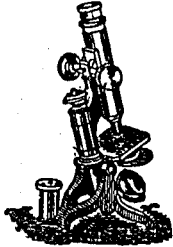


Medical Matters.

INGROWING TOE-NAIL.



Mr. Charles R. Keyser, in the *Medical Times*, says ingrowing toe-nail is of such common occurrence and causes so much pain and inconvenience to its unhappy possessor that it is worth while to consider in detail its causes and treatment.

It arises from wearing pointed boots, so that the toes are squeezed together, and the outer edge of the nail, generally of the great toe, is pressed into the skin and causes ulceration. The condition is often aggravated by the patient cutting away the corner of the nail, thereby leaving a sharp edge. The ulceration leads to the formation of large painful granulations, which discharge foul-smelling pus and prevents the patient taking any active exercise.

In quite the early stages the best method of treatment is to insert daily under the outer angle of the nail a small piece of aseptic wool, so as to take off the pressure. On no account should the nail be cut away; on the contrary, it should be allowed to grow until it projects well beyond the skin, and then cut quite square. Properly-fitting boots must, of course, be worn, otherwise the condition will recur.

Other methods are to file the nail down until it is quite thin and flexible and then to cut a small wedge out of the centre of the edge; or a thin piece of tinfoil may be inserted under the outer edge, but in slight cases the wool answers perfectly well. If seen for the first time when ulceration and granulations are present, strict attention should be paid to cleanliness, and the wool should be soaked in some astringent solution, such as Lot. Plumbi (B.P.) or Lot. Hyd. Perchlor. (1—4,000). In more severe cases removal of the nail is the only method which gives any prospect of cure, and even after this it not unfrequently happens that recurrence takes place. I have come to the conclusion, therefore, that in these cases it is better to cure the condition once and for all by the radical measure of removing the nail and the whole of the matrix, so that the nail never grows again. After slitting the nail down the middle and pulling out the two halves by means of a pair of forceps (a Spencer Wells' artery clip answers as well as any other instrument), an incision about a quarter of an inch in length is made through the centre of the semi-circular

fold of skin at the base of the nail in direction parallel to the toe. The two small lateral flaps thus made are dissected up and an incision made across the matrix right down to the bone, and the whole of the bed of the nail shaved off. Only slight oozing of blood takes place, and a single suture is all that is necessary in order to draw the flaps together. A simple dressing is applied, and in a very short time the surface of the wound becomes quite hard and horny, but the nail, of course, never grows again.

INTERSTITIAL NEPHRITIS.

"The Treatment of Interstitial Nephritis" is the title of a paper by Dr. D. C. Piniarta which appears in the *Albany Medical Annals*. The author dwells on the importance of a suitable climate being found for the sufferer from chronic renal disease. The winter should be passed in a dry, balmy climate, free from fogs, damp, and constant change of temperature. We are persuaded that the great prevalence and deadly results of chronic Bright's disease in this country are really due to the climate, which is the worst possible for the treatment of renal maladies.

TO LIVE ONE HUNDRED YEARS.

These are Sir James Sawyer's seventeen rules for living 100 years:—

1. Eight hours' sleep.
2. Sleep on your right side.
3. Keep your bedroom window open all night.
4. Have a mat to your bedroom door.
5. Do not have your bedstead against the wall.
6. No cold water in the morning, but a bath at the temperature of the body.
7. Exercise before breakfast.
8. Eat little meat, and see that it is well cooked.
9. For adults. Drink no milk.
10. Eat plenty of fat to feed the cells which destroy disease germs.
11. Avoid intoxicants, which destroy those cells.
12. Daily exercise in the open air.
13. Allow no pet animals in your living-rooms.
14. Live in the country if you can.
15. Watch the three Ds—drinking-water, damp, drains.
16. Have change of occupation.
17. Take frequent and short holidays.

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