

about more or less cerebral excitement and thus defeats the object in view, while their combination is usually free from this objection.

I have said that in the sleeplessness due to pain it is generally necessary to employ opium. In many of these instances, however, the newer analgesics—phenacetin, acetanalid, lactophenin, etc.,—may prove ability to allay the pain, and in cases of the neuralgic type should perhaps receive a trial before opium is resorted to. It should always be a primary consideration to prevent the establishment of a drug habit, and in neurotic patients, naturally possessed of little self-control, the physician must exercise care in the composition of his prescription. Less danger attends the use of the synthetic analgesics than of opium, in such patients, yet their use is not entirely free of risk, and consequently their exhibition must be with due caution.

The sleeplessness due to physical or emotional states which have passed the bounds of normal, is usually found in persons of somewhat delicate constitution, whose minds are very active and frequently overworked. These people give much thought to all matters—great and small—and even though the excess of thought may hardly amount to worry or anxiety, it may maintain the mental processes in such a state of excitability as to preclude repose. Homesickness, disappointment and kindred states of mind, we all know to be ready causes of sleeplessness. In some of these cases the general health may appear good, but the rule is to find more or less debility. In other words the rule is to find emotional causes of insomnia associated with the disturbance of brain nutrition which must, in the nature of things, go hand in hand with disturbance of the bodily functions. Where, however, there is no apparent systemic disorder, the treatment can only be directed to the symptom which is the patient's sole complaint. In these cases, symptomatic treatment is justifiable, because it must of necessity be symptomatic. There is a tendency for the insomnia to become a habit, and oftentimes a few night's sleep, secured by means of a carefully chosen drug, may suffice to break a habit which has not become too firmly established. Generally one of the milder agents will be found all that is required. Sulfonal in a dose of from 15 to 30 or perhaps even 40 grains administered in hot solution, or in capsule and followed by a hot draught, is a common and usually a successful prescription. Urethan, especially when combined with a bromide, say 15 to 20 grains each of urethan and bromide of sodium, does not often fail in bringing about the desired effect. Chloralamid gr. xx - gr. xlv. or chloralose gr. iv. - gr. vi. are, with me, favorite medicaments. Chloralose is a peculiar drug,