

Dose, teaspoonful in a wineglass of water three times a day, at meals. At the same time his diet should be restricted, and should consist of meats and meat-juice, milk, eggs and bread; that is, to be light, nourishing, and blood-making. With the meat and eggs some preparation of pepsin should be given until powers of digestion are restored. Out-door exercise should be strictly enforced.

In those cases where the functions of the liver are natural, but where the nervous system is enfeebled, the following combination generally suffices to restore the tone in the nervous element:

R. Acid phosph. dil. .... ʒj;  
 Ferri pyrophosph. .... grs. c;  
 Sulphatis strychniæ. .... grs. ij;  
 Elixir gentian vel cort. cali-  
 saya detannized. .... ʒ v. M.

Teaspoonful three times a day in wineglass of water.

When anæmia is the most predominant symptom, in addition to one of the foregoing prescriptions, I give, for a time, a pill containing:

R. Sulph. ferri exsic. .... grs. xxx;  
 Sulph. manganes. .... grs. xxx;  
 Sulph. quiniæ ..... grs. xiv;  
 Ext. gentian. .... q. s. M.

To be made into thirty pills. Take one three times a day, at meals.

The bowels should be kept regular, and the patient's body and mind engaged in some active or recreating work.

The local treatment is always unpleasant and generally painful, and for this reason I have simplified it as much as I possibly could. In the first place, the patient should be well instructed how to use an injection, or douche, through the nostrils. (I prefer the syringe, for the reason that the force of the current can always be regulated by the patient himself). When he can open his mouth sufficiently and breathe while the current is passing from one nostril to the other, and be made to understand that all the water must be allowed to flow out of the nasal passages before breathing through them, then he can be intrusted with that part of the treatment. During a ten years' constant application of this method, I have not met with a case of inflammation of the middle ear produced by an injection when used as above directed.

A solution of common salt, in warm water, has given better results than any other injection I have used. It is generally soothing, and washes out the passages very well. When this application is made three times a day, and the passages are well cleansed, no hard scab has time to form, the nauseous smell soon disappears, and the disease is checked in its progress.

When the disease is on the wane, light astringent injections may occasionally be used to an advantage. Acetate of lead, tannic acid, and sulphate of quinine may be used in weak solutions.

The patient should also be instructed how to mop the upper part of the pharynx by a tongue-depressor, if necessary, and to make local applications there

with a curved camel's hair brush or mop made with cotton-wool. For such applications I prefer a solution of chlorate of potash or of common salt where there exists much irritation, and of turpentine when the circulation is sluggish and the parts are covered with a muco-purulent secretion.

Having the patient conversant with the use of the mop, the nasal passages cleansed, and the pharynx attended to daily, the moment that these means are found to have caused a check in the progress of the disease is the most favorable time for the physician to begin the local curative applications. Of these I have found nitrate of silver to answer best, and use it almost exclusively. When a strong impression requires to be made on the mucous membrane, I use a solution of one hundred to one hundred and twenty grains to the ounce, with a very fine atomizer, washing off the parts immediately after with a solution of salt. When a stimulating influence is desired, a solution of ten to forty grains is best. Such applications should be made over the nasal passages and the pharynx once every fourth, sixth or seventh day, judging from the effects produced, until the disease is entirely cured; otherwise you will have the mortification of going back over the same routine with your patient, or of seeing him leave you dissatisfied.

The result of the above treatment will generally be as follows: The appetite returns, the coloring of the skin improves gradually, the weight of the body increases, the spirits become more buoyant, and your patient is not only grateful for the benefits obtained, but is anxious, among women especially, to carry on strictly the directions of the physician until an entire restoration to health is obtained. Men generally abandon the treatment before its completion, and the result is that while there are some who do recover, many have a return of the disease and all its unpleasant symptoms.—*J. C. LeHardy, M.D., in the Atlanta Med. and Surg. Jour.*

#### THE TREATMENT OF SLEEPLESSNESS CONNECTED WITH EXCITEMENT IN MALE LUNATICS.

In a paper reported in the *Zeitschrift für Psychiatrie* (Bd. 33, Heft 2), Dr. Wittich advocates two modes of treatment for the above form of insomnia. The first of these is the administration of bromide of potassium in doses of from six to nine grammes (about one and a half to two and a half drachms) in the twenty-four hours. This treatment is specially applicable to cases in which the symptoms appear to arise from hyperæmia of the brain. The other method employed, which is most useful when anæmia of the brain is present, is giving the patient one or two quarts of beer in the evening. Tables which have been kept in the Heppenheim Asylum show that these two plans of treatment have yielded results almost equal to those of chloral-hydrate and the subcutaneous injection of morphia. In a considerable number of cases, moreover, where the last-mentioned drugs had failed, sleep was obtained by one of the methods mentioned above.—*London Med. Rec., March 15, 1877.*