powders, or castor oil. Enemas are better, however, as a general rule, such as those of thin starch, or molasses and water, to which may be added a little castor oil. The grand aim should be, in all such cases, to stimulate the bowels to an increased action without medicines, by a properly-regulated diet! Salads may be eaten when they do not cause derangement of the stomach, and ripe or stewed fruits, particularly figs, dates, and prunes. Soups are also good, except they contain rice, or vermicelli, or maccaroni. Bran bread should be eaten regularly, and not white. The only meats should be veal or poultry. As a drink lemonade is excellent, with a little cream of tartar, or tamarind tea, or barley-water sweetened with honey. With some patients, a cup of coffee or a glass of beer will always relieve the bowels, especially if a glass of water is also drunk after it. I have known persons neglect the bowels so long that they have become completely impacted by the hard fæces, and could be relieved only by instruments. It is very important to attend to this affection in time, and to persevere with the means of permanent relief regularly.

DYSENTERY AND DIARRHŒA.

It is frequently the case that pregnant females, instead of being constipated are afflicted with severe diarrhœa. This may arise from inflammation, and is then attended by fever, and extreme tenderness and soreness of the bowels. Most usually, however, it is entirely nervous, and arises from the sympathetic irritation of the womb. There is then no tenderness or soreness, no fever, no derangements of the appetite, nor in fact any other symptom of any consequence. If it remains long unchecked blood will be discharged, from the extreme irritation of the intestines, and it is then called dysentery. This is nearly always accompanied by fever and general irritation. Sometimes there will be a constant and painful desire felt to move the bowels, but with little power to do so, and at the same time a burning heat and unpleasant sensation at the fundus. This is called *tenesmus*, and the straining from it has frequently produced abortion.

If the diarrhœa is not excessive, and the female does not lose her appetite, or strength, it is better let alone, particularly if she be of a full habit, and disposed to fever. If thought desirable to check it a little, this may usually be done by a change in the diet. Rice milk, sago, tapioca, and arrow-root may be taken, white bread may be used, and not much fluid drunk. If such means are insufficient, an injection may be thrown up the rectum in the morning, of thin starch, with a teaspoonful of laudanum. The abdomen may also be well fomented, and a dose of tincture of rhubarb taken occasionally. If the tenesmus is very troublesome, an injection of tepid water may be used, and the female should sit occasionally over the steam of hot water; in extremely painful cases, a few leeches may be used round the fundament, and a hot flax-seed poultice placed over the abdomen. A warm bath is also an excellent remedy with many. When the diarrhœa still continues, notwithstanding the above remedies, resort should be had to tonics and opiates. The patient should take port wine and Peruvian bark, or some *gentian wine*, and use injections of starch and laudanum regularly. Chamomile tea may also be freely drunk, and an opium pill may be taken at night. Above all, the patient must endeavor to avoid all mental agitation. When dysentery sets in, every effort should be made to subdue it as early as possible. Half a pint of rice milk, with ten or fifteen drops of laudanum, may be taken two or three times a day, and an injection may also be used, night and morning, of flax-seed, with fifteen or twenty drops of laudanum. M. Colombat recommends the following recipe as seldom failing to cure: Take the whites of six eggs and beat them up in a quart of water; then use one-third as a drink, and the rest as an injection. A meat spoonful should be drunk every ten minutes, and an injection used every two hours, but not more than one small syringeful at a time. A teaspoonful of syrup of poppies, with some loaf-sugar, may also be added to every spoonful that is drunk. Eggs, jellies, and rich soups, with meat and wine, if there be no inflammation, may be taken regularly, in addition to the articles already mentioned.

DYSPNŒA, OR DIFFICULTY OF BREATHING.

There are but few pregnant females who do not complain more or less of difficulty of breathing, and this difficulty may arise from different causes. In the earlier months it is caused by sympathetic irritation only, the same as difficulty of swallowing. In the latter months it is caused by the enlarged womb filling up the abdomen so much that the lungs in the chest are pressed upon, and have not sufficient room to play freely. It may also be caused by a plethoric or too full habit, the lungs then being in reality congested.

The temporary difficulty of breathing, which is felt in the early months from nervous sympathy, needs scarcely any kind of treatment, as it passes off naturally in a short time. In severe attacks, the same remedies may be used as for difficulty of swallowing, before referred to.

That which arises in the latter months, from pressure of the womb, can frequently be relieved only by the patient remaining as long as possible in certain favorable positions. I have known many who could never sleep except when propped nearly upright by means of pillows and cushions, as, immediately they assumed the recumbent position, the upward pressure became so great they were nearly suffocated. In such cases, the patient should be careful never to eat or drink to excess, nor take anything likely to produce wind, because the least increase in the size of the abdomen adds to the difficulty. The bowels should also be kept free, and nothing tight or heavy in the way of clothing should be worn.

