

ties at the Hospital for golf, tennis, cricket and bowls. This routine applies to the average convalescent patient. No matter how incapacitated a patient may consider himself to be, he is we hold capable of, and is required to do a certain prescribed amount of useful work. All patients who are unable to swim are taught to do so. The diet is a plain wholesome one, containing an extra amount of milk and vegetables. All curative work and gymnasium is under the strictest supervision, and a daily report is furnished to the Medical Officer as to the manner in which his patients have carried out the day's routine. The tone which prevails in the whole institutional regime is one of discipline, combined with firm tactful handling of the patients.

To summarise briefly the value of hospital treatment apart from the special treatment:—

1. Institutional regime.
2. Firm and strict discipline.
3. Definite opportunities of recreation.
4. Definite daily work.
5. Removal of the patient from adverse surroundings.

No matter what may be the special value of the specialised forms of treatment, the routine itself cannot fail to benefit the neurotic. The close supervision insures that the treatment shall be carried out. Supervision is of the utmost importance in dealing with the neurotic, and, as has already been pointed out, it is easy to indicate treatment, but it is the reverse of easy to ensure its being carried out to the letter. The climate and geographical isolation of Hanmer help materially to provide a suitable environment for these patients.

In the past there have been various forms of treatment for these conditions, but none have met with universal approval. During the last decade a great deal of attention has been centred on the psychogenic factors in the production of the neurosis, and it has been generally recognised that a basis for rational treatment must be sought. This is the result largely of Freud's pioneer work in the study of the sub-conscious mind. While realising the

importance of Freud's findings, we do not fail to employ other methods which assist in curing the patient. These additional methods are: Suggestion, re-education and the general influence of institutional regime. Hypnotism as a result of its failure to bring about a permanent cure has largely fallen into disuse. Psycho-analysis is the term employed to denote treatment on psychological lines. This treatment is based on the theory of mental repressions.

The psychologist divides the mind into two parts, the conscious and the sub-conscious.

The conscious is the reasoning mind as opposed to the sub-conscious, which is the instinctive and emotional mind. It is in the sub-conscious that are stored incidents of one's life which are apparently forgotten, and hence it is in the sub-conscious where repressions are found.

A good explanation of the term "repression" is given by Coriat, who states as follows:—

"A repression is a defence of the mind under normal and abnormal conditions to neutralise or put out of action unwelcome and unpleasant thoughts. These thoughts are pushed back into the sub-conscious, become repressed, and the effort of these repressed thoughts to find an outlet produce nervous illness. The mind attempts to find a refuge and free itself from the mental conflicts through repression. A great deal of the "forgetting" which occurs in normal individuals and in cases of nervous illness is not due to any actual decay of memory, as is commonly supposed, but to an active repression. Repression underlies the forgetting of dreams, those losses of memory for limited periods of time termed amnesia, somnambulism, and also the condition known as double or multiple personality. The repressed conflict may find an outlet, and be expressed in what is known as projection. This projection may manifest itself in peculiar nervous symptoms of a symbolic nature, or even as fixed ideas or compulsive thinking. The dream is the most common symbolic representation of repressed thoughts."

This repression acts as a foreign body, and is a source of constant irritation to