

pound tincture of benzoin is advantageous in acute cases of bronchitis and laryngitis, but steam inhalations are to be preferred in acute conditions, as set forth in the first of this series of clinical notes. Alcohol is used as a solvent and diluent. Chloroform and its solution in alcohol are useful in allaying irritative cough, and in mitigating the sharpness of the more pungent vapors—thymol eucalyptol, menthol, and some specimens of terebene. In some cases chloroform alone may be employed, especially at night, to secure relief from useless cough which prevents sleep. From five to fifteen drops is usually a sufficient dose.

In making use of the respirator, the sponge should be moistened with warm water, all excess of water being removed by squeezing. The medicinal liquor is then dropped upon it, and need rarely be renewed in less than eight or ten hours, sometimes not for twelve hours. The respirator should be worn as often as possible during the twenty-four hours, and as long as possible at a time. Many patients can comfortably sleep with the respirator in position. The object is to secure a mild and continuous topical medication.—Solomon Solis-Cohen, M.D., in *Univer. Med. Mag.*—*Columbus Med. Jour.*

### ACTION OF CAFFEINE.

Germain See (*L'Union Medicale*—*N. W. Lancet*) says:

Caffeine, in small repeated doses amounting to about ten grains per diem, may be given with advantage to soldiers on the march, aiding the muscular work by increasing the activity of the motor part of the nervous system, cerebral as well as spinal. The result of this double action is to diminish the sensation of effort and to ward off fatigue, constituting at the same time a nervous and a chemical phenomenon.

Caffeine prevents shortness of breath and the resulting palpitation. It also gives at once to a man who undergoes violent and prolonged exercise the force which he needs. By its excitation of the motor part of cerebro-spinal system, upon which depends the increase of muscular tonicity, it increases the loss of carbon from the organism, particularly from the muscles, but does not restrict the loss of nitrogenized material; it is not a means of saving to the economy.

A saving action in general could be completely exercised upon superior animals, to prevent the bad effects of fasting—only in a condition impossible to realize,—inaction or immobility more or less absolute, where there is little expenditure without work. With caffeine we find just the reverse; that is to say, hard work, obtained only at an extravagant expenditure of the organism. It is by making combustion more active that caffeine makes possible muscular work together with the effort.

It has no mysterious property of taking the

place of food; it takes the place only of the general tonic excitation produced by the ingestion of food. If, in a word, we admit that it is the immediate action of foods that stimulates the stomach and the nervous system, and that their alimentary value is at first of no account, we may substitute one stimulant for another. But caffeine, from saving the reserve force, puts the ill-nourished man in a position to work only by attacking these reserves, which it hastens to destroy by the excitation of the nervous system and of the muscles; thus the nutritive stock of the organism is quickly exhausted, and caffeine cannot prevent it.—*Columbus Med. Jour.*

### TO PRODUCE LOCAL ANESTHESIA.

A British dentist says:—From time to time we have had recommended to us formulæ for solutions for producing local anesthesia in teeth extractions, but in my hands they have been “vanity and vexation of spirit;” so have the preparations which are advertised in the dental journals. The following has given the best results, especially for the extraction of stumps, the objection being its powerful odor:

R	Æther pur.	3vj.
	Menthol,	3iv.
	Ext. Cannab. Ind,	grs. 80.
	Ol. Ment. Pip,	5j.—M.

I used it this morning in the extraction of a broken down first upper molar, and though it had to be extracted in two pieces, not the slightest pain was experienced. Such was the testimony of my patient, and he was the better judge.—*Columbus Med. Jour.*

### NOTES ON CHLORALAMID.

Dr. I. N. Love prints the following in the department, “Therapeutic Tips,” edited by himself in his own journal, the *Medical Mirror*:

“There has been nothing presented to the profession for many a long day in the form of a sedative which is of more real value than Chloralamid (Schering.) It has become one of the favorite hypnotics. The *Journal of Nervous and Mental Diseases* has recently commended it very highly:

“Locally, chloralamid has been found to be absolutely free from irritation, even when applied to the conjunctiva.

Chloralamid induces an apparently natural sleep in from one half to three hours. The only unpleasant effects that have been noted are occasionally headache, lassitude, and a desire to sleep in the morning. The best results are obtained when insomnia is due to neurasthenia, hysteria, old age, and to such conditions as chronic alcoholism, cardiac and bronchial asthma, subacute nephritis, diabetes and other chronic conditions. Anide considers its chief