

Let us not be discouraged ; we should have just as certain results in the treatment of neurasthenia, if we can but obtain the conditions, as in any other disease. Remember, that nature returns to the normal, if we but give her a chance.

Obviously, neurasthenia produced by widely different cases requires different treatment. The patient who is exhausted by toxic disease, tuberculosis, gastric ulcer, excessive physical strain, should have more rest and less exercise. The dolting, brooding, despondent patient requires more life and excitement; and conversely, the one who has had too much society and excitement and loss of rest, requires quietude and rest.

Neurasthenia caused by sedentary and mental occupations, or by indigestion and lithæmia, should have abundance of exercise and outing. It is remarkable how a vigorous muscular exercise induces sleep, clears the brain, cleanses the blood, by burning up the waste and removing the cause of depression.

Pay great attention to digestive disturbance, constipation, intestinal, auto-toxæmia; see that the functions of the liver, kidneys and skin are performed well, as would be done in any other case. Support the abdomen by a proper appliance, and this is necessary in the great majority of cases, and yields most gratifying results; attend to gross derangement of any special organ; study the cause of insomnia. It is often due to slight intestinal irritation from undigested particles, or flatus, which would cause no trouble where sensibility was normal—a hot rectal douche often relieves this; frequently acrid secretion in stomach prevents sleep; some mild, alkaline drink to neutralize or the hot water flush, lavage, to the end of digestive tract is most successful. The head is often full, hot and throbbing, with the feet cold. Change this order of things by cold to head and heat to the feet; cold, very cold air is decidedly conducive to sleep, hence encourage sleeping outside or with window out. Hot bath and gentle massage on retiring; if in very nervous, excited state, give full dose of bromide or trional, get the effect but don't continue too long.

Now with regard to any special means of strengthening the nerves. The best observers have decided that these are mainly delusive, except so far as anæmia and general nutrition is concerned; then iron and arsenic and strychnia give us good assistance. It is questionable whether phosphates and hypophosphites, and other fancy preparations, act otherwise than stimulants. But there is a section of therapeutics that I wish to mention with some emphasis in conclusion—I refer to animal extracts. There is no doubt that in