This difficulty is most frequently seen in those who have contracted chests, and in those who have been accustomed to wear corsets and tight dresses. A deformed pelvis may also give rise to it by forcing the womb above its usual position. Many females both create and increase this difficulty by binding themselves tighter than usual during pregnancy, under the mistaken idea that it enables them to support their burden so much easier.

When the dyspnœa arises from a full habit the patient must live low, keep the body regularly bathed and rubbed, and the bowels freely open by an occasional seidlitz powder, or dose of Epsom salts. If the difficulty becomes at any time suddenly great and alarming, the feet should be placed immediately in hot water, while the patient is upright; a mustard plaster should also be put upon the chest, and an opening injection of starch and castor oil administered as soon as possible. The usual practice in such cases is to bleed from the arm, to the extent of eight or ten ounces, and in case no other means give relief, this may be tried.

COUGH.

Like the previous affection cough is most usually produced during pregnancy by sympathetic irritation. It may arise, however, from a partial congestion, or inflam-

mation of the lungs or bronchial tubes, produced by a too great determination of blood to them. In the merely nervous cough, there is no expectoration, nor any soreness or pain in the chest, and it will frequently disappear for several days together. No particular attention need be bestowed upon this cough, unless it become so violent as to threaten abortion. In that case a pill, containing half a grain of opium, may be taken, or from ten to fifteen drops of laudanum, whenever the attack is severe. Barley water, or gum-arabic water, may also be freely drunk, with a large spoonful of syrup of poppies added to each pint. A small dose of hive syrup, or paregoric, will also be found sometimes better than anything else. An enema of starch and laudanum, as formerly described, will also relieve, in some cases, better than anything taken by the mouth. The body should be kept warm, particularly the feet, and a mustard poultice may be placed over the chest, if the straining at any time becomes too great. Some patients experience relief from an assafœtida pill, or a little musk, and others from a small dram of cordial, or wine.

If there be expectoration, with fever, and tenderness in the chest, or sharp pains when a long breath is drawn, there is reason to fear inflammation of the lungs, or bronchitis. In this case all the above means, except the wine and stimulants, may also be used, only more freely, and the mustard poultice must be kept on till it makes a blister. The patient must live low, her feet must be frequently bathed in hot water, and her bowels regularly opened either with saline purgatives or enemas. All that is requisite is to keep the inflammation from extending till after delivery, when it usually subsides without any further trouble. As soon as the womb is emptied, its pressure upon the abdominal aorta ceases, and the blood can then flow freely to the lower extremities, and thus the lungs become relieved and the inflammation goes down.

PALPITATION OF THE HEART.

This is also a frequent accompaniment of pregnancy, and one that is likely to cause alarm sometimes, from its violence. Unless dependent upon organic disease of the heart, however, it is in general only a nervous affection, and passes away with delivery. We may always reasonably suppose it to be nervous when it occurs only during pregnancy, and particularly if it is irregular in its frequency and violence. I have known females who were always attacked with it about the same period, and who could therefore always tell when it was coming on, and sometimes even how long it would last. It will sometimes come on during sleep, and so forcibly as to waken the patient instantly. At other times while awake, it will commence so suddenly that she will sink down as if struck a powerful blow.

The only directions that can be given for alleviating palpitation are, to keep quiet as possible, use the bath regularly, avoid constipation, and live rather low, particularly if the patient be of a full habit. Exercise should also be taken regularly in the open air, but not of a violent kind. She should also sleep with the head on a high pillow, and never eat late suppers, nor take any food that disagrees with the stomach.

All kinds of stimulants, such as wine, coffee, and spices, should be abstained from, and all powerful emotions carefully guarded against. During an attack a few drops of laudanum or an opium pill may be taken, and the feet placed in hot water. An assafœtida pill is sometimes good, or a little ether. Bleeding is generally practiced in extreme cases, but there is often considerable danger in it.

A too full habit may be the exciting cause of the palpitation, as may be seen by

the patient being always liable on the slightest exertion to flushed face, dimness of sight, ringing in the ears, swelling of the limbs, and puffiness of the gums, sometimes to such an extent that the mouth will taste of blood. Such persons should carefully observe a moderate, unstimulating and simple diet, and never allow the bowels to remain constipated more than a single day. They should also rub and wash the skin well, and study calmness and quiet.

SYNCOPE, OR FAINTING.

