

patient previous to 10th Dec. Excepting the attacks described above, patient had always been very healthy and active. The gall stone might have been present for some time, but had become encysted or fastened to wall of gall-bladder, and the fall of Dec. 6th may have loosened it. I would be glad to hear through the medium of your journal any suggestions as to mode of treatment.

I might here mention the advantages, and the satisfaction to both the friends and physicians, gained by holding post-mortem examinations in such cases, a thing altogether too rare; not that in this case much has been learned by us as to mode of procedure in future similar cases; but the friends have the satisfaction of knowing, that although they engaged a young practitioner, still, not much could have been done by any one, more than to alleviate the patient's sufferings. And the friends will not be told, that if they had but called Dr. W, or Dr. X, *old* and successful practitioners the patient's life would have been saved, or, if they had but tried soot and cider as was counselled by some in this case for the *jaundice*, all would have been different now.

Correspondence.

THE COMING MEETING OF THE DOMINION MEDICAL ASSOCIATION.

To the Editor of the CANADA LANCET.

DEAR SIR,—I am glad to know that a number of the profession in Western Ontario are taking an active interest in promoting the success of the coming meeting of the Dominion Medical Association at Quebec on the eighteenth of August. Seldom does such an excellent opportunity present itself of enjoying all the advantages of the Association meetings, and at the same time having such an enjoyable trip with their families at the favorable rates which have been secured. Such a holiday trip as this promises to be could not easily be surpassed, and only six or seven days' absence will be necessary. I beg to suggest that members of the profession from Ontario who purpose going, make their arrangements to leave Toronto by the mail steamer on Monday afternoon, August 16th, at 2 o'clock. In this way Quebec will be reached on Wednesday morning, the 18th, in good time for the opening session. The social advantages which

this trip offers are apparent to every one, and I believe the medical men who purpose attending the coming meeting will have a most enjoyable time. These few lines are written with the hope that they may induce some who need a pleasant holiday trip, to take advantage of the arrangements which the secretary of the association has provided.

Yours, &c.,

July 20th, 1886.

MEDICUS.

Selected Articles.

SLEEPLESSNESS.

One of the most common morbid conditions the physician is called upon to treat is sleeplessness. It prevents the invalid from improving; it cuts down the busy man's capacity to work; it lowers the condition of all subject to it. And certainly it is often very intractable.

Functional activity involves a full supply of arterial blood; and an anæmic condition is an essential matter for quiescence in all viscera. When we drop off to sleep the blood supply to the brain is greatly reduced; and is merely sufficient for histogenesis. During its quiescence the wear and tear of the viscus is repaired. Synchronous with this diminution of the blood supply a lethargic condition of the cerebral cells sets in probably; but about this factor we know little positively, and can only speculate.

Narcotics are agents which retard the blood flow to the brain as well as paralyze the activity of the brain cells. Some members of the group, like opium and alcohol, have a distinct preliminary stage of excitement; and by education it becomes possible to have excitement only from doses of either which would narcotize swiftly those unaccustomed to either agent. The stage of excitement is followed by lethargy. Other agents, as chloral and the bromides, if they possess any primary exciting action at all, possess it in so small a degree that it is not measurable. They are direct and simple depressants alike of the cerebral cells and the cardiac ganglia; by which latter action they lessen the blood-current flowing to the brain. Keeping this fundamental matter well in view, it becomes possible to rationally consider and reflect upon some conditions of sleeplessness, and the best measures to adopt for its relief in each case.

One good broad rule to bear in mind is this: Opium is the agent where insomnia is due to pain; chloral where it is due to a high blood pressure in the arterial system; the bromides where there is any peripheral irritation. Opium having a pro-