quently giddy, and unable to exert his mind, he can walk fairly, and usually does six miles a-day. His appetite is good. His pulse is deliberate, sixty in the minute.

There can, I think, be little doubt that some central disease of his nervous system in the left side is present, by which the various right-sided symptoms are to be explained. The retraction of iris and activity of pupil, with such a considerable degree of tension, are, I think, very exceptional.

ABSTRACTS OF CLINICAL LECTURES ON DISEASES OF THE RECTUM.

By FURNEAUX JORDAN, F.R.C.S.,

Professor of Surgery in Queen's College, Birmingham; Surgeon to the Queen's Hospital; Consulting Surgeon to the Women's and the West Bromwich Hospitals; etc.

II.—ON A CASE OF EXCISION OF CANCER OF THE ANUS AND RECTUM, AND ON THE ACCESSIBILITY OF THE FEMALE RECTUM FOR OPERATIVE PURPOSES.

THERE are certain distinctions which should always be drawn in cancerous diseases of the lower end of the gut. One of these is commonly made. There is another which is not commonly, or, at any rate, not specifically, made. I will shortly put before you a few facts which will enable you to judge for yourselves whether it should be made or not.

The distinction which as a rule is *not* lost sight of is, that the rectum proper is the seat of various kinds of malignant disease, while it is rare for other than epithelial cancer to begin at the anal opening. Scirrhus starting in the rectum may, it is true, quickly reach the anus, and epithelioma of the anus may as readily crawl up the rectum. Why it is well to draw a line between the tube and its outlet, is seen in many ways. The anus is very accessible; no canal, or cavity, or big vessel, or big nerve lies very near it. Above all, the cancer which seizes upon it is of all cancers the most local in its origin, the mildest in its course, the least likely to return after removal. Bear in mind that I am speaking now of epithelial cancers generally. I do not say that epithelioma of the anus is less grave than epithelioma elsewhere. On this point I have little to say, save that site goes a long way in determining the career of a cancer. I once saw an epithelioma seated over the sternum which had grown for thirty years, and seemed likely to grow another thirty; on the other hand, I have seen an epithelioma of the tongue run as rapid a race as an encephaloid cancer. Position is but one of many influences which guide the clinical course of a malignant growth.

The other distinction which, I believe, is not commonly made is, that the female rectum, from a surgical point of view, is a totally different organ from the male rectum. It is different in size, and, what is more significant to us, it is very different in its relations and accessibility. A woman's rectum, with its ailments and its contents, can be reached at almost every aspect. I do not mean, merely, that a small hand can be introduced into it when it is healthy and in certain diseases, but that it can readily be got at from the outside in health and disease; in short, the female rectum having in front of it so capacious a canal as the vagina, is practically almost as superficial an organ as if it were actually under the skin, like the mammary gland.

The surgical bearing of the distinction I put before you is this, that objections to the excision of the rectum should not be of equal force in the two sexes. They should have much influence in males and scarcely any in females. On the continent, cases have been recorded of the bold excision of the rectum proper, and even of adjacent parts (suggesting, indeed, the idea of a general scooping out of the pelvis), regardless of sex. In this country, there is a strong disinclination to excision of the rectum; a disinclination with which I have much sympathy, and should have more, if it were not also an objection which pays no regard to sex. No records of alleged success would induce me to remove a cancerous male rectum, with portions of the urethra and prostate gland, allowing, if the patient survive for a time, feces and urine to drop into one common chasm, only to drop out of it again. But are we quite right in refusing to remove an isolable cancer of the lower part of the female rectum (even though it began in the rectum) when it is distinctly below the peritoneal level, when the back wall of the vagina may be safely removed with it if it be needful; and when, above all, the urinary pathway may be left untouched? In a previous lecture on destruction of the rectum, you saw how a woman may live in moderate comfort without that organ.

