

tonic and constitutional, and of the various hypnotics and pharmaceutical products with which the treatments that enter into daily practice are surcharged, one would be at a loss to determine whether neurasthenics are the debtors or the victims of medicine.

We have been called by a combination of circumstances altogether particular, as well as by our avocation of hydropathist and electro-therapeutist, to care for a great many neurasthenics. Some have been sent to us by physicians of Three Rivers, Montreal, Quebec and other places in our own Province, as well as by physicians of Ontario, the Maritime Provinces, and the American States. We are happy to have here occasion to give expression to our gratitude towards those distinguished physicians.

Hygienic and Moral Treatment.

The importance of psychical treatment should be considerable in a disease in which the patient loses all confidence in his health, strength and capacity to consult his own interests, inasmuch as he is only able, as Dr. Brissaud says, "to brood over his misfortune."

The first duty of the physician should be to convince the neurasthenic that he has no organic trouble and that, consequently, his disease is certainly perfectly curable with well-directed and sufficiently prolonged treatment. He should never forget the saying of the English poet: "The best inspirer of hope, the best physician is."

The physician should strive to gain the patient's confidence, listen attentively to the recital of his sufferings, sympathize with him in his troubles, persuade him they are real, and above all, guard against insinuating that they are imaginary. The imaginary patient does not exist in medicine (Déjerine).

The confidence of the patient in his physician is the first condition of cure. By the physician's proving that he always speaks the truth he gains a confidence that begets hope. The physician should give examples of persons that have been cured, consequently reassure the patient of his condition, convince him that all is not lost, and seek to instill in him belief in a cure more or less speedy.

He should, besides, says Dr. Gaston Lyon, persuade him that