weak. I now gave him a tonic—elixir of quinine, strychnine and iron. Discharged.

I report this case for the benefit of the younger class of doctors. The diagnosis is very important, and the treatment must be accurate, prompt and decisive.

In all those acute inflammatory diseases give plenty of gelseminum and get the system under its influence, and with such other remedies as may be indicated, and you will soon get the acute diseases under control.—*John A. Henning, in Chicago Medical Times.*

Bone-Marrow in Anæmia.—Dr. Dixon recommends bone-marrow extract in the treatment of anæmia. The red marrow of bone being probably the chief agent in promoting the development of red blood corpuscles, it seemed feasible to suppose that an extract of this substance, if introduced into the anæmic human organism, might act as a stimulant to the formative process and increase the rate of production of the red corpuscles. As the tissue-forming power in young animals is more active than in older animals, the bones of the former are preferable as a source of marrow extract. (To prepare the extract, the heads of the long bones obtained from recently killed animals are broken into pieces and digested in glycerine, with frequent agitation. When the extraction is complete, after several days the extract is filtered off and is ready for use. It is red or reddish-brown in color, and is devoid of any unpleasant taste or odor.) It may be given in teaspoonful doses once or twice a day, either out of the spoon or spread between thin pieces of bread. In several cases of pronounced anæmia a marvelous improvement, coincident with an increase of red corpuscles, has been observed under the treatment. —*N. Y. Med. Times.*

The Relief of Spasmodic Retention of Urine.—Excessive irritability is one form of interference of the higher centres; the other form is spasmodic retention. Thus, when a man wishes to pass water, he is anxious, especially if someone else is standing by and waiting, as in a public urinal, to make water in a hurry; the desire to make water quickly prevents him from passing it at all. This form can frequently be relieved by some such plan as that adopted by Boerhaave. He lived before taps were so common as now, and he used to have a screen in his consulting room behind which was placed a tall footman. When he desired any of his patients to pass water, the footman, at a given signal from him, poured water from a water-bottle into a basin on the floor, so as to imitate the sound of a person passing water, and this at once had the desired effect. If, in the out-patients' department you want to get a specimen of water quickly, in order to examine it, the best thing you can do is to turn on a tap, and if that is not sufficient leave the patient to himself and tell him there is no hurry whatever; as a rule, if there is more than two teaspoonfuls of water in the bladder, you are sure to get it by this plan. Sometimes, also, when there is no water running, if the patient only thinks of the sound of running water, it will make the bladder act. The introduction into the urinals at railway stations of constantly running water has been of great service to many. Some passengers can now empty their bladder at a railway station who could not have done it before, although it does not occur to them that the constant running of water has anything to do with the evacuation of the bladder; it has, however, a great deal to do with it. Washing the hands with cold water is another help, as also the application of a cold wet sponge or hot water to the perineum; and making the patient sit down in a hot sitz-bath will frequently enable him to pass water into the bath when he could not do it otherwise.—*N. Y. Med. Times.*

The Dietetic Significance of Iron.—Kobert (*Deut. med. Woch.*) first discusses the amount of iron excreted daily by the adult, which amounts to about 1 mg. to 3 kg. of body weight. He estimates the total daily need at 50 mg. An account is then given of the iron-containing articles of diet. (1) Vegetable food stuffs: These may suffice for the wants of the normal individual, but, according to the author, it is very improbable that in diseases of the blood the formation of hæmoglobin can take place as readily by means of vegetable as of animal food stuffs. (2) Animal food stuffs: Of these the most important are milk, eggs, liver and blood. As regards milk, it has been proved that the albuminous iron-containing con-