, and so is water. In regard to the bowels, the writer inclines to the use of cascara and Epsom salts. The former should be taken regularly in 3- or 5-grain doses every night, or as often as may be needed. The salts are especially good for overcoming the congestion of the pelvic viscera. Preferable to either, however, is the use of laxative foods and fruits at breakfast. An adequate supply of liquids must not be forgotten. The morbid or peculiar action of the skin is most evident during the menopause, principally in two ways, flushings and sweatings. It

is natural enough that the extensive area of cutaneous nerve-endings should share in the common reflex or sympathetic disturbances, so-called, so prevalent at this period. There may be other disturbances, such as eruptions and œdema. During these periods women are usually in a sensitive, nervous state, in a condition of general hyperæsthesia. Excitement is apt to favour flushings, and should be avoided. As to treatment of this condition, the general condition of the patient must be considered, and everything possible should be done to ensure as normal health as can be secured. The bromides are given for excitability. In the case of feeble women the additional benefit of nux vomica or strychnine should be offered. Stimulation of renal activity often cures excessive sweating. Moderate daily exercise, especially in the open air, cold sponge bathing, or sponging the surface with alcohol, or tepid sponge-baths in the very weak, tone up the nervous system, so that sweating due to relaxation soon disappears. The circulation should be good and the respirations deep and frequent. A moderate amount of exercise ensures this better than any drug can do under most circumstances. One of the best exercises for the lungs is singing. Change of life is not a disease. No special disease is peculiar to this period. The key to the treatment is to remember the hypersensitive state of the reflexes."

### WHITLOW.

Dr. Wallace Lee, of New York, as reported in the *Medical Annual*, has some interesting suggestions to make as to the treatment of whitlow, an affection which is too often treated by amateurs, so that when first seen by the surgeon the inflammation is far advanced and septic infection present. In the severe forms an anæsthetic is given, and the parts placed in as aseptic a condition as possible. After the application of an Esmarch bandage, an incision is made from a point a little beyond the inflammation to the tip of the finger, down to the bone if necessary. All pus and sloughing debris is cleared out with peroxide of hydrogen, and the cavity well washed with a 1 in 1,000 perchloride solution. All diseased tissue is then removed and the cavity swabbed out with pure carbolic, followed by a washing with alcohol, which prevents over-action of the carbolic acid. A moist dressing of gauze and perchloride is applied, and over this rubber tissue, cotton wool and a bandage.

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