

try the remedy in a more systematic manner, and requested my chemist to procure me a packet of the powders. These I have recommended to several patients and friends; and the result is so encouraging, that I have hastened to suggest their trial to my professional brethren. One lady speaks most enthusiastically of their power, as she has now, on two separate occasions, had her headache arrested by their use. The drug has long been known, for mention is made of it in English, and French pharmacologies, but appears never to have come into general use."

The first person for whom I prescribed this remedy was a professional singer who had been subject to frequent and agonizing attacks of sick headache, which nothing had ever relieved but time; he took one powder, and was enabled to fulfil his engagement and appear the same evening, which was of importance to him financially, as it was his benefit-night. He has ever since kept a supply on hand. The success following its use in this case induced me to prescribe it frequently since, and the result has almost invariably been as favourable, though it occasionally fails, but why, we cannot say. The remedy perhaps has not been sufficiently persisted in, as the following case would appear to suggest: Mr. C., a druggist of this city, received a severe shock to the nervous system, from hearing of the sudden death of his partner. For eighteen months afterwards scarcely a day passed without his experiencing a heavy dull pain in the occipital region, causing confusion of ideas, and a feeling of dullness, stupidity, and general *malaise*; he tried the ordinary commercial guarana in thirty grain doses, and experienced relief; he persisted in the remedy for upwards of three months, taking it twice and thrice daily and is now perfectly recovered. This is the only case where I have known the remedy to have been taken continuously for any long time. He states that after having swallowed the powder but a short time, he felt as if a weight had been removed from his head, and an exhilarating effect, much as if produced by a glass of wine.

Its influence over the nervous system is thought by many to resemble that of tea or coffee; and, indeed, it is regarded by some as a powerful rival of these, while others scout the idea of its ever supplanting these favourites for the purpose of a beverage; (Amer. Pharm. Ass. Report, 1873.) Yet in answer to this we find Savory and More, of London, have just brought out a preparation called guarana chocolate, which is certain of a sale when introduced by such a respectable firm of pharmacutists; besides which,

there must have been the demand, or they would never have embarked in the enterprise.

With regard to its action on the nervous system as compared with tea and coffee, I might mention that Mr. Henry R. Gray, president of the Montreal College of Pharmacy, who has been in the habit of using this remedy frequently for a couple of years has furnished me with the following memoranda, respecting its effects upon himself.

1st. That he considers in its physiological effects it is undoubtedly more closely allied to tea than to coffee; for coffee always produces in his case headache, while tea relieves it, and guarana nearly always cures it, particularly if taken early, as when the headache is coming on. He also states that he has met with several persons, whose experience agree with his on this point.

2ndly. That the guarana of commerce, as ordinarily met with, does not appear to produce the same degree of effect as Grimault's, who makes this remedy a specialty.

3rdly. That ordinary commercial guarana frequently produces griping pain in the bowels, which though slight, and not severe, is nevertheless noticeable, while with Grimault's this peculiarity is not observable.

4thly. On examining different samples, in order to ascertain, if possible, the cause of this difference in action, he found in all, more or less abundantly, with the exception of Grimault's, a substance resembling magnetic iron ore at all events it was iron in some mineral form.

One of my patients remarking the similarity in action between guarana and tea, conceived the idea that there must be some principle insoluble in water which necessitated the swallowing of the powder, as the infusion of paullinia alone did not produce the relief procured from the powder; and, wishing to see whether tea under the same circumstances would produce similar results, he pulverized some and took about twenty grains, and says, he experienced the same soothing effect as from guarana, but in a less marked degree, perhaps in consequence of the dose being so much smaller.

It stimulates the cerebral functions and exhilarates generally, it invigorates the intellect, and is followed by no corresponding depression, as with ordinary narcotics. On the pulse it appears to act as a sedative; and no apparent change is noticeable in the urine. The headache usually disappears in from twenty minutes to an hour and a half. Dr. Leconte, of Paris, says that this remedy never fails unless improperly prepared, adulterated, or injudiciously administered.