

has to deal, and that in well-established cases suggestion offers possibilities which are not within the range of any drug treatment. There are many ways in which suggestion may be used for the cure of insomnia without the induction of hypnotic sleep. The writer's routine treatment is to explain to the patient the mechanism of normal sleep, to show how the habit has been broken, and to teach the patient how the habit of sleep may be recovered. This has been summed up for the patient in the following verse, which the patient has to mentally repeat while carrying out the plan:—

“First I must get quite comfy,
Limbs all relaxed and free;
Breathing so calmly, deeply,
Sleep's stealing over me.
Drowsy—so drowsy—drifting
Down into slumber deep,
I feel I am really going—
Going—going—to sleep.”

By this method not only is the patient's attention kept from wandering, but a strong auto-suggestion is added. It very rarely fails.

The writer's intention is not here to teach the practice of suggestion, but only to make out a plea for its more systematic use. When attending the discussions which have been taking place recently in London on the nervous conditions produced by the war, one could not but be struck with the almost universal. Want of knowledge of the practice of suggestion exhibited by the members at the meetings, more especially on the part of those who were most averse to this treatment. This, however, is not to be wondered at when one reflects that England is almost the only country in Europe which has no school for the treatment of hypnotism and suggestion, and no hospital systematically devoted to its use and instruction. Even the physicians who specialize in psycho-therapy seem to have educated their natural gifts in a haphazard manner, and from their remarks it is obvious that their acquaintance with the ordinary text-books is very limited. Here when, owing to the war, there are such numbers of persons requiring this special form of therapeutics (which is supplied by all other combatant nations to their armies) there is an urgent need for the establishment of such an institution.

In conclusion, then, the object of this paper will be attained, firstly, if it be successful in directing more general attention to the septic element present in so many diseased nervous condition, and especially in obtaining recognition of the work of Drs. Orr and Rows in this connec-