men of the most liberal type, but no such practice is thought of by the Chinese doctors or the public. Were we convinced that Chinese children were universally vaccinated we could have an excellent proof of the futility of infantile inoculation or vaccination for adult protection, as judged by the enormous death-rate. But whatever is the belief, it is a fact that vaccination is rather the exception than the rule, except when an epidemic is rife.

Vaccine Matter.—To Hong Kong vaccine matter is brought from England, and by each mail a certain number of tubes are imported. Vaccine when brought out during the winter and used at once is generally active and reliable, but if imported during the hot weather many tubes have to be thrown away. Instead of bringing lymph by the Red Sea route we are trying the Canadian Pacific route, and hope to get an improvement in our supply. The most reliable lymph met with here is the Japanese calf lymph. It is stored in fusiform-shaped tubes, and sealed with wax at each end. The Japanese authorities allow of the lymph being mixed with glycerine. It is thoroughly reliable, develops enormous scars, and causes much constitutional disturbance even in re-vaccination. We are also attempting the importation of lymph from India, but the experience of the Dutch in Java, who have already made the attempt, and are many days nearer India than we are here, does not favourably impress one with the possibility of success. My own attempts with lymph from India have not been successful.

THE MINERAL WATERS OF BRIDES-LES-BAINS.

By C. E. FITZ-GERALD, M.D.,
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THE little town of Brides-les-Bains, in Savoy, possesses natural advantages unrivalled, or at any rate unsurpassed, by those of any watering place in Europe. I have long been seeking a spa which had at the same time a really active mineral water, an Alpine climate and scenery, and a good hotel. At Brides-les-Bains all these advantages are combined. The bathing establishment is situated in a beautiful but somewhat narrow valley, through which rushes the mountain torrent of the Doron, a tributary of the Isère. It is sheltered from the north by lofty wooded mountains, whose bases are covered with smiling vineyards, and their summits clothed with walnut-trees, sycamores, acacias, and pines; while at either end of the valley tower lofty, snow-clad mountains, which not only impart grandeur to the scene, but refresh the air by the cool currents which come from their glaciers.

Brides is essentially a bracing place. It is situated at an altitude of about 1,800 feet above sea-level, while the salt baths of Salins are some 300 feet lower down the valley. The best season to visit Brides is from the middle of May to the end of June, and again from the middle of August to the middle of September, when the climate is almost perfect, ranging from 65° to 70° F. It is, I think, a great mistake to go there, as the French do, in July and the early part of August, when the temperature is decidedly too hot. From noon till 2 P.M. it is often too warm for walking, and the patient may with advantage take a *siesta* after the mid-day *déjeuner*; but the mornings and evenings are deliciously cool, fresh, and invigorating, and there is none of that sultriness at night so often experienced in Continental towns, and which is so fatal to sound and refreshing sleep.

The waters of Brides may be described as mildly aperient, slightly alkaline and tonic; their more active ingredients are sulphate of soda, sulphate of magnesia, bicarbonate of lime, carbonate of iron, with a trace of iodine and arsenic. They may be compared with the waters of Marienbad and Carlsbad though, unlike the latter, they do not contain carbonate of soda; their action is at once tonic and aperient, and they are superior to many mineral waters in that they do not upset the digestion. On the contrary, they act on the bowels without griping; they favour the secretion of bile, soothe the mucous membrane, and improve the appetite. The waters issue from the source at a temperature of about 80° F., and should be taken in doses of about eight ounces on an empty stomach; it is well to let an interval of from ten to twenty minutes elapse between each dose. From two to four glasses *per diem* is usually sufficient to secure two or three loose, bilious evacuations. Their action is also mildly diuretic and diaphoretic; their analysis is as follows:

	Grammes.
Carbonic acid gas	0.1258
Silica	0.0340
Bicarbonate of lime	0.4032
" magnesia	0.0230
" protoxide of iron	0.0191
Sulphate of lime	1.7680
" magnesia	0.5079
" soda	1.2576
Chloride of sodium	1.9471
" potassium	0.0899
" lithium	
{ Arsenic	Traces.
{ Iodine	
Organic matter	0.0052
Total, per litre	6.1808

The taste of the waters is vapid, but not unpleasant; in fact, the patient soon comes to look forward agreeably to his morning drink. On issuing from the source the waters are quite limpid, but deposit a sediment of iron and lime after prolonged exposure to the air; when bottled, they remain for long periods unchanged, and bear transportation perfectly well. They seem to have a special action on the liver and portal system, and most certainly (in spite of all theories to the contrary) favour the flow of bile through the intestines. The Brides waters are an almost typical aperient, for, although certain in their effect, they are gentle and painless in their action, and, unlike many alkaline aperients, do not lose their effect by repetition; being also an excellent tonic, they improve the digestion, and exhilarate instead of depressing the spirits. They act admirably in all the Protean diseases resulting from the retention of uric acid in the system, notably in gout, chronic rheumatism, dyspepsia, gastric catarrh, and "Indian liver." In obesity their action is marked, and most beneficial; they appear to act partly by their purgative effects, and partly by stimulating the eliminative action of the liver and favouring oxidation.

