

having sometimes a marked psychic effect with notable defect in memory which persists for some hours after the hypnotic action has ceased. Trional and tetronal are other drugs, of fairly recent introduction, which are indicated in these cases of so-called simple insomnia. They are, however, expensive, and as far as my experience with them has extended I have been able to see little difference in their action from that of sulfonyl or chloralamid. The dose of trional is the same as that of chloralamid. Tetronal should be given in smaller quantity, from 5 to 10 grains. Paraldehyde is also adapted to such cases. It is a disagreeable drug, but has the advantage of being a liquid. Some authorities say that it causes gastric derangement, but, altho' I have prescribed it freely, I have not seen an instance of such effect. And I have a memory of an article from the pen of an English investigator, published some years ago in the *British Medical Journal*, in which he claimed experimental proof that not only was paraldehyde the least irritating to the stomach of the various hypnotics, but that it actually aided digestion. It is also said to have an irritant action upon the respiratory mucous membrane. Of this I cannot speak, but I can assert that in an asthmatic patient I have repeatedly seen paraldehyde relieve the spasm in the most charming manner, affording the patient perfect ease. Gelsemium has sometimes the power of relieving simple insomnia in a very marked degree. Ten to fifteen minims of a reliable tincture should be administered at bedtime, and if the dose does not prove sufficient, a smaller quantity may be given an hour later.

Probably the general practitioner is consulted for insomnia most frequently by persons who regularly overwork the brain. Students, professional men, who spend much time in the library or at the desk and have little bodily exercise—business men, who all day long are occupied in complex dealings with their fellow men, who spend their evenings in the consideration of monetary matters, and who retire with their attention still directed towards some question of dollars and cents. These men indulge in little exercise and less diversion. They eat hastily and at irregular times, and defer their responses to nature's calls as long as is possible without suffering great discomfort. They are "uncertain in all their ways" except in the fulfilment of required duties. Such people often suffer terribly from insomnia, and are very prone to indulge on their own account, in hypnotic medicines. They are unwilling to spare the time which consultation with a physician demands, and quickly learn the habit of dropping into a drug store and asking for a sleeping potion—which the druggist usually gives without hesitation. It is only