

UTERINE DISPLACEMENTS.

Uterine displacements require both general and local treatment, and, as a general thing, cannot be successfully treated at home, yet there are certain preventive measures that ought to be understood and adopted by all, and these consist in avoiding the causes of the difficulty. The habit of dressing girls so that their extremities become chilled while the internal organs are over-heated, is one great cause of this difficulty. Another cause is wearing corsets, and having the garments tight about the waist, or suspended therefrom, thereby pressing the abdominal organs down upon the pelvic organs so that the latter have to give way to make room for the former. Hardened faeces, if allowed to accumulate in the lower bowel, may cause displacement, as also may severe straining at stool.

There is one habit that very many girls and young women have, that is very liable to cause displacement of the uterus, in fact, I believe that a large share of the cases of retroversion and retroflexion are dependent mainly on this one habit. The habit to which I refer is that of retaining the urine until the bladder becomes filled to its utmost capacity. As the bladder becomes filled with water, it tips the uterus backward or presses it downward.

Mothers should instruct their daughters to attend promptly to the calls of nature, for if this matter is habitually neglected, it soon becomes a fixed habit, and the bladder in a great measure loses its powers of sensation so that the distress which was experienced at first when it was but slightly distended is not felt when the distention is still greater. The constant downward and backward pressure of the bladder against the uterus soon tells upon its supports, and the displacement becomes permanent.

In treating displacements, all the causes of the difficulties should be carefully avoided, and the general health well attended to and improved. Cool baths and cool vaginal injections and cool sitz-baths of four or five minutes' duration are beneficial. The abdomen should be well kneaded daily, and the bowels kept free. In many cases, the organ will require to be occasionally replaced. The patient should take constitutional treatment.