

## LUMBAGO.

The treatment of the acute form of lumbago is very simple and very effective. Perhaps the best treatment at first is the application of scarifying cups to the muscle, or muscles affected, to be followed immediately by narcotic fomentations in the shape of a bag of hops soaked in hot water, hot vinegar, or alcohol and applied directly over the scarified parts. There are various stimulating and anodyne liniments which are really excellent in their way—such as turpentine, ammonia, camphor, etc. If opiates are to be employed they should be administered early in the course of the attack. The best form in which to administer opium is in the shape of Dover's powder. This may be given in ten grain doses. It is usually very efficient in affording relief to the pain, and at the same time is very likely to produce copious diaphoresis. Where a rapid effect is desired the opium must be given hypodermically in the shape of morphia.

In most of the cases of lumbago which are encountered in private practice the patient will be found to object seriously to the use of scarifying cups unless all other remedies are found to be in vain. In fact, you will most of you find in time that the use of this most excellent remedy must be limited to hospital and dispensary cases. Where scarifying cups cannot be employed the best treatment is that by morphia hypodermically, and Dover's powder by the mouth. (In the University Hospital the great pain accompanying lumbago is at once and very often permanently stopped by the hypodermic injection into the affected muscle of a solution containing one-eightieth of a grain of atropia and one-eighth of a grain of morphia. Great care being always had in the administration of morphia and atropia to nursing women, as belladonna is the most powerful antigalactagogue known, and as too large doses of morphia not infrequently affect the child through its mother's milk.—*REP.*)

Another most valuable drug in the treatment of lumbago is the iodide of potassium which would seem to be clinically proven to have a peculiarly beneficial influence over rheumatism of the lumbar region—more influence over this form of rheumatism in fact than over any other. Dr. Graves, of Dublin, is the first one reported to have made use of iodide of potassium in lumbago, and he tried its effects upon his own person. He found that in doses of from five to ten grains given every three or four hours, its effects were truly wonderful.

This clinical fact—I refer to the peculiar influence of the iodide of potassium upon rheumatism of the lumbar muscles—is very difficult of explanation, but it is undoubtedly true. The iodide has been tried in the treatment of muscular rheumatism of other parts of the body, and its effects in such cases have been found to be not by any means so immediately successful.

In the chronic form of lumbago the condition is one of great obstinacy and is very difficult to treat. Such cases are very apt to persist in disappointing your hopes of cure. The most useful class of reme-

dies here are of course the various forms of counter-irritants, such as blisters, sinapisms, the actual cautery, etc., etc. Thoroughly and conscientiously applied local friction and *massage* may do good in some instances where counter-irritants have signally failed.

Of all remedies, however, for chronic lumbago, I am accustomed to rely mostly upon the influence of tepid water upon the affected parts. The action of water, though slow, is a very permanent one. The water may be applied either in the shape of wet compresses kept in constant contact with the part, or you may use a douche and allow a stream of water to fall steadily upon the rheumatic muscles for some time from a height of from eight to ten feet. This use of water does great good in all forms of muscular rheumatism no matter where located. After the treatment by douche, or by wet compresses, the parts should be briskly rubbed with a coarse cloth or a skin brush, and then covered with cotton, or wool, or a piece of India-rubber cloth.

I have occasionally derived very advantageous and rapid results from the use of a metallic brush, rubbing the affected part briskly with it. This rubbing acts of course as an electric stimulus, and always gives immediate, if not permanent relief, though my experience has been that the use of the electric brush afforded permanent as well as immediate relief.

Very often I advise tying a cloth over the lumbar muscles and ironing them thoroughly, two or three times every day, and then following up the ironing with the application of some stimulating liniment.—*Hospital Gazette and Archives of Clinical Surgery.*

## TREATMENT OF EPILEPSY.

A. McLane Hamilton, M.D., in the *New York Medical Record* says:

I would recommend, in the first place, a most careful observance of those hygienic rules which are of so much importance, and influence to such an extent the progress of all the neuroses; and, in the second place, would suggest the use of two or three remedies which seem to possess great virtue in this disease.

The bromides have received deserved popularity, and if used within proper limits, and in combination, will sometimes cure cases of moderate duration, especially if the case is uncomplicated and is not the result of traumatism.

I am in favor of combining bromide of sodium with bromide of ammonium, equal parts of each; and of administering sixty grains of the combined salts together with thirty grains of hydrate of chloral daily. The doses should be divided so that the largest may be given a short time before the fit is likely to occur; that is, if any regularity in the occurrence of the convulsions can be distinguished. Of course this quantity may be increased if occasion requires. In other cases the bromides given in combination with bicarbonate of potash and some simple bitter tonic, as recommended by Brown-Séquard, will produce wonder-