Dr. Delastre, a highly intelligent resident physician, who has made a special study of the action of the Brides waters, claims that they have a special, and indeed specific, action in cases of diabetes.

A system of shampooing, similar to that of Aix, is practised at Brides, the treatment being also supplemented by the use of the powerful salt baths of Salins, which are situated some two miles distant. The waters of Salins-les-Bains issue from their source at a temperature of 95° F.; they are strongly impregnated with chloride of sodium, and also an appreciable quantity of iron and arsenic, and are highly charged with carbonic acid gas. They are used chiefly as baths, although they may be taken internally in certain conditions; they are suitable in cases of scrofula, anæmia, general debility, and chronic rheumatism.

The treatment at Brides may be described as "waters supplemented by baths;" at Salins as "baths supplemented by waters." Both places manufacture and export pastilles from the salts extracted from the waters, those of Brides forming an excellent laxative, far superior, to my mind, to those of Carlsbad; those of Salins consisting of carbonate of iron, arsenic, and chloride of sodium, are principally used in cases of anæmia and chlorosis.

One great feature of Brides—its speciality, indeed—is what is called there the "combined cure," that is, the administration of the purgative waters of Brides, supplemented by the bracing and tonic salt baths of Salins, a combination which will at once commend itself to the physician.

One great advantage which Brides possesses over most other watering places is the beauty, variety, and accessibility of the surrounding walks, drives, and excursions. The most delightful walks present themselves almost before one is well beyond the grounds of the Hôtel des Thermes (the hotel *par excellence* of the place); walks, moreover, suited to every capacity, from "the pottering around" of the gouty and rheumatic to the mountain climb of the athlete. You may stroll gently on over well kept paths, through lovely woods, and by the side of rushing torrents; drive along excellent roads to various interesting places, or to spots commanding extensive views; or make numberless mountain ascents. The flora and fauna, too, of the neighbourhood are calculated to gladden the heart of the naturalist from their beauty and luxuriance.

Why then is Brides, which combines all these great natural advantages, so (comparatively) unknown and unvisited by the English? Its scenery and climate are far superior to Carlsbad, or

indeed almost any other watering place, and it enjoys a great reputation with French doctors for its efficacy in the treatment of obesity and liver complaints.

The reason is not far to seek. Brides is somewhat inaccessible; one travels rapidly by express to Aix, but then comes a delay of two hours before proceeding by a small line to Albertville, whence one must take either the diligence or a private carriage to Brides, a drive of from three hours and a half to four hours and a half, through beautiful and romantic scenery. The railway is shortly to be opened as far as Moutier, a distance of only three miles from Brides, and the service of trains is to be accelerated, so this source of delay will be long ameliorated. In the meantime, the charges for carriage hire from Albertville to Brides, or for short excursions, are excessive, and prejudicial to the interests of the place.

Then, again, the bathing arrangements are not good; the baths are small, inconvenient, ill-managed, and primitive to a degree. There is not even a swimming bath at either place, although at Salins there is practically an inexhaustible supply of ferruginous, highly saline water at 95° F., which needs only a proper receptacle to become the finest natural saline thermal bath in Europe.

There is also an almost entire lack of amusement for young people—there is not even so much as a tennis-court in the neighbourhood. The prices for living are also high, and the hotel *cuisine* is neither adapted to a weak digestion nor so good as it should be. In both these respects Brides compares unfavourably with some other more accessible watering-places. All these are, however, minor drawbacks to the health-seeker; and I am convinced that Brides and Salins, with their really efficacious waters, their pure, bracing air, and their lovely scenery, have only to be better known in order to be largely visited by the English invalid.

To make Brides a success in the immediate future, capital must be expended on it; foolish attempts to make large profits in a short season must give place to a more enlightened policy, and Brides-les-Bains will then take the place she deserves in the front rank of mineral watering-places.

CLINICAL MEMORANDA.

GUMMATOUS GROWTH SIMULATING RUPTURE OF A MUSCLE.

