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## Original Articles.

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### HYDROTHERAPY IN MENTAL AND NERVOUS DISEASES.\*

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Winternitz, in his system of Physiologic Therapeutics, says, "Hydrotherapy is the systematic application of water at various temperatures and pressures and in varying forms to the surface of the body for dietetic, prophylactic and therapeutic purposes."

To properly carry out the principles of hydrotherapy, as laid down by Winternitz, it is necessary to have an apparatus whereby water may be applied at an exact dosage, that is, it must be capable of absolutely regulating temperature and pressure to suit the various conditions which we are called upon to treat, if we are to meet with success.

We are still in the embryonic stage, at the Homewood, as far as hydriatic treatment is concerned, having only had a year's experience with the apparatus, as designed by Simon Baruch, of New York City, but the results thus far obtained are very encouraging, and lead us to hope that much good may be done along the lines of hydrotherapy. I do not think that I can lay too much stress upon the fact that the treatment must be exact to be successful. Just as you give exact doses of drugs for certain conditions, so you give exact doses of water—you expect certain results to follow the dose of the drug—and you also expect certain results to follow your water dosage—therefore, I say, be exact.

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\* Read at Canadian Medical Association, Ottawa, June, 1908.