

Bitter Apple, Steel, and Pennyroyal, etc., and all similar preparations.

A letter was sent with the pills, which ran as follows :

Dear Madam, I am sending Tablets as requested, with every confidence in their efficacy, and I have no doubt they will very soon relieve you of all your present uncomfortable feelings; we have many patients who NEVER require anything stronger. On the other hand there are ladies upon whom liquid medicine acts more promptly; we therefore beg to enclose you particulars of our "Irristum" in its liquid form, in case you require very speedy relief, or your constitution is a very stubborn one. Take these Tablets after Meals. Assuring you of my personal and immediate attention, I am, dear Madam, Faithfully yours, THE LADY MANAGER.

The "tablets" were ovoid pills, coated with French chalk, "gilded" on the surface; the "gilding" showed the composition of so-called gold paint, containing copper but no gold. After removal of the coating the average weight of the pills was 2 grains; analysis showed them to contain sulphate of iron equivalent to 48 per cent. of the exsiccated salt, and sodium carbonate, producing ferrous carbonate on addition of water; the other ingredients were starch, gum, and moisture. The amounts of ferrous sulphate and sodium carbonate were not properly adjusted for converting the whole of the former to ferrous carbonate, but the composition was variable. One specimen showed 48 per cent. of dried ferrous sulphate, one-fourth of which was converted to ferrous carbonate on treatment with water; another gave only 37 per cent. of dried ferrous sulphate, two-fifths of which formed ferrous carbonate. The formula is thus approximately :

Dried sulphate of iron...	...	86 grains
Dried sodium carbonate	...	25 "
Excipient...	...	q. s.
In 100 pills.		

Estimated cost of ingredients of twenty-four pills, one-fifteenth of a penny.

#### IRRISTUM.

The "particulars of our 'Irristum' in its liquid form," referred to in the letter quoted above, were in the form of a small book, from which the following extracts are taken :

The "Irristum" medicine is an ABSOLUTELY SAFE AND CERTAIN REMEDY FOR AMENORRHOEA, CHLOROSIS, DYSMENORRHOEA, LEUCORRHOEA, ANAEMIA, AND ALL IRREGULARITIES AND OBSTRUCTIONS EVEN OF THE MOST OBSTINATE AND STUBBORN CHARACTER, and unquestionably if one course stands out prominently above all the other misfortunes of woman-kind, it is a disregard of the laws of health. The mind and the body—the mental and the physical—are so intimately and so wonderfully co-mingled in the human frame that it is impossible for the most self-denying and amiable woman to maintain that equanimity and sweetness of demeanour without which conjugal felicity is out of the question, if there exists a hidden or secret sorrow, or if the inscrutable laws of health are not fulfilling their proper functions. *Thousands upon thousands are daily suffering, and hour by hour anxiously enquiring how this great law of health is best to be regulated, and this applies to women more than to men, in a proportion that can scarcely be approximated.* . . .

"IRRISTUM" is unquestionably one of the most priceless blessings of the nineteenth century. . . .

"IRRISTUM" never fails, that is the marvel of it. On "Irristum" is stamped the seal of unequivocal success. To it women may turn with the brightest confidence and hope, assured of health and happiness, instead of that wretched depression of animal spirits, and possibly life-long misery, which accrue from a blind confidence in the nostrums of unscrupulous quacks. . . .

Nothing conceivable can be worse or more contemptible than for confiding and suffering women to be the dupes of plausible and unscrupulous adventurers. Not merely is it the pocket, but the paramount question of life-long health which may be imperilled; and here it is that the never-failing efficacy, the privacy, the simplicity and the rapidity of action characteristic of the "Irristum" medicine, come as a challenge to the world in this most important branch of the healing art. . . .

We do not profess to work wonderful miracles; we only state, with absolute confidence, that if you, who read this, feel the need of such a preparation, you will never do better than send to us at once. It would of course be untrue to say a second bottle is never required. It sometimes happens that a lady has to send for another supply, but in 19 cases out of 20 the whole of the second one is not required. . . .

It will be sent you by return, securely packed from observation, for 4s. 9d., including postage.

Extra strong (for immediate effect), 10s.; by post, 14s. 6d. This is specially recommended to ladies who desire speedy and certain relief, and is truly described as a "marvellous preparation."

The "extra strong" preparation was obtained for analysis. A letter which was sent with it promised some tablets free of charge with a second bottle, if more were required; but these tablets were not procured. The 10s. bottle of the medicine contained six and three-quarters ounces. On the label it is stated—

This medicine is purely an EMMENOGOGUE (*sic*), of a powerful nature, and is a SAFE and CERTAIN REMEDY for anaemia and all female ailments. Contains no abortifacient properties.

A further label gives the dose as "one tablespoonful to be taken three times a day."

