

etc., and very roughly handled during their home treatment. This should not be, as it only tends to increase the excitement and prejudice the patients against the friends. Much can be done, however, to control even the most violent case, by the use of the hot wet pack, with cold applications to the head. This simple proceeding has generally a decided calmative effect, the patient often falling asleep in the pack. If this result is not obtained after the patient has been in the pack 30 minutes, it is advisable to repeat the process several times daily if necessary, provided it is well borne, before resorting to the less desirable method of control by drugs. It may be necessary to supplement this with such hypnotics as Veronal, Sulphonal or Trional, or, in some cases, by the cautious use, hypodermically, of Hyoscine, which will seldom be required in doses of more than  $\frac{1}{100}$  of a grain. In administering Sulphonal better effect will be produced with a dose of not less than 30 grains, in a glass of hot milk. A full and abundant nutrition should be supplied, often best accomplished by giving stated quantities at regular intervals of not more than three hours.

The bowels will always require attention, and the other channels of elimination must never be neglected, and herein consists one of the virtues of the pack.

During periods of excitement the patient should be kept in bed if possible.

To recapitulate, therefore, the essential elements are :—

- 1st. Rest in bed. Attend to the elimination of waste products. Keep up the nutrition by forced feeding if necessary.
- 2nd. Try to induce sleep, and calm the patient by the use of hot wet packs, and only resort to sedatives and hypnotics as a last resort.