

you must have recourse to other forms of depletion: mercurial and saline cathartics freely administered and often repeated; a diet which is unattractive and unstimulating must also be insisted upon, for a time, at any rate; and, if it can be managed, she should be removed to some locality where the climate is more equable and the air is purer than it is in the north-east of London.

So far as drugs are concerned, there is not to my mind anything which can compare with the iodide of potassium. This, when combined with a little camphor and a little ammonia in an infusion of senega, acts more helpfully than anything else. There is in this case, of course, another factor which we cannot altogether leave out of account, and that is her age. She is at, or about, the change of life, and we must be careful in giving her medicaments and in prescribing for her *regimes*, that we do nothing to intensify the difficulties incidental upon that period. Fortunately, everything that I have suggested up to the present time is not in any degree contra-indicated by such a consideration. They are, indeed, all measures which are proper to the treatment of the menopause. If, however, any difficulties did arise, either as complications or otherwise—difficulties, I mean, of the functional neurotic type—the addition of some bromide of potassium to her medicine would in all probability speedily dispel them. There is another drug of which I have not yet had sufficient experience to speak with confidence, but of which I may say that it seems to offer considerable advantages, and that is valerianite of menthol. But of all the drugs which are useful at this time, probably none is more efficacious than a really active preparation of ovarian extract.—*Medical Press Circular*.