

mind. The causes of insomnia may be classed under four heads—irritative, toxic, psychical and those arising from change in the mode of life.

(1) *Irritative Causes*.—This class includes all forms of insomnia caused by pain and milder irritations—teething, indigestion, worms, eye-strain, inconvenience of faucial adenoids, cold feet, asthma and vesical irritation.

(2) *Toxic Causes*.—Under this head may be mentioned alcoholism, gout, nicotism, gastric and intestinal disorders, Bright's disease and excessive use of beverages.

(3) *Physical Causes*.—Grief, shock, worry and mental anxiety are among the most frequent causes of insomnia.

(4) *Causes arising from the Change in the Mode of Life*.—Eating late dinners by those unaccustomed to them and change of climate sometimes give rise to insomnia.

After removing the cause, hypnotics are often of great value in breaking the habit of sleeplessness. The best of these for any individual will vary according to his condition. There is no absolutely safe one, but experimental investigation and clinical experience show that paraldehyde stands in the first rank. Chloralamide and chloralose are safer, but slower in action than chloral hydrate, and of the two the author prefers chloralamide. The sulphones (sulphonal, trional and tetranal) are also valuable, and in practice he has found sulphonal the most valuable of the three. On the whole, the bromides seem to be the least harmful, and in simple cases, uncomplicated by other disease, it is his practice to try them before resorting to any other drug.

Sleeplessness from overwork, and especially literary work, requires mental rest and change of air and scene. Temporary exposure to the cool air of the bedroom, or the wet pack, or a bath is often useful, and so is a glass of whisky and water at bed-time, especially in those unaccustomed to the use of alcohol. Twenty grains of sulphonal, or thirty or forty grains of potassium bromide, may be given to break up the habit of sleeplessness. Capsules containing thirty minims of turpentine, given at bed-time, are sometimes beneficial in the insomnia of overwork and worry. The drug acts as a stimulant and derivative, and is stated to act best in plethoric cases. No beverage containing caffeine should be taken after breakfast. In nervous and hysterical women, and especially in women at the menopause, the bromides are very useful. The writer has long been in the habit of giving a mixture of bromide, tincture of sumbul and tincture of hops, in camphor-water at the climacteric; and it has helped to remove the insomnia as well as the mental