

therapy, isolation and psychotherapy. Of the value of rest, massage, electricity and diet it is so familiar to you all that I will not detain you with its discussion. Hydrotherapy when properly applied is a most useful adjuvant to the rest treatment after the patient is permitted to leave his bed. It is a tonic of the greatest value to the entire nervous system. On the value of isolation, I cannot lay too much stress, and I would like to add that it is entirely satisfactory only when complete—except, of course, in a mild form of the disease, when occasional communication with friends may be permitted. The necessity of isolation is often so little understood by the patient's friends that it is frequently a most troublesome detail both to the physician and nurse. The result, however, is as a rule so gratifying that all concerned are very pleased with it. The proper use of psychotherapy is most important. In this part of the treatment the personality of the physician is the chief factor. Further, if he, himself, is not fully in sympathy with the patient or does not feel that the patient is a real sufferer and worthy of his best efforts, then he is foredoomed to failure. Such advice as "believe you are well and you will soon find there is nothing the matter with you," or "divert your mind by going to work," must meet with the failure it deserves. On the other hand, if we go carefully into every detail of the case and by exclusion eliminate any doubt we may have and fully satisfy ourselves of the correctness of our diagnosis, then we can say honestly to our patient, "I believe, as the result of my examination, that you are suffering from functional nervous disease, and that with suitable treatment you will recover," and by this means lay a foundation for much future good.

The patient's hope is at once revived, he appreciates the interest taken in his case, and he resolves to make another effort to get well. Thus far all has been right—let us suppose the patient leaves the doctor buoyed up with hope and the assurance of recovery, but returns to his own surroundings, what happens? For a short time he improves, but one day, when he is feeling down, some kind friend calls to see him, and with the most sincere desire to help him, tells him that his doctor evidently does not understand his case, that his treatment is not doing him any good, and advises him to try and get help from someone else. As a result of this kindly intended advice, the patient loses confidence, the efforts of the physician are wasted, and the patient, more discouraged and worse than ever, because he has consulted another doctor without deriving any benefit. Such in short is a frequent history, and how can this result be avoided?

The only means I am aware of is isolation, and without this psychotherapy loses at least one-half its value.

Granted, then, that isolation has been accepted, the next step is to procure a skilful nurse and on the importance of this part of the treat-