

assured that the old motto of "Make haste slowly" holds true most emphatically in this disease. In many instances no other treatment than this advice is really needed, although in many of them it is advisable from the very beginning of the illness to administer some mild alkaline diuretic, which is perhaps best represented by the following prescription :

R Potassii citratis, ʒ ij;
 Spiritus ætheris nitrosi, f ʒ j;
 Aquæ dest., q s. ad f ʒ iv. M.
 S: Dessertspoonful every four hours.

This prescription will maintain urinary flow, be slightly antipyretic in its influence, will perhaps aid in the destruction of the toxic materials, and certainly will aid in their elimination by the kidneys; and it cannot be doubted that free diuresis for the purpose of eliminating the impurities of the body is an important part of the treatment of all infective diseases.

For the muscular and bone pains of influenza the application of a hot-water bag or hot brick to the part of the body which is in greatest suffering will often be efficacious, and is much better than the administration of coal-tar products, which are apt to help produce cyanosis and nervous depression, and which give the kidneys additional work in elimination. But if these symptoms are marked, acetanilid in what is well known as the migraine tablet, which contains two grains of acetanilid, half a grain of citrated caffeine, and one grain of monobromated camphor, may be administered several times a day; or in its place phenacetine and salol, as these preparations seem to depress the circulation less than some of the other coal-tar combinations.

If an irritable cough, unassociated with distinct bronchial or pulmonary trouble, annoys the patient, doses of codeine, say one-tenth to one-fifth of a grain, may be administered several times a day with advantage; and if headache is marked and of a congestive type, with cold in the head and frontal fulness, a hot mustard foot-bath repeated several times a day will often give relief, and is a much better method of treatment than the administration of drugs.

In some cases of influenza the heart seems to be considerably depressed by the action of the disease, and it is necessary to administer stimulants. But in the great majority of instances, if the patient will remain flat on his back in bed the use of stimulants is unnecessary, and if they can be avoided it is best not to administer them. If they are given, moderate doses of the alcoholic stimulants are probably best, particularly if whiskey or brandy is administered, in the form of hot lemonade, which, while acting as a stimulant to the circulatory system, will also increase the activity of the skin and kidneys in eliminating toxic materials. We do not think that the fever ought ever to be lowered by coal-tar products, but always by sponging with tepid water; or, if the temperature is very high, by the use of the so-called sponging or rubbing of the body with a small piece of ice, using active friction with the other hand, and keeping cold applied to the head so as to avoid cerebral congestion during the sponging. Where patients object to the use of cold