

made by Dr. Learned some years ago—that of deep breathing and at the same time counting the respirations. When lying down the respirations usually fall to fourteen or even twelve to the minute, but if forced inspirations are made the rate may go as low as eight or six, consequently there will be quite a free interval between respiration and inspiration in which the lungs are quiet. Deep breathing is a physically fatiguing process. Associated with this is the mental concentration of keeping up the effort, and at the same time keeping track of the number of respirations. In moderate degrees of insomnia this method is unquestionably efficient. The writer's own experience and those of individuals to whom he has recommended it have shown that it is rare that an individual can breathe deeply more than a hundred times without falling asleep. As a matter of fact, if he is not asleep at the end of that time he will become so fatigued and discouraged that he will give up the attempt, feeling that he would rather be awake than to make the effort necessary to continue the struggle.

In Dr. Learned's original description of this method he recommended that fatiguing muscular exercises be associated with it, such as raising one arm, holding it up until fatigued, then raising the other one, then in order the legs, and lastly the head, and then beginning over again. These muscular efforts of the extremities are not essential and render the process unnecessarily complicated, though they may be tried when the breathing exercise fails.—*Medicine*.

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The Mayo brothers, of Rochester, Minn., have recently rendered a report covering one thousand cases of operation for gall-stone disease, with a mortality of five per cent. In this report all cases of whatever character are included. Therefore, when forty cases of malignant disease, with a mortality of 22.5 per cent. are allowed for, the significance of the above-mentioned low death rate can be in a measure appreciated — *The Clinical Review*.

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Physicians may be pleased to learn that Dr. Edward Playter gives particular attention to the home treatment of consumptives. He requires patients to remain under his care, observation and study, from one to three weeks, when he directs them how they can best live, as in respect to breathing, diet, exercise, etc., and be then treated at home by the family physician, to whom, indeed, as a busy practitioner, this offers relief, and freedom from a measure of responsibility. Address, 762 Broadway Avenue, Toronto.