

the intestines in a good and regular condition by the use of castor oil, cascara, senna, and enemata of boiled water.

NEURASTHENIC INSOMNIA.—In a practical article on the treatment of insomnia Dr. O. DORNBLUTH (*Aerst. Centr. Anz.*) has recently called attention to the fact that the disorders of sleep, which apparently occur as independent affections, usually allied with or comprising the chief symptom of neurasthenia or the nervous diathesis, are especially difficult to cope with. While normal sleep can frequently be brought about by general treatment, more often it is necessary to treat the insomnia itself. A distinction should always be made between acute and chronic cases. If the insomnia be due to exhaustion, over-exertion, emotional causes, etc., no matter what other nervous troubles coexist—the indication for medicinal soporifics presents itself. For this purpose the author has found trional the best remedy. It is his custom to prescribe it in tablet form, 1.5 grammes on the first evening, one hour before retiring, in a wineglassful of milk. If satisfactory sleep is obtained the first night, it is sufficient to administer 1.0 gramme the following evening; on the other hand, if sleep is unsatisfactory, the initial dose should be repeated, or even increased to 2.0 grammes. Should the remedy be given continually for a number of days, it is advisable to let the patient drink one or two bottlefuls of some carbonated alkaline mineral water daily. In cases of insomnia of long duration, however, further measures are indispensable. Care should be taken that the bed-room is well ventilated, thoroughly darkened, and slightly warmer in winter; the bed should be comfortable and the coverings not too warm; the pillows should be so arranged that the patient's head is neither too high or low. Supper should be taken at least three hours before bed-time, tea, coffee, etc., being avoided. Sometimes, however, a glass of lemonade or milk taken when the patient is in bed, is of service. Gymnastic exercise and walking should be indulged in before the evening meal.

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