into the habits of constipated people will elicit the fact that they have been negligent in this very essential. Especially is this true of women patients, who are the greater sufferers from constipation. For psychologic reasons they sin grievously against themselves in neglecting a function which can be normal only when its rhythm is heeded. A woman, for trivial considerations, easily defers this call "to a more convenient season." By environment and disposition she is less systematic than a man. A neighborly gossip, a household affair, a feeling of repugnance or downright indolence will often interfere with this important duty. Front door vanity and cosmetic effects are often more important, to her way of thinking, than back door sanitation and rules of health. She is quite apt to look upon defecation as a disagreeable nuisance, to be avoided when possible, to be hurried through with or incompleting when necessity arises. No wonder a function which normally should be a real pleasure, and productive of a sense of comfort and well being, becomes an irregular, straining, pile-producing effort. And so with the established ills of induced constipation the victim resorts to cathartic teas, syrups, powders and pills for a relief which can only be temporary.

We wish to give emphasis to the fact that *habit* is a very large word. That all habits, whatever their tendencies, are of psychic origin. That in habitual constipation, with or without other therapeutic aids, suggestion or psychic influence in some form is the only efficient agent that can re-establish a rhythmic peristaltic habit.

We have shown how peristalsis may be accomplished artificially by the temporizing stimuli of drugs, etc., and they have their proper uses as well as their abuses, but there can be no cure of habit constipation until the initial psychic impulses become once more automatic. The drug has not been found, and, from the nature of the case, never can be found, that will re-establish an intuitive mental impulse. Of necessity drugging will go on as a make-shift in perpetuity, until the profession recognizes the psychology of habits and their only possible cure by psychic means.

REPORT OF A CASE OF EPIDEMIC CEREBRO-SPINAL MENINGITIS WITH RECOVERY FOLLOWING LUMBAR PUNCTURE.

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In the JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION for July 2, Dr. J. B. Herrick reports a case of cerebro-spinal meningitis, in the postmortem of which the diplococcus intracellularis meningitis of Weichselbaum was demonstrated in the meningeal exudate. From this fact and from the large number of cases of meningitis observed in Chicago during the last months, the Doctor concludes that we have to deal with a mild epidemic, although the micro-organism had never been demonstrated before, probably because a bacteriologic examination has been made in but very few cases.

The following case further proves the existence of genuine epidemic meningitis in Chicago at the present time:

The patient, a Russian laborer, 45 years old, previously in

good health, was admitted to treatment under Prof. Geo. F. Butler in the Cook County Hospital, June 17, 1898. Five days before admission he had been suddenly taken with vomiting and diarrhea, followed by severe headache, backache and pain in the extremities. An outside physician sent him to the hospital with the diagnosis of trichinosis. When first seen at the hospital he complained of severe headache; mind was very dull; patient constantly stroked his head and neck with his hands and groaned; great tenderness on pressure; pupils contracted and equal, reacted normally; no ocular or other paralysis; pulse regular, full and soft, 48 beats to the minute; temperature 98, respiration 28; no eruption; examination of chest, abdomen and extremities absolutely negative. The night following admission he was in a continuous pain and stupor; very restless; slept a little under the influence of morphin. The pulse remained slow, 52-64, and the temperature on the day following ranged between 100 and 101 degrees. The bowels were moved by cathartics. During the following days the pulse remained slow, while temperature on the 22d reached 103 degrees, with a pulse of 68. Headache and mild delirium continued. No new symptoms were observed, except a slight right-sided, facial paresis. An ophthalmoscopic examination on the 22d showed no change in the fundus; there was a marked cupping of the disc on the right side. The delirium became more marked and continuous; headache and tenderness, with rigidity of the neck, persisted; but under the influence of bromids or morphin the patient slept four to six hours during the night. The pulse increased in frequency; on the 25th it ranged from 100 to 120, temperature 100-102.4 degrees.

The diagnosis of meningitis having been made, and in order to ascertain the kind of micro-organism present, a lumbar puncture was made on the 26th. A fine needle was introduced between the second and third lumbar vertebrae, one-half inch from the median line, the cerebro-spinal fluid escaping drop by drop, each drop being distinctly cloudy; 20 c.c. were withdrawn. No change was noticed in the patient's condition during the removal of the fluid. On centrifugalizing the fluid a whitish sediment was obtained, consisting almost exclusively of pus cells, most of them greatly disintegrated. No micro-organisms were seen in or around the cells. Nine human blood serum tubes were inoculated, and on seven no growth appeared. In 36 hours minute drop-like cultures were observed on the two remaining tubes, which under the microscope were seen to be pure cultures of a diplococcus, with occasional titiads. It proved to be the diplococcus intracellularis meningitis of Weichselbaum, and did not stain by Gram's method.

