

## Nursing in Nervous Disease, particularly in Hysteria.

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### V.—ELECTRICITY.

Electricity accomplishes somewhat the same result as does massage, but is more deep in its effect.

muscles in turn, beginning with the feet, legs, and thighs, and are moved about so as to move groups of muscles and individual muscles. Care must be taken to avoid placing the electrode over bony prominences, such as the shinbone, but always over a cushion of muscle. Tendons will, of course, give no reaction to the current, but the electrodes, when properly placed, cause a gentle muscular contraction unattended with pain. By being familiar with the so-called "motor points," the most advantageous positions for moving the muscles may be recognized and much time saved.

After the legs, the muscles of the abdomen,



The battery for this purpose should be a faradic which is provided with the slow interrupter, automatic in its movement, as in the larger faradic battery of Flemming.

The disks of the electrodes should be circular, about one inch and a quarter to an inch and a half in diameter, and covered neatly with absorbent cotton, which should be renewed at frequent intervals. As in the case of massage, the operator should follow a centripetal method. The poles moistened with hot water which need not contain salt, are placed about four inches apart upon the

back, and loins are taken systematically, then those of the chest and arms. The neck and the head are not touched. It is immaterial with regard to the position of the positive and negative pole; but the primary current is probably the better to employ. After the various muscles are treated so as to give four or five contractions to each, the battery is adjusted for the rapid interruption, and a flat electrode about two and a half by three inches is placed under the neck, and one of the ordinary discs is held at the sole of one of the feet. At the end of seven minutes the other foot is brought into

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