

*Medical influence* : Before noticing passive exercises and hydrotherapy I may just refer to this as a remedy. To it may be attributed the miraculous cures we read about occasionally, "faith cures" and the like. What physician has not witnessed the effects of mental influence exercised through the power of hope, in many cases of disease ? or of the power of a strong will in overcoming disease ? I will allude to but one practical and direct example of the power of the mind over the body : that of defecation in constipation from the sluggish state of the lower bowel. Persistent concentration of the will upon the parts, accompanied, not by straining but simply by desire of action, will alone overcome many cases of habitual constipation. Massage will usually aid in producing, and hasten, the desired action.

Mention may be made, too, as associated with mental influence, of hypnotism with suggestion ; which although attracting a good deal of attention in France, is not yet well understood nor generally recognized as a remedy in practice.

*Electricity* is apparently destined to become an important remedy and may also be regarded as a natural one, in the treatment of disease, especially as produced by friction or usually termed static electricity. With its small volume and high degree of force in this form it has already produced highly satisfactory results. The nature of its action not being yet well understood, its use is necessarily empirical, and is a very bonanza for quacks. True it is that many of our most valuable remedies have been brought into use in this way. It has not fallen to my lot to have had much experience with electricity. Indeed, with the other remedies at command, I have never yet experienced the need of it ; the electrical effects of massage usually sufficing.

*Kinesitherapy*—Passive local movements or exercises, as in massage and the manual or mechanical movements commonly termed Swedish, constitute a most potent remedy in a large number of diseases. It is a remedy the action of which we can readily understand and regulate and control. While the practice of massage—kneading, rubbing, percussing, or tapping,