

The patient is seated on an insulated chair in communication with an electric machine. Here he takes a static bath lasting from 10 to 20 minutes, as his case may demand.

In the cerebral form of neurasthenia the electric breeze, or, better still, the electric douche is directed on the head. The same procedure is followed to combat headache and insomnia. In the spinal form of the disease and in paresis of the members sparks and frictions are applied to the vertebral column and the members.

To be efficacious this mode of treatment has to be kept up for quite a long period. It should be interrupted for a time at the end of fifteen sittings at the most.

The Static Bath is a powerful sedative and at the same time a regulator of the nervous system. In this way it contributes to relieve pains, such as topoalgies, "the *plaque sacrée* of Charcot," etc.

It acts, besides, upon the general state of the system. The ablest living authority on static electro-therapeutics, Professor William J. Morton, M. D., of New York, the eminent Professor d'Arsonval of the College of France, and Dr. Romain Vigouroux, the learned Electro-therapeutist of Salpêtrière, have proven beyond cavil that the static bath possesses the valuable property of augmenting considerably the nutritive changes—a property most beneficial for the neurasthenic who is nearly always at the same time an arthritic, that is to say, slow of nutrition.

Hydrotherapy fulfills almost the same conditions; it tends to procure for the nerves a better nutrition and to calm the excessive excitability of the nervous substance.

Dr. Cheron, in the séance of the Academy of Sciences, August 5, 1895, demonstrated the marvelous effect of this treatment through physical agents in the case of nervous diseases, especially neurasthenia.

He proved to the hilt in that communication that all stimulations brought to bear upon the great sensitive surface, such as douches, massage, baths, frictions, electricity, etc., determined in anemic subjects immediate hyperbolic conditions.

Useless to insist upon this fact; it is to-day completely demonstrated by physiological experimentation and clinical observation that natural and physical agents, these powerful vital