

by measures intrinsically harmless, as open air exercise pushed to pleasant muscular fatigue. A few hours' labour, or a drive for weaker ones, will often calm the brain storm and secure restoring slumber. A full meal will induce sleep in some, as we know from analogy. Then there is the hot bath ( $104^{\circ}$ ), which is surprisingly efficacious. These simple means will fail sometimes, and drugs be indicated, but we must beware that nature does not come to depend on them. Let us glance at a few that the alienist has proved useful. Alcohol is helpful where stimulation is needed as well as sleep. In small doses it will dissipate the wakefulness of anxiety. In larger quantity it will rarely fail in any case. Hyoscine has displaced its fellow, hyoscyamine, than which it is more uniform and certain. Hyoscine is indicated where there is motor excitement, and has been abused as the agent of chemical restraint. By its aid violence is calmed and loquacity ceases. It has advantages: its dose is small and tasteless, its action prompt, tolerance is slowly established, and no habit formed, as no pleasurable sensations ensue. Paraldehyde is preferred by some. It produces natural sleep, does not irritate the stomach; no headache follows its use. The unpleasant taste and odour to the breath are its drawbacks, and we find some have a repugnance for it. Sulfonal is successful often, and ordinarily safe. Its effects are lasting, though slow, but may be hastened if given in gruel or milk or water as hot as can be borne. An increased dose is not needed, the second acting better than the first. Our old friend chloral and the new chloralamide and trional have their advocates also. None of these will avail if the sleeplessness is caused by bodily pain. Then, and then only, is opium called for. I emphasize this because this drug is over-used. With some it is routine practice to prescribe it. It is useless and harmful in insanity, as it impairs digestion and bodily health, and thus combats the effects we most desire. The remedies mentioned are the popular sedatives, but their use must be deferred till other means prove futile. There is a temptation to over-drug the lunatic. It has happened that the ill effects of indiscreet medication have had to be eliminated before improve-