

Senega is largely in use; but probably if medical men made a practice of tasting themselves what they prescribe for others, it would soon fall into disuse. If there be any strain on the right ventricle, and especially if there exist any old standing mitral mischief, digitalis must be added, as in the following draught which may be repeated every four hours.

℞ Am. carb. gr. iv.
Tinct. nuc. vom. Mx.
Sp. chloroform Mxx.
Inf. cinch. flav. ʒj.

Such is an efficient combination when the bodily powers are being subjected to the strain of a severe attack of bronchitis. Then the liquid food must be accompanied by some alcohol. If the doctor be timid or the nurses negligent, death, with his scythe, will not be far distant. The medical man must stand up to the disease like a swordsman to his antagonist. If the trial be a severe one, he must rise to the occasion. Recently fifteen minims of tincture of nux vomica every four hours did me yeoman service, where the respiratory centre was getting distinctly drowsy. When the phlegm accumulates in the air tubes of the basis of the lungs, the breath becomes very short, as the breathing area of lung becomes reduced. In the case of children an emetic of ipecacuanha is indicated, and the act of vomiting gets rid of the accumulation in a very efficient way. The child looks as if it were going to die, as it fights for breath; but it does not die, and shortly falls into a calm sleep, breathing easily. The same may be done for a healthy adult; but is not safe with old persons with rotten tissues. All the time keep up the powers. Add some brandy to the milk and treacle, or milk and malt extract, but do not give it alone. The stimulant must carry with it some food, otherwise the powers are only worn out all the sooner. This is a very important matter, never to be forgotten. As the case drags on the patient becomes worn out from "lack of sleep," and begs for a narcotic. His prayer, however piteous, must fall on a deaf ear. To sleep is to die. The breathing can only be maintained by voluntary effort. Watch the patient dropping off to sleep, nodding, to awake with a start from a horrid dream. The carbonic acid gas accumulates in the imperfectly aerated blood, till the drowsy respiratory centre awakens up with a start, and throws the accessory muscles of respiration into violent action. The subjective sensations of the patient are those of suffocation, which takes the form of a horrible dream.

At last the battle is either won or lost. The amount of secretion decreases, in some portion of the lung at least, and the much-tried patient gets snatches of sleep. On awakening a "coughing bout" clears the air tubes, so that soon the patient drops off to sleep again. As soon as the fit of coughing is over, give the food, and, if the hour, the medicine also. Loose no time; it is pre-

cious. By such management the strength will be rapidly regained. And finally there is one thing which the senior student, or young practitioner, must *not* do. Very likely there is some congestion of the lung bases at the back. If the patient be found sitting up it may be well to take the opportunity to go over the back; but this must be done rapidly. To get the patient up and expose the back for the purpose of careful examination is a foolish proceeding fraught with great danger. The physician can count the respirations; the man who daily examines the backs of the lungs in a severe case of bronchitis—where the skin is bedewed with sweat, *i.e.*, the cutaneous respiration is helping out the embarrassed pulmonary respiration—is not fit to be a physician, and will be much less murderous if engaged as a dissecting-room porter. At critical times every action must be carefully thought out; when life is trembling in the balance a trifle may cast it, and regret is unavailing. Some things must be done and some must not be done. Even if the bowels are not moved for several days, do not administer a purgative. Exposure in getting up to the night-chair often entails most serious consequences. There are sins of commission as well as sins of omission, and a thoughtless practitioner is apt to commit both.—*Hospital Gazette*.

BREATHING EXERCISES IN THE PREVENTION AND TREATMENT OF LUNG DISEASES.*

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I desire this evening to bring before the Society some considerations as to the value of systematic breathing exercises in the treatment and in the prevention of diseases of the respiratory tract.

There is no question that regular general exercise is of prime importance in maintaining the bodily organs and their functions in a state of health. This is one point upon which all physicians agree. Not only does exercise tend largely to the maintenance of health and general well-being, but it leads to that bodily vigor which resists disease. In other words, through properly regulated exercise, a reserve force is accumulated which may be drawn upon when needed.

This energy may be directed toward the development of special functions or organs, and one part or system of the body becomes conspicuously stronger or more active than the rest. It is continued exercise that produces the blacksmith's muscle, the touch of the blind, the dexterity of the juggler, the endurance of the athlete. Strong muscle, a sensitive touch, dexterity and endurance are all admiral elements, particularly in a sound