

aids in relieving nervous symptoms. Sleep is improved, and the patient is less depressed and has greater application for mental work. In some cases the rest cure gives excellent results. It is the rest cure, with the ingestion of large quantities of milk and other foods, which is indicated. In following out the treatment particular attention is to be directed to the weight of the patient. An increase in weight not only indicates an improvement in the condition, but also, by increasing abdominal tension, becomes itself a therapeutic factor.