

than a serious measure of treatment. As a refrigerant the proceeding is next to useless.

In cases where the restlessness fails to give way to cold sponging, properly applied, and sleep remains a stranger, a trial may be made of one of the numerous hypnotic drugs which are available for the purpose. In ordinary circumstances I prefer to give from 30 to 40 grains of chloralamid or half that amount of trional, the drug in each case to be repeated in lesser amount at the expiration of a couple of hours, if necessary. In cases where insomnia exists in association with diarrhea and abdominal pain, the preparations of opium are especially useful, and from 15 to 20 drops of laudanum or 10 grains of Dover's powder are either of them likely to prove a successful hypnotic. Retention of urine is an occasional source of restlessness in men, but this, of course, can be readily relieved by the passage of a catheter. The fact, too, that a condition of rectal discomfort, the result of an inefficient action of the bowels, is sometimes directly responsible for a sleepless night must not be overlooked. In these circumstances a simple enema will usually bring relief and nothing more be wanted.

Now, in respect to the treatment of diarrhea considerable difference of opinion exists as to the point at which the symptom calls for interference. If it be moderate in amount and unattended with abdominal pain, the diarrhea may well be left alone, provided always that the dietary be suitable and its quantity not excessive. It has been well and truly said that careful daily inspection of the stools supplies the key alike for regulating the diet and for the treatment of diarrhea in a case of typhoid fever. If in any case the number of the stools exceed four or five in the course of the twenty-four hours and the amount evacuated be considerable, I have no hesitation in saying that the diarrhea should be controlled without delay, since the continued drain of fluid and consequent deprivation of nutriment which it involves may speedily prove a greater tax on the patient's strength than is consistent with ultimate recovery. The older view that the diarrhea of typhoid fever is of eliminative value as representing a spontaneous effort on nature's part to get rid of the fever poison and on that account should be allowed to go unchecked is hardly deserving of serious consideration. It is a belief which has had its day, but by consensus of modern opinion is now regarded as unsound in theory as it certainly is most mischievous in practice.

Having satisfied oneself from the character of the stools that the feeding is not at fault, the milk, if needs be, being either