

establishments with sterile towels, and glasses were selected from the shelves, wrapped in the towels, and returned to the laboratory. The rims of these glasses were dipped in warm nutrient agar, and the culture media so obtained incubated for 48 hours, and the resulting number of colonies counted. Establishments from which the glasses were collected were then graded A, B, C, D or E, according to the count.

To-day, however, the technique has changed. Ten glasses from each establishment are selected, and a swab of the rim taken and placed in a test tube of sterile water. The water is plated and counted after 48 hours' incubation. Classification also is simplified, now rating as follows:—

Excellent ... ..	0.50
Average ... ..	51.500
Poor ... ..	500.00 up

The results are widely published, and this has a good effect on proprietors of establishments, who are thus encouraged to maintain a good rating.

This is only one of the many health inspections that are carried out in this city. All persons handling food for consumption must have a physical examination twice a week. City doctors do this free of charge, or the individual may go to his private physician.

However, to return to the problem of glasses. The time factor prevents heat sterilisation. Various germicides have proved efficient, but good, soapy, clean, hot water is more effective.

But other means of sterilisation of glasses have been discovered and are now in use. G. Edward Pendray, in the *North American Review*, writes: "Inexpensive ultraviolet lamps are already in use in meat markets to preserve food against bacterial decay; in restaurants and soda fountains to sterilise glasses. Hospitals are using them experimentally to reduce the danger of infection during operations." Public Health will take a great step forward when either by legislation or moral obligation, the health of the people is safeguarded by the use of such methods.

#### TREATMENT OF BRONCHIAL DISEASES.

A promise of considerable relief in bronchial, asthmatic, and other respiratory diseases is held out by a paper published in the *Indian Medical Gazette*, which describes the result of research undertaken by Dr. H. F. Carter, medical entomologist in Ceylon, Surgeon Lieutenant-Commander G. Wedd, of the Royal Navy, and Dr. V. S. E. d'Abbrera, medical assistant in entomology in Ceylon.

Research was begun with the discovery of a mite in a sample of sputum under the microscope. Mites had not previously been revealed in sputum owing to the method adopted in the examination of sputum for tuberculosis and related disorders. A special technique was therefore evolved, and it led to the detection in the sputum of bronchial sufferers of mites apparently inhaled into the lungs and bronchi, and actually breeding there. Mites were found abundantly in dusty houses and in places where food and grain were stored, as well as on certain species of flowers, for example, temple flowers.

Side by side with the entomological investigation, prognosis and cure went on, and it was found that arsenical preparations quickly destroyed the mites and put an end to the symptoms.

## HAEMORRHOIDS, THEIR CAUSE AND TREATMENT.

By MISS L. GODDARD, S.R.N.

Hæmorrhoids or piles are varicose veins of the anal region and grow from the mucous membrane of that area, consisting in some cases of a vein or veins covered by hypertrophied skin. The vein dilates and appears as small tumours.

These swellings may be formed owing to the blood coagulating either in the vein or due to rupture of a vein, or due to inflammation of the veins and hypertrophy of the folds of the mucous membrane about the anus.

In some cases it is composed of a small knot of varicose veins which upon pressure will disappear, to return when pressure is removed and the blood returns to the vessels; but some appear quite solid, due to continual inflammation of the tissues surrounding them. Should the tissue be composed of erectile tissue, hæmorrhage is liable to occur easily; hence the term bleeding piles.

*Cause.*—The causes are many. They are common in young men and middle-aged pregnant women, or in others who stand for long periods. Another cause is over-eating and sedentary habits accompanied with constipation, so often seen in middle-aged people.

Dysentery, alcoholism, and portal congestion which tends to retard the blood from the veins of the rectum, or an intra-abdominal tumour or constipation which causes the hardened fæces to press upon the veins in the rectum and prevent the return of the blood, the irritation set up by the fæces during evacuation of same, or the continual use of purgatives or inflammation of the prostate gland, may cause hæmorrhoids to appear.

*Varieties.*—Internal hæmorrhoids are small, smooth, rounded in appearance and usually about the size of a grape and cherry-red in colour. They are covered by hypertrophied mucous membrane which covers the dilated veins and may extend as far as two inches up the bowel. Some of the hæmorrhoids are quite thick and firm, while others easily bleed; the bleeding may be so profuse as to endanger life or cause severe anæmia. They are accompanied by pain, slight itching in the anal region and a dull aching pain after evacuation of any fæces. The hæmorrhoids may prolapse and eventually ulcerate, and blood and mucoid discharge be seen.

Should the pain be sharp in the rectal area and not a dull ache, it is usually due to a fissure.

External hæmorrhoids are small, tumour-like swellings easily to be seen as they hang below and around the anus, becoming larger or in some cases disappearing altogether, and are of a brownish colour or purple.

In some people a slight chill may cause the hæmorrhoids to become inflamed and a slight hæmorrhage may ooze from them until the inflammation subsides.

In some cases, if the inflammation is severe, they may suppurate, and sloughing, too, may occur, due to strangulation by the sphincter muscle. They may cause occasional pain for years, the symptoms being quite slight at first, with a feeling of a dull pain in the anal area and a sensation of heat, the pain becoming acute with evacuation of the bowels. Otherwise, they may cause little trouble.

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