

valuable, while others condemn its use. When anæmia exists, as is often the case, it seems only rational to employ the drug, not for the treatment of the symptoms of Graves' disease, but in order to get the blood into a better condition.

Arsenic and phosphorus are often used for their tonic effects, and it is interesting to note that an Italian worker, Dr. Luigi Macaggi, found by experiments on dogs that both of these drugs lessen the secretion of the thyroid gland through changes produced in the epithelium. Be this as it may, it is quite certain that they have no powerful action in this way when used in medicinal doses.

To recapitulate, the non-surgical treatment of exophthalmic goitre may be summarized as follows:

1. First, and *most important*, the patient should be placed in a state of physical, mental and emotional rest. If the case be at all acute, she had better be kept entirely recumbent, as the upright position will greatly hasten the heart's action.

As a rule these cases do better away from home, either in a hospital or sanitarium. In some cases the strict régime of the Weir Mitchell treatment is advisable.

2. By careful dieting, and in every way possible, the general health should be raised, and anæmia, constipation and every other deviation from normal must be attended to. As has already been mentioned, very few cases of Graves' disease die from the disease itself; death, when it occurs, being due to some intercurrent affection—hence the need of looking after the general health. The climate at a moderate elevation seems to be specially beneficial, and hence such a location should be chosen whenever possible. Nothnagel considers "a sojourn in a place of moderate elevation as most important."

3. Various local applications may be employed, such as pressure to the thyroid gland, or a mild Galvanic or Faradic current; but probably the most valuable local treatment is the application of cold to the thyroid gland, or to the precordium, either in the form of an ice-bag, or as Leiter's tubes. Such use of cold often greatly controls the rapid action of the heart.

4. As regards medicinal remedies, these will vary greatly with the practitioner. Nearly every man has some remedy which he specially relies on; which fact proves, as has been said, what a secondary place all drugs take in the treatment of this condition. Personally, I like to give a mixture of belladonna (10 to 15 minims of the tincture, thrice daily) combined with strontium bromide, and feel convinced that the