

with great leg weariness their use is very restricted. In the fretful and sleepless they are very helpful.

Arsenic is of especial value and is recommended by all authorities. Its use is of value in gastric cases—yet it should be used with the greatest care for a period of some weeks duration till the dose has been increased until at least five minims of Fowler's solution are taken after the principal meals. Many gastric cases are cured by the use of arsenic alone.

Valerian may be of service, especially in cerebral cases with loss of memory, vertigo, vague sensations, incapacity, confusions. Should be given in the form of ammoniated tincture and in good sized doses.

There are certain drugs especially opium, whose use is almost a peril to the patient yet in severe gastralgia you may be forced to its adoption given in a pill containing a grain or two of silver oxide with a fractional dose of opium and is of especial value.

Altogether flee opium as you would a deadly poison. Codeine may take the place of opium and is of value.

Phenacetin is of some value in relieving nervous pains. Before giving the patient any hypnotic you should adopt every means in your power to produce sleep by natural methods, and when administered, hypnotics should be given with the greatest care. With a gouty history—for neurasthenia and gout frequently bear a close relation to each other—tr. of colchicum, twenty minims given at bedtime is of value.

For the anæmia, strychnine sulphate with iron and quinine is of value. Yet strychnine I consider is of little value in many neurasthenic cases, though much has been said to the contrary. Quinine sulphate is of use in non-anæmic cases, in a dose of 1|50 gr. t.i.d. increasing to 1|30 gr.

*Diet*.—It is not to be forgotten that in nearly all cases, in all except the strong and the well-nourished man with a good appetite, our chief indication is to push feeding as far as the patient can bear it, much further than many patients are willing to accept. In fatty patients no malt liquors of any description should be given.

The least possible fluid should be granted with meals to these fat patients, but one to two pints a day of an alkaline mineral water should be taken on an empty stomach, on rising in the morning, at noon, and at bedtime. It may seem easy enough to write out a routine line of treatment—a treatment which, if followed out thoroughly and with the best judgment will, yea, is sure to, give good results. On the other hand, where careless measures are adopted, where little sympathy is shown, there may be a life to answer. I have seen such cases.

Perhaps I have not paid sufficient stress on mental diversion as a highly important factor in the treatment of this disease. If possible, aid the