

which is too often made of doing an operation or pursuing local treatment on an abdominal or pelvic organ when the seat of the trouble is in the brain. Again in those cases in which the physical appearance is good the physician is often deceived and is liable to make light of the subjective sensations of which the patient complains. This is especially true in the psychic form of this disease, and was forcibly impressed on my mind by a consultation within the past few days. The patient, a highly intelligent lady of middle life, appeared to be in perfect physical health, so much so that she told me she hesitated to consult a doctor. Yet an examination into her physical condition showed beyond all doubt that she was suffering from pronounced psychasthenia and would, if untreated, rapidly become insane.

In regard to treatment, the first step is to determine exactly the proper course to pursue to promote the patient's recovery and adhere to it. Too often a patient is simply told, "You are tired out and need a rest," or "Have a rest treatment for a time and you will be well." Except in the mildest cases of this disease, such advice often leads to disaster. The same may be said in regard to advising travel to these patients. I have repeatedly been told by patients that on the advice of their physicians they had gone to Europe or elsewhere, only to return worse than when they started. In some cases where such advice has been followed, the onward progress of their disease has, while on the trip, terminated in insanity, which was followed by suicide. It is at times a most difficult question to decide whether a patient should be advised to travel or go to the woods or whether he should be sent to bed. The answer depends altogether on the stage of the disease, but if any doubt exists the wiser plan is to give the patient active treatment for a time and later have him travel when he can enjoy it. If the profession would only realize how important the treatment of many of these cases is, the value of skilled nursing in their care, the many therapeutic agents (apart from drugs) which are most useful, the proper medical management of these cases, which will often tax the ability of the best physician to its utmost limit, a consideration of these facts would, I am convinced, lead to a different view of the serious nature of many of these cases being taken and the greatest care would be exercised to obtain the best medical treatment for them.

The attention of many of the best men in the largest centres of medical learning of the world is to-day being directed to the functional neuroses and this branch of neurology is rapidly assuming a prominent position.

As mentioned above, drugs play an unimportant part in the treatment of this disease, and I know of none which alone will cure it. On the other hand, physiologic therapeutics are most useful. Among the chief of these may be mentioned rest, massage, electricity, diet, hydro-