The case before you, gentlemen, was one of epithelial cancer, beginning at the anus, it is true, but involving the rectum for some distance. Through the vagina there could be felt a globular hard mass at the lower end of the rectum; the vaginal wall itself was free. There was loss of blood, with severe pain, and very difficult defecation; some kind of operative relief was earnestly besought. I decided to remove the parts very freely, in obedience to the principles I have just placed before you. It was not necessary in this case to invade the vaginal canal, but I removed a mass, which, with the healthy tissue around it, extended from the vulva to the coccyx, and from one ischial tuberosity to the other. Three inches of bowel were taken away; a full-sized cricket-ball could have been put into the cavity. The shock which followed was not severe, and the subsequent recovery, as you see, has been good. A singular and unlooked for feature in her recovery was the facility with which she acquired sphincteric power in the cut extremity of the bowel. The ordinary circular fibres of the gut proved themselves able to obey the will and hold back the feces.

ON INTEMPERANCE IN WOMEN, WITH SPECIAL REFERENCE TO ITS EFFECTS ON THE REPRODUCTIVE SYSTEM.*

By JOHN HADDON, M.A., M.D., Eccles, Manchester.

IT may seem somewhat presumptuous in me, comparatively young both in years and practice, to touch upon this subject; nevertheless, feeling that my observation might in some slight degree assist younger members of the profession, and perhaps indirectly be of benefit to the public at large, I was encouraged to take up the pen.

Considering the amount that might be written on this subject, and the short time at our disposal here, I must be concise; and with this view (1) I will speak as to the existence of intemperance among women; (2) as to its causes; (3) consider it as an evil; and, lastly, I will endeavour to point out how it may be remedied.

Is there much intemperance amongst women? Among men we know that intemperance is rampant in all classes of society; but, so far as I know, women are, and have hitherto been, less addicted to the use of intoxicating drinks than men. This we can understand, as man generally exercises authority over woman. Be this as it may, intemperance is said to be spreading amongst women, not only of the lower classes, but also in the higher circles of society. Police reports prove to us the increase of drunkenness in the lower strata of the female community; but how shall we ascertain its progress among the upper classes? The victims of intemperance here are seldom guilty of such conduct as to bring them under police care; and still, if we look around us, and observe the numerous advertisements setting forth the adaptability of various establishments for the treatment of "ladies addicted to intemperance", we cannot doubt, on the principle of "supply and demand", that this evil is on the increase. The medical profession as a body could no doubt give us some definite information on the subject, since the "doctor" is the friend and confidant of all classes of society; but, so far as I am aware, it has not been discussed by the profession. Nevertheless, though it is difficult, or impossible, to point to actual statistics to prove that intemperance amongst ladies is on the increase, I greatly fear that those present are painfully conscious of the fact, and so, taking it as proved that intemperance in women is common, we next endeavour to determine the causes which tend to this unhappy state.

I. First amongst these, I would point out the common practice of using stimulants in some form as a beverage with meals in the family, and as a mark of hospitality to strangers. In England, this is carried out to a much greater extent than in Scotland; but even here it is common. Beer or wine of some kind is too frequently used at meals by children, who soon learn its power. We need not wonder then if, learning the use of stimulants at an early age, some of our young ladies become addicted to intemperance when they have houses and cares of their own, and are comparatively free from restraint.

Again, as a mark of hospitality wine is universally used; and that custom termed "calling" is attended with much danger, owing to the fact that wine is often produced, and partaken of, it may be, in the early part of the day. Ladies having a large number of calls to make may thus be led into temptation, and unwittingly and innocently acquire a habit which will ruin them outright; this custom, however, I am glad to think, is rapidly diminishing. At evening parties, too, where dancing

* Read before the Section of Obstetric Medicine at the Annual Meeting of the British Medical Association in Edinburgh, August 1875.

is the chief occupation or amusement, the seed of much evil is sown. Heated in the dance, which our young ladies can keep up for such a time, they retire to the refreshment-room, and, resting there, they indulge in their choice beverage, while they are entertained by the intellectual conversation of their partners.

2. It has been alleged that the medical profession is to blame for a large amount of the intemperance which we deplore, because the practitioner frequently prescribes alcohol in some form to his patients. There may be truth in this; for if we consider that strong-minded, strong-willed men, by the regular use of stimulants become confirmed drunkards, it is very probable that out of the large number of physically and morally weak females for whom stimulants are prescribed, many may learn their power and give themselves up to their abuse.

