

a child at school or a student at college is able to take a sufficient amount of quiet dreamless sleep the work he is doing is well within his capacity, and will do him no harm; but if his sleep is disturbed his health is certain to suffer, and the disturbed sleep is but the prelude of a breakdown if not remedied.

5. The sleeplessness due to toxæmia of acute febrile diseases requires no more than mention. In chronic diseases, as phthisis, anæmia, joint disease, etc., insomnia may be partly due to a toxic state of the blood and partly to the exhaustion incidental to the disease. The same remark would apply to cases of dyspepsia and constipation. Toxic substances from without, as well as the autogenetic ones, are frequent and potent causes, such as the prolonged and, maybe, excessive use of tobacco, coffee, tea, opium, chloral, and bromides.

6. In the condition known as neurasthenia one of the prominent and troublesome symptoms is insomnia. The excitable and unstable condition of the nervous system renders its equilibrium more easily disturbed by any untoward condition that may exist. The condition has usually been long existent, having developed gradually. Males so affected are more difficult to manage than females; they tend to magnify their ailments more greatly, and it is more difficult to secure their confidence and imbue them with hope; at least, such has been my experience. It was notably so in a gentleman of advanced years living in a neighboring town. I saw him with his physician and gave a positively favorable prognosis. Much against my wishes, he came here a week afterwards to place himself under my care and have massage. I knew he would miss the comforts of his home and become discontented, so that the results were no worse than I had expected under the circumstance. I fully believe, however, that the experience made him more satisfied with home care, and this contributed to his recovery, which soon followed.

7. Affections of the brain or its membranes may be attended by insomnia or coma. The insomnia may be due to active hyperæmiæ, as in meningitis. One of the prodroma of tubercular meningitis is sleeplessness, a symptom, if persistent in a child, that should awaken our suspicion. Or the sleeplessness may be due to

anæmia, as sometimes occurs in convalescence from acute disease. Sleeplessness is of very frequent occurrence in the aged, and may be partly due to passive hyperæmia or to anæmia, or to both, anæmia in some parts, hyperæmia in others. The degenerated condition of the arterial coats renders the neighboring brain tissue anæmic and ill-nourished, so that the cells become easily disturbed. At the same time, the heart is weak, and propels the blood badly. On account of the degenerated condition of the vessels they fail to respond to vaso-motor influence, and this leaves them liable to passive distension when the recumbent position is assumed; or they may at first contract and prevent too great a flow of blood to the brain, and sleep is sound. But towards morning the vaso-motor contraction fails from want of power to maintain it, and the increased flow of blood resulting causes the patient to awaken. Such a condition is best remedied by a generous diet and stimulants, cardiac and general. Such conditions as intracranial tumors, organic diseases of the cord, etc., need but to be named as causes of insomnia.

8. Much of the insomnia we meet with is due to habits in regard to sleep practised perhaps for years. Instead of composing themselves for sleep as soon as they go to bed, some people choose this time to review the events of the day, usually the unpleasant ones, and worry over all the trials they have had; or they may spend the time evolving their plans for the future, or in some other equally pernicious way. As a consequence, they become bad sleepers from habit and complain loudly at not finding prompt relief on seeking it. It is difficult to make bad sleepers believe that much can be done by *trying* to go to sleep, and that the faculty of going to sleep at will, when sleep is needed, may be formed. It is said that Wellington, Napoleon, and Grant could go to sleep at once anywhere, as they had opportunity.

Insomnia is often due to other classes of diseases, especially those of the genito-urinary and the respiratory system.

*Treatment:* Insomnia being a symptom of almost an endless variety of diseases, it follows that its treatment will largely consist in that of the various conditions on which it depends: to correct evil habits; to remove causes of pain