

“hydrotherapy,” is the same, save that its special function is to free the obstructed perspiratory system.

To these might be added a fourth, which in some sense is the most natural of all; for it has been practiced in ages more remote by many thousands of years than the suspicion of either of the others, and by savages almost at the bottom of the human scale; that is, some form of suggestion or hypnosis. The main difficulty of this sort of treatment is that so little has been done to make it utilizable in practice, or to provide any certain means of assuring a definite result. Another is, that as with all the forms of mental science, its vagueness, its mystery, the impossibility of regulating its manifestations, surround it with so hopeless an atmosphere of fraud and of that open-mouthed credulity which irresistibly invites fraud. Yet after all, the psychical method has always played an important, though largely unrecognized, part in