In this condition, which is just the reverse of the former, the heart suspends its action altogether; the breathing ceases, all power of motion and feeling is lost, the face turns ghastly pale, the eyes close, and the individual seems as if actually dead. It seldom lasts, however, more than five minutes, when the pulse gradually begins to beat, the color returns, and the individual slowly recovers. Some females are liable to such attacks once a month, others once a week, others every few days, and some at irregular periods. They are generally preceded by a dull pain at the pit of the stomach, fullness in the head, yawning, and loss of sight, or ringing in the ears.

The causes that predispose to this fainting are not very well understood, though there is no doubt but it is mainly dependent upon uterine disturbances. In some females it is brought on by the sudden motions of the fœtus, or by their remaining too long in one posture. In others it is produced by straining from constipation, or by sudden fright or anger. In very nervous persons it not unfrequently arises from unpleasant sights, smells, and sounds. In fact it is caused in them much the same as a common hysterical fit, such as is described in the article on hysteria. A full habit, and over feeding, or drinking stimulating liquors may also bring it on, and so on the contrary may a state of weakness and exhaustion.

This accident is more alarming than dangerous, except to the child, which may lose its life if the fainting lasts too long.

To recover a person from one of these fainting fits, she should be laid upon her back on a level place, and every part of her dress should be carefully loosed. Some strong odor should then be applied to the nostrils, such as hartshorn, vinegar, burnt feathers, or smelling salts. The body should be well rubbed over the heart and lungs, either with the hand or with a soft, dry napkin. Cold water may also be dashed on the face, and the hands may be well chafed. If the fit still endures, a mustard plaster may be placed on each arm, or the whole body may be placed in a warm bath, if convenient. Care should also be taken to admit the fresh air freely. As soon as she begins to show signs of consciousness, a little wine or brandy may be placed in the mouth, and the body may be elevated a little.

To guard against such attacks, the same precautions as to diet and mode of life must be observed as were directed in the article on palpitation of the heart; and, as this accident is most frequent in those of a hysterical habit, they should carefully follow the advice given in the article on *Hysteria*.

HEADACHE AND DIZZINESS IN THE HEAD.

Each of these distressing affections, both of which are very common during pregnancy, may arise either from nervous excitement or from a full habit and determination of blood to the head. Nervous headache is generally met with in the earlier

months of pregnancy, and is characterized by being frequently periodical, and often confined to particular spots. It also commences suddenly, from some excitement or depression of mind, and leaves little or no distress when it is gone. The headache, which arises from a too full habit, commences with flushing of the face, heaviness in the eyes, dull pain in the forehead, and a sense of uneasiness, with disposition to sleep or doze. It seldom comes on much till the latter months of gestation. Headache may arise also accidentally from derangement of the stomach, but this cause is easily ascertained by the furred tongue, loss of appetite, and bitter taste in the mouth ; it is also felt most acutely in the back of the head, down by the neck, and passes away immediately the stomach is corrected by an emetic, or by fasting.

Nervous headache during pregnancy often defies all our attempts to alleviate it, though we sometimes succeed in doing so. The best general remedies are warm baths, and, if the bowels are constipated, enemas of starch and castor oil daily. To these may be added occasional small doses of laudanum, or an opium pill, or two grains of camphor. Smelling odors, such as camphor, cologne, or hartshorn, will relieve some, but will make others worse ; so that its utility can only be determined by experience. When a severe attack comes on, the patient should put her feet in warm water, or use a warm bath, take a few drops of laudanum, or a little musk, or valerian, and then try to go to sleep. To guard against the attack, she must never overload the stomach, nor take anything indigestible ; and never think too much, nor allow herself to become excited or depressed.

When the trouble is caused by a too full habit, she must observe the directions given in the articles on palpitation of the heart, and syncope. The diet must be mild and not too nutritious, the bowels must be regularly moved every day, chiefly by epsom salts and seidlitz powders, and regular gentle exercise must be taken in the open air.

In the latter months it is especially important to attend to a severe headache *immediately*, particularly when the pain is seated *at the top of the head*, because it is very likely, if unchecked, to terminate in convulsions. The means above recommended must be carefully and perseveringly applied ; the feet must be kept warm, the bowels freely opened, and the head kept cool by wet cloths, or cold lotions, or ice. It is the general practice in all such cases, if the pain does not abate soon, and the pulse be full and quick, to bleed freely at the arm, and the most eminent physicians of the allopathic school assure us, that the life of the patient frequently depends upon its being done promptly. I have no doubt, however, but that relief can be generally obtained by the simple means described, if they are used early and perseveringly.