On the day of the puncture the patient's temperature ranged between 99.6 and 100.6; pulse 96-100. The night following he rested better than any night previous and seemed rational in the morning. The temperature next day was 97-99.6; pulse 92-100. Since then the headache, tenderness and rigidity of the neck, and restlessness rapidly have disappeared. On the 28th maximum temperature was 99.2; on the 29th, 98.8; on the 30th it reached 101, but has been normal ever since. On the 27th ophthalmoscopic examination revealed a slight optic neuritis on the right side; only one-fourth of the border of the disc could be made out. On the 29th this was more marked and present to a less degree in the left eye. On July 2nd the optic neuritis was greatly lessened, margins of both discs being distinct. June 28th and the two days following there was urinary retention, so that patient had to be catheterized. July 2nd the patient sat up, had a good appetite and no headache. Since then he has been rapidly gaining in strength and seems to have made a complete recovery.

This case adds another to the number recently reported which go to prove that lumbar puncture not only enables us to make, *intra vitam*, a bacteriological diagnosis of the different varieties of meningitis, but

also that it is the only therapeutic agent which is of more than a palliative value in the treatment of the disease.

SOCIETY PROCEEDINGS.

The Medical Society of the State of New Jersey.

One Hundred and Thirty-second Anniversary at Asbury Park, June 28, 1898.

FIRST DAY.

The session was opened on Tuesday, the 28th, at 3 P.M., with the transaction of much routine business, action upon certain matters relative to the society and reports upon ethics, honorary membership, etc.

In the evening the address of the President, Dr. D. C. ENGLISH, was delivered.

Dr. English congratulated the Society on its one hundred and thirty-second anniversary, extended a welcome to the visiting brethren from sister societies, returned thanks for the distinguished honor conferred on him by a society that was not only ten years older than the nation, but had a record surpassed by none in devotion to the highest interest of the profession and in loyalty to the State and sacred behests of humanity. He referred to some of the official changes in the Society the past year, especially to the death of Dr. J. J. H. Love and his appointment of Dr. William Pierson in his place as Third Vice-President and Dr. W. J. Chandler in his place as Recording Secretary. He announced his subject as

PATRIOTISM IN THE MEDICAL PROFESSION

as exhibited in the past and as it may find fuller expression in time to come. After defining patriotism he spoke of the four ways through which the nation had passed, culminating in making the country, indeed and in truth, "The land of the free and the home of the brave." He then spoke of the fact that the Society was in session while the fifth great war was in progress, which was partly the reason for the choice of his subject, which he characterized as a righteous war, less selfish than any of the others in that it was fought in others' behalf rather than our own; that England and other nations had permitted the shocking atrocities practiced toward the Armenians; that America had taken the lead and is today the nation that stands for justice, righteousness and humanity, offering to sacrifice her resources of men and money as far as needful to relieve the oppressed. He then proceeded to demonstrate that in no class of citizens had patriotism had greater manifestation or been exhibited with as much unselfish devotion as by the medical profession, and it was considered under two heads: patriotism in times of war and in times of peace. He considered under war, chiefly that of the Revolutionary War, and of that only New Jersey's record, giving much interesting historic data concerning the profession and the part played by it in distinguished position both in the army and the chief positions of influence; showing that advance in medicine and the development of a strong sentiment of patriotism dated from the French and English war (1758-66); giving brief sketches of the fourteen early presidents of the Medical Society of New Jersey, who bore an exceedingly conspicuous part during the war; and also the names of sixty-six others who served ably in the army and in Congress and other civic positions; of the fact entered on society records that because its members were so actively engaged no session was held from 1775 to 1781; that these men were men of culture, of decided religious character and great influence in their respective communities. "These patriots not only fought the battles, gained the victories and secured our independence, but were patriots wise enough and true hearted and virtuous enough to see that victories won and independence gained amounted to but little unless the foundations of the government were laid strong and secure, and that patriots who were true to God, to liberty and righteousness were placed in power to build enduringly. We have observed that these patriotic physicians not only fought well and performed their high and holy mission faithfully, but they served as well in official positions." "They were incorruptible office-holders; they were upright judges; they were politicians in the highest sense of the word, who loved country more than party; they used no corruption fund, and the people were not of that kind who sold their birthright for a mess of pottage." Reference was then made to the War of the Rebellion, giving the members who served and their faithfulness, and fitting reference made to Dr. John Blair Gibbs, the first martyr who fell on Cuban soil in the present war, who formerly lived in New Jersey and was educated at Rutgers College.