DURING April I was consulted by J. B., aged 55, concerning a growth which, he stated, had suddenly made its appearance in the right hypochondriac region. On examination I found in the situation of the right rectus abdominis a fulness about two inches square. The upper border was well defined and sharp, and the hand could be introduced above it, whilst the lower extremity was less distinct, fading into the general substance of the rectus. The patient was positive that the fulness had arisen suddenly, and added that he had been lifting heavy weights lately. The history and general characters of the growth pointed to a rupture of the rectus muscle, but the symmetry and unimpeded facility with which the abdominal parietes could be contracted rendered this highly improbable. On careful questioning I elicited the fact that he had formerly served in the army, and whilst in India, about sixteen years ago, had contracted a sore on the penis. With the characteristic indifference of his class, he did not appear to have observed any constitutional symptoms, but his wife, to whom he was married shortly after his return from abroad, had had a succession of miscarriages and one dead child. On this I decided to place him on iodide of potassium, and after a week's treatment with full doses the growth had sensibly diminished, although the upper border was still as defined as ever. The after-progress of the case presented nothing unusual, and the steady decrease of the growth under the iodide proved it to have been a gumma occupying one of the quadrilateral segments of the rectus. The situation being somewhat novel, I have thought the case worthy of record from a diagnostic point of view.

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IMPACTION OF A SPLINTER OF GROUSE BONE IN THE OESOPHAGUS.

THE impaction and retention of foreign bodies within the folds of the gullet are not infrequent, and therefore do not perhaps call for special notice; but as the consequences of their retention may,

from a variety of causes, prove serious, and even fatal, and as their removal is not always readily effected, the following case may be worthy of record.

Mrs. A., a lady of medium build and stature, called on me on the evening of September 6th, stating that whilst eating some grouse at dinner, a quarter of an hour previously, she felt an uneasy sensation in her throat, as though something was sticking there, and that she thought she must have swallowed a piece of bone; she took a copious draught of water, hoping to dislodge it, but without effect; accordingly, being a stranger in the locality, she went to the nearest chemist, and was sent on to me.

On inquiry, she complained of a sharp pricking pain in her throat, at a point a little below the sternal notch, with a sense of constriction across the top of the chest, aggravated by deglutition or talking. Examination of the pharynx revealed nothing; the call for relief was pressing, and, as the depth of the foreign body precluded all hope of extraction by forceps, I placed her in a chair, before a good light, and proceeded to introduce an expanding probang, which passed without material resistance or movement on the part of the sufferer; and having got, as I thought, well below the foreign body, whatever it might be, I then expanded the probang and steadily withdrew it; this operation happily entangled the piece of bone and brought it into her mouth, together with a fragment of crass which apparently had been swallowed with it. Immediate relief was experienced; the lady took a draught of water to test the freedom of the gullet, which proved to be quite clear, and suffered no further inconvenience.

Experience assures me that some of the chief elements of success in such and similar cases are a quiet determination on the part of the patient to assist the operator, the early treatment of the case, and the passage of the probang well below the foreign body before any attempt at extraction is made.

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SURGICAL MEMORANDA.

CASE OF RECURRENT PERITYPHLITIS SUCCESSFULLY TREATED BY ABDOMINAL SECTION.

EARLY in August, I was asked by Dr. Leslie Phillips to see with him in consultation a patient of his, aged 27, who had suffered from recurrent attacks of perityphlitis since last Christmas. They were of more or less severity and duration, and occurred on the following dates in the present year: from February 1st to April 4th, from May 8th to about the 12th, July 11th till August 16th—the last attack being the most severe. In each case the characteristic egg-shaped tumour was present, and increased during the acute stage of the attack and diminished during the quiescent period. When I saw him it was in its quiescent condition, but distinctly marked. I agreed entirely with Dr. Phillips's diagnosis of perityphlitic suppuration, and concurred with his recommendation that it should be dealt with by operative interference. On August 20th, the patient was put under an anæsthetic by Dr. Leslie Phillips, and, assisted by Drs. Arthur Johnstone and Robert O'Callaghan, I made an incision over the cæcum, about three inches long and about an inch from the anterior superior spine of the ilium, dissecting carefully down till I opened a suppurating cavity on the outside of the cæcum. This I thoroughly washed out with plain water, and then, in tracing the indurated mass into its elements, I discovered the vermiform appendix, swollen to about three times its normal size and very hard. Dissecting the adherent tissue from its base, I became impressed with the belief that it contained a foreign body close to the opening into the cæcum. I slit open the vermiform appendix, about half an inch from its free end, and gave exit to a small quantity of purulent fluid. I then passed a celluloid catheter, about No. 6 size, through the opening in the appendix as far as it would go. I found it was arrested just at the point where it seemed to me the canal was occupied by a foreign body. Gentle manipulation, with a little pressure, forced this foreign body into the cæcum. I left the catheter in the canal of the appendix. During the dissection the peritoneal cavity had been opened, and the next thing to do was to close this by stitching the free margin of the cæcum to the edge of the peritoneum at the rent. I then placed a piece of drainage-tube in the deepest loculus of the abscess, and closed the wound round the drainage-tube and the catheter. The catheter was removed by Dr. Phillips on Aug. 23rd, and the drainage-tube on the