INSOMNIA, OR SLEEPLESSNESS.

There are few affections that cause more real distress during pregnancy than this. Many females will be utterly unable to sleep for many days and nights together, and others can only obtain a few minutes broken and unrefreshing sleep at distant intervals. There is danger, when this state becomes highly aggravated, that it may lead to delirium, or that the want of rest may wear away the strength to such a degree, that the patient will sink from mere exhaustion. There are some females, however, who will remain without sleep, or at most take but very little, for a long time, without suffering any inconvenience.

This affection is essentially a nervous one, and the only means likely to relieve it

are those that have a tendency to soothe and calm the nerves. If the patient be surrounded by any irritating circumstances they should be at once removed, or she herself removed from them. Particular attention must be paid to the diet, so that no derangement of the stomach or bowels be kept up, and a regular system of out-door exercise must be practiced. A warm bath just before going to bed, with a good rubbing of the skin, will frequently act like magic in procuring rest. As a general rule narcotic drugs should not be used, but in extreme cases they may be resorted to sparingly. A single opium pill, or a few drops of laudanum may be taken after the bath. If the patient be thin and delicate, she should eat meat, eggs, and milk, and take a little wine, if it causes no unpleasant symptoms. Indeed a glass of wine will frequently act better than laudanum, and so will ale with some, and coffee with others. If the patient be of a full habit these things will be improper, and may injure. She should then be kept quiet, and fed sparingly. *Music* has a powerful effect in many of these cases :—a slow, solemn air, played while the patient is reclining after her bath, seldom fails in inducing sleep.

TEMPORARY AFFECTIONS OF THE SIGHT, HEARING, AND SMELL.

These disorders are quite common during pregnancy, particularly in the latter months. Some females will be utterly unable to distinguish any odors, even the most powerful ; others completely lose their taste, and others again become deaf or blind. When they are caused only by the sympathetic action of the womb, such deprivations are seldom of long duration, though they may recur at frequent intervals. In some cases they remain a considerable time, and great fear is felt that they may become permanent, but there is little danger of such a result. I knew a lady who suddenly lost her sight when about two months gone, and who remained totally blind till about three hours after her delivery, when her sight returned in a moment as perfect as before. The same thing has frequently been observed of the other senses. In some cases the vision will not be lost but perverted, and the patient will then see everything double, or larger or smaller than natural, or always of a wrong color. In like manner some will hear imaginary conversations, or will fancy everybody is shouting, or perhaps only whispering, though they are all the time speaking in their natural voices.

These perversions, when thus produced, need occasion no alarm, and seldom require attention, unless accompanied by other urgent symptoms. They may arise, however, from a fullness of blood in the head, in which case they are accompanied by a flushed face and drowsiness, and are preceded by bright sparks flashing before the eyes, or by ringing in the ears.

The treatment of all these affections should be the same as that recommended for most of the previous derangements, particularly for *headache, syncope,* and *palpitation of the heart.* If there be nervous excitement merely, it must be calmed in the same way as recommended in the articles referred to, and also in the last one on sleeplessness. If the female be of a full habit, and there is evidently a pressure of blood on the brain, and nerves of the special senses, the same means should be adopted to reduce the system, and draw the blood to the extremities, that have already been described.

In such cases these sudden deprivations of sight and hearing sometimes indicate the commencement of convulsions, or apoplexy, particularly if they occur during

labor, when every means should be resorted to *instantly* to relieve the pressure on the brain. If no simpler means succeed in a reasonable time, it is the general custom to bleed freely from the arm, and there is no question but this frequently removes the difficulty at once, whatever objections may be made to the practice. It is also proper to say that many eminent practitioners, who are not advocates of the lancet in general, strenuously urge that it should be used immediately if the sight or hearing suddenly disappear in this way, at any time. And I certainly have myself known these accidents sometimes followed by a fit of apoplexy, or convulsions, and even death. Such was the case with a friend of one of my patients. She found one day, quite suddenly, that she could only see *half* of anything she looked at, and at times it even disappeared altogether. Nothing was done for her, and in about five hours after the first attack she fell speechless, and died before they could lift her upon the bed. It will therefore be a necessary precaution, in all pregnant females of a full habit, to attend rigidly to the advice that has been given, because *simple* means, used in time, and regularly, may prevent the necessity of stronger ones altogether. In purely nervous cases of this kind, no apprehension whatever need be felt, and no such practice as bleeding is required.

DISORDERED JUDGMENT, INCLINATIONS, AND PROPENSITIES.

