

criticized, his directions for treatment are based on scientific studies.

Electricity is a valuable agent for suggestive therapeutics, and doubtless some of its benefits are dependent on this property, but that it has an effect of its own can not be doubted.

In the psychoses, electricity, as an agent for therapeutics, may be used with suggestion in connection with the treatment and without the use of such an agency.

Various modifications of the current are in use, but for all practical purposes the interrupted and continuous forms are alone essential. The determination for their individual use is founded on the usual indications in general disease, remembering that as yet we have no certain rules for their selection. Central galvanization, galvanization of the head, general faradization, alone or with peripheral faradization, are the most important methods. These combined with the so-called electrical massage will be found to meet the usual demands.

In reference to the forms of insanity benefited and the contra-indications I will say only a few words.

It is of course, in the primary insanities we expect it to act as a curative agent. Its remedial effect, however, may be obtained in many psychical disorders. My experience verifies the result of other investigators in this line, and I have, as far as possible, followed the methods suggested by them. As illustrating the benefit which may be obtained by appropriate treatment, I will give a few illustrations: Many of the *vesanias*, and especially those having a *neurasthenic* or *hysterical* basis, are accompanied by what are termed "cephalic sensations." In these cases galvanization of the head often produces speedy relief, and in many cases has a pronounced curative effect. Various muscular and visceral pains, also paresthesia, are, at times, benefited by some form of faradization, or, perhaps, central galvanization. Many female patients have definite points of spinal tenderness. An appropriate course of electricity is sometimes followed by a marked improvement. I mention these few symptoms merely to illustrate what a useful agent we have in the electrical current. I can not refrain, however, from mentioning one more property which is at times beneficial, viz., its tendency to promote sleep. It has been my custom for some time to have patients, after their treatment, resume a recumbent posture. It is surprising to find that some patients, who are habitually wakeful during the day or night, will secure a refreshing sleep. I might mention that this occurs without verbal suggestion. Whether it is due to natural exhaustion, or whether it is a quality of the current, I will not decide. Suffice to say that it is the opinion of all electro-therapists that electrical applications, and especially galvanization of the

head, may induce sleep. You will find in all your cases that it will be an advantage to secure for your patients rest and quiet for a specified time after all your treatments.

Certain forms of insanity, especially those dependent on toxic agents or organic changes in the nervous system, are accompanied by a change in the electric excitability of nerve or muscle. In these cases electricity may be of considerable benefit in diagnosis.

Electricity as a suggestive agent may also prove a valuable method of treatment. I have in mind not a few cases where verbal suggestion has been employed with the application with a marked improvement in the mental condition of the patient, the improvement not being obtainable by ordinary suggestive measures.

The efficacy of any method of treatment is based on the systematic use of the medicant and a recognized method of procedure. A collection of the results will then enable us to make appropriate deductions. The use of electricity is governed by the same principles, viz., a systematic use of the agent and a recognized method of treatment. In all the recent works on psychiatry, you will find reference to electricity and measures recommended for its employment. I therefore think it useless for me to detail the various methods in use.

Every suitable case should be individually considered, the treatment carefully selected, and the method conscientiously pursued.

For the convenience of the physician and also as a means of reference and compilation, I should suggest a method of recording such as I now show you:

#### CHART FOR RECORDING ELECTRICAL TREATMENT.

Name.	J. B.
Form of insanity.	Acute melancholia.
Method of treatment.	Galvanization of head, 2-5 milliam.
Interval between treatments.	Every second day.
Number of treatments.	Twenty.
Result and remarks.	Recovery in three months.

Remembering that electricity is a powerful stimulating and sedative tonic, according to the form of current used and the manner of application, we can make the following statements:

1. Electricity is of benefit in many forms of insanity, and in the primary insanities may promote recovery.
2. Systematic use is demanded, and, dependent on the effect desired, a varying length of time should elapse between applications.
3. The choice of the current is governed by the ordinary rules for selection in electro-therapeutical work.
4. Electricity is valuable as a diagnostic agent in insanity, as indicating an intercurrent or complicating disease.—Irwin H. Neff, M. D., in *Am. Jour. of Insanity*.