

in any individual instance. The best guide that can be followed is to give it "for effect." If four or five grains administered every four hours do not suffice to bring down the temperature, there should be no hesitation in giving from ten to twenty grains. Ordinarily it will be found, however, that from five to ten grains is all that is required in such cases. It also has a modifying influence on other symptoms of this disease. Simultaneously with the reduction of fever, the cough becomes easier, the expectoration diminishes, and a general improvement in the patient's condition follows. From this it will be seen that phenacetin does good, not only as an antipyretic in pulmonary consumption, but also as a constitutional tonic—a role which is undoubtedly plays through its action on the nervous system; and for this reason it renders useful service, and its administration should be continued in three or four-grain doses three or four times a day after the fever has abated.

That which is true of phenacetin in pulmonary consumption also holds true in chronic bronchitis, whooping-cough, migraine, neuralgia, neurasthenia, etc., when it is given in three or four-grain doses; and from all appearance it bids fair to outrival antipyrin and antifebrin in the treatment of all adynamic conditions of the nervous system.—*Editorial in Med. and Surg. Reporter.*

#### TREATMENT OF OBESITY.

Frequently the practising physician is called upon to treat obesity in women where this morbid condition constitutes a most tiresome inimicity, and is often a complication of most of the affections of the feminine sex. We advise a faithful trial of the method of Schwenninger and Oertel, which has given so many excellent results in Germany. The following are the indications which have been laid down by these savants:

1. Elevate the tone of the muscular force of the heart.
2. Maintain the normal composition of the blood.
3. Regulate the quantity of liquid in the economy.
4. Prevent the deposit of fat.

The above indications are observed by the following methods:

1. The cardiac muscle is increased in tone by the augmentation of physical exercise—for example, by ascending elevations. It is necessary to progress with caution; the exercise will be gradual and the amount of work proportionate to the resistance of the subject.

2. To maintain the normal composition of the blood it is necessary that the alimentation should be principally albuminous; it will consist of the lean of beef, roast or boiled, veal, mutton, game and eggs.

We can add green vegetables, such as cabbage and spinach, but fat and hydrocarbons shall be given only in small doses—for example, the amount of bread should not exceed 120 to 180 grammes a day.

3. We should limit each day the quantity of drink—180 grammes of coffee, of tea, or milk; 360 grammes of wine; 240 to 480 grammes of water will complete the amount of liquid absorbed in the twenty-four hours. Beer is entirely forbidden. Then, again, transpiration is excited by energetic exercise as well as by baths and coverings.

4. Lastly, the deposit of fat is attacked by the practice of the above mentioned principles of dietetics.

This, for example, is how we should proceed:

*Morning.*—The cup of tea or coffee, with a little milk, will represent a total of about 180 grammes, and about 90 grammes of bread.

*Noon.*—From 80 to 100 grammes of soup, 210 to 240 grammes of beef, roast or boiled, veal, game, salad or vegetable, a little fish if desired, but cooked without fat, 30 grammes of bread or farinaceous pudding (never more than 90 grammes), 90 to 180 grammes of fruit in season, for dessert. It is preferable not to drink at the repast, but in hot weather we can allow from 180 to 240 grammes of a light wine.

*Afternoon.*—The same quantity of tea or coffee as in the morning, with, as a maximum, 180 grammes of water and 30 grammes of bread as an exceptional concession.

*Evening.*—One or two boiled eggs, 30 grammes of bread, perhaps a little slice of cheese, salad, and fruits; 180 to 240 grammes of wine with 120 to 150 grammes of water.—*Revue de Therapeutique.—Times and Register.*

#### THE HÆMOSTATIC PROPERTIES OF ANTIPYRIN.

Almost ever since its introduction into therapeutics, antipyrin has been employed with success in the treatment of various hemorrhages, whether occurring in the form of epistaxis, metrorrhagia, purpura, or hemorrhage of traumatic origin; and a striking example of this property is published by Dr. Saint-Germain in the *Revue Mensuelle des Maladies de l'Enfance* for Aug. 1889. The case was one in which enormously hypertrophied tonsils were removed from a boy 14 years of age. The tonsils were removed by a bistoury and the bleeding surface vigorously mopped with a camel's-hair pencil soaked in a solution of antipyrin. Scarcely any hemorrhage whatever occurred, a fact which is attributed by the author to the hæmostatic properties of the antipyrin.—*Therapeutic Gazette.*