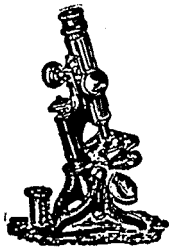


## Medical Matters.

### THE FINSEN LIGHT TREATMENT OF LUPUS.



The Finsen Light Treatment of Lupus, which was first introduced into this country, where it has relieved or cured many persons suffering from the disease, by her Majesty the Queen, is a subject of much interest to nurses, to whom is often entrusted an important share in its application. The Copenhagen correspondent of the *Lancet* reports that at the recent meeting of the Danish General Medical Association among the scientific contributions to the meeting the report of the director of the Finsen Light Institute, Dr. Forchhammer, took a prominent place. Having chosen the different local treatments of lupus for his subject, he conceded that the X rays were certainly able to do a considerable amount of good, especially in the hypertrophic form of lupus, but recurrence took place only too easily. In some cases recovery might be brought about by freezing the affected area, but necrosis was not seldom seen to set in, especially in the case of the tip or alæ of the nose being treated in this way, so that the patient's last state was worse than his first. The best form of local treatment was the Finsen light treatment. In cases of more than five years' standing it was often impossible to get a successful result, but even in these cases the patients were as a rule considerably improved, and the spreading of the destructive process was prevented. In more recent cases the results were extremely satisfactory and such cases might in the future be expected to form the majority of the clinical material of the institute. Out of 500 recent cases whose duration was from one to four years 53 per cent. had recovered, and this result had been verified by observation extending over two years or more. An additional proportion of 22 per cent. had also recovered, but the time of observation was too short to decide whether the good effect would be permanent; 12 per cent. were still under treatment on account of frequent relapses usually arising in the mucous membrane of the nose. In several of these cases the prognosis was, perhaps, bad. In 13 per cent. the treatment had been discontinued, and of these patients about one-half had died. Dr. Forchhammer illustrated his remarks by showing about 100 lupus patients who had not previously made their appearance at any congress.

The results so far attained are most encouraging.

## Lectures on Anatomy and Physiology as Applied to Practical Nursing.\*

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It will be understood, therefore, from what has been already said, that the most common cause of nerve affections is diminished power of the nerve tissue or cells, because they are not being supplied with sufficient nourishment, or because, for some other reason, their ability to transmit messages from the brain has been lessened. Amongst these reasons a very common cause is some form of poison, and, perhaps, most frequently the alkaloid called *Nicotine*—due to excessive smoking of tobacco—*Opium*, *Cocaine*, and *Chloral*. Each of these drugs acts as a nerve sedative when taken in small doses, and, of course, each one has, in this respect, valuable properties. It is, therefore, their abuse, and not their legitimate employment which is so dangerous. Unhappily, in these days of rapid progress, and equally rapid living, the nervous system of everyone is subjected to greater strain and stress than was usual fifty or a hundred years ago; and it is not surprising that many people now declare it to be almost impossible for them to live without taking some drug to steady their nervous excitability; nor that, having neither the knowledge, nor in many cases the courage, to limit the use of the sedative, they abuse its beneficial effects by taking it in larger and larger quantities. The man who is overworking his muscles or his brain, finding that tobacco soothes and relieves the resulting exhaustion, too often increases the quantity he smokes until the limit of its sedative power is over-reached, and then its poisonous effects gradually exhibit themselves. In like manner, the woman who thinks herself compelled to take cocaine or chloral to rest her over-excited nervous system, or to take opium to relieve some painful affection, too often persists in the use of the sedative, and, as it inevitably loses its effect, takes larger and larger doses in order to obtain the same results, until at last the poisonous effects show themselves, and she becomes also a slave to the habit; whilst the nervous system, already weakened by the poison, grows less and less capable of control; and finally, both

\* These Lectures commenced on October 6th, 1906. Back copies of the Journal (post free 3d. each) can be obtained from the Offices.

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