

main divisions in the extent of the disease. "So long as the peristaltic power is intact the constipation may be considered as a simple sluggishness of the bowel; when the power is deficient, but not altogether lost, a more serious condition of habitual constipation exists; but when the power is absent, then a severe variety of chronic constipation has gained a firm hold and will tax the patience of the patient, and the resources of the doctor." In the treatment of simple constipation attention is directed to the value of the cultivation of a fixed time for obtaining relief. Again, the influence of diet, and the value of whole-meal bread, fruit, and vegetables is emphasised, while at least two pints of water should be taken in the twenty-four hours apart from food.

In describing the treatment of habitual constipation the author draws attention to the value of skilled massage, and to the danger attending the practice in inexperienced hands.

"The masseuse who is acquainted with the anatomical structures beneath the surface is not likely to exercise too much force, but the rubber who is ignorant of the delicate structure of nerves, blood-vessels, and internal organs pounds away with a vigour which would be most commendable were it not dangerous.

"The prevalence of appendicitis was practically coincident with the introduction and popularity of massage, and it is a serious question if unskilled massage is not largely responsible for the increase of this complaint.

"The appendix is a small blind tube which secretes an oil for the lubrication of the bowel. It is frequently asserted that the appendage is quite useless, but, apart from the statement being fallacious, it is most unreasonable to conclude that any portion of the human anatomy exists merely for the production of disease, or for the sake of removal by operation.

"When the bowels are constipated, unskilled massage can force the contents within the tube, causing irritation which leads to inflammation and abscess. Rough manipulations may also injure and bruise the appendix as well as the bowel, so the importance of a masseuse possessing a knowledge of the position of this delicate structure cannot be over-estimated. It is only fair to add that the masseuse is very often not to blame for the baneful results which do occur. She is frequently sent for by a patient who has had a previous course of massage, and told to do general massage. She is paid by the hour, and the full time, irrespective of the patient's strength, is exacted of her, and unless she puts considerable force into her manipulations she is deemed inefficient."

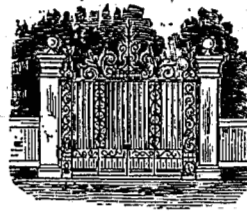
In chronic constipation, where the peristaltic power is completely lost, the use of electricity and suitable nerve tonics is recommended.

In conclusion, we are told that the treatment of constipation is apparently a simple matter, but in reality it is a complicated problem. "The cure of constipation requires, first, accurate diagnosis; secondly, judicious and skilful treatment; and, lastly, patience and perseverance on the part of both patient and doctor."

It will thus be seen that even in this disease, which most persons feel quite competent to treat by "taking a pill," it is wise to seek medical advice.

Outside the Gates.

WOMEN.



Of the fifty-one learned societies flourishing amongst us, only thirteen admit women as Fellows. The Linnean Society, however, will ere long join this company of the elect, for nothing now stands in the way, thanks to a special meeting on Thursday, January 22nd, but the formality of obtaining a charter supplementary to that gained 100 years ago from George III.

Probably the first lady to be elected to fellowship will be Mrs. Farquharson, of Haughton, Aberdeenshire, herself a distinguished scientist, who initiated the movement "that duly qualified women should have the advantages of full fellowship in scientific and other learned societies, e.g., the Royal, Linnean, and Royal Microscopical." The word "full" is necessary, because she has been a "Fellow" since 1881 of the last-named society, but the invidious distinction was made of permitting women to compete for election, and then, though elected, forbidding them to attend the meetings on account of their sex.

The Botanic Society and the Royal Geographical Society have already admitted women.

A Bill to legitimatise children by registration has been introduced into the Victorian Legislative Assembly by three Labour members. The Bill provides that either parent of an illegitimate child shall have power to have the child recognised as legitimate by registration, and in such case the child will have the same rights with regard to the parents as any other child.

"Women are regarded in Morocco as dogs or imbeciles," writes Miss Isabel Savory in the *Lady's Realm*, but in the course of her article she tells a story which creates quite a different impression regarding their influence in Moorish households.

"We were at a tea party on one occasion at the house of the late Alarbi Abresha, a wealthy and enlightened Government official, who, having rapidly lined his pockets, spared no dollars to enrich his house. Among others he bought two Circassian slaves from Turkey; one he presented to the late Sultan, who is the mother of the present Sovereign; the other—Fatima—he kept for himself and made head of his house.

"Fatima caused two of her fellow-slaves to be so beaten that one of them died; the other was terribly injured; this woman, swearing vengeance, when she recovered, told her master she had seen Fatima looking out into the garden at a gardener working below. The jealous Mahomedan was furious, and had Fatima chained up to a pillar in a room and fed on bread and water for three months. But when he relented and offered to re-install her in her old position (he had been treating her as the lowest slave), her pride rose and she refused.

"To cure her, Abresha married. Time passed; his Moorish wife was annoyed at her husband's in-

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