

**How many times a day do you hear these words? 'Doctor, I always feel so tired'... : such patients respond to Ritalin : the well tried well tolerated antilethargic.**

**Contributors**

Ciba Laboratories

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Pablo Picasso b. 1881    Femme en Chemise 1905

© S.P.A.D.E.M., Paris, 1964

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*A wan figure, gentle tones of blue and green and brown, a dreamlike, almost mystic quality. There is little in this study, or others, very similar in this period, to give any hint of Picasso's underlying restlessness and dynamism, or foreshadow the start of a continuously creative and revolutionary career which was to follow.*

School of Paris painter, draughtsman, etcher, lithographer, sculptor and ceramist. The most versatile artist of our time, has worked in a great variety of styles. Born at Malaga, Spain, the son of a professor of drawing. His family moved to Barcelona, where he entered the School of Fine Arts 1895; then entered the Madrid Academy 1897. He early showed great precocity. First visited Paris in autumn 1900, returned 1901 when Vollard gave him a one-man show. Paintings in pervasive blue tones of beggars and sad-faced women. Settled in Paris definitely 1904. In 1905 painted some pictures of circus folk and embarked on his Rose Period. 'Les Femmes d'Alger' 1906-7 marked the beginning of a more revolutionary manner, influenced by Cézanne and Negro art. Met Braque 1907 and with his help created Cubism. Designed costumes and décor for several Diaghilev ballets 1917-24. Neo-classic figure paintings 1920-4, parallel to later Cubism. Participated in the first exhibition of surrealist painting 1925; produced some work of a metamorphic character. 1931-4 made a number of sculptures. Paintings and drawings of bullfights, minotaurs, etc. His large painting 'Guernica', inspired by the destruction by bombing of the Spanish town of that name, was exhibited in the Spanish pavilion at the Paris International Exhibition 1937. Continued to live in Paris throughout the Occupation. Since 1946 has worked much on the Côte d'Azur at Antibes and at Vallauris, where he has made several hundred ceramics. His works include a large number of lithographs and etchings. Lives in Paris, Cannes and near Aix-en-Provence.



how many times a day  
do you hear these words?

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**'Doctor,  
I always feel so tired'..**

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... a typical case - it may be that a patient of yours while recuperating from a hysterectomy develops an acute respiratory infection and, later gastro-enteritis. This siege of illness leaves her weak and depressed.

**Diagnosis - Debility**

To overcome this lingering  
lethargy prescribe

**Ritalin<sup>®</sup>**  
methylphenidate hydrochloride C I B A

the well tried\*  
well tolerated antilethargic

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restores vigour to debilitated patients

brightens mood

overcomes chronic fatigue and depression

ideal for short- or long-term therapy

rarely affects appetite, blood pressure or pulse rate

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\*In wide usage since 1955.

# Ritalin®

## Antilethargic for general practice

In a group of 54 patients with depression, seen in general practice and treated with Ritalin . . .

*"Depression due to organic and toxic causes reacted most favourably. Endogenous depression responded well; likewise senile depression. In psychoneurotic depression the results were variable, and in reactive depression poor . . ."*

*Practitioner 1961: 186, 492*

### Dosage:

**The initial dose should be two tablets twice daily,  $\frac{1}{2}$  hour before breakfast and lunch.**

A minority may require a third dose later in the day preferably before 6 p.m. to avoid the risk of insomnia.

A few patients will respond adequately to one tablet two or three times daily.

For maintenance, the dosage should be reduced to the minimum required to produce the desired effect.

Ritalin is supplied in tablets of 10 mg. methylphenidate hydrochloride, packs of 100 and 500. Ampoules of 20 mg. are available for parenteral use; see separate literature for details.

### Low cost of treatment:

The basic N.H.S. cost of one week's treatment averages 2/3d.

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