



**H**YDROTHERAPY has long been recognized as a most efficient aid in the treatment of nervous and mental disease. For over ten years this therapeutic measure has been in daily use at the Homewood, and the results obtained have been so uniformly satisfactory that no expense has been spared to completely equip and organize this department in the Sanitarium.

With all advances in technique and equipment the Homewood has kept pace so that at the present time there are three complete suites for the administration of Hydrotherapy in all its branches. Each suite contains hot air cabinets, a central table from which are operated rain, needle, spray, shower, perineal, jet and Scotch douches, a sitz tub, shampoo table, and provision for the application of hot and cold packs. In fact, everything requisite for the carrying out of the most rational and approved methods of Hydrotherapy in the treatment of nervous, depressed and physically depreciated patients is to be found in each department.

For patients whose mental sickness is accompanied by excitement, restlessness and insomnia, the continuous baths have proved very efficacious. Wrapped in sheets, suspended in a comfortable hammock, in water whose temperature ranges between 92° and 95°, which is the body surface heat, the patient soon experiences marked relief, becomes quiet, takes liquid nourishment freely, falls into a peaceful sleep, and wakes up in three or four hours quiet and self-contained for the rest of the day. All this done through the agency of a carefully regulated bath without the aid of any depressing drug.