to say that this case was not complicated with some hepatic affection, as I suspected on his first visit to me—a suspicion somewhat confirmed by his own comment on his complexion the first day I saw him, where I note “his complexion is very sallow, but has been very yellow,” the latter half of the sentence having been supplied by himself and his wife.

It will be observed that all these cases are males, the ages 40, 63, and 39; the deaths occur in the autumnal season, viz., latter end of August, October, and November. In all three vomiting is a well marked symptom. Two of them are accompanied by well marked neuralgia, in that of Mr. T. of the shoulder, in that of Mr. R. by tic-douloureux of the face. May the pain that Wilkins experienced in the commencement of his illness have been pleurodynia? The absence of any trace of previous inflammatory mischief about the chest and liver, lends some countenance to the idea. In two out of the three cases the urine is especially described as copious and clear, another fact much opposed to the ordinary condition of this secretion in hepatic affection.

The peculiar interest in the case of Wilkins is the entire absence, under most careful and minute examination, of any other form of disease whatever; whilst that of Mr. T. is hardly less interesting from its complications.

Having said so much on these cases, I will not venture to make any general remarks upon this disease; and the more so, inasmuch as I have not had the opportunity of consulting the actual work of Dr. Addison, but only extracts from it.

It may fairly be asked, does the general anæmia depend upon the disease of the suprarenal capsules? or, is the local malady but an expression of the constitutional? The case of Wilkins goes, I think, far to affirm the former supposition, and to prove that the local malady is in itself capable of spoiling the vital fluid to the extent of destroying life itself. It is probable that further researches on this interesting subject may lead to the discovery of some important laws respecting the physiological import of not only the suprarenal capsules, but of several other organs, whose use in the animal economy has been hitherto clothed in mystery.

MEDICAL NOTES ON THE MILITIA.

By J. I. IKIN, Esq., Leeds.

NO. IV.

HOSPITAL REGULATIONS OF THE PUBLIC SERVICE: WITH REMARKS ON MALINGERING: DESERTION: MILITIA ANECDOTES, ETC.

I STATED in my former paper that the regimental surgeon is responsible for the correct keeping of the medical register, which, according to the hospital regulations, must contain a detailed account of every case treated, except itch. When the Inspector from the Medical Department visited our hospital, then in the citadel at Hull, he pointed out to me that the register was not complete, as only a portion of the cases was entered at length, whilst every case ought to have been registered as pointed out by the regulations; and he added, that he himself, whilst a regimental surgeon, never omitted fully to transcribe every case, even when he had a large hospital full, as was often the case on the West Indian stations; and that he had sometimes entered sixty or seventy cases in a day. This certainly was most praiseworthy industry; but, on foreign stations, the diseases, such as yellow fever, etc., often assume strange and peculiar types, worthy of record. I at once admitted that the blame, if any, rested upon my shoulders, as I had taken upon myself to direct the assistant-surgeon to discontinue keeping a detailed account of each case, and only to record the most interesting and severe cases, as it seemed to me a needless waste of time and paper to fully record every case of ordinary catarrh, mild febrile attack, or gonorrhœa, as all the cases were regularly entered in the admission and discharge books. This was not considered a satisfactory explanation, and next day I received a long official letter, calling my attention to the omission. Luckily, we had all in order in the hospital, and according to regulation, saving this breach of duty, if it deserves to be so called; so that no fault could be found with the state of the hospital, though we had only a few hours' notice of the Inspector's visit. A remark was, however, made on looking over the diet tables, on the *generous* nature of the diets, the number of extras, beer, wine, etc., which, he said, seemed to be very generally allowed, and were rather inconsistent with active treatment; and that they might be

thought expensive at the War Office, and probably lead to some explanation being required. My reply to this remark was, that I found, from experience, in the great majority of cases, reducing young recruits and sick men by long continued “spoon or low diet” was most prejudicial, and considerably retarded their recovery; that I had found that generous diet was economy in the end, and sooner emptied the hospital; and that my monthly sick reports proved how rapidly the men were cured, and the patients sent from hospital fit for duty. I ventured to add, also, that, if the authorities in London could judge better than I could what diet was required by the sick under my charge in Hull, the sooner medical officers were dispensed with the better. No reply was or could be given to this, except that the Medical Department wished to place no obstacle in the way to the efficient treatment of the sick, but the contrary. I must, in justice to the service, here add, that the medical officer has really the power to order what he likes, and what he considers requisite, though at times explanations are required, and his orders must be carried out in regulation fashion. A medical friend of mine had to account for a large consumption of wine and brandy in hospital, and this he succeeded in doing at once by showing the number and malignant nature of cases of fever of a typhoid character he had had to treat. By a somewhat strange coincidence, and to my gratification, within a very few days of our inspection, an altered and improved hospital diet table was issued from the War Office for the use of the service, allowing medical officers to order extras in form of food, besides porter, wine, beer, brandy, etc., with any of the diets, instead of, as heretofore, being restricted to particular diets.

