

these can be successfully counteracted by appropriate treatment. Natural sleep will return in twenty-four hours, and the "crisis" is past. The other symptoms will rapidly subside; each day will witness a progressive return of the patient's physical strength and buoyancy of spirits, each twenty-four hours marking a substantial progress towards recovery.

THE LETT METHOD.

Finally, I have to direct your attention to that method which I have designated my own, as I have not seen it recorded in any work, or heard of it being practised by any one but myself. Its essential feature is in carrying out the gradual reduction method to a more infinitesimal and cautious degree than that heretofore practised. I have long since learned to appreciate how sensitive the nervous system of the opium habituate becomes to the slightest reduction of the drug after he has reached a point equal to $\frac{1}{2}$ gr. of morphia in the twenty-four hours, and to realize the necessity for caution in advancing at this stage of the treatment, so as to avoid snapping the last slender cord which binds the patient to his enslaving poppy juice, thus evading that severe "crisis" which so frequently leads to disastrous results, and which can only be averted at this stage of the treatment by care, judgment and skill. I, therefore, not only reduce more slowly during the last $\frac{1}{2}$ gr., but also carry the reduction to a much finer point, and instead of discontinuing it at .1 gr. a day, I continue the reduction until I get down to gr. for a dose. At this point, experience has taught me, I can slip my patient from under the bonds of his enslaving drug without passing him through the severe ordeal of a "crisis." Here I can permit him to emerge from the dark paths he has trod into the clear and cloudless life of renewed health, mentally bright and physically strong, without his being able to mark the period at which he took his final dose of his hitherto much-loved nepenthe.

NOTE ON SMOKED GLASSES.—Dr. R. H. Satterlee, in *Buffalo Medical and Surgical Journal*, June, 1895, draws attention to the fact of the many cases of eye-strain and headaches arising from the use of cheap smoked glasses. These glasses are convex on the outer surface and concave next to the eye. The curve on the concave side is usually greater than on the convex surface. This causes a near-sighted lens and eye-strain and headache.