

The good effects of this system of treatment can easily be nullified in the hands of unskilled and unintelligent operators; furthermore, each patient is a law unto himself and demands close study by the physicians and the bath attendant. Subjective symptoms cannot be entirely ignored, and sometimes too strict adherence to a definite prescription may do more harm than good, and the bath attendant must learn by experience to recognize any error in the prescription. On the other hand, however, due care must be taken that the patient does not lead physician and operator astray by misleading statements to their own detriment.

The rationale of treatment in cases ranging from the mildest form of neurasthenia to the gravest form of melancholia generally resolves itself into a question of suitable diet and its proper assimilation. I am well within the mark when I say that 80 per cent. of the mental and neurasthenic admissions to the Homewood, present, in addition to their many symptoms, an emaciated appearance, and a body weight much below par.

Any method of treatment that will improve assimilation in these neurotic and mental patients is a valuable adjunct to our armamentarium.

In hydrotherapy, scientifically applied, we have, without doubt, an aid to general treatment that will materially assist us in the recovery of our patients.

Time does not permit me to go extensively into the action of water on the various functions and organs of the body, but let me point out a few facts that can be easily demonstrated with the proper apparatus.

(A) *On the Circulation*:—Baruch says: "The circulatory system forms the great highway upon which the products for the maintenance and growth of the organism are conveyed, and by which the products of waste and repair incident to the performance of all functions are eliminated. It, therefore, follows that any agent which is capable of exercising the slightest influence upon an apparatus which is destined for these important tasks, must be capable of exercising in disease an analogous influence upon the organs and their functions, which come under the domain of its influence."

These are some of the effects of water so applied:—

Cold water applications cause rise of blood pressure.

Warm water applications cause fall of blood pressure.

Cold enhances the tone of the entire circulatory apparatus.

Warm diminishes the tone of the entire circulatory apparatus.