

Equally as important is it that no procedure should be prescribed which will in any way frighten a patient, or cause that patient to lose confidence in a method which is new to the large majority of them, therefore, in the treatment of neurasthenia, I make it a practice to employ the milder measures at first, and gradually work up to the highest degree of hydrotherapeutic treatment. For example: the patient is only sent to the bath three times a week for the first week, and if their reactive capacity is fair, and they have grown accustomed to the procedures as ordered, they are sent daily.

A general prescription reads as follows:—

Hot air box to point of perspiration.

Circular douche 100°—90°—2 minutes—15 lbs.

Fan and jet douche to entire body, 90° to 80°—10 lbs—1 minute.

Lower minimum temperature 2 degrees and increase pressure 2 lbs each treatment until a temperature of 60° and a pressure of 30 lbs is reached.

The above prescription is suitable for a female; male patients can be treated more actively, beginning with lower temperatures and higher pressures.

After the patient has become accustomed to the jet douche, the Scotch douche (alternating hot and cold) may be used with good results.

Usually a walk in the open air, to the point of fatigue, is ordered to follow the bath.

*Melancholia.*—The same treatment as outlined above. If it is impossible to place the patient in a hot box, owing to some mental phase, I would suggest as a substitute the circular douche at 102° or 104° for two minutes before reducing to 90°, as it is important that the body be well warmed before any cold is applied.

In the melancholic, the Scotch douche, used freely all over the body, markedly stimulates the circulation and imparts a sense of well-being, substituting the depression; and also considerably lessens the lethargy, inclining the patient to greater activity. As the treatment progresses, day by day, the periods of euphoria lengthen, and the depression decreases until finally normal mental health is restored.

Following the bath a vigorous towelling is indicated, more particularly in cases where reaction is not marked. This is usually required in the early stages of treatment in the majority of cases.

In case of any difficulty with the patient refusing the douches,