

same man a dish of Revalenta, of crushed-wheat meal, or of oatmeal porridge with bread, and let such meal contain exactly the same amount of nitrogen as in the one composed mainly of meat, and he will, as a rule, suffer little, if at all. This is the real secret of the enormous sale in this country of Revalenta Arabica. I have at present many dyspeptics under my care, who take that form of diet without the least inconvenience, and to whom the painless digestion of meat is apparently impossible.

Among substances, however, that are derived from animals, and which contain nitrogen, milk is the only one that is an exception to the above rule, and this simply because the nitrogen it contains is in a very dilute form.

We, therefore, come to this conclusion: In epilepsy we have a disease in which it is very necessary to regulate exactly the amount of nitrogen. It is also desirable that all the organs of the body, and, therefore, the stomach and liver, should be kept in as healthy a state as is possible. Vegetable nitrogenous compounds and milk and its preparations (buttermilk, skim-milk, koumiss, etc.) enable us to obtain both ends, and we, therefore, in our treatment of epilepsy, should entirely, or almost so, discard the use of flesh foods.

Even meat soups are objectionable. Though apparently very dilute they really are highly concentrated foods, the water with which the meat juice is mixed being absorbed with great rapidity by the stomach. The result is that in a few minutes after swallowing, a thickish meat jelly only is left.

Basing my deductions in the foregoing premises, I have for some time past been in the habit of treating all cases of epilepsy by the vegetarian system, though I hasten to explain that I am no vegetarian myself, nor do I recommend, as is generally done by gentlemen of that persuasion, that particular style of feeding as a sovereign preventative and sure remedy for all the ills of life.

It will scarcely be necessary to give any exact dietary which, of course, varies with the means of my patient and with his surroundings. Epileptics are of all people most anxious to be rid of their complaint, and will better follow out, at least that is my experience, more than any other class of patients, the rules laid down for their guidance.

All I can say is, that the greatest possible benefit is often to be derived, especially in those still retaining fair stamina, from keeping the supply of nitrogen down below that laid down as necessary for maintenance of health in the ordinary physiological hand books. This is especially true of those who take little exercise.

With regard to the use of drugs. In a majority of cases I use none, unless, in spite of dietetic treatment and hygienic surroundings, the disease progresses rapidly. I avoid the bromides. The apparent benefit derived from them is more than overbalanced by their disastrous permanent effect on the nervous system.

Iodide of potassium, 10 to 20 grains, at bedtime, is my favorite prescription, even in cases where I do not suspect syphilis.

Belladonna and digitalis I also find in certain cases to be very useful and free from most of the drawbacks which attach to the bromides.

Stomachics—bismuth, with rhubarb and soda—are often, especially at the onset of the disease, of great service.

Of twenty-three cases belonging to class 1, which I treated on what I call a vegetarian and milk system, nineteen were markedly benefited. Seven of the nineteen were apparently cured, and eight were able to resume occupation which they had, by reason of the frequency of the fits, been compelled to abandon. The other four of those who derived benefit had a considerable diminution in the number of fits.

Of 118 cases belonging to classes 2, 3 and 4, about half received decided benefit, but, unless I give my full statistics, which, I fear, would be too great a call on your space, I cannot, in cases where the causation the epilepsy varies so widely as it does in such a group, draw any convincing deductions worthy the attention of your readers.—*Journal of Reconstructions.*

CHOLAGOGUE PILLS.

Excellent cholagogue pills to use in case of habitual costiveness are the following:

Podophyll. resin.....grs. ij to iij.

Extract. Belladonæ.....grs. j to jss.

Extract. nucis vom.....grs. iv to ij.

Ext. colocynth. co.....

Pulv. rhei.....aa grs. xii to ʒj.

Make into pills. Patient is to take one pill at night and one in the morning, every time he remains a day without a full and satisfactory operation.

USE OF BLACK HAW IN HABITUAL ABORTION AND OTHER UTERINE TROUBLES.

In 1878 my attention was called to the haw in a paper published in *New Remedies*, page 105, April, 1878. I first employed it in the case of a lady who had aborted three times. It was used from the third to the fifth month with her with good effect, and she went to full term, and since has borne two children without any inconvenience.

Besides this case I have employed the haw in sixteen cases of threatening abortion that I have notes of, besides seven others of which I have no record. Six of these patients had aborted from two to four times. In five of them the child was carried to full term. In one abortion occurred, but I do not think the drug was kept up long enough to have the desired effect.

Three of the sixteen had aborted once, and they all went to full term, and did well.

Of the remaining three cases noted of primiparæ two aborted, and I feel sure that too much time