

Gazette, February 15th, 1888, gives the following formula for a tonic pill in *phthisis* :

R. Iodoform, gr. $\frac{1}{2}$.
 Acid. arsenios., gr. $\frac{1}{80}$ to $\frac{1}{40}$
 Pil. ferri. carb., gr. j.
 Extract. cannabis indicæ, gr. $\frac{1}{2}$.
 Quinæ sulph., gr. j.

Sig.—One t. d.

M. J. Simon (*Lyons Médical*) suggests the following enema for *infantile convulsions* :

R. Moschi, gr. iij.
 Camphoræ, gr. xv.
 Chloral hydrat., gr. viij.
 Vitell. ovi., j.
 Aquæ destillat., f $\frac{3}{4}$ iss.

This to be used after the rectum has been emptied by means of a large watery or oily enema.

The following powders for the treatment of *coryza* are recommended by M. Vigier in the *Journal de Médecine*, Jan. 8th, 1888 :

R. Morphine hydrochlorat., . gr. $\frac{3}{4}$.
 Acaciæ pulv., $\frac{3}{4}$ j.
 Bismuth. subnitrat., . . . $\frac{3}{4}$ iss.
 Althæ. pulv., $\frac{3}{4}$ iss. M.

Sig.—Use by insufflation in nares.

R. Amyli pulv.,
 Acid. boric.,
 Tinct. benzoin, āā . $\frac{3}{4}$ iss. M.

Triturate, sift and dry. Add gr. iss morphine hydrochlorat, if deemed advisable.

In cases of *cystitis*, Dr. J. B. Scott, of Kansas, reports that he has found the old formula, known as the Lafayette mixture, to produce excellent results (*Therap. Gazette*, Feb. 15th, 1888) :

R. Copaiv., f $\frac{3}{4}$ j.
 Liquor. potassæ, f $\frac{3}{4}$ j.
 Spirit. ætheris nitros., . . . f $\frac{3}{4}$ j.
 Extract. glycyrrhiæ, $\frac{3}{4}$ ss.
 Ol. gaultheriæ, ℥ xvj.
 Syrup. acaciæ, f $\frac{3}{4}$ vj. M.

Fiat emulsio.

Sig.—A dessert spoonful three or four times daily, after meals and at bed-time.—*Col. and Clin. Record*.

THE CONDITIONS OF LONGEVITY.

Professor Humphreys presents, in the *British Medical Journal* for March 10th, the final report of the collective investigation regarding aged persons. This report is based on the study of the family histories of 824 persons between the ages of eighty and one hundred years. The results of the investigation, as Professor Humphrey says, do not reveal anything very novel or startling, or give rise to fresh theories of longevity. They tend rather to dissipate certain ideas which are more or

less current, though founded upon too limited observation, and to show that the maxims and laws which common sense and sound reason would dictate hold good, and that, as a general rule, those persons live the longest who might be expected to do so. Thus, he adds :

“1. The prime requisite is the faculty of age in the blood by inheritance ; in other words, that the body has been wound up, as it were, and sent into the world with the initial force necessary to carry on the living processes through a long period, that this is the case with every organ, and that the several organs are so adjusted to one another as to form a well-balanced whole. The various functions will then be equably and harmoniously performed, and there will, consequently, throughout life, be little cognizance of imperfection or ailment of any kind.

“2. The body is usually well developed, and though there are many exceptions to this, rather exceeds the average standard of height. It is capable of much endurance and of quick and complete restoration after fatigue, this latter faculty giving the habit of, and probably the desire for, early rising ; and with it also is associated a good power of recovery from the disturbances caused by accident or disease. The cerebral or intellectual powers accord with the general good quality. and the whole nervous system is active and energetic without being irritable.

“3. Owing to the inherent good quality of the nutritive processes, those degenerative changes which, in advancing years, always more or less diminish the elasticity of the arterial coats and of other parts, are slow to occur, so that the pulse retains, in great measure, its softness, and the thorax its vital capacity, while stiffness of limb and general feebleness are late in their manifestation. The decadence of the teeth, which in the animal world generally sounds a death-knell, inasmuch as it deprives the body of the means of obtaining its subsistence, does not seem to augur much in the case of civilized man, to whom the teeth are less directly needed for his maintenance, while another cuticular appendage, the hair, seems to share, to some extent, the enduring quality of the rest of the system.”

To the foregoing must be added ordinary opportunities for living well, and under sanitary conditions. Temperance in eating and drinking are essential, but especially in meat-eating and alcohol-drinking.

Professor Humphreys thinks that, on the whole, old age is an enjoyable period of life when the body remains sound and the circumstances of life are comfortable.

Some of the most interesting physiological data are as follows :

The average height was a little over five feet seven inches ; average weight a little over eleven stone (154 lbs.)