

agents, whose names are air, water, electricity, sun, rest, exercise and alimentation, must occupy the first rank in the daily treatment of the neurasthenics and the depressed in general.

The air, called by Hippocrates the first of aliments, becomes gradually the first of medicaments. It constitutes with the sun one of the best sources of strength and life for all neurasthenics. It will then be advisable to occupy sunny rooms and sleep with windows open.

The rest, this powerful means to quiet the excitation and restore the nervous strength, will be prescribed preferably at night by early rest and siesta half an hour before and after meals.

Regarding exercise we recommend generally an ordinary walk between meals, especially before and after douches to facilitate the reaction. But, if our patient is an arthritic, suffering from functional insufficiency of muscles limiting the abdominal cavity, which is the rule in most of the cases, especially among women, give the preference to all exercise which will oblige him to bend the body and ask for some effort; practice them between meals and in open air, so that they will constitute at the same time an air and light cure.

Exercise in all its forms is for the system a veritable support of strength, but in this special condition, it must not only be moderated but also proportioned to the strength of the patient.

Injection of Artificial Serum.—Artificial serum is an excellent therapeutic agent. It may be injected with the compressed-air syringe of Dr. Cheron or Parke Davis in quantities of from 1 to 5 drams, repeated two or three times a week. These injections were given with constant success by Dr. Cheron and Dr. Maurice de Fleury.

Dr. Cheron's formula, which we use sometimes, is as follows:

Carbolic Acid (Crystallized,.....	15 grains.
Chloride of Sodium, pure,.....	30 grains.
Phosphate of Soda	1 dram.
Sulphate of Soda,.....	2 drams.
Distilled Water	add 4 oz.

We inject this artificial serum in quantities of from 1 to 2 1-2 drams every second day.