3. A very potent cause of intemperance in both sexes, and probably the commonest cause of all, is the relief which stimulants afford to those suffering from cares domestic or otherwise, real or imaginary. Weak mortals in their hours of trial and trouble who know this power of stimulants and are ignorant of another and better remedy, rush into intemperance, and in this way its ranks are crowded with its most inveterate and hopeless victims.

And now let us consider the effects of intemperance on women.

1. *Effects on the Constitution.*—On man, the effects of intemperance are pretty well known. He seldom attempts to deceive us; and even if he does, with moderate care, we can generally make a correct diagnosis of his case. It is, however, far otherwise with women. Happily it is still regarded as a great disgrace for a woman to be intemperate; and so she is bent upon deceiving us. We need expect no help from her in arriving at the real cause of her ailments, and it is very probable that the young and inexperienced practitioner will be unable of himself to arrive at a correct diagnosis or appropriate treatment. His patient, with a success which is pathognomonic, will conceal from him her failing, and he will, in the great majority of cases, receive from her husband or friends not even a hint as to the real cause of her suffering. Could he once find his patient intoxicated, showing the slightest symptom of inebriation, or even smelling of drink, his suspicions might be aroused; but he may watch a case carefully for a lengthened period, and never be allowed such an opportunity. Various perfumes are had recourse to to overwhelm the alcoholic odour, and if he should happen to call when the patient has not full command of her powers, there will be some plausible excuse for not seeing him. Ladies as a rule take small quantities of their favourite tipple, just sufficient to produce the effect desired, and they may do so for long enough before even the husband discovers the truth.

Under such circumstances, how important it is that we should know any symptoms likely to be developed in an intemperate woman, lest, unhappily, we prescribe stimulants for symptoms which are themselves the results of intemperance; and this has actually to my knowledge been done by men of long experience and reputation in the profession in Manchester. If we excuse and fully sympathise with senior members of the profession when such unfortunate mistakes are made, what can we expect from our younger brethren who know nothing of, and in their innocence never suspect, intemperance in woman as a cause of disease?

What, then, are the effects of intemperance in women? The digestive system, as a matter of course, suffers. The tongue is occasionally tremulous, has a flabby furrowed aspect, with a very slight coat of a white or brownish tint. The appetite is capricious, and there is frequently sickness in the mornings. They have little relish for breakfast or dinner, but as a rule enjoy a good supper. They seldom drink any stimulants with meals, and are apparently abstemious. The bowels are irregular in their action, with frequent diarrhoea. Sleep is often disturbed, and they get up in the morning with a feeling of fatigue. Hysterical symptoms are commonly met with, accompanied by severe neuralgia. The pulse is fast and soft, and frequently palpitation is complained of. With all this, if they are otherwise healthy, they do not become thin or emaciated; but, on the contrary, grow flabby and stout. These may be taken as general accompaniments of intemperance in women.

In all who have not reached the menopause, there is irregularity in the menses, with a tendency to menorrhagia, which may amount to actual flooding. Such a condition, apart from uterine disease, would lead us to suppose that the blood was in a watery state, or deficient in fibrine; but I have observed cases of intemperance in which the menstrual fluid was highly coagulable, giving rise to coagula in the uterus itself, and simulating abortion. Cases of this kind I published in the *Edinburgh Medical Journal* in January 1872. Thus, it would appear, if my observations are correct, that we may have two very different effects from the same cause. The unmarried suffer from

obscure uterine and ovarian symptoms which obstinately resist all treatment; whereas, the victims of intemperance in married life, in addition to such ailments, are subject to frequent abortion, generally in the early months of pregnancy. As a rule, conception takes place readily, and the rapidity with which abortion follows abortion is truly appalling. Syphilis has a well earned reputation as an abortifacient, but it must yield the palm to confirmed female intemperance. Against the syphilitic taint we can direct our treatment; and, in time, without treatment, the taint may disappear; but the intemperate woman is curable by no drug, and her infirmity increases with her years.

