

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.

Warmth diminishes the tone of the entire circulatory apparatus.

*(b) On the Composition of Blood.*

After cold there is an increase of red and white blood corpuscles and hæmoglobin.

After hot air and steam baths a diminution, followed by moderate increase in robust people.

*(c) On Respiration.*

The greatest irritation of the respiratory centre is produced by a cold application on chest and abdomen; then follow deeper respiration and an increased consumption and a freer carbon dioxide elimination.

It must be noted, however, that after cold applications respiration is effected by the extent to which reaction ensues; if the latter is good then respiration becomes much deeper and more air is inspired into the lungs.