

**Medical Matters.****ARTIFICIAL RESPIRATION.**

THE old-fashioned system of raising the arms above the head so as to expand the chest, and then depressing the arms and compressing the chest walls, in order to fill and empty the lungs of air, is an excellent method of performing artificial respiration. An improved and valuable procedure has recently been advocated which consists in drawing forward the tongue and allowing it to retract, steadily and regularly; the effect being to draw forward the epiglottis and to excite the respiratory efforts. A case has just been reported in a French paper which proves the usefulness of the method. Some boatmen heard a body fall into the water near where they were rowing, but owing to the darkness of the night several minutes elapsed before they found and rescued a young woman who was apparently dead. Dragging her into the boat, they opened her mouth with the handle of a knife, and seizing the tongue drew it forward, and allowed it to retract, steadily for about ten minutes, when the natural respiratory efforts returned, and she recovered consciousness. The system has, for some time past, been used when death seemed threatened during the administration of chloroform, the principle involved being of course the same. It must, however, be remembered, that while anyone can raise and depress the arms, it is sometimes not entirely easy to grasp the tongue of an unconscious person. And if this is done, precautions must always be taken to prevent the patient biting the tongue severely.

**THYROIDISM.**

THE effects produced upon certain patients by the administration of extract of the thyroid gland are very well known. The treatment is now so largely employed for various diseases, that a certain number of patients exhibit the peculiar idiosyncrasy to the remedy which was in its early days regarded as a medical curiosity. The chief symptoms of thyroidism, as it is called, are great restlessness, profuse sweating, and frequent vomiting; just as, for example, in cinchonism, or poisoning by quinine, the patient complains of extreme headaches and ringing in the ears. Unless some very special reason

exists, whenever such symptoms show themselves, the remedy is discontinued; because, to persevere with it under these conditions, would lead to more acute evidences of poisoning. An interesting case has recently been published in which an infant showed the ordinary signs of thyroidism. During the time its mother was being treated by the extract, the child became very ill, and the treatment was therefore stopped, the child becoming quite well again. On two subsequent occasions, when the extract was given to the mother, the child at once became affected, recovering as soon as the medicine was stopped. Finally it was weaned, and then remained quite well. An interesting point about the case is that the mother never exhibited any signs of thyroidism.

**CATCHING COLD.**

It is now generally admitted that catching cold is largely due to contagion, influenced of course to a large extent, as is the case with all other contagions, by the susceptibility of the patient. Just as one man is able to face, with impunity, the contagion of one of the infectious fevers, or of pneumonia, because of the protective influence of good general health, another is laid low by it because his physical condition is not in a fit state to protect him. So, "catching cold" is the special affliction of persons in a bad state of health, whilst it rarely attacks those whose general condition is good. It has been well pointed out that this particular form of contagion exists chiefly in ill-ventilated places. Churches especially, and houses in which fresh air is not regarded as an essential condition, are those in which the contagion most rapidly spreads from man to man. The "dim religious light" to which church dignitaries are so much devoted, and which is obtained by stained windows and other artificial means of excluding the rays of the sun and fresh air, therefore offers an excellent culture ground for the contagion of disease. It can never be too frequently repeated that fresh air is the first essential to health, and that sunlight is the greatest destroyer of bacterial life. The great object to be aimed at is the admission of light and air into dwelling rooms, and especially into those places where numbers of people congregate together, such as churches, theatres and schoolrooms. If this fact were more clearly understood, there is no doubt that the various epidemics from which the world now suffers would be very materially reduced in their virulence.

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