

and an agreeable and valuable stimulus and support to those who have to undergo much bodily fatigue.

*Wine.*—It cannot be denied that more perfect health is maintained without than with the use of this liquid; nevertheless, a moderate enjoyment of wine is not injurious to those who take open air exercise.

*Ardent Spirits.*—The injurious effects of spirits we beg most emphatically to impress upon the reader, as in warm climates, and in most countries visited by a voyager or emigrant, he meets only with newly-manufactured spirits, which prove most baneful to the English constitution, producing a long train of diseases. The most immediate consequences are felt in the bowels, dysentery being prevalent, and often fatal to those who give way to the degrading bestiality of over-indulgence in Australia. The incautious use of ardent spirits may produce evil consequences to others, not habitual drunkards. Of the havoc created by the new rum of the United States, all have read, and lamented over the weakness and depravity of human nature. Insanity is another disease that those who indulge in spirituous liquors are liable to. Dram-drinkers suffer from liver complaint, loss of appetite, and fatal disease of the stomach; they become thin, wasted and emaciated. Emigrants, by indulging in ardent spirits, bring upon themselves ruin in body, mind, and fortune. Dr. Prout says that, "with regard to the use of *stimulating* fluids during meals, it may be laid down as a rule, that the stomach, requiring their aid to enable it to do its duty, is in a state of disease, or certainly not a *natural* state; for the moment such fluids enter the stomach only slightly debilitated, they act as ferments, and are not only converted into acids themselves, but dispose everything else to undergo similar changes," thus accounting for diarrhoea, dysentery, &c. The same eminent physician observes, with regard to the use of tobacco that he considers it most deleterious in its effects upon the organs of digestion and nourishment.—*Journey of Discovery.*

#### HYDRATE OF CHLORAL IN THE TREATMENT OF PERTUSSIS.

By James Bordley, M.D., of Centreville, Maryland.

Having employed hydrate of chloral with such uniform success in almost the whole train of nervous disorders, I was led some years ago to try its efficacy in whooping-cough (as a palliative), hoping to gain thereby partial control of the neurotic element of the disease; feeling assured from the generally received opinion of its pathology, that the remedy would prove at least a good substitute for many, if not all, of the ordinary and usual antispasmodics so freely exhibited in this affection; and, from the peculiar spasmodic and nervous character of the disease, I was struck with the marked indications for its use. I therefore began its employment at once, and so fully did it perform what was anticipated from it, and such satisfactory results did it yield, that I have since used it in every case under my care.

But not until I read the report of cases by P. Brynberg Porter, in the *New York Medical Journal* for August, 1873, did I appreciate the full value of the drug. Before, I had not anticipated from its use other than palliative effects, and, fearful of pushing it too far, had only derived results proportional to the doses used, which were comparatively small. I had from the first noticed the control that the treatment had over the frequency of the paroxysms, and the lessened severity of the spasmodic action, and the general alleviation of most of the symptoms in this troublesome affection. The nature of the cases so treated not being of an aggravated type, I was therefore partially misled, and did not assign to the medicine its full value, for I attributed the mildness and short duration of the attacks partly to the type of the then prevailing disease, so that I really ascribed to the remedy but half its claim to the favourable result of my cases.

But, as before stated, after carefully reading and comparing Dr. Porter's report of cases, I was satisfied of the curative powers of the drug, and saw at once why my treatment had failed to yield me the complete results claimed by him.

Emboldened by his success, I was induced to augment the dose, and push the medicine to its full effects, and so well was I gratified with the results, that I hesitate not in asserting my conviction based thereupon, viz., that Dr. Porter's experience with hydrate of chloral was not accidental, or the result of coincident, nor attributable to the mild nature of the epidemic, but due to the immediate influence of the medicine. And although I do not claim for it the title of a specific in whooping cough, I do place it among the directly curative remedies, all of which have failed, and will fail, in some cases, however employed, which failures, however, do not in the least invalidate the claim to the position these drugs occupy in therapeutics.

The number of cases tried by me as advised by Dr. P. has been limited, but enough I think to establish—with other reported cases—the opinion I have advanced respecting the value of the medicine.

As is generally the experience of the physician, I have seen no cases in their initial state; so am unprepared to testify from personal knowledge upon its merits as an abortive agent, yet judging from its marked influence over well-developed cases, I fully anticipate from its earlier employment even happier results, especially if employed before that part of the nervous system which operates in the production of this disorder receives a more intense poisoning, developing the full train of symptoms. I would state to those who may have tried this treatment unsuccessfully, that, to procure the best results from its administration, it must be exhibited in full doses; and my experience has demonstrated to my entire satisfaction the wonderful tolerance of the drug, in all pertussis cases, even in the very young.

The dose of course must be regulated by the age