veronal. First try veronal in doses of 5 to 10 grains. If no success follows the administration of veronal, then 7 to 10 grains of medinal will produce sleep in the most obstinate case, with little or no bad after effects. It must always be given dissolved in water. It may be given hypodermically.

Unfortunately, your patient will quickly form the habit of depending upon the hypnotics to produce sleep. You must gradually reduce the drug until about one-half of the dose is being taken. We then adopt a method that has been successful in getting him to abandon the medicine. It is this: Persuade your patient to leave the powder and a glass of water on a chair beside his bed. If he fails to woo tired nature's sweet restorer in an hour or so he is advised to take his medicine. You will, however, invariably find this plan successful. Your patient's fears for a sleepless night are overcome by the knowledge that he has the remedy at his disposal. You will be handed the powder by a smiling patient one morning with the remark that "he put the chair to sleep last night."

The Hydrotherapeutic Treatment of Neurasthenia.

Many authorities agree that hydrotherapy is indispensable to the management of a large majority of neurasthenics. It is only one of the means, but it is so important that it requires careful thought by all those who desire to give their patients the best care and attention.

Many text books on nervous diseases testify to the efficiency of the water treatment in neurasthenia. Some authors go so far as to state that without judicious hydrotherapy neurasthenia cannot be successfully and satisfactorily treated.

Dr. Wm. H. Draper says: "It seems to be more effective than any treatment by medicine in stimulating the nerve centres, in restoring the equilibrium of the circulation and reviving the activity of the organic functions."

Kraft Ebing says: "In the management of neurasthenia the water treatment is of the greatest value because as applied preferably in institutions it admits of all possible excitant, calming and alternative effects upon the diseased organism and its tissue change. Its good effect in neurasthenia is due to the regulation of cardiac activity, dilatation of peripheral vessels, diminution or increase in the cerebral circulation, general calming, etc., according to the procedure used." I could go on quoting from such authorities as Erb, Klemperer, Peterson, Preiss, Rombery and Eulenberg, but one and all recom-