

nounced effect upon the sensory portion of the brain as an analgesic, is the drug *par excellence* in sleeplessness due to pain, and especially osteal and periosteal pain. Whenever there is a morbid condition in tense tissues, as a syphilitic node, for instance, pain on going off to sleep is set up by that dilatation of the blood vessels of the system generally which is essential to brain depletion. The effect of the pain is to rouse the brain into wakefulness. Where such a complication exists it is well to combine the opiate with some potent depressant of the circulation, as antimony or aconite. In many cases a full dose of alcohol is sufficient for the attainment of the desired end.

Graves, of Dublin, laid down a sound and wise rule as to the administration of opium. He gave it about half an hour before the usual time of falling asleep, so that its primary stimulant effect gets over, and its secondary narcotic action is in play synchronous with the force of habit in going to sleep. By observing this rule it is often possible to secure sleep with a minimum of the drug.

In the high blood-pressure of gout and Bright's disease chloral gives the best results. In sleeplessness from excitement, too, chloral is of great service.

In peripheral irritation, as in the reproductive organs for instance, the bromides are specially indicated.

There is one matter to be ever borne in mind about narcotics, and it is this: Opium and alcohol do not produce such pronounced cerebral anemia as follows the resort to chloral and the bromides. The brain-bloodlessness set up by chloral and the bromides lasts into the next day, and the sleepless man who takes either (in order to get some sleep) pays the penalty next day in impaired brain-capacity. They are consequently deadly agents to adopt. The alcoholic "night cap" of our forefathers was infinitely less injurious than the toxic sleep-bringing drugs of their teetotal descendants. Indeed, the preliminary stage of excitement is often the means of procuring refreshing sleep. A short anecdote will illustrate what is meant.

A friend of mine, a worthy fellow in other respects, was liable to bouts of drinking. After one of these flings his wife said to me: "My husband sleeps so badly, has miserable dreams, and wakes unrefreshed." It turned out that his medical man would only permit him some marsala. My counsel was to this effect: "Half an hour before his ordinary time of going to sleep give him a pint of the strongest bottled ale, Burton No. 1. This will make him feel comfortable to go off to sleep and he will sleep happily and awake feeling refreshed." The result was as predicted.

Sometimes tonics which fill the brain with blood in the day are followed by a corresponding anemia of the brain at night, and thus act as narcotics.

This was well seen recently in the case of an in-patient at Victoria Park Hospital. She has been taking a mixture to soothe her stomach, with a mild narcotic pill at bedtime. One day my clinical assistant drew my attention to the fact that she was sleeping badly. My remark was: "We will not increase the dose of the narcotic, but flood her brain with blood in the day by some quinine and strychnine, as her stomach is now getting all right. And this heightened brain vascularity in the day will be followed by a corresponding reaction at night." Again the desired result was attained.

Not uncommonly a patient, often a person convalescing from some debilitating malady, will complain of feeling sleepy when going about in the day; but as soon as the head is laid upon the pillow the opposite condition of wakefulness sets in. The brain perched at the top of the organism is depleted when the patient is upright, the blood falling away into the slack and unfilled blood vessels, and so is lethargic and sleepy. When the head is laid down on the pillow the blood flows into it freely and sleepiness gives place to wakefulness. In such conditions it is well to tone up the blood vessels by the administration of digitalis along with the tonics in the day, after which the sleepiness in the day disappears; while sleep comes on naturally on lying down, especially if a high pillow be used.

A much more frequent matter is sleeplessness due to cold feet, and especially common is this with women. On inquiring it will be found that they have cold feet, and very often this coldness extends far up the lower extremities. The consequence of this arterial contraction in the vascular area of the legs is sleeplessness. The arteries and arterioles of this area do not dilate, and consequently the brain is not depleted. It is impossible to woo "Nature's sweet restorer" without remedying the vascular condition of the lower limbs. To warm the feet at the fire simply leaves them more icy cold than before, when they come into contact with the chilly bed-clothes. A warm bottle in bed is a comfort; but if the feet be rubbed (with a rough towel or bath gloves) till they glow with natural heat, then the hot bottle becomes trebly effective.

If the reader will just reflect a few moments upon the relations of cold feet to sleeplessness, he will see the force of what is said, and will also often be able to procure sleep without resort to narcotics—a matter of no little moment when their effect upon the liver and the assimilation is remembered. These unsought but unavoidable consequences of narcotics are such as to often render their exhibition most undesirable, and to induce one to turn in any direction which will do away with the necessity for resort to narcotics.

The subject has such a practical value as to make it worthy of the consideration of all men