

5. In various forms of uterine and ovarian disorders.
6. It is also very beneficial in cases of chronic dyspepsia who are kept thin and anemic by the disease.
7. In early stages of Bright's and in floating kidney of recent date.
8. In heart disease, with failing compensation, especially if combined with Schott resistive movements and baths.

Weir Mitchell describes the treatment as a certain method of renewing the vitality of feeble people by a combination of entire rest and excessive feeding, made possible by passive exercise obtained through the steady use of massage and electricity.

The first step in the treatment is isolation. Isolation is necessary, and the patient should be removed to a hospital or sanitarium, away from familiar scenes. Home treatment does not succeed well. If circumstances compel the patient to remain at home, her room should be changed. Weir Mitchell states that if you once separate the patient from the moral and physical surroundings which have become part of her life of sickness, you will have made a change which will be in itself beneficial, and will enormously aid in the treatment that is to follow. This isolation is not as imperative where the symptoms are brought on by distinct causes, such as blood losses, dyspepsia, etc. The room should be bright, airy and comfortable, while the nurse should, if possible, be an entire stranger. Patient is put to bed and kept there from three to six weeks, as may be necessary, and during a part of this time allowed to see no one, except the nurse and the doctor. To take the place of ordinary exercise, two measures are employed—massage and electricity. By the kneading and rubbing of the muscles and skin, the liquids in the tissues are absorbed and poured into the lymph spaces, and a healthy flush is brought to the skin. This passive exercise should last from one-half to one hour, and may be used either in the morning or afternoon. If the massage is used in the morning, the electricity should be used in the afternoon.

Every part of the body should be gone over, even the face and scalp. In the afternoon each muscle should be passively exercised by electricity, each muscle being made to contract by the application of the poles of the battery to its motor point.

Both of these forms of exercise do not call for any expenditure of nerve force, and they keep up the general nutrition.

To outline a day's programme: At 7.30 a.m., a glass of milk, either hot or cold; 8 a.m., sponge with tepid water, following with rough towel friction; 8.30 a.m., breakfast, either boiled,