

THE SENSIBLE TREATMENT OF LA GRIPPE AND ITS SEQUELÆ.

The following suggestions for the treatment of La Grippe will not be amiss at this time when there seems to be a prevalence of it and its allied complaints. The patient is usually seen when the fever is present, as the chill, which occasionally ushers in the disease, has generally passed away. First of all the bowels should be opened freely by some saline draught. For the severe headache, pain and general soreness give one Antikamnia tablet, or if the pain is very severe, two tablets should be given. Repeat every two or three hours as required. Often a single dose is followed with almost complete relief. If after the fever has subsided, the pain, muscular soreness and nervousness continue, the most desirable medicines to relieve these and to meet the indications for a tonic, are Antikamnia and Quinine tablets, each containing $2\frac{1}{2}$ grains Antikamnia and $2\frac{1}{2}$ grains Quinine. One tablet three or four times a day will usually answer every purpose until health is restored. Dr. C. A. Bryce, editor of the *Southern Clinic*, has found much benefit to result from Antikamnia and Codeine Tablets, administered for the relief of all neuroses of the larynx, bronchial as well as the deep-seated coughs, which are so often among the most prominent symptoms. In fact, for the troublesome coughs which so frequently follow or hang on after an attack of influenza, and as a winter remedy in the troublesome conditions of the respiratory tract, there is no better relief than one or two Antikamnia and Codeine Tablets slowly dissolved upon the tongue, swallowing the saliva.

CATARRHAL DISEASES OF THE NASO-PHARYNX.

H. M. Marsh, M.D., Auburn, Ky., writes:—As the season is now fast approaching when this class of diseases take up most of the physician's time and is the cause of more suffering among more people than almost all other diseases combined, I wish to say something in regard to a simple and effective treatment of this class of diseases. In this climate this is the commonest of all diseases, there being very few who do not suffer from it in some of its various forms. Chronic nasal catarrh is in most cases a result of repeated attacks of acute catarrh or "common colds." In this short article it is not necessary to go into details or take up time or space with causes and symptoms, everyone is familiar with them. My object here is to simply give my plan of treatment plain and simple, yet eminently successful. In the treatment of these cases every physician is well aware of the fact that cleanliness is in most cases all that is necessary for a cure. Every physician also knows that in order