

**Etiology and Treatment of Insomnia in Children.**—(SIMON, *Rev. mens. des Mal. de l'Enf.*, May, 1890.)—The treatment of insomnia will depend upon the age of the child when it is due to digestive trouble. The condition may be the result of too frequent nursing, to improper physical condition of the mother, or to some peculiarity about her milk. With bottle-fed children the insomnia may be traced to the bottle or its contents. Should the insomnia continue after these precautions have been taken, a teaspoonful of lime-water or of Vals water may be given between consecutive nursings, and as a laxative a teaspoonful of syrup of chicory or a pinch of magnesia in sweetened water. If insomnia is due to premature weaning, it will usually disappear if the child is restored to the breast. If weaning has occurred at the proper time, the regulation of the diet will go far toward relieving any tendency to insomnia. When insomnia is dependent on indigestion in children two years of age and upward, a dose of wine of rhubarb or of wine of pepsin at suitable intervals is indicated. To children five or six years of age give a few drops of the following mixture :

R	Tinct. quinquinæ,	. . .	5.00 grammes.
	“ rhei,	. . . . .	2.00 “
	“ calumbæ	. . . . .	2.00 “
	“ nucis vom.	. . . . .	0.50 gramme.

All food should be well cooked, and should be finely divided if there be any suspicion that it will not be well masticated.

Insomnia may be attributable to nervous disorders, which may be divided, in this connection, into several groups. The first group would include cerebral sclerosis, chronic hydrocephalus, cerebral tumors, bony lesions, with abscess of the brain. For insomnia from cerebral sclerosis, bromide of potash may be given until relief is obtained, either with or without the iodide. Should this be unavailing, valerian or chloral may be given, with calomel as a laxative. Similar treatment will be suitable with cerebral tumor, or chronic hydrocephalus, but not with cerebral abscess. The insomnia with the latter condition will continue until the pus is evacuated by suitable trepanation. The second group from which insomnia may result includes acute congestion, in-