

alone with his thoughts, his sleeplessness and his intense nervousness. His senses are doubly acute; he hears and feels his heart beat; his cup of misery is full. These and many other stigmata complete a picture absurd to the physician because of the absence of disease; pitiful to the patient because of the deadly reality of all these inexplicable pranks of the erratic action of the whole nervous system.

What can we do for him? Psychotherapy plays an important part. You must quietly impress upon him that he is going to get well. You may have to reassure him time and again. Do not get impatient with him. Instil into his mind the axiom that "he will not feel well until he is well." Encourage him every time you see him, and present to him always a cheerful front. Outline his treatment carefully and in detail. You will usually find him punctilious as to its observance. Warn him that you may from time to time make a change in his treatment as he improves. His case naturally will take time; tell him so.

As to diet. Often he will eat a large meal perfunctorily, bolting his food. As a rule he does not drink enough. This is wrong. He should have a breakfast of fruit, cereal (oatmeal or whole wheat preferred), a soft-boiled egg, toast, a glass or two of milk; at 10.30 a light lunch of a glass or two of milk, or an egg-nog and a soda biscuit. At 1 p.m. a limited and an absolutely plain dinner: small quantity of meat (beef or chicken preferred) and a potato—drink milk or milk and water—custard or rice, or a light confection. Repeat the lunch at 4, and at 6.30 a light supper with a cup of weak tea or milk. On retiring a glass of hot milk. Variation of these diets will of a necessity be made from time to time, bearing in mind their easy digestibility.

Tonics have their value, especially combinations of strychnine and arsenic. They aid other remedies to dispel the gloom, and improve the quality of the blood. In advancing age the addition of phosphorus will afford material aid. If the extremities are habitually cold, add digitalis in small doses to any of these tonics.

The treatment of constipation requires care. Mild laxatives may be used. Purgatives are often harmful. A glass of hot water, or of mineral water, should be taken before breakfast. If these are ineffectual, abdominal massage ought to be applied. There are several ways of doing this. The well kneading of the colon in the recumbent position needs an operator to make it successful. Auto-massage can be done by pressing the fingers deeply on the relaxed muscles of the abdomen over the fecal