Analysis showed it to be an acid syrup of phosphate of iron with quinine; it also contained 5 per cent. by volume of alcohol, which may have been added in the form of a colouring tincture; the colouring matter appeared to be cudbear. Determination of the quantities of the various ingredients gave the following formula :

Quinine sulphate	...	9 grains.
Ferrous phosphate	...	10
Dilute phosphoric acid	...	6 fl. drachms.
Sugar	...	3 oz.
Rectified spirit	...	220 minims.
Cudbear	...	q. s.
Water to	...	6 75 fl. oz.

Estimated cost of ingredients, twopence.

## INFANTILE MORTALITY.

### THE HUDDERSFIELD SCHEME.

The principal object of the Huddersfield scheme for checking infantile mortality is to help the mother to nurse her infant herself in her own home. In order to do this the following plan is followed :

1. Notifications of birth reach the medical officer of health within forty-eight hours of the time of birth.
2. Two lady assistant medical officers of health visit the home, inquire, advise, and help.
3. The notifications are sent every Monday to voluntary workers—ladies who supervise, visit at intervals, and help in the homes.
4. If the baby does not thrive, and is not under medical care, the case is referred to the medical officer of health and appropriate action taken.

The official staff to carry out the above consists of the medical officer of health and two assistant medical officers of health, who are fully qualified and registered medical women. Nearly their whole time is given to the work in connexion with infant mortality, and the medical officer of health exercises a general direction and supervision of their proceedings. There is also a voluntary association called the Huddersfield and District Public Health Union. It is worked by upwards of 100 ladies. There is a close and intimate relation between the municipal and voluntary portions of the work.

By a special Act, which has been in operation since November 1st, 1906, the Corporation has power to require compulsory notification of births to the medical officer of health within forty-eight hours. The notifications within the time limit have been 94 per cent. of the total births. Immediately upon receipt of the notification one or other of the lady assistant medical officers of health proceeds to the address given and verifies it. If the case is one where help or advice is likely to be of use this visit affords the opportunity. Cards and leaflets of advice on the care of infants, very carefully thought out, are generally left. Wherever practicable breast feeding is urged, and if there is any difficulty in this respect help and advice are proffered. This first visit by the lady doctors is followed by repeated visits in all cases where the circumstances call for them. It is at this point that the utility of the Public Health Union comes into play. For the purpose of this association the borough is divided up into separate districts, corresponding as far as possible with the wards, but taking as a basis for a separate district the number of births; about 150 births per annum is the approximate number for one district. Over each of these districts is appointed a lady superintendent, and with her are associated a group of lady helpers, varying in number in proportion to the number of babies likely to be born; it is not reckoned that any one lady helper should have more than 15 to 20 babies on her list.

After the first visit of the assistant medical officer of health, the lists of babies are divided up into the districts

of the Public Health Union, and each week the list of babies is sent to the lady superintendent of the district. She in her turn divides up the list week by week amongst her helpers. Each baby is thus placed under the supervision of some one or other lady helper, and she is expected to keep each under observation, and do what she can for its welfare. In all cases where the child is not thriving and where no medical practitioner is in attendance, she is expected to send to the Public Health Department for aid. This does not involve any gift or charity. The visit is a visit to the baby, and for its health, and it is a rule that no dole shall be given in any shape. In cases of need the various official, religious, and philanthropic agencies of the town are communicated with, such as the Charity Organization Society and the National Society for the Prevention of Cruelty to Children and the Invalids' Kitchen. In cases of sanitary defects information is given to the proper health authorities. The visits of the lady helpers, like those of the assistant medical officers of health, are entirely optional on the part of the visited. Where a case seems to require help, and no doctor is in attendance, the lady helper asks the assistant medical officer of health to pay a visit.

#### RESULT OF WORK.

The infant mortality figure for the first thirty-nine weeks of 1907 has been 85; at the corresponding period last year the figure was 138, the mean of the ten years at the end of thirty-nine weeks, 1897 to 1906, was 135. The cold, wet summer was not conducive to diarrhoeal diseases, but it is pointed out that in former years similar weather has prevailed, but, as above stated, the infant mortality figure has not been nearly so low. Again, on making a comparison with other towns, it appears, from an examination of the returns of the Registrar-General, that Huddersfield had an infant mortality figure for the first six months of the current year lower by 22 per cent. than the seventy-six great towns. During the third quarter of the year, in the seventy-six towns the infant mortality figure was 110; in Huddersfield it was 62, or 44 per cent. better.

The Voluntary Public Health Union is worked without subscriptions, the expenses being merely for stamps and circulars. A demand will be made for subscriptions when required. As to the cost to the Corporation, the only expenditure has been the salaries of the lady assistant medical officers of health and a rather heavy amount of printing charges. The whole has not been equal to £400 a year.

