

Therapeutics.

Treatment of Nocturnal Enuresis.

George F. Butler, M.D., Chicago. If possible, remove any condition, or group of conditions, that may be found in each individual case to contribute to the malady. Nocturnal enuresis is a symptom only. The patient should be toned up with tonics, the best, perhaps, in these cases being the arsenates of iron, quinine and strychnine, given in small tonic doses—about 1-200 gr. of the strychnine and 1-60 gr. of each of the others, three times a day.

Exercise in the open air and in the sunlight, and even change of climate, is advisable in some cases. Cold baths, especially cold sponging over the spine and inside and outside the thighs; cold compresses to the perineum, and in obstinate cases, general massage are beneficial.

All sources of irritation, such as thread-worms, must be removed.

The urine should be tested, and if found to be abnormal, proper remedies should be given.

The diet should be regulated, care being taken with the evening meal, which should be light and easily digestible. No tea or coffee should be drunk. Strong animal diet is objectionable. Flatulence should be prevented, if possible. One-twelfth gr. to 1-10 of menthol, alone, or with the sulphocarbolate of soda gr. 2 1-2 will usually ally the flatulence.

Watch out for nocturnal fits, and if they occur, solanine gr. 1-67, upward, increasing the dose until the patient feels some irritation in the mouth or throat, will well replace the bromides. Suitable doses for the age should be administered, and proper hygienic measures instituted at once to stop the convulsions.

Disciplinary influence, but not scolding or punishing, should be brought to bear on the hysterical and mentally weak. Every indulgence that will minister solely or greatly to nervous excitement and emotional exaltation must be refused.

Be careful not to overlook organic diseases of the central nervous system or tumors in the pelvis.

Encourage the child to exercise his will power to overcome his trouble. It is a good thing to begin early to develop a child's self-control. That which most easily becomes a habit is the exercise of the will.