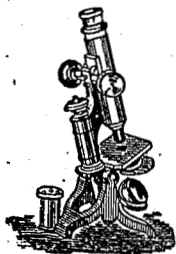


## Medical Matters.

### OPERATIVE TREATMENT OF TYPHOID PERFORATION.



Dr. Hagopoff, of Constantinople, concludes, from a study of the results of perforation of the intestine in typhoid fever, that in spite of the fact that recovery occasionally follows the employment of medical measures, the only rational and efficacious line of treatment is by operation. He admits the difficulty sometimes met with in the diagnosis of perforation, but he considers that the sudden onset of abdominal pain, and protective rigidity of the abdominal muscles, particularly when accompanied by a modification in the pulse and an alteration in the facies, are sufficiently characteristic symptoms to warrant operation. Changes in the temperature are of little diagnostic importance, and rigors and loss of liver dulness appear too late to be of practical value as guides to operation. In some cases the occurrence of perforation gives rise to symptoms which suggest intestinal obstruction. In such cases, also, operation is indicated. The co-existence of hæmorrhage and of peritonitis adds to the urgency of the case. The examination of the blood is of doubtful value.

To ensure success from operative treatment, the operation must be performed at once, and the patient must be in a sufficiently good condition to stand it. An analysis of numerous statistics shows that from 23 to 26 per cent. of cases operated upon recover. The operation must be carried out as rapidly as possible. Drainage is always indispensable. Lembert's sutures are recommended for the closure of the perforation. Washing out the abdomen with a copious flow of saline solution is preferable to cleansing with sponges or compresses.

### LOSS OF SLEEP.

An American physician, Dr. Gilbert, has made experiments upon himself and two others on this subject. He points out that in practice loss of sleep is a symptom, and its results are partly to be accounted for by the underlying cause. The three subjects were aged between twenty-four and twenty-eight, regular in habits, healthy, and each accustomed to about eight hours' sleep nightly. Each was kept awake for about ninety hours, during which a long set of experiments was repeated

at six-hourly intervals. Thereafter they slept for an average period of twelve hours each, and awakened refreshed and well. Daily rhythm in sleepiness had been well-marked, the sleepest period being about dawn. The following is a summary of their definite conclusions: The pulse-rate is progressively slowed by loss of sleep, and after twenty-four hours any exercise, which during that period increased, decreases it markedly; the temperature is progressively lowered, but rises to normal after sleep; muscular strength is markedly decreased; reaction time and reaction with discrimination and choice were markedly lengthened, but only after seventy-two hours of wakefulness; acuteness of vision was increased and of hearing decreased; the power of memorising was profoundly impaired and latterly almost entirely lost; and the power of naming letters and of adding figures followed a similar course; less and less nitrogen was excreted per hour during the sleep fast, whereas the excretion of phosphoric acid was increased.

### HOW NOT TO BE NERVOUS.

Dr. Hugh T. Patrick, of Chicago, says the *American Journal of Nursing*, delivered an address on this subject at a meeting of the Mississippi Valley Medical Association. He laid much stress on prophylaxis. For preventing nervousness in children, or removing it when present, the mind and body should be toughened. Tough muscles, strong lungs, and a vigorous digestion, the ability to stand changes of temperature and endure pain, enable a child to withstand nervousness. The child who could support disappointment, be crossed without a tantrum, and who habitually obeyed had a bulwark against nerves. To procure this toughness a certain exposure to mental hardship and bodily discomfort is necessary.

In adults a large proportion of nervousness is caused or helped by misdirected energy, misplaced worry, longing for baubles, the fighting of phantoms, &c. To recognise the important things in life was one of the most difficult tasks of judgment for any individual. In conclusion he said: "If you wish never to be nervous, live with reason, have a purpose in life and work for it, play joyously, strive for the unattainable, never regret the unalterable; be not annoyed by trifles; aim to attain neither great knowledge nor great riches, but unlimited common sense; be not self-centred, but love the good and thy neighbour as thyself."

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