

Practical Points.

Khartoum Cleared of Malaria. Dr. Balfour, of the Gordon College at Khartoum, seems to have succeeded in clearing that locality of the mosquito pest. It has been established that the mosquito at Khartoum is malaria-bearing, and is, indeed, held to be the cause of all the malaria of the country. Dr. Balfour has attacked it in the breeding-places. In Khartoum there are 700 wells, and most of them are the haunt of mosquito broods. They have been treated with crude petroleum, which affects their public utility only for two or three days, but keeps them clear of mosquitoes for a month. In order that there may be no importation from the plague-spots farther south, steamers are stopped a mile and a-half from Khartoum and thoroughly disinfected.

The Medical Treatment of Appendicitis. Dr. A. J. Hall, of Washington, D.C., in a paper read before the American Therapeutic Society, according to a synopsis in the *Medical Record*, believed that so

many cases recover without surgical interference that therapeutics had not received the credit to which it was entitled. Appendicitis might be treated medically with a fair proportion of as good results as those obtained by the surgeon, the proportion of recoveries being so large that the physician could safely count upon successfully carrying his patient through the first and second acute attacks. The proposition to operate should be considered in the interval between the second and prospective third attacks. He presented statistics in favour of this view. This included every variety, from the mild "catarrhal" to the severest "pus" cases. His treatment was as follows:—Rest in bed; hot poultices to the abdomen; liquid diet, mainly milk, four to six ounces daily; internally, the arsenite of copper and creosote; no purgatives nor opiates. His conclusions were that (1) the tendency in appendicitis was towards recovery; (2) all acute cases should be treated medically until, after mature deliberation, it was shown that operation offered a better prospect for recovery; (3) in recurrent cases operation should be advised in the interval after recovery from the second attack.

Practical Application of Hydrotherapeutic Measures.

Dr. Charles S. Millet, in an interesting paper on this subject in the *Boston Medical and Surgical Journal*, advocates the application of cold and heat to the skin, the great organ of sensation, which contains so many blood-vessels that it is said they will hold half the blood in the body. After endorsing cold sponging for the reduction of temperature, he says:—"The local application of heat and cold acts on the part treated in a similar manner as the full bath does on the whole body. If a joint or muscle is very hot, apply ice; but if the disease is of a sub-acute nature, and the circulation and function impaired, first apply heat, and then cold, perhaps with gentle friction. Ice is too often used to need more than a passing word. It is certainly the best substitute for opium, but should not be used constantly, because it will finally cause paralysis of the vasodilators. I do not think it is applied over the pre-

cordia with the frequency that it should be; placed here, its effect is exactly like digitalis; and the beauty of it is that it acts with great rapidity, that it has no cumulative action, and that it does not disturb the stomach. In cases of collapse or shock, it is as important to put an ice-bag over the heart as it is to apply heat to the extremities; and how often is it done? Ice over the epigastrium will greatly relieve the thirst which follows abdominal operations."

Vitality of Germs of Diphtheria for a Long Time.

A health officer in Mecosta County, Mich., reports to the Secretary of the Michigan State Board of Health that twenty years ago Mrs. T. lost a daughter by death from diphtheria, and then some of the girl's clothing was put away in a chest and nailed up. The chest was not disturbed until this spring, when the mother, seventy-five years of age, opened it and looked over the clothing, soon after which she was taken sick with diphtheria, and died June 17th, 1904. The health officer believes she contracted the disease from the clothing infected twenty years ago.

Subcutaneous Injection of Olive Oil for Nutriment.

Dr. Keyes, in *Canadian Journal of Medicine and Surgery*, reports the use of subcutaneous injections of olive oil in nine cases of pulmonary tuberculosis, with the result of diminution of cough and night-sweats and increase in strength and weight. The injections were made over the shoulder-blades on successive days by means of an aspirating syringe, the piston being reversed with a thumb-screw. Twelve cubic centimetres were introduced on the first and second days, twenty-four on the third and fourth days, forty on about the fifth day, and, unless unpleasant or inconvenient symptoms arose, the amount was gradually increased to the tolerance of the patient. Poorly-nourished patients will, it is stated, sometimes assimilate as much as 200 cubic centimetres daily. It is thought that the oil injected undergoes digestion, in part as the result of the activity of the blood, particularly the leucocytes.

Fruit.

Fruit alone will not sustain life for any great length of time, says the *Hygienic Gazette*, but helps to furnish a variety in the diet.

It stimulates and improves appetite and digestion, relieves thirst and introduces water into the system; acts as a laxative or astringent, stimulates the kidneys, and supplies the organic salts necessary to proper nutriment.

Among the laxatives are figs, prunes, dates, nectarines, oranges, and mulberries.

The astringents are blackberries, dewberries, raspberries, pomegranates, quinces, pears, wild cherries, cranberries, and medlars.

The kinds used for diuretics are grapes, black currants, peaches, whortleberries, and prickly pears. The refrigerants are red and white currants, gooseberries, lemons, limes, and apples.

Apples are useful as a stomach sedative; and will relieve nausea, and even sea-sickness.

Grapes and raisins are nutritive and demulcent, making them excellent for the sick-room.

[previous page](#)

[next page](#)