

the attack was limited to a definite time, varying from a few days to a few weeks, but as the time passed the period has become prolonged. These are the patients who get relief from medicinal treatment carried on for a month or six weeks before the expected attack. Many of these patients are slightly anaemic and iron and arsenic are of great benefit to them. Where this indication is absent I prescribe a tonic mixture of strychnia, or valerianate of zinc or sometimes a simple bitter, while for all of them I order lithia in tablet form. This, in a fair percentage of the cases, has prevented the attack, while in a larger proportion it has greatly modified its severity.

As to the second factor, the local condition, everything possible should be done to remove any focus of irritation from the nose. This may be no more than a simple hyperæmia of the nasal mucus membrane or it may be a hypertrophic rhinitis, a polypus, a spur on the septum, or a deviation of the latter.

The third factor, the exciting agent, varies with the individual and locality, and it is not by any means always pollen of grass or flower, though it is sometimes impossible to determine its nature. City patients who are shut up in offices all day get better as soon as sent out to the country, and have a recurrence when they return to the dust and odor of the office. Two patients have an attack whenever they drive behind a horse or enter a stable. When an attack comes on I depend mainly on two remedies—one for internal use, the other for local application. The former is ammoniol, (ammoniated-phenylacetamide,) of which I give eight grains in powder once or twice a day. A few get ample relief from one powder taken each morning, but usually a second powder is taken in the evening. The other preparation is stearate of zinc with aristol as prepared by McKesson & Robbins. This is used as a dusting powder in the nose, where it is perfectly non-irritating. This may be used as a snuff if the nostrils are patent; and when they are not, it is to be introduced by a powder-blower of any convenient form. In this way my patients are made comfortable and the attack is shortened.

NOTE ON SOZOIODOL OF ZINC.

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Sozoiodol, or di-iodo-para-phenol sulphonic acid is composed of 54 per cent. iodine, 7 per cent. sulphur and 20 per cent. phenol.