

## SEASONABLE SUGGESTIONS.

With the opening of the winter season, and its attendant bronchial and pulmonary troubles, we are having from many sections, reports of a recurrence of the La Grippe epidemic which for the past six or seven years has afflicted the country.

This fact makes particularly pertinent a recalling of the salient points of Dr. V. W. GAYLE'S paper first published in the *Medical World* in the midst of La Grippe's most malignant visit. It will be well to note closely his recommendations and experience in connection with the recurrence of the epidemic which is now apparently upon us. He says: "This disease by proper treatment of an attack can be so modified as to be almost aborted. If not properly managed, influenza is particularly liable to grave complications, even in mild cases the tendency is towards prostration, and often the nervous shock is such as to materially debilitate the patient. Where there is much angina with acute bronchial irritation, the following is indicated:

R Ammon Chloridi ..... ʒ ij  
 Potassii Chloras ..... ʒ j  
 Tinct Ferri Chloridi ..... ʒ ij  
 Syr. Simplex ..... ʒ ij  
 Aquæ ..... q. s. ft. ʒ iv

M Sig.—Teaspoonful in sweetened water every four hours, also apply to the throat with probang every three hours.

Quinine is the best germ destroyer we have for the microbe of influenza. During the recent epidemic I aborted quite a number of cases with antikamnia and quinine in combination; also with antikamnia and salol. The relief obtained by the administration of antikamnia alone, where the cephalalgia was severe, as in the majority of my cases, was wonderful. When the pain seemed almost intolerable I have seen a ten grain dose banish it.

Mustard pediluvia are of great advantage, and a plaster of mustard and lard, one part of the former to two of the latter, applied directly to the chest, answered admirably as a mild counter-irritant.

Expectorants are often needed, and antikamnia should be administered with them thus:

R Antikammi (Genuine) ... .. ʒ j  
 Syr. Senega ... .. ʒ j  
 Vini Ipecac ... .. ʒ ij  
 Syr. Tolutan ... .. ʒ iv

Mix and let stand until effervescence ceases.

Sig.—Teaspoonful every two hours.

The mild chloride of mercury in minimum doses often repeated will be beneficial. The following prescription is a favorite of mine:

R Hydrarg. Chlo. Mit ... .. gr. j  
 Sodii Bicarb ... .. ʒ j  
 Lactopeptine (Genuine) ... .. ʒ ss  
 M. ft. Chart No. X.

Sig.—One every hour until all are taken, followed by a full dose of hunyadi janos water."

"Antikamnia and Quinine Tablets" containing 2½ grains each of antikamnia and quinine, also "Antikamnia and Salol Tablets," containing 2½ grains each of antikamnia and Salol, offer the best vehicle for exhibiting these combinations, giving one every two or three hours.

Gayle concludes his paper as follows: "What is mostly needed is an antithermic analgesic to relieve the pain and reduce the fever. These properties are found in antikamnia. This with the germ destroyer quinine is all that I really needed in the treatment of this disease. I advocate the use of stimulants in nearly every case. They are frequently needed in the onset of the disease. Sprays of carbolic acid, turpentine or resorcin are frequently efficacious in the laryngeal troubles. The diet should be light and easily digestible. By careful attention and avoidance of exposure, together with the line of treatment mapped out, the vast majority of cases will recover. Of course, there are occasional cases which present symptoms which require other remedial agents, but these of necessity must be left to the discretion of the medical attendant."