

The question as to stimulants, however, is less readily answered. No one can doubt that much of the dyspepsia of the affluent classes in this country is due to indiscreet mixing of liquors, a practice which is singularly in discord with the science and skill now imported into culinary matters.

It is at all events sufficiently well-known that to drink one wine is most wholesome for dyspeptics; and whether it shall be claret, dry sherry, or alcohol in some form, properly diluted, must be decided in each case. In some instances of acid dyspepsia, port wine is of use, and appears to call forth less acid than sherry, perhaps, as Dr. Budd has suggested on account of its stringency. For the immediate relief of the insomnia and dyspepsia, full doses of alkalies should be given. The calcined magnesia or solution of carbonate of magnesia in excess of carbonic acid, and the compound rhubarb or Gregory's powder, are amongst the best remedies. A large draught of cold water will also prove effectual at times. The success of the therapeutical measures throws light upon the existing cause of the sleeplessness, even when this is hardly suspected. Cullen does not state what remedies he employed in his own case, but we may rest assured that he treated himself.

The dyspepsia of liquids, as a cause of insomnia, is naturally best treated by the adoption of a diet in which less fluid is taken. The underlying atonic condition of the stomach and intestines requires the remedies proper to such a state; and here may be mentioned, as of especial value, the mineral acids, strychnia, and quinine.

For the sleeplessness ensuing upon tea or coffee taken late at night, there is hardly any remedy that I know. To give alcohol in any form, with a view to induce sleep, after an excess of tea, is of no use. I believe it is better to read an easy and not too entertaining book when in this condition, for sleep is thus more quickly induced than when the sufferer lies conscious of each cardiac and vascular pulsation, and agonised by floods of rushing thoughts.

For the relief of the insomnia following exhaustion, either mental or bodily, there is happily a good deal to be done. No greater mistake can be made than to retire to sleep at the time of completed digestion.

It is almost proverbially known to be bad to go to bed fasting. Insomnia, from this cause, is, of course, easily met by taking some simple food. People, whose duties occupy them far into the night, and who have exercised their minds with any effort, should take a full evening meal, or, failing this, nourishment must be had later on. And where there is, from any cause, undue pressure of work, mental strain, or anxious watching, I know no nutriment so suitable as well-made beef-tea or extract of meat. The latter is of especial value, being always on hand and, if taken in the form of Mr. Darby's extract, the best, I believe, of all such preparations, and spread upon bread or biscuits, is eminently calculated to relieve the craving felt, and to supply a readily digestible little meal. Such measures, I think, are more to be commended than was the

practice of literary men fifty years ago, which consisted in the imbibition of whiskey punch, made with infusion of green tea.

I should recommend all bad sleepers who cannot trace their insomnia to indigestion, and who may have passed an unduly long interval since their last meal, to employ extract of meat in the manner I have just described. I can, at all events, bear testimony to its value from personal experience, and I have known benefit to be largely derived from its use in several other instances.

The sleeplessness due to cold feet in winter time, resulting from alterations of arterial blood-pressure in the body, is best met by the use of pediluvia at bedtime; and the addition of mustard or tincture of iodine is valuable, especially where the sufferer is a victim to chilblains.

Experience shows that a prolonged nap after a late dinner interferes with proper sleep at the usual time. I believe that a short sleep of a few minutes ("forty winks") is really valuable after dinner to those who have to work late at night. If the sleep be of an hour's duration, digestion is disturbed, and, in some cases, nightmare occurs immediately on going to bed.

Sleeplessness may sometimes be the result of mere bad habit. There may be no error of diet as the cause, and no dyspepsia; but there is simply a morbid apprehension as the head is laid upon the pillow that sleep is impossible, and forthwith the brain begins to be busy. This state is most apt to supervene upon a long course of broken rest. Persons who have kept watch by the sick, especially where there has been mental anxiety or distress, suffer from this form of insomnia. The acuteness of their trouble has more or less passed away, but night brings dispeace and apprehension with it. This form is engendered, then, as a bad habit from an interruption, more or less prolonged, of one of the periodical functions of the brain. It is not possible to detach entirely, in these cases, the peculiar mental element—the active conjuring up of past scenes, or the busy memory; but, in other instances, no cause is readily to be found, and we are compelled to believe that the bad habit results from a low condition of nervous energy.

The benefit to be derived in this form of insomnia from change of scene and change of air is very remarkable, and it is, indeed, seldom advisable to employ medication. There can be no doubt of the value of the change of air in many forms of sleeplessness; but, in awarding the true therapeutic value to climatic influence, we must not altogether lose sight of the effects of the *medicina mentis*. To pass from the noise and sullen heat of dwellings bordering upon the streets of London on a summer night, to a cool and well aired apartment, in any peaceful country district, is in itself a strong incentive to slumber; but, beyond this, there are special aerial conditions and influences due to proximity of sea.*

* Townspeople resorting to the seaside very commonly experience marked sleepiness during the earlier part of their stay; and the same is sometimes the case in the pure air of the country. Long continued exposure to air, as Dr. Hand-