

ART. I.— *On the Management of Women after the cessation of Menstruation.* By Dr. E. J. TILT.

[The superabundance of blood and nervous energy after the cessation of the menstrual flow, may be safely and effectually kept down by the habitual use of small doses of purgatives ; and as they may have to be continued some length of time, it is best to consult the patient as to what medicine would be best tolerated. The purgative to be used depends upon the constitution of the patient. Perhaps the best is some mild purgative which has been found to agree with the patient. Dr. Tilt continues:]

I frequently prescribe the soap-and-aloes pill of the Edinburgh pharmacopœia, ordering five or ten grains to be taken with the first mouthful of food at dinner. Hemorrhoidal affections I have never seen *caused* by this frequent use of aloes, but I have seen them relieved by it ; and as I read in Giacomini's treatise on materia medica, my experience on this point is confirmed by that of Avicenna, Stahl, Cullen, and his own, so I think there must be some exagger-

ation as to the extraordinary property generally ascribed to this valuable drug, which can be associated with hyosciamus, and is thus said to be less liable to induce piles. Kemp and Hufeland recommend the following powder to be given to those who are advanced in years, and who complain of a tendency to vertigo:—Guaiacum resin, cream of tartar, of each half a drachm, to be taken at night. This no doubt, will sometimes be found a useful laxative; so will the popular remedy called the Chelsea Pensioner, of which Dr. Paris gives the following formula in his excellent pharmacologia:—Of guaiacum resin, one drachm, of powdered rhubarb two drachms, of cream of tartar and of flour of sulphur, an ounce of each; one nutmeg finely powdered, and the whole made into an electuary with one pound of clarified honey; a large spoonful to be taken at night. I generally administer the flour of sulphur alone, or else to each ounce of it add a drachm of sesqui-carbonate or of biborate of soda, and sometimes from five to ten grains of ipecacuanha powder. One to two scruples of these powders taken at night in a little milk, is generally sufficient to act mildly upon the bowels, and I consider such combinations as very valuable when a continued action is required.

I feel obliged to class sulphur among the purgative remedies, because such is its visible action, but I believe it owes its chief virtue in diseases of cessation, to another action, much more difficult to understand, and which has long rendered it so valuable both in hemorrhoidal affections, where there is an undue action in the intestinal capillaries, and in skin diseases marked by a morbid activity of the cutaneous capillaries. Whether sulphur cures by acting on the nerves, or on the blood vessels, or by modifying the composition of the blood itself, it is difficult to tell, but it does certainly cure the diseases I have enumerated. It forms part of the many popular remedies for the infirmities of old age, was recommended by Hufeland, and is lauded by Dr. Day in his work on the diseases of old age, but its utility is not known in all derangements of the menstrual function, at whatever period of life they may occur, and particularly at the change of life, where, if required, its action may be continued with impunity for months and years.—*Provincial Med. and Surg. Jour.*—*St. Louis Medical and Surgical Journal.*