

are sluggish and perhaps do not act more than two or three times a week. Something is taken or given to produce an evacuation. It has the desired effect. Then the condition of the bowels is as bad as if not worse than it was before. The purge is repeated. This process of purgation followed by constipation is continued for months or perhaps for years. In the first place had the patient been well advised and recommended not to have recourse to purgatives, but to pay strict attention to his diet, to his manner of eating, to exercise, to regularity in his habits, especially endeavouring to be regular in his efforts to have an evacuation of his bowels, he in all probability would have regained perfect and regular actions. As it is now he has permanently weakened the muscular tone of his bowels, and has thus brought about a condition which can be overcome only by prolonged and persistent treatment. The above is not a fancy picture of what may occur by the injudicious use of purgatives. You all know that is a condition frequently met with, and unfortunately it is not always brought about by the patient being his own doctor, but sometimes it results from his medical attendant being too lax in his diagnosis, and in his directions as to the continued administration of medicine to secure an evacuation of the bowels. As a rule in chronic constipation, they are not only not required but they are contraindicated. The cause of the constipation should be sought for and that treated, leaving the constipation to take care of itself. When the cause is removed or overcome the constipation will disappear.

*Headache powders and draughts.* The medicines used for this purpose are mainly the bromides and coal tar products such as antipyrine, antifebrine and phenacetine. The indiscriminate use of these drugs for the relief of headache cannot be too strongly condemned. I think it may safely be said that the profession now recognizes the truth of this statement and is very chary about prescribing these drugs for this purpose, and when they think that any of them are adviseable they prefer to administer them without telling the patient what is being prescribed. Their repeated use by a physician is now practically