I was also asked if I kept a meteorological table, and registered my observations. My reply was, that I did not; but that, when furnished with barometers, thermometers, weather-vanes, and other suitable hygrometric apparatus, the observations should be made. As, however, I made a practice, with the above trifling exceptions, of rigidly complying with (or directing they should be complied with) every medical regulation of the service, esteeming it my duty to do so, or to resign my appointment, I was at special pains to render my annual report at the end of the year complete, and in accordance with the regulations, as previously described: I therefore filled up the meteorological tables for each month with a transcript from the register kept at the Philosophical Society at Hull, the completeness of which ought to have been satisfactory to the authorities, if they were ever at the trouble of perusing the document at all.

I have now faithfully enumerated the returns and reports required from the regimental surgeon by the War Office and Medical Department; and I may add that, along with these, the correspondence with the purveyor on home service is incessant; and I believe surgeons on foreign service find their communications with the Commissariat no less troublesome.

In concluding this part of my observations, desultory as I fear they will be considered, I would confidently appeal to the authorities themselves, as well as to the profession; and inquire whether the duties of the regimental surgeon are not overlaid with needless forms and bookkeeping; and whether this system of routine must not occupy the time which ought to be given to the strictly professional and more important duties of attending to the sick? Did the system, or did it not, break down at the onset of the late war? and may it not do so again? For fear of breaking the rules of the service, not acting according to regulation, or from not filling some form or requisition, or the document not going through the proper channel, what confusion, neglect, and misery, was the result! The regimental surgeon not having sufficient authority, one officer relying on some other officer, one department on that of another, action at the right time and in the right place become impossible; and clothing, bedding, drugs, and medical comforts, lie useless or rotting in some ship's bottom close at hand. The medical officer should surely be master and responsible in his own department, if the system is to be reformed, and emergencies met at once. Let, then, the authorities consent to simplify their numerous regulations, and subject them to a careful revision. The formation of a medical staff corps, great improvement as it will prove in the management of military hospitals, is not all that is required; the *system itself* should be revised, and conducted more in accordance with the rules that govern every well ordered public or private undertaking, where each officer is supreme in carrying on his own individual department, though responsible to his superior for the result and expenditure. Now that the excitement of the war is subsiding, and attacks on *individuals* in authority or command (often unjustly

made) have ceased, and a calm and dispassionate survey of the working and complicated routine of the various public departments can be taken, it is to be hoped the result will be the accomplishment of improvements and reforms which time and trial prove to be required in all human institutions, not excepting government offices.

I have a few other remarks to introduce, as I forbear to dwell on topics which have unhappily given rise to such painful reflections in the public mind, to serious public inquiries, and to the animadversion of the most powerful portion of the press.

To turn to less serious matters, let me add a word on the preservation of medical comforts, such as wine, spirits, and laudanum. They should be carefully secured, or the consumption in most military hospitals would be amazingly quick and copious. I was unlucky in having in my own regiment (whilst in charge of line regiments, I was more fortunate) two hospital sergeants, each of whom had a morbid taste for tincture of opium as well as for brandy: at last, gratifying their tastes beyond all moderation, they were discovered and punished. One of them, however, became maniacal, and threatened to kill both hospital orderlies and doctors. I found him one night, on making unexpectedly the evening visit, sitting mad drunk in his room, which he had lighted up with a number of candles, in full uniform, a drawn sword in his hand, and his musket, with fixed bayonet, at his side, shouting and defying any one to take or approach him; the orderlies in a state of alarm, and the whole hospital in great excitement. With management and the help of the orderlies, I closed with him, seized his sword and musket, and got the orderlies to knock him down on the bed, and try to hold him there till I obtained a guard to remove him. Whilst I went away with the sword to see the colonel, and procure help, he got free, having defeated both orderlies; so, when I returned with the guard, I again found him flourishing away with another sword. It appeared the sword just obtained was my own, which I had forgotten was left under his charge, and which, in the affray, got damaged; and that the second was his, which he kept hung up in his room, and which I had overlooked. He was secured, and sent to the cells, where he tore to ribbons every article of his dress, and almost smashed the prison door to pieces. On recovering from this attack of drunken mania, I got him discharged as insane, having ascertained he had been so previously; and, as I did not consider him responsible for his actions, he was not severely punished.

