

Medical Jurisprudence and Neurology at the meeting of the American Medical Association in 1891, I may quote the closing paragraph as follows: "Lastly I would enjoin you to pour out your full sympathy to the unfortunate opium habitue who has had a hard battle to sum up enough courage to present himself to you for treatment. He needs help. He needs care. He needs kindness. He has suffered long years of torture and deprivation, been tossed hither and thither like a rudderless vessel upon the turbulent waves of cold and austere world, looked upon as a vicious outcast whose every action is treated with suspicion, his statements doubted, his case mismanaged. Give credence to what he tells you. Extend a rescuing hand to the drowning man. Pour oil and wine on his smarting wounds, let your full sympathy and aid go out towards him. You will then brighten a dark spot in the deepest of despair and have the heart-felt thankfulness of an ever grateful fellow-being."

I may add that the years since these words were written have not only strengthened my opinion of their full correctness, but have also confirmed me more fully in the certainty attending the method of treatment which I then advocated.

It will be noted how important a place I then assigned to the psychological element in the therapy of these neuroses; and if we stop a moment for reflection, must we not recall how large a part this very element plays in our daily practice as we go from home to home, from one bed of illness to another and different one, how large an aid to the greatest of all medical remedies, the *vis medicatrix naturae*, the love and confidence in the family doctor is. And if so potent in general, why deny this aid to these cases of all cases committed to our care. Indeed were I to add another word to the scheme of treatment, I proposed in 1891 it would be to exert greater effort if possible in the direction of securing the greatest possible self-help on the patient's part; and by a firm positive conviction of successful issue in my own bearing and statements, bring out and hold and develop the best elements in the patient's organization, mental as well as physical. I may add parenthetically, that I have seen during critical times, a steadiness of purpose and determination of will to conquer the tyrant, who so ruthlessly pressed and gnawed, so much patience in suffering, that wherever exerted has always won from those who honor courage, grit, and strong will-power exerted in the right cause, words of high praise.

It is not my present purpose to extoll the virtues of any particular drug therapy in the plan I advocate, but on the contrary, to state freely and unreservedly that to a neurotic diathesis, the morphia is probably the least harmful of all narcotics, and as we go forward in obtaining release of the patient from it, our efforts should be to teach this hitherto uneducated, and untrained, and undisciplined organization the all-importance of methodical habits of life, of proper hours of sleep, regular inexorable hours of meals, hours of restful quiet in exertion of mind and body.

In plain words to these untaught children in the ways of getting the most good out of their bodies and brains, act out the higher part of our calling and be the teacher of the only method for modern civilized man to keep a *mens sana in corpore sano* regularity, unvarying regularity,