Such are the effects of intemperance on the body of its victim; its effect on the mind is, if possible, worse. The moral sense is deadened, and no sacrifice is considered too great for the gratification of the morbid appetite.

2. *Effects on the Family.*—On her family, the effects of intemperance are strongly marked. Children born at the full time are generally weak and puny, and likely to fall at an early age victims to disease.

If the effect of stimulants taken to excess by women be such that the uterine functions are affected as I have pointed out, we cannot be far wrong in concluding that their moderate use must have an effect which differs only in degree, and not in kind. If this be so, it is possible that a large proportion of our excessive infant mortality may be due to the malnutrition of the embryo, caused by the use of alcohol. Suggestions have been made to treat the child *in utero*, by giving medicine to the mother; let me rather suggest, that we first endeavour to prevent the mother from eating or drinking anything which is likely to interfere with the nutrition of her unborn child. Preventive medicine is being studied more assiduously now than it has hitherto been, and I cannot help thinking that great results might be obtained were more attention bestowed upon the bodily training of our female population, and the proper regimen of women during the puerperal state.

In ancient times, we find that the mother's health and her conduct during pregnancy were supposed to have no small influence on the child she bore. Thus, in the Old Testament we read that the angel of the Lord appeared unto the wife of Manoa and said, "Behold, now thou art barren and barest not, but thou shalt conceive and bear a son. Now, therefore, beware, I pray thee, and drink not wine nor strong drink, and eat not any unclean thing; for lo! thou shalt conceive and bear a son. And the woman bare a son, and called his name Sampson; and the child grew, and the Lord blessed him." Here we have an angel directing a woman how to live in the prospect of becoming a mother, and we may be sure that it is the right thing for all women to follow the same advice under similar circumstances. Again, consider the laws of Sparta as regards women. In Plutarch's *Life of Lycurgus* we read that, "In order to the good education of their youth, he went so far back as to take into consideration their very conception and birth, by regulating the marriages". He also took all possible care in the education of the women. He ordered the maidens to exercise themselves with wrestling, running, throwing quoits and darts, that their bodies being strong and vigorous might produce a sound and healthy offspring; and that, by such robust exercise, they might be better enabled to undergo the pains of child-bearing with ease and safety.

We all know to what a pitch of greatness Sparta was raised by attention to the precepts of her famous lawgiver; and his regulations, as applied to maidens, might with profit be put in practice in our day. Their good effects would soon be apparent. Our young ladies of the future would be able to dispense with a great amount of padding and other artifices to which they have recourse at the present day. Dress would become what it was intended to be, instead of being merely a cloak to cover or create deformities.

The cure of confirmed intemperance is beyond the power of medicine. Nothing short of restraint need be prescribed, and so we must do what we can to induce the legislature to place dipsomaniacs on a somewhat similar footing to the victims of insanity; then they might be received into suitable asylums, and many, we have good reason to hope, would be permanently cured. It is in preventing intemperance, however, that the best results may be looked for; and if the profession would use its influence to remove the causes which I considered as first and second, the third would be deprived of much of its power. If by our advice and counsel could limit the use of stimulants in the homes of our patients, or banish them altogether, we would deserve well of the nation. As to prescribing stimulants, I cannot help thinking that wine, etc., however much it may please the palate and raise our spirits, is hurtful in health, and in disease requires the utmost discrimination in its use. In one case, it may be beneficial and tide over a critical period; while, in another, it may be hurtful and cut off the very last hope of life. With such an agent, then, it becomes us as a profession to be very careful, lest by want of thought we

kindle a fire which it is beyond our power to extinguish. Let us consider well our responsibility, that we may not be the means of driving our fellow creatures into temptation. Let us take care that no unhappy wreck can point to us as the cause of her ruin, and if, by the reading of this paper, but one British maid or matron be kept out of temptation, or arrested on the road to ruin, I will not consider that it has been read in vain.

OBSERVATIONS ON THE EFFECTS OF CUCA LEAVES.

