

individual the power of the mind over the body has a much greater force in inducing good or bad health than is generally appreciated. The following extracts from eminent authorities show what a vast influence the mind wields over the body.

Dr. William Stokes in his classical work on "Diseases of the Heart," gives due weight to this factor in the cure of disease, and points out how recovery is often retarded by depressing emotions, and in dealing with those cases of cardiac neuralgia he says that one of the most certain remedies consists in removing from the patient's mind the apprehension that his heart is organically diseased.

Trousseau, in his "Lectures on Clinical Medicine," recalls the famous experiments of Claude Bernard, to show the intimate connexion between the floor of the fourth ventricle, and the development of glycosuria; and that between other cerebral areas, and polyuria, or albuminuria.

He also points out how neuralgia excites the secretions of neighbouring glands; how the passions and intellectual engrossments affect secretion; how mental disturbance will increase micturition; anger modify the lacteal secretion; fear produce diarrhoea; and he impresses the fact that the whole digestive system, including the liver and pancreas, may be affected by the mind.

Graves, too, in his "Clinical Lectures on the Practice of Medicine," enforces the importance of what he terms the "power of moral impressions," in aiding the cure of disease.

Sir James Paget, in his "Lectures on Surgical Pathology," directs special attention to the effect of mind on nutrition, and says, "There is scarcely an organ, the nutrition of which may not be affected by the mind." He cites a very telling case of a patient who consulted him about a tumour in her breast, which she believed to be a cancer. Paget boldly assured her that it was not malignant, and further, that it would speedily disappear. The latter portion of his statement he hardly expected to see fulfilled, but he reports, with apparent surprise, that it began to shrink immediately, without either internal or external therapeutic treatment.

Dr. Henry Maudsley, in dealing with the same point, reminds us of what is often observed by army surgeons, that the excitement of battle frequently prevents a soldier perceiving that he has been shot, or received a sabre cut; such wounded men will often continue fighting until faint from unnoticed loss of blood. Dr. Hack Tuke tells us that "the mere concentration of the mind may excite the action of some parts, and lower that of others."