

solution administered in the knee-breast position. Such flushings may be administered in the majority of the constipation cases once or twice a week. Renal deficiency very often demands diuretics, of which the effervescing potassium citrate is the most efficient. All neurasthenics are greatly benefitted by the imbibition of a large amount of water.

For the nervousness the bromides are invaluable, sodium bromide being preferred, especially when combined with the fluid extract of *adonis vernalis*, in from 1- to 5-minim doses. Hypnotics are rarely to be administered. The bromides during the day, the hot-air bath or the hot pack at night, with some easily digestible food at night will almost invariably secure all the sleep that is necessary. Bland's mass, combined with small doses of the extract of *nux vomica* and arsenous acid, makes the best hæmatinic combination. Cases that are not improved often require alteratives in addition, and the chloride of gold and sodium, combined with the pulverized resin *guaiaci*, a combination that prevents the decomposition of the gold salt, given before meals, a half or three quarters of an hour, is the best alterative combination in personal experience. Occasionally small doses of corrosive chloride of mercury answers next in preference as an alterative. Phosphorus, as the zinc phosphide, or the syrup of the hypophosphites (U.S.P.), is of service in some cases, and the animal extracts containing phosphorus in a readily assimilable form may be used with advantage. The mineral acids in some of the dyspeptic cases, for temporary use, are of service. Quinine, unless there be a malarial element present, and strychnine increase the nervousness and do not benefit, except in exceptional cases, general nutrition.

No matter what special line of treatment may be adopted, it is very important to keep the patient busy in his efforts at cure, and a daily schedule of therapeutic work should be furnished to him.

F. Savary Pearce says it is in dealing with convalescents from neurasthenia, with incipient cases, or with those in danger of a recurrence, that the climatology of neurasthenia is especially important.

It is almost axiomatic that an altitude of over 2,000 feet is unsuitable for the neurasthenically-disposed or convalescent patient. A very "stimulating" climate should be avoided. Other conditions to be avoided are as follows: Districts menaced by high winds, and frequent fogs; cloudy, saturated atmospheres with but slight movements of air-currents; low country (sea-level) with continuous, non-varying, although moderate, heat, as where the effect of the gulf-stream is strongly felt. Thus the Bermuda Islands and Florida are enervating localities.

Ideal conditions for the neurasthenic include sea-air in a well-wooded country, far enough from the coast to avoid its fogs. A sea-voyage is, as a rule, an excellent preliminary to other climatic measures. Provided the voyage is not stormy, it acts both psychically and physically in soothing the nervous system.

In order to obtain the full benefit of correct climatic conditions the patient must have good food. Without this important adjunct the desirable climatic change may be entirely defeated in its effect on the patient.