Dr. English then spoke of patriotism in times of peace, in which it had its highest, noblest and lifelong manifestations, vastly more important, as peace is preferable to war; the public good, the very purpose for which government exists; of the exhibition often amid struggle, self-denial and often self-sacrifice; the saying that "Peace has its victories no less renowned than war," was not poetic fancy but solid statement of veritable truth. He dwelt upon: 1. Scientific observation and research as involving pecuniary sacrifice, sometimes the sacrifice of life and often reproach and opposition "as fine, sickly sentimentalists and cranks, who in their devotion to a few dumb animals are willing that multitudes of human beings shall suffer and die." 2. Its exhibition in the work of the State Medical Society, which has been purely in the interest of the public and in most cases against the pecuniary interest of the profession. 3. In the cause of education. The work done and acknowledged by educators was dwelt upon. The Doctor urged the teaching in schools of the manner of the spread of contagious diseases and methods of prevention, especially why disinfection and isolation are required, and then impressing by the use of diagrams that sanitary measures are effective. 4. In the cause of state medicine, "preventive medicine is the crowning blessing the medical profession has conferred upon humanity and is the embodiment of the highest type of patriotism the world has ever witnessed, for it is virtually in the final attainment of its aim the profession sacrificing itself." He quoted Professor Gross: "The great question of the day is not this or that operation, not ovariotomy, nor lithotomy, nor hip-joint amputation, which have reflected so much glory upon American medicine—but preventive medicine." He dwelt briefly upon the work in this country and then some of its results, especially in New Jersey, giving the ten leading preventable diseases for the ten years, 1888-98, the great saving of life and what it meant to the State. He urged strongly the introduction throughout the State of the medical inspection of schools, both as one of the most effective measures for the prevention of the spread of contagious diseases and of eye troubles, mentioning what has been accomplished in Boston, New York, Philadelphia, Chicago and elsewhere. 5. Professional charity was briefly and appropriately set forth, the abuse of medical charity well characterized and some good suggestions offered. 6. In political life, medical men in Congress and the State legislatures, their influence, opportunities and duties were briefly considered, as well as their influence and duty in election of good men and securing good legislation. The open saloon with its iniquitous treating customs and political influence, and the curse of syphilis were touched upon. In reference to the National Board of Health the Doctor spoke as follows: "Efforts have been made for years to secure a National Board of Health, which would be of incalculable value and blessing to our country. These efforts, however, have thus far been unsuccessful. We will not discuss the reasons why, but only express our belief that fear that it might interfere with the schemes and ambitions of others, and the failure in a former measure that was defective in conception and plan are the two serious (?) obstacles that are allowed to jeopardize the lives of millions of our citizens. The ambition of no man or body of men should be considered, and as to old failures it is not only puerile argument, but no body of men profit more by the mistakes of the past than medical men. In a letter we received from United States Senator Gallinger recently, he says: "My sincere conviction is that it will be a long time before the legislation you call my attention to is secured. It is much more likely that the Marine-Hospital Service will be granted additional powers and that national health affairs will be kept in the hands of those who are now at the head of that bureau." We are at least thankful that the efforts to secure the national board have stimulated Congress to consider the matter more fully than before and make much larger appropriations for health measures, but we desire Congress, the medical profession and the public to realize that these appropriations have been almost entirely for the merchant marine of the United States, for quarantine purposes, the investigation of epidemic diseases in Havana, etc., under the Marine-Hospital Service, and any additional powers granted will not enable that department to do the systematic and thorough work that a national board of health with proper adjustment of relations with State boards of health would be able to accomplish. The government appropriated in 1896-97 about three-quarters of a million dollars for all public health measures, mainly for the support of the numerous hospitals, the twelve national quarantine stations, investigations, etc., under the Marine-Hospital Service, out of nearly three hundred millions total appropriation. Certainly it would seem if 141 millions could be afforded for pensions and scores of millions for river and harbor improvements in the interest of commerce (and possibly in some