

thenia, for whom he had prescribed a cold bath every morning (preferably at 5 a.m.), followed by a brisk bicycle ride, was now a perfect picture of ruddy health.

Dr. Bruce Smith emphasized the use of hydrotherapy in treatment, the etiological value of toxemia, and the importance of early recognition of the symptoms in neurasthenia. "Insanity," he concluded, "is the culmination of nervous derangements in the patient, undiscovered and uncorrected."

Dr. Holmes (Chatham) said that women were born with unstable nervous systems, and later in life misfortunes overtake them which lower their vitality and produce the symptoms of neurasthenia. We must search carefully for the cause; it may be a movable kidney, an inflamed gall-bladder, faulty position of the uterus, inflammation of the ovary, laceration of the cervix, or eye-strain. The correction of these conditions, he believed, would, in most cases, result in the entire disappearance of the nervous symptoms. In a case of puerperal insanity recently under his care, he repaired a torn cervix, and the insanity disappeared. Many cases also were due, he believed, to auto-intoxication from the alimentary canal.

Dr. McPhedran (Toronto) said that cases on the borderland between neurasthenia and insanity are difficult of diagnosis. Neurasthenia should include all cases of nerve prostration; *e.g.*, in one patient weakness of digestion may be the prominent feature; another patient cannot sleep or rest; still another may have disturbed cardiac action; but all are neurasthenic. He believed that there should be better provision for more careful attention to the incipient insane. There should be one or more stations for the temporary treatment of such patients, and wherein incurable and curable cases could be separated. This would materially relieve the asylums and save the patient from the stigma attached to the inmate of an insane asylum. There are such institutions in Europe and the United States. An inherited difference in the vitality of tissue is responsible for the easy break-down in neurasthenics. Some have poor vitality of brain, of kidney, or of stomach, with the result that these organs are readily exhausted.

Dr. W. J. Wilson, Toronto, agreed with Dr. Holmes that putting all the organs right and changing the environment of the patient would accomplish many cures. He deprecated the wholesale removal of ovaries for trifling causes, the ultimate result being bad.

President Ross could not agree with Dr. Holmes. Some years ago, through the kindness of Dr. Beemer, of Mimico