

On the other days, a Scotch douche is given in the morning, and a cold inferior affusion in the afternoon. Continue in this manner for a fortnight or a month, according to the irritability of the patient and afterwards a rest of eight days. This is the best combination we know of, for it is not only well borne by the great bulk of neurasthenics, but it speedily begets appetite, sleep and nervous energy. It is evident, however, that to produce all those effects it should be continued for a sufficiently long period. One, two, three months are generally required for a stable cure.

With subjects of feeble reaction or excitable subjects upon whom cold water makes a too lively impression, as well as with rheumatic and arthritic neurasthenics, the Scotch douche should be called into service. This latter douche is at once tonic and sedative, and has none of the inconveniences of the cold douche for this category of patients. On the other hand, in forms of neurasthenia where depression prevails, and in the case of cerebrastrhenics, it is the cold douche that succeeds best.

Where the absence of sufficient installation renders impossible the administering of those douches, recourse is had to the wet mantle, cold lotions and baths. But it goes without saying that the last mentioned hydrotherapeutic expedients are not always easily borne, nor are they always sufficient. To resume: whatever hydrotherapeutic procedure is adopted, its applications should be very short, especially in the case of cold water. The mildest applications are often the most effective; while on the other hand, severe applications serve in many instances only to aggravate the disease. This moderation of which authors speak so frequently is found in the very short cold douche, the lukewarm douche, the Scotch douche and affusions.

Another important point to note is that to get the full benefit of the water cure, we must well regulate the effects of the treatment and occasionally change the applications; so that the patient will not get used to it. Otherwise he will not receive the full benefit of the treatment.

The foregoing are, we take it, the general principles that should guide the physician in the application of hydrotherapeutic methods suited for the cure of nervous exhaustion.

Static electricity, also, merits a place in the treatment of neurasthenia.