By WALTER BERNARD, L.K.Q.C.P.I., Londonderry.

HAVING read the interesting observations of Sir R. Christison on the effects of cuca on himself, as reported in the JOURNAL of April 29th, I determined to try a similar experiment on myself. I therefore procured, from Messrs. Duncan and Flockhart of Edinburgh, a package of the leaves, which I found to be a pretty fair sample of the article, if I may judge by Sir Robert's description, only that the leaves were green rather than "deep green", as in his account, and did not occasion such warmth in the mouth. I selected for the experiment a day with the maximum of fatigue in it. This was Monday, May 22nd, 1876. I was constantly on foot from 8.45 A.M. to 10 P.M., with the exception of an hour for dinner (from five to six o'clock); and my dinner consisted of roast lamb, some vegetables, no stimulants, and was followed by tea at seven o'clock, and mechanical rest, but no sleep up to the hour (12.15 A.M.) when I commenced to prepare for my trial trip. Thus, without food or drink since seven o'clock, I set out at 1 A.M., accompanied by Professor Leebody, analyst for this city, for a twenty-four miles' walk, and the ascent at the end of it of a hill 1,381 feet high. Commencing my journey, I certainly did not feel inclined for much exertion; but after some miles brisk walking, I felt more equal to the work. The renal secretion, noted every two hours by my friend, shows the subjoined results. We did 13½ miles in three hours, giving an average of 4½ per hour. We could have done 4¾ easily, as a smooth level footway extended to this point, but rain fell heavily for the first two hours and a-half, rendering the footpath slippery, and thus interfering with a quicker pace. Up to this time, we did not feel fatigued. Here we commenced, at the end of three hours, to chew forty grains of the cuca. We traversed a very bad hilly road, strewn with loose stones, which considerably impeded our progress. Walking under these difficulties, and now fatigued, we found no material benefit from chewing and swallowing the active principle of the leaves; a doubt, however, remained in my mind as to this conclusion, as I fancied my step, on ascending the little hills, was more elastic, and the feeling of fatigue slightly mitigated. This idea soon ripened into a belief. At six o'clock, and not far from our destination, each of us had a second dose of forty grains. I now resolved to finish well up by giving it a fair trial. Testing my strength to the utmost, and chewing quickly, I advanced towards the hill with a rapid pace, leaving Mr. Leebody in the rear. Arriving at Mamore gap, I made a very rapid ascent of Mamore hill, 1,381 feet high. Hurried breathing and fatigue began to be felt when I was about half-way up. Here I commenced to chew another forty grains; and, before I arrived at the top, though I still continued my rapid pace, power was restored. My breathing was considerably relieved. I felt in excellent spirits, and neither hungry nor thirsty. It was seven o'clock when I arrived at the top, somewhat later than we expected; but the loss of time was mainly due to the zig-zag course I followed in endeavouring to avoid the loose stones. Yet, were it not that along the rough road we were cheered by a beautiful clear morning (for all clouds and threatening of rain had vanished) and an invigorating balmy breeze from off the sea, our arrival would have been somewhat later. I remained ten minutes on the top, admiring the coast line, the entrance to Lough Swilly, the cultivated lands lying low and quite flat at the east of the hill between me and the sea, as well as the grandeur of the Donegal mountains free from haze. I felt now quite refreshed and buoyant, with no sensation of hunger, thirst, or fatigue. On descending, I bounded like a doe, jumping from knoll to knoll. Some short distance down, I met my companion, making for the top. I asked him had the cuca any effect on him? He said not. I offered him another forty grains, but he would not accept it, being somewhat disheartened. He was, however, still chewing what he had remaining of the second forty grains. I left him, and made my way to a house where my servant had put up my horse and vehicle, which followed us during our course. On arriving here, I was cool and comfortable; for soon after I had put on the rapid pace I had become bathed in perspiration from the lumbar region upwards. Gently

retracing my steps from the foot of the hill afforded me time to be come cool.

