

MANAGEMENT OF MELANCHOLIA.

Dr. C. H. Hughes sums up the strictly medical management of melancholia, in the absence of all appreciable gross functional or organic conditions, as follows:

- 1st. Tranquilization of physical agitation.
- 2d. Restoration of the lost cerebral tonic.
- 3d. The substitution of new, diverting and agreeable physical impressions.
- 4th. The removal of the moral causes of the melancholia or the removal of the patient from their influences.
- 5th. The removal of all physical causes so far as they are discernible and practicable.

The first and third indications are temporary symptomatic expedients, but they are essential aids to the fulfilment of the second requirement. To accomplish the first, nightly doses of alcohol, chloral hydrate, urethan or opium to induce sleep, and ether lotions to the head suggest themselves, and occasionally ether or chloroform inhalations. Cephalic galvanizations before bed-time may supplant the necessity for hypnotics, and will always be found an invaluable adjuvant treatment. To fulfil the second indication everything that builds up—generous diet, malt extracts, liquors and wine (sparingly), with pepsin, ingluvin and pancreatine, the compound hypophosphites, muriate of ammonia, iron, arsenic, strychnia, phosphorus, valerian, camphor, and zinc. The patient will refuse and resist food, but it must be urged upon him in concentrated liquid form if he will not take solids, and its digestion and assimilation must be assured by chemical aids; but solids are the best. The ozone formed by the static machine quickens the blood changes, makes a demand for iron, and accelerates the formation of hemoglobin, of which pure air and iron are the pabula. For this purpose, static electricity and mild static electro-massage give valuable aid, especially where the patient is fleshy and cannot be induced to walk out or ride on horseback. Violent and oft-repeated massage, mechanical or manual, and oft-repeated Turkish baths, are positively hurtful to these patients by the excessive weariness they occasion, if not compensated by adequate restorative nutrition. The interrupted current and the static shock fix and divert the attention of the patient, and have in my hands sometimes awakened a new interest in the medical aspects of this cure.

The daily surcharging of the patient with the positive current does good, and the study of the marvelous phenomena of electricity, sometimes supplants for a time the self-introspection of the patient, pending our reconstructive measures, and the silent electric saturant has also power to reawaken dormant nutritives and formative force energies in the depressed organism of melancholia. The free use of aromatic flowers and plants, and attractive and novel paintings, statuary and articles of vertu, birds and enlivening music, humorous

illustrated literature, plays, panoramas, and pantomimes are valuable auxiliaries. The exhilarant influence of aromatic flowers and plants has been attributed to their capacity to generate ozone.

The third indication is promoted by the judicious and temporary use of the exhilarant stimulants, opium, codia, cannabis indica, caffeine, thein, quinine, camphor, the valerates of ammonia, iron, etc., Hoffman's anodyne, chloroform, the etherials, the alcoholics, and coca extract and cocaine. I deem it advisable to use all of these stimulants sparingly, and the latter, especially, with extreme caution. The extract of wine of coca, especially the old "Vin Mariani," are safe and more preferable than cocaine. No mental impression that will agreeably divert the mind should be ignored in melancholia.—*The Alienist and Neurologist*.

DIAGNOSIS OF INFANTILE DISEASES.

In a recent number of *L'Union Médicale du Canada*, Dr. Bradley gives the following summary of points on the diagnosis of disease in infants:

1. Congestion of the cheeks, excepting in cases of cachexia and chronic disease, indicates an inflammation or a febrile condition.
2. Congestion of the face, ears, and forehead of short duration, strabismus, with febrile reaction, oscillation of the iris, irregularity of the pupil, with falling of the upper lids, indicates a cerebral affection.
3. A marked degree of emaciation, which progresses gradually, indicates some subacute or chronic affection of a grave affection.
4. Bulbar hypertrophy of the fingers and curving of the nails are signs of interference in the normal functions of the circulatory apparatus.
5. Hypertrophy of the spongy portion of the bones indicates rachitis.
6. The presence between the eyelids of a thick and purulent secretion from the Meibomian glands may indicate great prostration of the general powers.
7. Passive congestion of the conjunctival vessels indicates approaching death.
8. Long-continued lividity, as well as lividity produced by emotion and excitement, the respiration continuing normal, are indices of a fault in the formation of the heart or the great vessels.
9. A temporary lividity indicates the existence of a grave acute disease, especially of the respiratory organs.
10. The absence of tears in children four months old or more suggests a form of disease which will usually be fatal.
11. Piercing and acute cries indicate a severe cerebro-spinal trouble.
12. Irregular muscular movements, which are partly under control of the will when the patient is awake, indicate the existence of chorea.
13. Contraction of the eye-brows, together with a turning of the head and eyes to avoid the light, is a sign of cephalalgia.