The sympathetic irritation of the uterus, in some females, produces extraordinary phenomena of this kind, from simple desire to the most furious craving, and from mere caprice to actual insanity. There is no doubt but that many of these unusual desires, or *longings* as they are called, are either produced or much aggravated by the imagination of the patient, and frequently would never be experienced at all, if the idea was not suggested by other people having had the same. Custom and imitation are very powerful in such cases, particularly when the nervous sensibility is much exalted. Still the most singular aberrations of this kind will often arise without any such adventitious aid, and the fact should be borne in mind, so that these temporary vagaries may be regarded with proper charity and forbearance.

Some females will entirely change in their dispositions at these times, the most amiable and mild becoming positively ill-natured and malicious; the gentle will turn headstrong; the haughty and proud will become humble, and the gay will become melancholy, or the sad will madly seek every kind of gayety. Such things, however, should never be remembered, nor be brought up against them afterwards, for truly at such times *they know not what they do!*

Women have been known while in this state to become thievish, or to have an irresistible propensity to burn or kill. Some have even been known to exhibit great talent for music or poetry, though ordinarily without any capacity for such things. Some will suddenly exhibit a most extraordinary intellect, while others will become quite silly. A medical writer tells us an instance of one female who always had an excellent sound judgment while pregnant, but *no memory*, while in her ordinary state she had a poor judgment, but *a most extraordinary good memory*. The celebrated Baudelocque gives an account of another who could scarcely eat anything but what she *stole* while going to market, and another writer mentions a lady who longed till she was almost delirious to bite a piece out of a baker's shoulder, who worked opposite her window. There is even an account of one who longed to eat some of her husband, whom she dearly loved, and who actually killed him to satisfy her appetite, and then salted pieces of the body to keep for future use. A writer named Vives also tells us of a female whose husband paid a large sum of money for her to be allowed to bite a young man's neck, it being evident that she would be nearly certain to miscarry unless so gratified. In the year 1816, at Mons, in France, an unfortunate woman in this condition was seized with an irresistible impulse to destroy her children, and actually drowned three of them, and herself afterwards. She had previously sent a poisoned cake also to one at school, but fortunately it was not eaten.

Generally speaking, all these things pass away with delivery, if not before, unless it be actual insanity, which sometimes remains. All that can be done is to attend strictly to the general health, keep the skin, bowels, and stomach in good action, and remove all depressing or irritating circumstances. If there be a propensity to anything decidedly injurious or dangerous, the patient must be strictly watched, but without its being perceived or known by her, for fear of exciting suspicion in those who would be disposed to be cunningly secret or revengeful. Proper diet, regular bathing, and out-door exercise often correct many of these things.

HÆMOPTYSIS, HÆMATEMESIS AND EPISTAXIS.

These three terms mean *spitting of blood, vomiting of blood,* and *bleeding from the nose,* all of which frequently occur during pregnancy.

Spitting of blood is most usually observed in nervous women, and in those of a full habit. It is caused partly by sympathetic irritation, and partly by the womb pressing upwards against the diaphragm and lessening the size of the chest, which deranges the circulation in the lungs, and causes rupture of their blood-vessels. The premonitory symptoms are pains round the waist, cold extremities, creeping of the skin, and a sensation of anxiety or depression round the heart. The attack begins by difficulty of breathing, heat in the chest, and dry cough, followed by spitting up more or less bloody frothy mucus; all which symptoms are much increased by violent exercise, or a hot atmosphere. In ordinary cases, a mere spitting of blood need occasion no great alarm, unless attended by symptoms of inflammation, or unless the patient has had cough, and other indications of pulmonary derangement before conception.

In hæmatemesis the blood is vomited from the stomach, and is in black clots, frequently mixed with the food, or bile, while that which comes from the lungs in spitting, on the contrary, is bright red, and quite fresh. In vomiting of blood also, there is seldom any cough or exertion of any kind.

The treatment of spitting of blood must be nearly the same as for many other derangements already described. When there is a full habit, the patient must live low, keep the bowels free, and the skin in good order, and avoid all agitation of mind or over-exertion of body. An opium pill occasionally will be useful, or a few drops of laudanum. The cough must be combated in the way recommended in my previous article on *cough*. Lemonade or tamarind tea, with some syrup of poppies added, may be freely drunk, or some of the black-currant root tea. The treatment of hæmatemesis is precisely the same. Occasionally, however, the blood will pass into the intestines and occasion colic, and then it must be removed by administering an enema of starch and castor oil, or a little manna may be taken.

