

something to do with the development of his condition. I was asked to see him, because when he sat down he would utter a series of barks, while at the same time the trunk would go into spasmodic flexion. On stripping him, there were seen strong abdominal muscles and regular bowing of the whole body along with this barking, grunting noise.

Psychoanalysis showed that these attacks had begun suddenly in North Carolina, at 10 p.m., three months before. The significant fact was that he had eaten some sandwiches which had been sent to him by his parents in Washington, and that he had been thinking despondently before he went to sleep about how nice it would be to be in Washington. He was also thinking considerably about his intestines, having been under treatment, by lavage. However, the exact psychological mechanism was not discovered beyond the few suggestions contained in these discoveries.

*Treatment.*—I thought it better to remove the effects rather than to necessarily discover the details of the genesis of his tic. So I instituted a course of psychomotor discipline. The tic, which at first had come only when he lay down at night, had later occurred whenever he sat down also, and thus made life a burden. So we began by exercising in the sitting position. I placed him in a large chair, reclining, showed him how deliberately to contract the recti abdominis, and made him perform a series of respiratory movements, as well as the series of recti movements. After a few moments he became capable of contracting either the recti or the diaphragm. That being acquisition enough for one sitting, he was asked to come back the following day. However, he went home and tried the exercise while recumbent at night. The result was that he came back the next morning and said: "Doctor, I am cured. I did not have any spell last night." Two days later, however, he relapsed. But after another discipline, he remains now well.

Thus it is very simple to remove the effects in this rational way. It is so much better than the rough suggestion usually attempted. He had been treated in North Carolina by electricity, which he was assured would remove his spasms. When this failed, he was then treated by direct suggestion. When this failed he was then treated by "the most marvellous remedy known," a drug obtained from some remote country, which was guaranteed to cure, which it did not do. So that the most powerful suggestions failed in a case which was in origin suggested and conformed to Babinski's definition of hysteria, "susceptible of production by suggestion." For a motor habit had been formed, and the removal of all habits requires reeducation of the patient's volition. Indeed, it is only by its action on the will that suggestion does succeed when it does.