

then difficult and discomforting. But within the next forty-eight hours there will be most likely an evacuation of the bowels, once or possibly twice in the day, but *nothing approaching purgation ought ever to be permitted*, and therefore the patient must be instructed, on the occurrence of the first loose motion, to withhold a pill, and to take only one in the morning and one in the evening. He then continues for a time his morning and evening pill, and is pleased to discover that so slender a medicament has such a decided effect. Not improbably, at the end of another week or fortnight, he is compelled by the same reason as before to drop another pill, and the same result is now brought about by one pill daily, as was originally produced by three pills. Within another month he may reduce his allowance of medicine to a single pill once or twice a week, and, finally, his whole scheme of medical treatment becomes merely preventive in its design and scope, and he takes a pill occasionally for the sake of maintaining health and warding off old troubles.

When there is a real or fanciful difficulty in the administration of pills, the best way of carrying out the plan above described is by combining the *mistura ferri composita* with the *decoctum aloes compositum*, the doses being determined by an application of the principles. There is wider room for the addition of auxiliary drugs, but, on the whole, I have not obtained such satisfactory results by this method.

The urgency of regulating the quantity and quality of the food is so obvious that I need add nothing to what has been so well laid down by systematic writers. The necessity of constitutional exercise—a definite amount every day—is equally clear, and its physiology requires no illustration here.—*London Medical Times and Gazette.*

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SULPHITE OF SODA IN TENIA CAPITIS, ETC.—In the *American Journal of Medical Science* for October, 1869, Dr. C. M. Watrous, of Pennsylvania, recommends the Sulphite of Soda, as a local application in tenia capitis, crusta lactea and similar affections. In one case he used half an ounce to a pint of water, applied constantly by compresses with the solution—making it weaker as it caused smarting. In another case he used forty grams of the sulphite to half an ounce each of distilled water and