

pressure at the radial pulse will almost invariably show that in this condition the pressure is lowered. In many cases, as suggested by Dé Fleury, where the patient with asystole cannot sleep, it is because the arterial tension is low. If his feeble heart is strengthened with digitalis sleep is possible. In many cases one can substitute the dynamic agents, massage, frictions, douches, and transfusions, and at the same time caffeine and digitalis can be employed as heart tonics. It is with the neurasthenic cases the amateur doctors who exist in every community have their most satisfactory experiences in the way of suggestive lines of treatment as unique as they are absurd. In the *British Medical Journal*, September 29th, 1894, we find a clipping from the *Glasgow Herald* in which one of these cures for sleeplessness is recommended. It is as follows:—"Soap your head with ordinary yellow soap; rub it into the roots of the brain until it is lather all over; tie it up in a napkin, go to bed, and wash it out in the morning. Do this for a fortnight. Take no tea after 6 p.m." The *Journal* advises following the directions about the tea and leaving the instructions regarding the soap as a last resource. Insomnia is one of the diseases of civilized life and exceedingly common among the highly intellectual and brain workers. It is a condition which may be cultivated and sometimes may certainly be called a bad habit, for after all, as pointed out by A. W. McFarlane, of Glasgow, habit plays an important part in the development of some forms of insomnia. Sleeplessness, he suggests, may arise in persons in health from bad habit alone. Nurses often suffer in this way. They sometimes curtail their sleep unduly to find, when their services are no longer needed, they cannot sleep. Their brain cells have acquired the bad habit of maintaining the activity when they ought to be reposing.

It is a simple matter to give advice to those who have acquired the sleepless habit; it is difficult for them to follow it, for sometimes the very attention that is directed to the bad habit makes it worse. We are told that a good habit of sleep should be sedulously cultivated by falling asleep without delay immediately after retiring. We cannot sleep if we continue to think, we are told. The tossing, restless one says, "Tell me how to avoid thinking when in bed, and I will follow your advice." Some men are so harassed during the day that they are driven to do their thinking in bed, but it undoubtedly means burning the candle at both ends. For these over-wrought and oftentimes nervous people I have found a glass of hot milk on retiring useful in some cases, in others half a pint of bitter ale answers every purpose. Oftentimes, too, it is necessary to arrange the patient's diet on a physiological basis. I agree with Dr. McFarlane that regularity