Epistaxis, or bleeding from the nose, is much more frequent than either of the preceding, but is seldom of much consequence. In many cases, in fact, it is highly

beneficial, as it relieves the head from pressure, and thus obviates many inconveniences. If it continues too long, or becomes excessive, it may generally be arrested by putting cold wet cloths between the eyes, and on the cheeks, while the head is kept elevated. The feet and hands should be kept warm, and the air breathed should be as cold as possible. In extreme cases, the nostrils may be plugged with bits of sponge, or cotton, or some powdered alum may be snuffed up them. The best plan is to raise the hands above the head, and put something very cold, as a lump of ice for instance, or a piece of cold iron, between the shoulders; this seldom fails.

Pressing the upper lip firmly down upon the gum just below the nose with the finger, if continued, will stop bleeding at the nose in most cases.

VARICOSE VEINS.

Very often in pregnant women the veins in different parts, but particularly of the thighs and legs, will swell out in knots, either singly or in bunches, sometimes like strings of beads, or like the links of a chain. These are called *varices*, and occasionally they attain a large size, and extend to various other portions of the body, as the external lips, vagina, and mouth of the womb. Some women, in fact, have them over nearly the whole body. They are caused by the pressure of the womb on the large abdominal veins preventing the return of the blood, and disturbing the balance of circulation between the veins and arteries. In the majority of cases, unless very large, they cause but little inconvenience, and may be let alone, but sometimes they cause pain, or become so full that there is danger of their bursting, and then it is necessary to interfere.

The first thing to be done is to relieve the abdominal veins from the pressure of the womb, and this may be done by the patient keeping more or less the horizontal position, and carefully avoiding all violent exertion. The swelling is always worse during the latter part of the day, particularly if the woman has been much on her feet, she should therefore apply a cloth roller round the limbs before she rises in the morning. If this be carefully put on, just tight enough not to interfere with the motion of the limbs nor totally obstruct the circulation, it will prevent the varices to a great extent, if not altogether. Brisk friction with the hand will disperse the swelling in many persons, or warm fomentation, but sometimes *cold* bathing answers better. It is advisable always to disperse them as soon as possible, for if they remain too long that part of the vein becomes permanently weakened by being overstretched, and will be always liable to swell again from any slight cause. It is particularly advisable in these cases to avoid constipation, and also to keep the skin in good action by bathing and frictions.

If at any time one of these varices should burst, it need occasion no alarm, unless it be seated on a large vein, and the bleeding becomes profuse. To stop it, bind on firmly over the rent any firm *cold* body, as a flat stone, or a large silver coin, passing the bandage several times round. In slight cases a simple cold compress will be sufficient, or a little powdered alum, or some vinegar and water—in short, any of the usual remedies for stopping bleeding from wounds. The female must be quite still till it is stopped, and must be careful when she begins to move about again, because it is liable to break out afresh. Those of a very full habit must live low, and avoid all stimulants, so as not to increase the quantity of blood in the body more than is necessary. It is advisable to remove the varices, as much as possible,

before labor comes on, particularly if they are situated on the lips, or in the vagina, because they may burst during delivery and cause considerable inconvenience, or even danger. It is rare that these swellings continue after delivery, but if they should do so, the same treatment must be persisted in as before.

HÆMORRHOIDS, OR PILES.

These are troublesome annoyances at any time, but particularly during pregnancy, and unfortunately they are very common at that time. They are, no doubt, chiefly caused in the same way as varicose veins, that is by the enlarged womb preventing the proper flow of blood in the small veins, and so causing them to swell, and form tumors. They may in fact be called varices, as truly so as those on the limbs. In many persons, however, they are frequently brought on merely by *constipation*, which will undoubtedly either cause them, or make them much worse when otherwise produced. In general they become worse as the pregnancy advances, because the womb becomes larger and the bowels are more apt to be confined.

As long as they only cause inconvenience, without any particular distress or urgent symptom, they may be let alone, or be slightly treated in the way of palliation, till after delivery, when they will disappear. Occasionally however, they grow to a large size, so as to hinder the passage of the bowels, and prevent the patient from sitting down or walking. They may then cause inflammation, and bring on falling of the intestine, or abortion, by the straining which they necessitate when the bowels are moved. And even if these extreme results do not follow, there may be serious derangements of the general health, indicated by difficulty of breathing, sleeplessness, headache, and fever. In short, there are few of the derangements incident to pregnancy so annoying as this, and unfortunately, from its nature, the sufferer dislikes to speak of it and seek the necessary assistance. Many prefer undergoing the most excruciating agony for months, rather than complain, which shows the necessity for females knowing how to treat themselves, when possible.

