

man with his telephone close at hand may be saving time on each transaction, but by enormously increasing the number of his transactions he is not saving *himself*.

The keynote of neurasthenia is *increased liability to fatigue*. The tired feeling that comes on with a minimum of exertion, worse on arising than on going to bed, is its distinguishing mark. Sleep, which should remove the fatigue of the day, does not; the victim takes half of his day to get going; and at night, when he should have the delicious drowsiness of bedtime, he is wide-awake and disinclined to go to bed or sleep. This fatigue enters into all functions of the mind and body. Fatigue of mind brings about lack of concentration, an inattention; and this brings about an inefficiency that worries the patient beyond words as portending a mental breakdown. Fatigue of purpose brings a listlessness of effort, a shirking of the strenuous, the more distressing because the victim is often enough an idealist with over-lofty purposes. Fatigue of mood is marked by depression of a mild kind, a liability to worry, an unenthusiasm for those one loves or for the things formerly held