

be used. Suggestion offers a powerful but harmless means of doing this. Frankel's method of treating ataxia is an attempt to restore the voluntary co-ordination of certain movements by making special uses of the sense of sight. There is no question here of doing away with morbid anatomical changes in the spinal cord, but only of finding an alternative means. Lloyd Tuckey has observed the severe pains in a case of tabes dorsalis disappear under treatment by hypnotic suggestion, and the common experience of the relief of the pain of cancer by such means are all illustrations of the underlying principles, and urgently call for its more extended use in cases of organic disease.

What is here maintained is well illustrated in the case of epileptic attacks. Dr. Campbell Thomson, in his recent book on "Diseases of the Nervous System," says many patients find out for themselves that they can frequently ward off an attack by force of will, and that this power should be encouraged. He suggests that the moment a fit threatens, the patient should clench his teeth and grasp something tightly, preferably his own arm. He says that in many instances the discharge can in this way be avoided. Here is a good illustration of treatment by increasing the strength of the conscious mind, and also an illustration of an appeal to the sub-conscious. In no case would such treatment be successful in warding off a convulsion from a poisonous dose of strychnine administered for the first time. In epilepsy the centres have so frequently been stimulated by intestinal poisons that the mind learns the initial symptoms, and though the dose may not be able to cause an explosion when the conscious mind is strongly opposed, these symptoms cause an expectant attitude in the sub-conscious mind, which fibres the mine. If this expectant attitude of the sub-conscious mind can be done away with or lessened by the means Dr. Thomson advises, the fit does not occur. How much more likely, then, is this line of treatment to be useful in epilepsy if the antitoxic treatment be combined with a systematic form of appeal to the sub-conscious mind in the method known as suggestion. In fact, this treatment is so well known to be of use that discussions have arisen as to how suggestion acts in these cases, and as to how best to use it. Some have thought that the benefit arises only from the renovation of the nerve centres in the restful sleeps given by hypnosis. We hope enough has now been said to show that more than this is accomplished. In any case, the fact of its usefulness is undoubted.

Next to the cure of constipation, suggestion probably finds its most frequent opportunities in the cure of insomnia. In this complaint again, the habit is apt to remain long after the cause has gone. These are the cases *par excellence* for the psycho-therapeutist. Every such practitioner knows that these conditions are among the easiest with which he