

one can achieve very satisfactory results in a few months, a fact to which I can fully attest from my own experience. The amount of time may appear excessive unless one remembers the hugeness of the task imposed, for in all cases the roots of the trouble go back to early childhood, and important modes of reactions have to be altered which have been fixed and stereotyped for many years. When we consider how much trouble and time frequently has to be expended in the orthopedic straightening of a deformed limb, we should not grudge the same to the far more intricate task of the ortho-psycho training of a deformed mind, especially when this results in converting an intolerable existence into a happy life, and a person paralysed by doubts, fears and suffering into an active and useful citizen.

The demands made on the patient are no less great. The results of the treatment will vary with the intelligence, courage, honesty and perseverance he shews. With stupid and quite uneducated patients relatively little can be done, so that happily we can most help those whose value to the world is greatest. Again, age sets a formidable barrier to our efforts. In old age, when the plasticity of the mind is diminished, far less can be done than at an earlier period, and furthermore the time necessary to trace back the erroneous mental reactions through so many years is naturally longer. Still I have had a few fairly satisfactory results even above the age of fifty.

It will be realised that the method is at present not one generally applicable by the practising physician. Not only is the time necessary for the treatment a great hindrance, but also a laborious special training is necessary before the technique of psycho-analysis can be acquired to an adequate extent. It is generally admitted that this demands three years' incessant practice, a good previous knowledge of neurology being assumed. Here, as elsewhere, therefore, good work exacts arduous labour, and there is no royal road to the art of