

therapeutic measures—persuasion, “rational re-education,” hypnotism, suggestion, and simple encouragement: and to the physical ones, such as electro-therapy, gymnastics, massage, Weir-Mitchell treatment, and so on. The mode of action of suggestion in therapeutics is as follows: the repressed sexual affects are withdrawn from their previous expression in various symptoms, and become attached to a more suitable object, namely, the person of the physician. Psychologically this merely means the replacement of one symptom for another, namely, abnormal psycho-sexual dependence on the physician; the underlying pathogenic mechanisms remain the same, the complexes merely undergo a little further displacement, and are not resolved.

In spite of the exaggerated claims made by professional hypnotists and others, it is widely recognised that the *permanent* results obtained by the use of hypnotism and suggestion leave much to be desired. Mild cases of psycho-neurosis may without doubt be lastingly benefited in this way, though, even here success is very inconstant and uncertain, but as regards the more severe cases critical experience has an all too dissolving effect on the optimism that is often preached. Again and again relapses occur, one symptom is removed only for another to take its place, and chronic nervous invalidism in spite of all efforts is a spectacle familiar enough to every practitioner. In these cases the tendency of the affective processes to flow in the old channels is so fixed that the new outlet can be kept efficient only by renewal of the opportunity for transference, in the form of close intercourse with the physician and maintained interest on his part. Into the inconvenient and detrimental effects of this we need not here enter; they contrast very unfavourably with the results obtained by psycho-analysis, which aims at restoring the complete independence of the patient by giving him control over the pathogenic agents. It is only when these are traced to their source that it becomes possible to deprive them of their