My other sergeant, a clever well educated fellow and good accountant, but dreadfully dilatory, was equally given to drink, and had a trick (as we suspected, but never could strictly prove) of diluting the laudanum with water after taking a dose. The source of temptation was removed, and rigidly kept under lock and key; and the threat of getting him reduced to the ranks, if drunkenness or any other evil habit was observed, constantly hung over him, and kept him in something like order; but, finding him such a useful servant, I befriended him as long as I could with any amount of propriety, as the teaching a hospital sergeant his duties is no joke, and entails endless trouble on the surgeon. When the regiment was disembodied, I had sundry bills for spirits supplied to my sergeant, and left unpaid, forwarded to me.

I will here add a few remarks on *desertion*. It appears from official returns (*vide* Roberts), that, in the three branches of the service, artillery, cavalry, and infantry, desertion is by far the most frequent in the latter; and that, out of a force of 43,000 in the United Kingdom, an annual loss of 3,000 men by desertion, takes place in the following proportions; showing that, when pay is highest, desertion is least.

In the Artillery . . .	5 per 1,000
In the Cavalry . . .	8 "
In the Foot Guards . . .	8 "
In the Infantry . . .	55 "

With regard to *branding* deserters with the letter D, I much question the propriety of this punishment in the case of militia-men, as it tends to render a temporary service unpopular; and it is very questionable whether any severe punishment like this, or flogging (now, happily, almost entirely given up), tends to reform military offenders. We had a few of our deserters branded, three or four; and when the first case of branding was ordered by court martial, and confirmed by the General commanding the district, it made a great commotion, as the sentence is read on parade before the whole regiment. From some oversight of the commanding officer of the day, the assistant surgeon was sent for to brand the deserter on the spot. Luckily, he had not the means of doing it with him,

and declined; and the prisoner was removed to the hospital to have it done there. I was not in barracks at the time; but, on going to the hospital next day, I heard what had happened, and at once protested against the employment of a medical officer for such a duty, as the rules of the service no longer require him to brand deserters (though they did formerly), the duty now devolving upon the drum-major, who ought to do it under the superintendence of the medical officer; consequently, this was the case in future, and the assistant was spared such an ignoble duty. Branding is done (not burnt with an instrument or brand, as formerly) with three or four needles tied together, and the letter D is pricked out in the skin under the left arm; a little gunpowder rubbed in, which does better than caustic; in fact, it is the same as tattooing.

In inspecting recruits, I have frequently detected the most ingenious tricks for concealing the letter D, the mark of which is an insurmountable objection to re-entering the service; and, on the other hand, I have detected men malingering, and even wearing a truss, saying that they were ruptured, when no hernia existed, in order to obtain their discharge, or escape hard labour punishment. I once certified a deserter as fit for hard labour and confinement in Weedon Prison; and the medical officer there reported he had been sent with a rupture, and was consequently unfit for hard labour. The governor reported the case to the General of the district. I received from him, through my commanding officer, a severe official communication, and the request of an explanation of my apparent neglect of duty in certifying such a man as fit for hard labour when he had a rupture. I was able to give an explanation, and repeated my own and the assistant surgeon's unqualified opinion that he had no hernia when sent to Weedon, though he thought proper to wear a truss. We luckily had kept him under observation for a day or two, to be on the safe side, before giving the certificate: in fact, we knew him to be a bad character and malingerer, and he was so entered in the default book. I presume my explanation was thought satisfactory, as I heard no more from the General; but I at once put myself in communication with the surgeon of Weedon Prison, and remonstrated with him for reporting the case without previously communicating with me. To my great satisfaction, in a short time afterwards, he wrote a long explanation, stating that the man had deceived him, and that he now felt convinced that he did not suffer from hernia, but was an accomplished rogue and malingerer, and ought to be punished.

