therefore, give this patient substances that are converted into peptones in the stomach, and are thus readily absorbed. He shall have milk, fresh meat, eggs. and the succulent vegetables, such as contain but little sugar or starch (spinach, cabbage, cauliflower, etc.).

We will direct our patient to keep up the treatment systematically. It would be folly for him to expect that in a few days or weeks we will be able to entirely restore him; especially if he disobey our instructions in regard to alcoholic drinks, which must be absolutely discontinued. Unless he faithfully carries out his treatment he will go on from bad to worse until the organ will be irretrievably damaged. —*The College and Clinical Record.*

THE TREATMENT OF HYSTERICS.

Hysteria is a disease to which every woman is liable, and which every physician will be, some time or other, called upon to treat. Most of you will find it very hard, in most instances, to distinguish between hysteria and organic disease, for it in many instances mimics exactly grave structural diseases. There is no difficulty in forming a diagnosis when you meet a real hysterical attack, attended with screaming and groaning and kicking.

When you are called to treat a young girl with a hysterical attack, there are three things which you had better do: (1) Institute at once firm pressure in the neighborhood of both ovaries. This is very apt to quiet the patient at once. (2) Administer an emetic. I have found that a woman who is well under the action of an emetic has not the opportunity to do anything else than be thoroughly nauseated. Give a full dose of ipecac, with one grain of tartar emetic. (3) And this method of controlling the spasm will often act charmingly—take a good-sized lump of ice, and press it right down upon the nape of the neck. This produces quiet by its powerful impression on the whole nervous system.

When the attack is entirely under control, the best method of preventing the occurrence of another attack is to administer a full dose of assafœtida—none of your small two or three grain doses, but ten grains, all at once.

There is everything in a doctor's manner in the sick room; and he who looks and speaks hopefully, saying: "take this, and you will get well," and "do that, and you will feel better the next moment," is much more likely to cure his patient than the man who magisterially goes through the motions, without a ray of light or hope in his face, "ordering this pill to be taken in half an hour," and "so many teaspoonfuls of that prescription to be given at such and such times."—*Dr. Wm. Goodell, in Clinical News.*

THE THERAPEUTICAL ACTION OF COLD.

A Lecture by W. H. Thomson, M.D., Professor of Therapeutics and Materia Medica in the Medical Department of the University of the City of New York.

Gentlemen: Remedical agents are of two kinds: First, drugs; and second, other therapeutic measures, such as temperature, electricity, etc. For the sake of convenience, we will here consider those remedial agents which are not drugs, and first, among them, we will study one of the physical forces or imponderables—cold.

Physically, cold is the absence of heat. Therapeutically, it is a positive agent, and has five actions:

1. Tonic.
2. Styptic.
3. Antiphlogistic.
4. Anæsthetic.
5. Antipyretic.

In the first three, cold acts only upon the vasomotor sytem as a pure irritant neurotic. In the last two it acts simply on physical principles.

COLD AS A TONIC.

We have said that cold, when it acts as a tonic, is an irritant. Every irritant produces a shock and causes an expenditure of the energy of the part irritated. The energy of the part irritated, therefore, becomes depressed; but this depression differs from that produced by a simple sedative, in that it is followed—provided the shock is not so great as to cause exhaustion—by a *reaction* to or beyond the condition in which the part was prior to the irritation. Thus, cold, as an irritant, affects the vaso-motor system and produces a shock which is followed by a reaction. In other words, this system is exercised, and all moderate exercise tends to strengthen the organ called into action, and permanently to improve its nutrition. Cold, then, is a vascular tonic, and may be used generally or locally. When the circulation is feeble, and there is loss of muscular power, the general use of cold will arouse the heart, restore arterial tone, and thereby improve the nutrition of the whole body. For this purpose either the dip-, shower-, or sponge-bath may be used, according to the strength of the patient, taking care never to cause exhaustion by its too frequent or too protracted use. A thorough reaction, as indicated by a glow of the skin, should always follow the bath, and never a sensation of lassitude or fatigue. When the irritant effect produced by the cold water alone is not sufficient, salt or some mild rubefacient may be added. If the patient is too feeble to bear even the sponge-bath, simple exposure of the surface of the body to cold air will often prove beneficial. In all cases reaction may be assisted by friction with a rough towel.