

No doubt this is not the patient for the brilliant, gushing practitioner to make a sudden reputation on, but is the ideal case for the quack and charlatan to manipulate and impose upon.

The physician who would successfully treat a neurasthenic patient must have a great heart, in deep sympathy with the suffering, semi-demented patient; with a profound knowledge of the science of life and health, and of the analyses of the causes in the complex condition presented in this morbid, chameleon-like disease.

But, sir, I claim it is our duty to begin the treatment of neurasthenia long before the patient breaks down, even years before it actually develops, and often a generation or more previous.

It should require at least as much skill and intelligence as is used in the care and breeding of the lower animals.

We must act as in the treatment of any other disease, and get at the primary cause and remove it, which involves heredity, school life, recreation, and our modern social and business life.

We must have homes and good homes; let the mothers look after the homes and teach the daughters how to make homes and be healthy, instead of running associations and clubs for the saving of wicked man. Let them learn how to present a good, healthy, capable girl, who knows how to make a home, to a young man for a wife, and there will be less drinking, and fewer men's clubs, and more happiness, and less disease and sorrow, and less cause for anxiety and worry and for intense application for all parties.

Let the children be taught self-control, self-denial, self-reliance, courage, the reasonable simple rules of diet, exercise, sleep, rest and recreation—how to meet and bear trouble and disappointment—in fact, sir, it is a study of the betterment of the race.

I am convinced more and more that the life of the race may be increased 25 per cent. not only in length, but in capability; and the happiness, morality, and spirituality increased 100 per cent., by the medical profession arising to its duty and society obeying its dictates.

I fear that we, as professional men, to whom our patients and society look for advice and guidance in our specialty,—and to whom else can they look if not to us, sir?—that we have not had the influence, nor have we tried zealously enough to control the wild, careless, insane condition of the social customs of our times, chiefly with respect to the lives of our girls, who must grow to be the mothers of our race.

Everything else but vitality and force is looked after; school and study; music, painting and fancy work; indoors and reserve; and