With regard to concealing the letter D, a recruit one day presented himself, a strong likely man for the service, with pieces of plaster stuck on different parts of his body, and one under his left arm. On my asking the reason, he said he had been teased with boils; but, on my raising the plaster on the above region, I at once detected the mark of D. In another case, the mark was neatly rubbed over with a sort of flesh-coloured paste; but, unfortunately for him, a little bit was loose, and, on applying my finger, "the d—d D", as the man termed it, was discovered, or else he would have passed. I have been deceived in this way, but not often. I have known men to hire false teeth, in order to try and pass the surgeon. One young fellow, by no means bad looking, tried me several times and at different places, both at Leeds Barracks, my own surgery, and at some of the neighbouring towns. The last time, he turned up with false front teeth (his own having been broken by an accident), and I had nearly overlooked them and passed him, but, calling to mind his features, I took him close to the window, and discovered the ingenious trick, and was obliged to refuse him. His plea was, that I had previously said "his only chance to become a soldier was to get some false teeth," and he had done so. He had agreed to pay so much for the loan of the teeth for the day, if rejected; and to purchase them, if he passed. The poor fellow showed such anxiety to serve his Queen and country, that I really think I ought to have passed him.

I may here add another amusing incident in militia life, showing how soon the *esprit de corps militaire* is established. Our regiment had not assembled for the first training above a few days when, one morning, a man applied at the hospital with some dreadful bruises and a black eye. On inquiring how it happened, his reply was, "Please your honour, *only a civilian* did it; but he got the worse of it in the end." That a man who had not been in the ranks above a few days should talk with contempt about "civilians", was really amusing.

At the onset, I, unfortunately for myself, passed a fellow with a wretched figure and high prominent shoulders. When stripped, he did not look so bad; but, when in uniform, he certainly was a wretched unsoldier-like object, though remarkably

powerful, as he had been accustomed to carry heavy weights as a bricklayer's labourer. When the regiment assembled, and the poor fellow got his uniform, he was sent to me by the captain of his company with a note, asking what was to be done with him, as his coat was not to meet; "that he spoilt the company, and could not do the drill." I saw at once the oversight I had made in passing him at all, but I had no resource but to make the best of it now, as young officers were constantly wanting their stupid awkward looking fellows to be discharged as unfit for the service, and I would not consent to certify; so I wrote back in reply, "that the man must be supplied with a larger coat, must practise extension movements, be well drilled, and made to stand erect; and that I could not answer for all the recruits being made alike, or having equally good figures." One of our officers, a very clever caricaturist, sketched my friend, and christened him "the doctor's dromedary", and affixed my official note at the bottom of the sketch, which was exhibited at our first public mess, presided over by the late estimable and high minded Lord Beaumont; and the caricature was handed round, much to the amusement of all the party. I was not so foolish or thin skinned as to feel annoyed, but quite the contrary. In fact, in the public service, you must be able to stand up for yourself, and defend your own opinion, right or wrong, if you are to have any comfort at all in the discharge of your duty.

A colonel of a flash Hussar regiment of which I had medical charge, once sent a recruit back to me that I had passed, with the remark, that the man was not good looking, and had an indented nose, and was not fit. I replied, that it was impossible for all his men to have Roman or Grecian noses; and that, as his officers and men were all such handsome fellows, they could well afford to admit a man to form a contrast. This seemed to please him, and he accepted the recruit. To have a regiment, as the Emperor of Russia has, of all *pug-nosed* men, is certainly a master of taste!

After the incident just named, I took an early opportunity of getting rid of my "dromedary", by recommending him to claim his discharge under the old Militia Act, requiring only fifty-six days service, the operation of which act also enabled us to get rid of a few other unpleasant and by no means elegant looking customers; so that, when the General inspected the regiment, he congratulated the Colonel on the fine body of men he commanded, and me on the highly satisfactory state of the hospital. In truth, the regiment did its duty, and furnished more than the average proportion of volunteers to the line, particularly to the Scots Fusilier Guards—so many, that the Colonel, the Duke of Cambridge, wrote to our commanding officer to acknowledge the services of the regiment. Afterwards, one of our young officers got a commission presented to him in the Duke's regiment, and four of our other officers obtained commissions without purchase in line regiments.

I must now bring these observations to an end. I have only to add that, after some hesitation, the Government admitted the claims of the militia surgeons to compensation for their services and the sacrifices made by them, and awarded a gratuity of twelve months pay, as *some* acknowledgment due to them. When we bear in mind that, out of 70,000 embodied militia, 38,000* volunteers replenished the line in less than three years, when our army was almost annihilated in the Crimea, by disease and deprivation as much as by the fortune of war, and in its utmost extremity for want of men, it must be admitted that the militia branch of the service nobly fulfilled its mission, and formed then, as it ever has done in its history of former times (as testified by Wellington and others), and will form again, an efficient and patriotic army of *reserve*, of which Great Britain may feel justly proud.