On leaving home, my pulse was 60; temperature 98 deg. Now the pulse was 94; temperature 96 deg. I waited a quarter of an hour for Mr. Leebody, and was agreeably surprised to find him beginning to change his views as to the efficacy of the leaf. He had now lost almost all feeling of lassitude. But I refer to his own notes, which are appended to this. We had determined to walk home, to give the cuca a fuller and fairer trial; but both being now agreed in thinking that there was good service rendered to us by its use, and that a further prosecution of the experiment would not add much more accurate knowledge to that which we had now gained, we decided to drive—first walking briskly a long high hill—and we arrived at home at 10.30. The greater part of the way home I had a strong taste of the shrub in my mouth, resembling somewhat that of tea. On my arrival, I did ample justice to a good breakfast. I worked unceasingly and willingly all day, and did not feel at all fatigued, and did my work on foot. I had no desire to sleep. Those who knew that I had been walking for so many hours during the night and morning, mentioned that I neither looked jaded nor worn, and I certainly did not feel so. Moreover, I state positively (and this can be substantiated by my wife) that when I have had occasion to sit up watching, I have been fagged and tired the next day, having browache not unfrequently from exhaustion. I felt thirsty at two o'clock, and had a small bottle of Apollinaris water. I dined at five on mutton, pancakes, and four glasses of good Burgundy. At six o'clock, I retired to my room to write out my notes, but felt disinclined for work for the first time during the day. This disinclination was excited by the Burgundy, as alcohol, in any shape or form, has always had this effect upon me. At seven o'clock, I took eight ounces of tea, which so refreshed me that I was able to complete my notes, and finished them at nine o'clock. I took them across the street to compare them with those of Mr. Leebody. I retired to bed at a few minutes after ten o'clock; fell at once into a sound sleep, and awoke refreshed at a quarter to six o'clock. I then had a bath and was dressed at seven, and I feel all right to-day (Wednesday, May 24th).

In May 1873, I walked twenty-seven Irish miles with Mr. Stewart, manager of the Bank of Ireland in Carlow, and Mr. Craig, manager in this city, taking twelve hours to accomplish the journey, and dining and resting; drinking one bottle of porter and a glass of whisky, with a view to assist my progress; and, on another occasion, I did eighteen miles, and took the same amount of stimulants. Long before reaching home, I felt extremely fatigued, and on both occasions did not sleep for the first two or three hours, owing to palpitation and restlessness. Since then, I have found, by experiments on myself, that although a stimulant restores power for the first few miles, it has a strong tendency to induce depression of spirits, lassitude, and disinclination for mental or bodily work. Further, it helps to make me restless in the beginning of the night, waking with a dry tongue in the morning. I had not my usual accompaniments of fatigue on lying down, *i. e.*, palpitation, and a dull aching pain in the left eyebrow. This will lead me to try the effects of cuca as a cardiac tonic.

In conclusion, I may mention that I am of opinion the specimen I received was not so good as that described by Sir Robert Christison, as it was slow in its action, and required a larger quantity to produce good effects. Having many times during my life undergone bodily fatigue from watching, and from long walks, and having suffered effects such as I have before mentioned, I think it is not a hasty generalisation to come to that, on this occasion, the cuca prevented the browache, palpitation, and restlessness, as well as afforded relief, for which it is, in my opinion, becoming justly celebrated.

THE ACTION OF CUCA.

By J. R. LEEBODY, M.A.,

Professor of Experimental Science in Magee College, Londonderry; and Public Analyst for the City and County of Londonderry.

I HAVE made the following notes of a walk taken by me on May 23rd, in company with my friend Dr. Bernard, for the purpose of testing the properties of cuca.

To insure thorough fatigue on my part, I took, in addition to the exercise involved in my ordinary work, a long row on the river on the afternoon of May 22nd. I had a steady pull of over three hours, for the greater part of the time against wind and tide. The consequence was, that when I went to bed at 10.45 P.M., I was more than usually tired. I slept till 12.15 A.M., and then rose, feeling sleepy and fatigued. At 1 A.M., we started for our walk. Before starting, I ate one ounce of bread, to prevent headache, from which I usually suffer when I take