

Mental Therapeutics.

Suggestion has pretty well supplanted hypnotism in the practice of physicians. John B. Huber, in the *Trained Nurse and Hospital Review*, says :

The art of suggesting healthful ideas is one of the most important weapons in the armamentarium of those who treat the sick. This is another way of saying that the doctor and the nurse have inspired faith in the patient. When the doctor states his conviction that such and such a symptom will disappear and that he will find the patient better to-morrow, he suggests the idea of improvement, which belief in his statement impresses upon the patient's mind. When next he declares his expectation that the patient will be able to sit up on the following day, the suggestion stimulates the latter's latent energies to the extent of realizing the expectation. When, then, he declares he will be much disappointed if he does not find the patient awaiting him in the sitting-room on the occasion of his next call, the latter is aroused by the same processes to the point of obeying the suggestion.—*Charlotte Med. Jour.*

Treatment of Acute Gastralgia.—By DR. T. SIDNEY SHORT (*Birmingham Med. Rev.*)

Gastralgia is essentially a condition in which it is the patient who should be treated and not the disease. The functional activity of the stomach is not at fault, so that changes in diet as such, or helps to digestion in the way of pepsin, etc., are not of much use. A complete change, with alteration of occupation and freedom from worry, will often stop the attacks. If this is impossible—and in the very people who suffer from gastralgia it usually is—the best thing to do is to rest the stomach absolutely. This should be done by keeping him lying down and feeding either by rectum, or if per os, by giving them as little as possible. Two or three days' smart purging at the commencement has seemed to the author to be especially valuable. For the attacks themselves, morphine and cocaine may be given in a draught. Sharp counter-irritation over the stomach by blistering is often very useful, just as it is in other forms of neuralgia. In one of the author's cases the application of the faradic current to the pit of the stomach completely removed the pain in a few minutes, but it did not stop the recurrence of the attacks. The relief afforded by the interrupted current, increased in strength until actual pain is produced, in cases of sciatica is beyond question, and the author thinks similar relief may be anticipated in cases of neuralgia of the stomach so long as no inflammatory condition is present.—*The Post-Graduate.*