

air baths, either in a tub or from a shower, or from packs, are very useful, and very satisfactory in many cases. Nitrate of strychnia is in some cases of great service, particularly where the needle is used. Beginning at the one-thirtieth of a grain, the amount may be increased up to one-tenth of a grain given three or four times a day. If it produces excitement, both muscular and mental, it should be discontinued. Phosphoric acid with nux vomica are remedies whose effects are very pronounced. Extract of horse nettle, given in fifteen or twenty-drop doses, has been found very efficacious in removing the restlessness and encouraging sleep during this stage. Care should be taken of the diet. Small quantities of food should be taken at short intervals rather than full meals at stated hours. If the bowels become troublesome in the dysenteric discharges, increased doses of cinchona with capsicum will be useful. Tea and coffee during this period have been in some instances medicinal in calming the restlessness and allaying the discomforts. In others, they are both stimulating and irritating. Cocoa seems preferable, and should be used often very hot. Electricity has been found useful in some cases; in others an irritant. The Faradic current seems most adapted, and is often followed by decided rest and relief from discomfort. Electrical baths are very highly valued by some authorities, but it is probable that their value depends upon the peculiarities of the case. Experience indicates that they are not always practical, and cannot be used as a general remedy.

The withdrawal period may last from four to ten days, sometimes longer. When it has passed away, the patient recovers in a large measure, and only suffers from general weakness and depression of spirits. Care should be taken by this time not to use any drugs that are known to the patient, particularly those that are likely to produce pleasing effects, and be taken afterwards for their quieting effects. The muscular delirium, or intense desire to use the muscles of the legs in walking, is overcome by massage and vibratory machines that shake and push the muscles by force. A few minutes of this exercise seems to expend the muscular energy and to take away this uneasy feeling. This peculiar delirium cannot be overcome by exercise in the open air without danger of reaction. In one case, walks of ten or twelve miles a day for a time resulted in extreme prostration and relapse. In another case excessive exercise in a gymnasium was followed by the same result. Limited indulgence in this desire is helpful, with massage and hot and cold baths daily. Warm baths at night, if not too stimulating, followed by rubbing, seem to be more sedative than in the early stages of treatment.

Mild exercise in the open air is often of great value, the difficulty being that the person is liable to over-exert himself and suffer