

not be used when tabes is complicated with other diseases—such as of the heart, for example. An absolute contra-indication to its use the author sees in tabic joint affections. The blind tabic patient finds no benefit whatsoever. Cases in which the tabes has developed acutely should not be treated by means of the Fraenkel method at once—on the contrary, this method of treatment should be delayed until the disease comes to a standstill, or until the progression of the disease is extremely slow.

### TREATMENT OF MANIA.

By MAGNAN (*Revue de Psychiatrie*, 1897).

The author's advice regarding the treatment of mania is summarized as follows: 1. No restraint and rest in bed. The patient should never be put in a cell except as an absolutely last resource. 2. Baths, bromide and chloral. 3. When there is intense excitement and profound insomnia, hydrochlorate of hyoscine may be used subcutaneously. 4. The concentrated nutrition must be given, frequently repeated, and all forms of fermented liquors interdicted. The straight jacket is never used. To quiet the patient, baths at 33 ° C. are given, the patient being kept in the water for from two to five hours, and the same time cold applications are made to the head. If the patient is extremely maniacal wet packs may be used instead of the baths. In the evening the patient should receive from 40 to 60 grains of bromide of potassium and two or three hours later from 10 to 40 grains of chloral. After a week or so, when the patient has quieted somewhat, the dose of bromide is diminished and the chloral is given only occasionally, sulfonal and trional being substituted. Patients that are rebellious to the bromide-chloral medication often take increasing doses of laudanum with very good effect. Morphine should not be given. Over-medication is the mistake usually made in the treatment of acute mania.

### PHYSICAL ENDURANCE.—WHY WE GET TIRED.

It should be impressed upon all young persons that during life each member of the body, in the very act of living, produces poison to itself. When this poison accumulates faster than it can be eliminated, which always occurs unless the muscle has an interval of rest, then will come fatigue, which is only another expression for toxic infection. If the muscle is given an interval of rest, so that the cell can give off its waste product to keep pace with the new productions, the muscle will then liberate energy for a long time. This latter condition is what we call endurance.