At the commencement of these observations, I stated that, out of 2,000 recruits first inspected for the militia nearly three years ago, above one-half of them could neither read nor write. Recruits for the line I found to present a still greater amount of ignorance. In this statement, I give those men credit for being able to read, though, according to their own admission, they can do so only "a little", or "a very little". I have just looked over my recruit register for the last six weeks, and find that, out of the 300 recruits last inspected, 105 can neither read nor write. This shows a greater proportion of ignorant men than was presented in the militia three years ago. Surely this evidence of the deplorable want of education amongst the labouring population shows the necessity of adult schools, both military and civil. Men in the public service have time to

attend school and receive instruction, and, in my opinion should be compelled to do so, either during the day when their duty is over, or in an evening. Regimental libraries (or village lending libraries), recently established with the best intentions, are of little use without readers. It is painful, and discreditable to those in authority, to reflect on the amount of ignorance existing amongst such a fine body of men as are now serving their Queen and country. Means ought to be taken to improve their minds as well as their bodies. By intellectual cultivation, crime would diminish, the good conduct list would be rapidly augmented, and promotion more readily ensured.*

[ERRATA. In Mr. Ikin's last paper, page 2, col. 1, top line, read "*these*", instead of "*this*". Also, at page 2, col. 2, read "a guard-book for keeping in regular *series*," instead of "*lines*"].

CASES OF LITHOTRITY.

By WILLIAM THOMAS BELL, Esq., Great Grimsby, late House Surgeon to the London Hospital.

SUMMARY. *Failure of Operation from Impaction of a Fragment of Calculus: Lithotomy one year afterwards: Recovery.*

WILLIAM Willson, aged thirty-two, agricultural labourer, of light complexion, sandy hair, good stature, and well formed, although worn down by his sufferings, came under my care in October 1853, with well marked symptoms of calculus in the bladder. I sounded him, and readily detected a stone of considerable size. His bladder symptoms were severe; for which I ordered him to keep his bed, and prescribed the following medicine.

℞ Sodæ bicarbonatis gr. lx; tincturæ hyoscyami ℥lxxx; spiritus ætheris nitrici ℥iss; tincturæ opii ℥xxiv; aquæ cinnamomi ℥viiss. M. Fiat mistura cujus capiat cochlearia ii magna 4tis horis.

I also ordered a hip bath at night, and a ten grain suppository of compound soap pill, and the bowels to be regulated with castor oil. He soon improved under this treatment; so much so as to fancy the stone did not exist. In about ten days I performed lithotripsy, and had some difficulty in retaining my hold of the stone from its polished surface and hardness; at last it was freely broken up. After three operations at moderate intervals, a fragment became impacted in the prostate gland; evidently a broad flat piece, because a good sized catheter could be passed over it into the bladder without much difficulty; for its removal I tried every possible means that could be thought of either to extract it, break it, or push it back into the bladder. This proved tedious, and the poor man's funds became exhausted. He went home, a distance of twenty miles, to try to raise funds to complete his cure. He commenced work, which he followed as long as he could. There was a stricture just below the glans penis, dilated with bougies; this proved an obstacle to the passage of fragments, requiring interference to remove them. A good deal of stone was passed after the third operation.

A year afterwards, in Jan. 1855, he again returned to me with his former symptoms. Upon sounding him, I distinctly felt the fragments of stone in the prostate. After he had had a few days rest and aperients, I performed the lateral operation of lithotomy while he was under the influence of chloroform, and removed a large quantity of broken calculus, including some large pieces, with the forceps and scoop, and by frequently syringing out the bladder with tepid water. The portion from the prostate came out during the operation. The day after the operation he had a little shivering and sore throat; most probably from cold caught during the operation. Independently of this, he had not one bad symptom; he made a good recovery in a month. I have seen the patient quite recently, two years after the operation; he remains in perfectly good health.

* The number of crimes recently so common has been attributed to disbanded militiamen, as well as to ticket of leave men. I am glad to contradict this as far as the 4th West York Regiment is concerned; for, on inquiry made at the Borough Gaol, I find that only five prisoners from the 4th West York have been sent since May 1st, 1856, and these for desertion before disembodiment, or for unlawfully enrolling in other regiments. Not one prisoner for felony has been received.

* In a previous note, I stated that 33,000 volunteers replenished the line; it should have been 38,000.