The bleeding which sometimes takes place from piles is more often beneficial than otherwise, unless it becomes excessive, from rupture of a large vessel, in which case, if the wound is external, it may be treated the same as the ruptured varicose vein; if it be internal, the remedies must be injected with a syringe, or a large roll of lint or cotton may be soaked in alum water and passed up the rectum. Frequently bathing the thighs and perineum with cold water will be sufficient.

To relieve the pain and swelling, the female should sit over the steam of hot water, and use the warm bath. If the piles are external, they should be bathed with hot milk and laudanum, or rubbed with any soothing ointment, particularly the *cucumber ointment*, mentioned in a former article, or with *stramonium ointment*. If they are internal, the milk and laudanum should be injected if possible, or some thin starch and laudanum, and a stiff roll of cloth may be smeared with the ointment and introduced. In general, ointments or other greasy matters are not so good as the milk or starch. In conjunction with this, the bowels must be kept free, either with enemas or castor oil, or by using a seidlitz powder in the morning. This is indispensable, for if constipation exists, no applications can render much service. The patient must also avoid fatigue, and not remain too long upon her feet, nor sit long, particularly on a hard seat, and if she be of a full habit she must live low, to avoid making too much blood. It is also important, at all times, to avoid using dras-

tic purgatives, such as aloes, colocynth, or gamboge, as they always make piles much worse, or even cause them.

ŒDEMA, OR WATERY SWELLINGS.

This affection also appears, like the preceding, to arise from obstructed circulation, but instead of the blood accumulating, it is merely the serum, or watery portion of it. The swellings are generally whitish, and spread about, and a small pit remains in them when pressed with the finger. They are found on various parts of the lower limbs, and on the groin or abdomen, and also upon the external lips, in which place they are often exceedingly troublesome. As a general rule, these swellings are of small account, and as they disappear with delivery, but little attention need be bestowed upon them. Sometimes, however, they become very extensive, and so engorged that they inflame and are extremely painful. They have even been known to mortify, and cause considerable sloughing, particularly when chafed and afterwards wet with the urine. In these extreme cases there may be serious disturbance of the general health, from the constant irritation, and from the patient being unable to walk about. I have often known the limbs and vulva covered with patches of erysipelas from this cause. Sometimes the swellings even become so large that they interfere with the process of delivery.

The treatment of this affection consists in rest, particularly lying down, saline purgatives, regular and frequent washing the parts with cold milk and laudanum, or with a solution of borax, half an ounce to a pint of water, to be used cold and with a teaspoonful of laudanum added to it. Simple cold water is frequently quite sufficient. In general all kinds of ointments are injurious, but if other means fail to give relief, the *cucumber ointment* may be tried. The wash should always be used after urinating, and the parts must not be rubbed, but lightly dried with a piece of soft linen. Fullers' earth is often an excellent application when there is chafing.

If the patient be of full habit, she must carefully diet herself, and bathe regularly. If she be thin and weak, a generous diet will be advisable, with meat and even a little wine.

HYDRORRHŒA, OR PROFUSE DISCHARGE OF WATER.

This consists in a discharge of water, more or less profuse, from the vagina, at various periods during pregnancy. Some females will only discharge a small quantity, at intervals, others will have a constant dropping, and others again will pour out an immense quantity, sometimes several pints, or even quarts, in the course of a few days. In general this water is quite limpid and colorless, but sometimes it contains much mucus, and at other times it is tinged with blood. It does not appear that this discharge leads to any evil result, even when excessive, and I only refer to it to relieve anxiety. The origin of this water is not yet ascertained, but it is generally thought to be secreted between the membranes and the womb, and to be quite distinct from the liquor amnii.

PUSTULES, AND MUCOUS DISCHARGES.

Occasionally the external lips will be covered with pustules during pregnancy, and frequent discharges of mucus will occur from the vagina. They are both however

caused by the unusual action of the uterine system, and merely require frequent bathing of the parts with milk and laudanum, and regular action of the bowels. The most important thing to remark in connection with them is that they have often been mistaken, even by medical men, for the effects of syphilitic disease, and much distress has resulted from such mistakes.

DERANGEMENTS OF THE URINARY ORGANS.

Several derangements of the urinary organs are liable to occur during pregnancy, partly from sympathetic irritation, and partly from mere pressure. Some of these may be partially relieved, others have to be borne as patiently as they can be till delivery removes them.

