

be very gently applied and to the extremities only ; later, to the whole body, using currents that can just be felt. The bed cases should also receive galvanism, first to the head, using a descending current with large electrodes of from 1 to 3 milliamperes ; then to the cervical sympathetic, using from 3 to 5 milliamperes, and then to the spine and abdominal sympathetic, with a large negative electrode at the epigastrium and a smaller one over the spine and a current of from 5 to 10 milliamperes. These séances should be given daily.

The partial-rest cases who come to the office should have static electricity. It may be used by insulation with the primary current, and by sparks from the spine and abdomen with the secondary current for fifteen or twenty minutes daily.

Hydrotherapy is the fourth indication. Sponge-baths are a necessary part of the Weir Mitchell treatment, but in addition they should have the wet pack daily, beginning with a temperature of about 70° F., and gradually lowering to 50° F., prolonged for about one hour.

For the partial-rest cases the dripping sheet is used, the water being about 70° F., and the friction with the sheet made vigorous, the whole rapidly done. The shower-bath, beginning with moderately warm water and gradually cooling it, is of much service in many cases. The hot air bath, like the wet pack, will promote elimination and often overcome insomnia. Cabinets for this purpose are now readily accessible at a reasonable price.

Massage is the next indication, and is required in all the absolute-rest cases. It should be given by the nurse. It should be given very gently in the beginning, the movement being limited to the gentle and superficial ones, and little by little the force, vigor and extent of the treatments should be increased. The partial-rest cases sometimes need massage and sometimes do not. If the effect of the massage is sedative, it will do good ; if, on the contrary, it is exciting or irritating, it may do harm. As the case progresses toward recovery, physical exercise becomes necessary. The Swedish movements may be added to the massage ; light calisthenics may be provided, and such out-door exercises as golfing. This is one of the very best out-door exercises of to-day for the convalescent cases, and indeed, for many of the mild cases from the beginning. The reasonable use of the bicycle is of much use to many. Horseback-riding is a very valuable out-door exercise. Change of scene is often of advantage, but much travelling is injurious.

The climate selected should be one with a moderate mountain elevation, 1500 to 2000 feet, and one not too dry. Ideal places are to be found in the Allegheny Mountains, especially in the mountains of North Carolina—the country round about Asheville, and even better, the country north of Asheville, with Linville as its centre.

The sanitarium, for a short time, is a good place for some patients.

In the drug treatment of neurasthenia the first important class is those which promote elimination. The aloetic laxatives most frequently used are the Lady Webster dinner-pill, or the pill of aloin, strychnine, ipecacuanha, and belladonna. Occasionally a calomel purge is beneficial. Many of these cases require colonic flushings with the normal saline