The following particulars with regard to the constitution and scope of the Huddersfield and District Public Health Union are reproduced here, since they may serve as a guide in the establishment of similar institutions in other cities:

#### CONSTITUTION AND RULES.

- I.—The name of the organization shall be.....
- II.—The Membership shall be open to all persons who are in sympathy with its aim and objects.
- III.—The aims of the organization shall be:
  1. To further the scheme adopted by the Corporation of Huddersfield to prevent infantile mortality, and to ameliorate the conditions of the infant life and health, by the formation in each ward of the Borough and the surrounding districts, of committees of ladies who by personal visitation at the homes will endeavour to induce mothers to nourish their infants in the manner nature intended, or, where for any reason this is impossible, assist in spreading a knowledge of the best methods of artificial feeding, and generally give advice on the care and nurture of children.
  2. To co-operate with and assist the educational, health and sanitary authorities of the town and district, in all matters relating to public health.
  3. To awaken the interest of the people generally in questions affecting the health of the community, to promote attention to the laws of health, including, if possible, the special requirements of consumptive cases.
  4. To report to the charitable and philanthropic agencies already existent such cases as seem to call for financial help, but in no way to administer such relief.
- IV.—There shall be a President, as many Vice-Presidents as may from time to time be determined, an Honorary Treasurer, and as many Secretaries as may be required. The election shall be at the Annual Meeting.
- V.—The control of the Health Union shall be vested in the hands of an Executive Committee, consisting of Eleven Members (exclusive of *ex-officio* members), who shall be elected by the Union at its Annual Meeting. Casual vacancies that may arise shall be filled by the Committee.

VI.—The Committee shall meet at such times as may be necessary, and five members shall form a quorum.

*Suggestions* are appended as to the work of the lady superintendents and lady helpers, as already stated. The borough has been divided into districts, corresponding generally with the ward divisions, but wards where the number of births per annum exceeds 200 have been subdivided. To each district a lady superintendent has been appointed, who is allowed to choose for herself four or five, or six or more lady helpers.

The plan of working is simple. There are two official lady health visitors appointed by the Corporation, and these will be the source from which the lady superintendents will receive their information. All the notifications of birth will in the first instance go to the health office and come into the hands of the official lady health visitors. They will in each case pay a first visit to the home where a birth is notified, and will leave a card of direction and advice. It will, however, be impossible for them to pay repeat visits, and here will come in the co-operation of the Public Health Union and the lady superintendents and helpers. To bring this into operation it is proposed that the official visitors shall, week by week, sort out the notifications and divide them according to the districts arranged by the Public Health Union Committee. They will then send to the superintendent of each of the districts a list of all the notifications in her district. The lady superintendent, on receiving her list, will allocate to her lady helpers the babies whom she may know or consider to come best under the care of one particular helper. Then it will be the care of the helper to visit the babies allotted to her. In cases of ignorance and carelessness, if help and sympathy fail, recourse must be had to other agencies than the Public Health Union, and a reference by the lady helper to the medical officer of health should be made in such cases. In every instance where the baby fails to thrive, and is not under the care of a private medical man, the aid of the Public Health Department should be invoked promptly.

#### THE IRISH MEDICAL SCHOOLS' AND GRADUATES' ASSOCIATION.

The autumn meeting of the Irish Medical Schools' and Graduates' Association took place on November 27th, and resulted in a decision to form a Northern Branch, which will include Manchester, Liverpool, Leeds, Sheffield, and neighbouring localities.

A dinner followed in the evening, at which Sir JOHN MOORE, the President of the Association, took the chair, as at the meeting in the afternoon. The assembly, numbering about 200 ladies and gentlemen, included Lady Moore, Mr. and Mrs. David Arnott, Sir J. Digges and Lady LaTouche, Sir Shirley and Lady Murphy, Sir John Cameron, and Sir Dyce and Lady Duckworth. The event of the evening was the presentation of the Arnott Medal to Sir Havelock Charles, who was introduced to Sir John Moore by Dr. J. J. Macan, Chairman of the Council, immediately after the usual loyal toasts had been duly honoured.

When making the introduction, Dr. MACAN took the opportunity of giving a brief account of the medal and its recipients. The medal, he said, was founded in 1900 by Mr. David Arnott, in memory of his father, the late Sir John Arnott, Bart., whose approved services in developing the industrial and commercial resources of Ireland were well known, and of whom it had been said that his integrity, business ability, and enterprise were equalled if not surpassed by his benevolence and philanthropy. By the wishes of the founder it was awarded annually by the Council, in its discretion, for an act of heroism, or distinguished service, or an act performed in the discharge of medical duties, either in civil life or in one of the naval or military services, at home, on the high seas or abroad, or for an achievement in medicine, surgery, or medical research. Since its foundation it had been awarded six times. In 1901, to Captain Charles Dalton, for conspicuous gallantry at the Tugela River, where he was seriously wounded while attending a wounded officer under fire. In 1902, to Dr. Brendon McCarthy, for his heroic work in assisting the late Dr. Smyth in attending to typhus cases and removing to the mainland the patients from the Island of Arranmore. Fear of infection deterred