

course to suggestive therapeutics, which, in other and plainer language, means simply that the illness being imaginary and the patient not possessed of sufficient reasoning power to see it, he is simply told that he will be better to-morrow and to-morrow, and the impression thus made, removes the imaginary difficulty. Some have elaborated this suggestion so nicely that they are able to impart its blessings through the medium of scraps of paper and cheap handkerchiefs sent through the mail. I think this could be further elaborated by saying into a phonograph, "Please put \$5.00 in the slot. Now pull down the lever. There! Now listen carefully and attentively. You are a wonderful creature, and a combination of circumstances have conspired to keep you from occupying that position your merit deserves. You are not appreciated by your companions, and I only can read your soul. You will be better to-morrow, better to-morrow, when you must come again, and be sure to bring a new \$5.00 gold piece; the one you brought to-day is plugged." A suggestive sanitarium with phonographic annex should be a squealing success.

Just a word in leaving the subject of "isms"—because a certain treatment will cure a cold, don't conclude also that it is good for burns. While it reduces fever, it may not necessarily be good for chills. While it may cure bald heads, it may not be applicable to the removal of superfluous hair.

The matter of diet is one that is fraught with great importance in its relation to health. Here, I want to warn you against fads. If you are well, you require a well regulated, generous diet, both animal and vegetable. If your digestion is at fault, correct the fault so that you can enjoy a mixed diet. The narrow individual of whom I spoke sometime ago, will cling to one thing, usually to a so-called health food, or at least to a vegetable diet with a glass of hot water as a dissipation. There is need in this country of the establishment of a "Keely Cure" for the hot water habit. Because some individual in a community was benefited by taking a glass of hot water before breakfast, it follows that the whole community must use it. The glass of hot water before breakfast is followed by a glass before lunch and dinner. Then a glass before bedtime, and one of my patients went so far as to set an alarm clock to waken him at regular intervals, so that he might partake of this form of hydro-therapy, arguing the while, that because there were hot springs in Arkansas, the Lord had intended that water should be taken hot. I can always tell the hot water fiend. He reminds me so much of a boiled lobster.