

have been awaked a hundred times at two o'clock in the morning, when I did not feel any particular impression; but I knew that I had been awakened by an irregular operation in that organ, and I have then recollected what I took at dinner, which was the cause of it. Dr. Haller is liable to the same complaint; and, in his larger work especially, he gives the particulars of his own case, and to the same purpose that I have done, as he learned it from his own experience." So far as I know, nocturnal dyspepsia of this character is not described in treatises on digestive disorders. The sources of it, however, may, I believe, be various. There may be no actual suffering experienced, and, beyond dryness of mouth, burning soles of the feet, and heat and throbbing in the head, there is little to complain of.\* The symptoms may supervene several hours after the last meal, but they never occur unless some error of diet have been committed; and it may not always be possible, as in Cullen's own case, to attach blame to the particular article of food, or to the unwholesome combination of aliments which has led to the result. And naturally, the question of idiosyncrasy must be considered in all such cases.

It seems most probable that the symptoms are due to a too acid condition of the contents of the stomach and upper part of the small intestine, and it is certain that excess in fatty and highly seasoned food, in fruit, and in wines of various kinds, is the chief exciting cause of the dyspepsia. Hence there is no more fertile source of this trouble than the fashionable dinner-party, especially if their be indulgence in the sweet courses and in fruit, and if the fatal dietetic error, peculiar to Englishmen, of mixing various wines be committed. The misery of insomnia is rendered more certain subsequently, if both strong coffee and strong tea be taken after such a dinner, as is not unfrequently the case. The dyspepsia is thus aggravated by special cerebral excitants.

The form of indigestion known as "dyspepsie deliquides," described by Chomel (*Des Dyspepsies* Paris, 1857, p. 99), and by Dr. Thorowgood in this country, may also prove excitative of sleeplessness. But this affection, together with such symptoms as I have just described, are best referred clinically to the type of atonic dyspepsia, and, when the immediate discomforts are relieved, a more prolonged therapeutic course is needed to promote recovery.

It is needless for me to do more than allude to the almost intolerable insomnia, delirium it may be called, induced by excess of tea or of coffee taken late in the evening. All persons are not affected by these, and some people can even sleep soundly after taking one or other, provided they retire to rest immediately, and do not begin to do brainwork. It is less well-known, however, that smoking strong tobacco late at night is a source of sleeplessness to some people, and if practised after dietetic errors only tends to aggravate the subsequent wakefulness.

I pass on now to speak of sleeplessness due to overexhaustion, both bodily and mental. It is well

known, and within the experience of most persons, that a certain point of fatigue may be reached when sleep is impossible. This condition is the result of increased flow of blood to the brain, consequent on vaso-motor paresis. After a day of incessant activity, when body and mind have been unduly taxed, this state may be reached. If, in addition, there be anxiety of mind or a persistent source of worry, the insomnia is aggravated. To "take off one's cares with one's clothe's" as has been said, is indeed an excellent rule, but one, at times, very difficult of accomplishment.

Literary men suffer from insomnia oftentimes as the result of brainwork, executed at the small hours of morning, and sometimes because of bodily exhaustion superadded from sheer want of nourishment. Brain-work, in addition to the tax upon the ordinary powers by the pursuit of a profession, is, I believe, highly exhausting to the majority of those who practise it, especially amidst the calls, turmoil, and high pressure of life in a metropolis. The state of bodily fatigue to which I allude, is sometimes experienced by travellers who, after a hard day of locomotion, with perhaps irregular, and not very nourishing meals, endeavour to procure a night's rest without taking a sufficient or suitable meal in the first instance. And it is precisely at this meal that the grossest dietetic mistakes may be committed. The digestive powers are at a minimum, and yet there is a large demand for nutrition. The difficulty is not always to be met, but attention to the rules of physiology will in most instances, I believe, secure the wished-for result for stomach and brain. And so, for the throbbing head and busy brain of the literary man or student, there are rules to follow, of which I shall speak presently.

The treatment of cases of insomnia due to nocturnal dyspepsia is to be met by remedies affording relief temporarily, and by measures calculated to improve the digestion generally. Naturally, if due discretion were exercised at the last meal taken, no disturbance would occur, but I have already shown that it is not always possible to discover the offending article or articles of diet. A large meal taken late after exhaustive work, and when solid food has not been eaten in the middle of the day, is liable to be digested with difficulty. Hence long intervals between meals should be avoided. There is no harm in varied diet at a late repast, provided too much be not taken, and the food be skilfully cooked. As adults are the sufferers from this complaint, so in most cases have they the requisite knowledge of the particular articles of food that best agree with them.\*

\* In the case of a nourishing meal being required late at night, after a hard day's travel, I know nothing more suitable than good beef-tea, if it can be had; and, by the aid of prepared extracts of meat, this is now quite within the reach of travellers in the most outlandish quarters. Chicken, and simply prepared salad of lettuce, is likewise easily digestible late at night, by even delicate and exhausted persons. Good draught beer is advisable, if it agree generally, or dry champagne; the latter, indeed, is often an excellent remedy. In cold weather, mulled claret is very valuable; and something is perhaps due to the nutmeg in its composition, for this spice, as Cullen showed, is, in full doses, an important hypnotic. (*Materia Medica*, vol ii, p. 204). Lettuce has likewise similar properties.

\* The cerebral circulation is this, as in most forms of insomnia, increased in activity.