

the first change is one in which "strain becomes excessive and is manifested as worry. The individual loses the distinction between essentials and non-essentials, trifles cause annoyance, and the whole organism reacts with unnecessary readiness to slight stimuli."

This change comes on usually as a result of over use of function, whether of the brain, stomach, or sexual apparatus, in an individual previously of a type of mind quite the opposite of the above described. He has, perhaps, been a man of great natural force and large mental endowment, but extravagant in his use of his nervous capital, wasting it in large affairs and refusing to listen to Nature's warnings till her Nemesis overtakes him, and the Furies busy themselves as did Prometheus' vulture of old, not always on his liver as they did in the myth, but on some of the viscera or organs, to which the victim attributes all his woes, with the vexing persistency and profusion so familiar to all physicians.

Vice, from the physician's point of view, has been recently very neatly defined as "a voluntary neglect or abuse of normal functions," a definition which upon analysis will be found, I fancy, to cover the ethical as well as the medical needs of the term. The same writer has said also that "Vices, then, are acts and habits which depreciate the organism as a working machine." Particularly is this seen to be the case when we consider the two different kinds of value attaching to the normal discharge of function. These have been defined as the nutritive and dynamical; nutritive value as when one feeds the blood by proper eating, or by walking abroad, exercises his muscles; the other, when by the same proper eating one "gladdens the heart," as in Scripture, or when by the same walking, or better riding, abroad, a noble prospect, like the Thames from Richmond Terrace, stirs the imagination. The former, the nutritive, has as its vehicle the *blood system*, and the latter, or dynamical value, has as its chief vehicle the *nervous system*, particularly the higher elements in the brain, but reflexly the lower automatic or vegetative mechanism as well. One thinks here of the distinction now-a-days being made by psychologists, between the objective mind, and the subjective, the latter controlling the functions and sensations of the body, usually subconsciously, and being amenable to control, for good or evil, by power of suggestion.

To resume the differential diagnosis of hysteria and neurasthenia, in addition to these physical and mental differences, one notices that, as regards *sex*, the neurasthenic is as often male as female, while hysterical patients are nearly all female.

As regards *age*, neurasthenia may occur at any age, but young male adults are somewhat predisposed, while hysterical manifestations are seen, if they occur at all, always before the