

on a couch, the lower part of which is raised by wooden blocks, by books, or by other means, twelve to eighteen inches from the floor, so that the lower limbs and pelvis are raised to that extent by an inclined plane above the rest of the body. In many cases, this causes a feeling of fulness in the head, or giddiness, and it is therefore often advisable to raise the head and shoulders by pillows. In many instances, this simple method alone is sufficient to control the losses, and to save the patient the heavy drain upon her strength thereby caused. The treatment has to be carried out patiently, however, month after month, sometimes year after year; but, however galling it may be at first, in the great majority of instances, amongst the upper classes, the improvement which is experienced in the general health and strength, and still more the improvement which is shown in the general appearance of the patients, is, as a rule, sufficient to reconcile them to carry it out consistently. Especially in younger women, I have often seen profuse losses caused by fibroid growths so far checked that the patient was able to get about during the inter-menstrual times with comfort and ease. I am inclined to believe that the growth of the fibroids in such cases is also diminished, even if it is not altogether checked. Perhaps no one has a sufficiently accurate memory, combined with a sufficiently large experience of these cases, to be able to speak dogmatically on the matter; but I believe, on the one hand, that fibroid tumours tend to grow more rapidly when the patient's health is depreciated or when great demands have been made upon her strength. It has already been pointed out, for example, how often fibroid tumours take on active growth during pregnancy and lactation; and after serious illnesses of various kinds, and when the patient has been exhausted by severe and continued hæmorrhage, the same result is often observed. On the other hand, I certainly remember many cases in which the treatment by rest was adopted years ago, for losses evidently caused by fibroid growths, and in which the losses have been completely checked, whether or not in consequence of that treatment; and coincidentally there has been little or no increase in the size of the tumour during some ten or fifteen years. I also have carefully observed many other cases in which, either from the social circumstances or domestic duties of the patient, treatment by rest was impossible or only possible to a limited extent; and in those cases the losses continued more or less, and despite all other treatment the tumour at the same time steadily continued to grow.

The explanation probably is the influence of the rest treatment on the general health of the patient in the one case, and the influence of ill-health upon the tumour itself in the other instance. As I have, however, no accurate figures to present, I would not labour the point; but merely advance

it as an impression which I have gained during some twenty years' careful observation and experience of some hundreds of cases, that the rest treatment, if persisted in, not only diminishes the uterine losses to which the patient is subject, but probably has some effect in diminishing the growth of the tumour itself.

The next method of medicinal treatment, to which I would call attention, is based upon the arguments I have already employed—that the losses due to fibroid growths can be checked or lessened by assisting the venous circulation through the uterus. It is perhaps generally known that the influence of constipation in producing uterine pain is very great, so that very often the most rapid method of relieving such pain is to give a brisk aperient. In the great majority of such instances, I believe that the pains are due to uterine congestion, consequent upon overloading of the pelvic veins, and that this engorgement can be most rapidly removed either, as I showed some years ago, by means of local bleeding, or by, so to speak, tapping the intestinal veins, and thus depleting the pelvic circulation by means of saline aperients.

Anti-Tuberculosis Work in America.

A fresh proof of the enterprise of our medical friends across the water is the publication of a "Directory of Institutions and Societies dealing with Tuberculosis," which has been issued under the joint auspices of the Committee on the Prevention of Tuberculosis of the New York Charity Organisation Society and the American National Association for the Study and Prevention of Tuberculosis.

The book is designed to give a birds-eye view of all that is being done in the various parts of America and Canada for the prevention of consumption, and for the care and cure of consumptives. It is attractively bound in blue linen, somewhat suggestive of a nurse's uniform, and is divided into six parts:—1. Sanatoria, hospitals and camps. 2. Special dispensaries. 3. The tuberculous insane. 4. Tuberculous prisoners. 5. Municipal control of tuberculosis. 6. Associations for the prevention of tuberculosis, including societies, committees, and State committees. The price of the book is one dollar.

Dr. Koch still maintains the opinion that bovine tuberculosis is not communicable to man. Three years ago the Russian Minister of Public Instruction instructed all physicians in charge of the public hospitals to report all cases which came to their notice of bovine tuberculosis having been transmitted to man. He is still waiting to hear of the first case.

[previous page](#)

[next page](#)