

affect the manhood in an entirely different way, but I will not prolong my paper. Enough has been said to show the gravity of abnormal vision. The attention it should command from both teachers and parents and the importance of submitting every child to a careful examination of his optical condition before urging him into a long educational career; not only to see whether he is capable of pursuing such a course without danger, but to see that he is supplied with properly-fitting spectacles which, happily for either the myopic, the hyper-metropic, or the astigmatic may now be so given as to reduce the eye by their help to the condition of a far-seeing eye, and thus permit the individual to cultivate the same tastes and pursue the same occupations as if the eye was naturally a normal eye.

And finally, Mr. President, as you and your confreres are taking such an interest in your duties on the Board of Health for Ontario, and your labours which will be of inestimable value for the public weal, are to be expended largely in discovering and applying the valuable ounces of prevention, I may be permitted to entertain the hope that the question that I have but briefly brought before you may not be deemed unworthy your consideration, and that the hygiene of our schools, which is at the very foundation of future society, may receive that attention which it so much demands, and which our science is so eminently calculated to bestow.

#### BI-MONTHLY NOTES ON THERAPEUTICS AND PHARMACOLOGY.

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There is no doubt but that the British Pharmacopœia requires revision. Of the remedies composing it, at least two out of three may safely be dropped. The principal change must be the alteration of the doses. Few of us prescribe the quantities therein directed. Most writers too, on therapeutics limit the practitioner to doses wholly insufficient to influence the disease. This is especially true of chorea, of syphilis of the tertiary kind, and of certain neuralgias. A great deal of the success of

specialists is due to the careful administration of maximum doses of remedies known to be of benefit in the disease under treatment. An instructive essay on this subject was read by Dr. Seguin before the Medical Society of the State of New York, Feb. 7th, 1882. Teachers of materia medica and therapeutics are prone to teach dosage on the "*in medio tutissimus ibis*" principle, with an eye to the safe training of students. The druggists too, exert a baneful influence by supplying the practitioner with ready-made compounds, pills and elixirs, so that many, instead of adapting the mixture to the patient, reverse the process, and adapt the patient to the mixture. In first prescribing a potent remedy, take into consideration, age, sex, size, and general condition of the patient. More especially note the condition of the circulatory organs. Begin with "book doses." Feel your way "fearlessly because watchfully." Amongst the remedies Dr. Seguin mentions are the following: *Extractum conii fructus fluidum*, Wood (Therapeutics, 1880, p. 371) puts the dose at ℥i., ℥ii.; Bartholow. (Materia Medica, 1880, p. 409), dose ℥ii., ℥v., ℥xl. Dr. John Harley (The Old Vegetable Neurotics, London, 1867) gave larger doses, using the Succus Conii. He obtained definite physiological and therapeutical results in doses of two drachms to one ounce. In this way he obtained the paresis of the third nerve, arms, and legs, which is the characteristic result of conium action upon the spinal cord. Dr. Seguin uses conium in spasm of paralyzed limbs, in general irritability, and in insomnia.

When the indication is present as in chorea, to obtain muscular relaxation, after a few tentative doses of 20 and 40 minims, he gives at one dose 60, 80, or even 100 minims. These doses cause ptosis and sometimes diplopia and paresis of the arms and legs. He does not repeat the dose until all the effects have passed off—in from 12 to 24 hours. A case of adult chorea of 14 years' standing is cited, which was almost perfectly cured by a teaspoonful of Squibbs' extract of conium given daily for a month or more. Cases of insomnia with wakefulness in the first part of the night, more especially those with fidgets or physical restlessness, are very much benefitted by conium.