

tity of picric acid on every train and in every station, with printed directions that in the event of a burn or scald a solution be made in water and this applied to the part, and lint or absorbent cotton, if procurable, soaked with it and made to cover the part. Turpentine is also a very good remedy to be used by the laity. In using either of these substances the part is not rendered more difficult of being made aseptic, whereas in the oily preparations it is very difficult afterward to render the parts aseptic.

TREATMENT OF NEURASTHENIA.*

C. C. Hersman has decided that rest is one of the best medicines for neurasthenia. Electricity and massage are particularly good with those who are put to bed. For those taking the rest-cure the hot bath at bed-time is one of the best possible things. In treating neurasthenia one of the first and most important steps is to gain the confidence of the patient.

Douglas Graham thinks it is generally conceded that electricity can be left off in neurasthenia. As to the massage, it depends, of course, upon how it is done. It is almost sure to produce sound sleep if properly given in the evening to neurasthenics who have been wakeful. But if neurasthenic patients who sleep well without massage are massaged in the evening they are sure to be wakeful after it, and they do not feel the loss of sleep next day; they have gained something after all.

D. R. Brower thinks that, neurasthenia being pathological fatigue, the first indication for treatment must be rest, mental and physical.

A partial rest is all the great majority require, and the amount must be carefully determined in each case. It is usually sufficient to have them retire early, get up late, and take one or more hours of rest at noon. This rest at noon should be in a quiet darkened room, should be absolute, with as perfect a condition of muscular relaxation as possible.

Equally important with rest is the dietetic management. The diet should be largely nitrogenous, and, in order to promote its digestion and assimilation, sugar and sugar-producing articles should be used in the the smallest possible amounts. Beef, mutton and eggs should furnish the basis of the dietary, with milk when it agrees; and if sugar is cut off these foods are more perfectly elaborated. The predigested foods are of great benefit, special preference being given to malted milk and somatose, a teaspoonful of the latter being ordered with a cupful of the malted milk, and this in the absolute-rest cases may be given every two hours; in the partial-rest, cases between each meal and at bed-time.

Coffee and tea are beneficial in many cases, excepting those who have the excessive use of these articles as a part of their etiology. Excessive use of either of them aids in prolonging and promoting neurasthenia, but in moderation they are both conservative to the general nutrition.

Electricity is the third indication. In the absolute-rest cases general faradism is necessary, and in the beginning of the treatment it should

* From Sajou's Cyclopædia.