

and thorough in business; but at home dejected or fretful. He is a small eater, a light sleeper, and a warm worker. These persons are the heirs of every true neurosis, from insanity to toothache; and, on the whole, when we consider the infinite perturbations of intermarriage, it is surprising how true they run, or how clearly you may detect the neurotic strain in mixed descendants."

As far back as 1875, Dr. Weir Mitchell's attention was drawn to the large number of cases at his Philadelphia clinic for Nervous Diseases, which had been set down as general nervousness, and, on further investigation he found, to his surprise, that a very large number of these were men. Up to this time "this striking, this annoying, this disabling condition, had rarely been delineated in the books, or, if spoken of at all, it was as if it were entirely the sad prerogative of woman."

The prominent peculiarity of general nervousness lies in over-excitability: "A healthy organism should respond to calls upon it with an elasticity like that with which the cushion of a billiard table responds to the blow of the ball." But the neurotic patient is too easily moved, too readily excited. "The strong man becomes like the average woman, the woman like the unschooled child, and the symptoms for the most part are not utterly abnormal, but are exaggerations of normal conditions. Many of the characteristics exhibited by the nervous man on the slightest provocation are seen in the normal man at times on rare occasions, under exposure to unusual emotion. A nervous man receives a telegram; he becomes pale, his head throbs, and he opens the envelope with a trembling hand. It proves to be a message of no moment, but the effect lasts for an hour. In George Elliot's words, in her wonderful character study 'Middlemarch,' 'the frame becomes as dangerously responsive as a bit of finest Venetian crystal.'

With the tendency to be easily moved there is also a certain apprehension which applies both to the possible effects of outside influences and to the symptoms of the patient himself. What he feels he exaggerates, and he is alarmed by what he feels; knowing, also, how certain agencies affect him, he dreads them, and thus learns to shun his fellows, and so to avoid the incidents which contact with men bring about. Who has not remarked the very bashful youth or man? Watch him, say as he enters a drawing room, and observe the constrained and anxious look which his features assume, as he imagines himself the centre of everybody's gaze. The bashful man is nearly always neurotic, with his egotistic or self-distrustful ideas.

"In all such men anxiety, fear, and embarrassment, are prone to occasion some disturbances in the sphere of motor activities, which are,