

a couple of glasses of sherry, will be found very serviceable. No tea, and at night a glass of whisky and potass water, with or without a biscuit. This is a sort of model diet for such cases, which must be varied to suit each individual case. We must, especially in this climate, secure that whatever is taken in the morning be sufficiently stimulating to enable the patient to withstand the cold—especially in the winter—and to soothe him under the unavoidable worries of life. To this end, if soup be preferred for breakfast, a glass of sherry, or a table-spoonful of brandy stirred into the white of an egg previously dissolved in a little water with a pinch of sugar, will be found a most agreeable and useful lunch. What we must avoid is the production of a catarrhal condition of stomach, or its keeping up, if it already exist, as to that, more perhaps than to anything else, is due the persistence of intermittent cardiac action. But in these cases alcohol is really a remedial agent from which we can obtain more good than from any other drug, only it must be used as a drug, with caution. Definite rules only apply to definite cases, but there are three grand rules which apply to every case, and these are, that the alcohol must be given in a digestible as well as stimulating form, in divided doses throughout the day, and never in excess, otherwise we shall increase the evil we desire to cure.

What we desire to do in such cases is to brace up the general system, at the same time protecting it from injurious influences. Warm clothing, therefore, is a necessity, and cold sponging of the chest, especially every morning; but bathing, particularly sea-bathing, must be shunned as dangerous, the shock being only too apt to produce in such cases, spasm of the heart, cramp as it is so often called, which is so instantaneously fatal that the patient sinks, but is not drowned—he is dead before he sinks.

The drugs which will be found most useful vary with each case; pepsine in doses of 10 or 15 grains with each meal seems to do good always, but beyond that we must be guided by subsidiary symptoms. If there be much catarrhal irritation of the stomach, nitric or nitro-hydrochloric acid and calumba or quassia

are often useful, soda, potass, or lime in the form of lime-water, often gives great relief, but never produces such a permanent effect as the acids; occasionally the alkaline treatment may be combined with the acid one with advantage, the acids being given before food, the alkaline from half an hour to an hour subsequent to a meal, and with these we may combine the use of podophylline in quarter grain doses, with a third of a grain of ipecacuan, and a quarter of a grain of belladonna, which in enfeebled patients unloads the liver, and relieves the right side of the heart without purging. If torpor of the liver be more marked, then small doses of blue pill and aloes just sufficient gently to move the bowels are most useful. If torpor of the colon be the chief apparent ailment, the long-continued use of Barbadoes aloes in small doses, with sulphate of iron, hyoscyamus, and nux vomica, answers very well; and if much flatulence be present, we may substitute a couple of grains of the compound galbanum pill for the hyoscyamus with advantage; or if gout be the fundamental ailment, then small doses of the ascetic extract of colchicum with Barbadoes aloes, both in such doses as shall insure no more than one stool a little more bulky or looser than usual, and continued daily or every second day for some time, will be found most useful.

When hæmatinic tonic is required, as will be the case in most instances, the citrate of quinine and iron will be found to be mildest, and the one most useful in all cases, while Easton's syrups of the phosphates of strychnine, quinine, and iron, is the most powerful, and if continued in drachm doses twice a day for several months, will often effect a most wonderful improvement in the patient's health, and in the state of his heart; that it may do so we must be careful to have all the catarrh of the stomach removed in the first place, and the liver also acting freely, otherwise this tonic will not only not do much good, but occasionally seems to do harm.

Whenever, from the state of the patient, and the defective excretion of urea, gout seems to be impending, the most important remedy will be found to be the free administration of colchicum along with alkalies.

Although for temporary purposes there is no