The swollen womb often presses on the neck of the bladder, and hinders the passage of the urine, or even obstructs it sometimes altogether, and thus causes straining, burning heat, and great distension of the bladder. In some instances this passes off as the pregnancy advances, owing to the womb rising higher in the abdomen, but in other cases it remains more or less, during the whole term. It is particularly important, in such cases, that the female should not let the difficulty remain too long unremedied, for if the bladder be very full, it may become utterly impossible to empty it by natural effort. Sometimes the difficulty is much lessened by lying on the back a short time before attempting to urinate, or by raising up the abdomen with the hand at the time. Many females can urinate with tolerable comfort while lying on the back or abdomen, and others are much relieved by constantly wearing a bandage. Constipation always makes this difficulty worse, and sometimes even causes it, by keeping the rectum full, and thus increasing the pressure. In all such cases, it will be readily seen that forcing medicines are not only useless, but liable to cause injury. The change of position, rest, and supporting the abdomen are the means to be relied upon. If these fail, and the urine accumulates, the catheter must be used. A warm bath, or fomentation with warm water and laudanum, will assist, and sometimes relieve alone. To ease the burning and distress, the patient must drink freely of gum water, or barley tea, with a little syrup of poppies.

There is one manœuvre which, if practiced aright, will nearly always allow the female to urinate with ease, and fortunately she can practice it herself. It consists in introducing two of the fingers into the vagina, and raising up the womb, as if practicing the *ballotment*. This removes the pressure from the bladder, and the urine then escapes by natural effort. A few trials will soon enable any one to do this, particularly if they notice well the form and position of the parts, as shown in the plates of this work. A lady who heard me mention this in one of my lectures, afterwards stated that the knowledge of it enabled her to dispense altogether with the catheter, which she was previously necessitated to use during most of her pregnancy.

When there is merely a nervous irritation causing the difficulty, the warm bath, or fomentation with warm water and laudanum will be sufficient, or a little belladonna ointment may be rubbed over the meatus urinarius, while some starch or laudanum is injected carefully into the vagina.

CRAMPS.

These arise from the womb pressing on the nerves of the sacrum, and are therefore not under the control of medicine. All that can be done is to change the posi-

tion of the body as much as possible, from lying down to standing up, and by turning from one side to another. Brisk rubbing with the hand will also assist in giving relief. The cramps, however, usually disappear after delivery, and must, therefore, be borne as patiently as possible till that takes place.

PRURITUS, OR ITCHING OF THE EXTERNAL PARTS.

This troublesome affection has already been fully treated upon in a former article, which may be referred to.

CHAPTER LXXX.

IDIOPATHIC OR PRIMARY DISEASES INCIDENT TO PREGNANCY.

Flooding or Hemorrhage.

FLOODING is one of the most dangerous accidents that occur during pregnancy, its consequences being often of the most serious character. The causes that lead to flooding are very numerous, some of them predisposing to it, and others immediately exciting it. Among these may be mentioned a too full habit, violent exertion, falls, coughing, vomiting, straining from costiveness or violent purgatives, forcing medicines, criminal attempts at abortion, overwalking, blows on the abdomen, too much dancing or running up stairs, strong mental emotions, fright, or anger, and *certain excesses.* The immediate cause is the separation of the membrane in which the fœtus is inclosed from the walls of the womb. Flooding may, however, result from the placenta growing over the mouth of the womb, and being torn as that opens—usually about the sixth or seventh month. (See the article *Flooding during Labor.*)

In most cases, flooding is preceded by dull pain in the loins and groins, and a sensation of weight and dragging. Similar sensations, however, are often produced by other causes, which makes it difficult to predicate, with any degree of certainty, whether the patient is about to flood or not. The very first appearance of blood from the vagina must therefore be watched for carefully, as that removes all doubt, and warns us to be prompt with the proper remedies. Sometimes a female will flood internally, the blood being retained by the passage being closed or plugged up by clots, or by its passing behind the membranes, or under the center of the placenta. These internal or concealed hemorrhages are very dangerous, as the patient may lose much blood before her condition is suspected. It is therefore necessary to bear this in mind, and carefully use every means to ascertain whether such an accident has occurred or not. In general the indications are pretty plain, the patient suffering from deep-seated and distressing pains in the back and groins, with great weakness in the limbs, faintness, weak pulse, dimness of sight, ringing in the ears, coldness of the hands and feet, swelling of the abdomen, and finally fainting, particularly if the retained blood suddenly escapes, which it usually does.

In the early months there is more danger to the child from flooding than there is to the mother, because it is nearly certain to lead to abortion. In the latter months, on the contrary, the mother runs the greatest risk, as the child may then live if it be expelled, while the mother may sink and die from excessive loss of blood. There are many females of a very full habit, who suffer but little from hemorrhage, unless it be excessive; indeed some seem to be benefited by it, and are thus relieved from headache and convulsions. It should, however, be carefully watched, and its effects duly noted.