

SANMETTO.—I have been using Sanmetto for several years, and find it invaluable in nearly all kidney and bladder troubles, especially those accompanied by irritation or inflammation of the mucous membranes, as well as in sexual decay and pre-senility.

WM. F. MITCHELL, M.D.

Addison, Pa.

FRIENDLY ADVICE. — Gilhooly went to an Austin doctor for advice. "What is the matter with you?" "I am as hungry as a wolf. I work like a horse, but I can't sleep." "I guess you had better see a veterinary surgeon," said the doctor, sarcastically. "What do I want to see him for? I am no veteran."—*Texas Siftings*.

To the Profession

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The Treatment of Influenza or La Grippe.

It is quite refreshing these days to read of a clearly defined treatment for the grip. But in an article in the *Lancet-Clinic*, December 28th, 1895, Dr. James Harvey Bell, 251 East 32nd Street, New York City, says he is convinced that too much medication is both unnecessary and injurious. He has few remedies; prescribes them with confidence, and "trusts the rest to nature."

When called to a case of influenza, the patient is usually seen when the fever is present, as the chill, which occasionally ushers in the disease, has generally passed away. Dr. Bell says he then orders that the bowels be opened freely by some saline draught, as huncyadi water or effervescing citrate of magnesia.

For the high fever, severe headache, pain, and general soreness, the following is ordered:

R Antikamnia Tablets (5 gr. each), No. xxx.
Sig. One tablet every two hours.

If the pain is extremely severe, the dose is doubled until relief is obtained. Often this single dose of ten grains of antikamnia is followed with almost complete relief from the suffering. Antikamnia is preferred to the hypodermic use of morphia, because it leaves no bad after-effects; and also because it has such marked power to control pain and reduce fever. The author says that

unless the attack is a very severe one, the above treatment is sufficient.

After the fever has subsided, the pain, muscular soreness and nervousness generally continue for some time. To relieve these and to meet the indication for a tonic, the following is prescribed:

R Antikamnia and Quinine Tablets, No. xxx.
Sig. One tablet three times a day.

This tablet contains two and one-half grains of each of the drugs, and answers every purpose until health is restored.

Occasionally the muscular soreness is the most prominent symptom. In such cases, the following combination is preferred to antikamnia alone:

R Antikamnia and Salol Tablets, No. xxx.
Sig. One tablet every two hours.

This tablet contains two and one-half grains of each drug.

Then again it occurs that the most prominent symptom is an irritative cough. A useful prescription for this is one-fourth of a grain sulphate codeine and four and three-fourths grains antikamnia. Thus:

R Antikamnia and Codeine Tablets, No. xxx.
Sig. One tablet every four hours.

Dr. Bell also says that in antikamnia alone we have a remedy sufficient for the treatment of nearly every case, but occasionally one of its combinations meets special conditions. He always instructs patients to crush tablets before taking.