

which are the noticeable increase in sensitiveness to drugs. Physicians often now-a-days have to prescribe only one-sixth of the old dose. Another sign is the absence of thirst. Few people drink water, even when they can get it purer than we unfortunately can. I have noticed this in myself—and I am much less affected by neurasthenia than the majority of my friends—that even when absolutely abstemious. I have no desire for water, and very little desire for fluids of any sort. Even soup is not palatable, unless I have previously spent myself in physical exercise. When I discontinue the use of tobacco in any shape or form, I find the absence of thirst even more noticeable, especially after a spell of hard reading or writing at night. Dr. Brunton and Dr. Salisbury both hold that indigestion is a cause of nervous exhaustion; and Dr. Beard, while agreeing with this, also holds that nervous exhaustion may be a cause of indigestion and thus indigestion become a sign of neurasthenia. At all events, an undisputed sign of lessened nervous force is the sensitiveness of the digestive organs, which is manifested in the rejection of coarse foods and the smallness of the quantity consumed. Nearsightedness and weakness of the eyes is another sign of nervous exhaustion. You will at once say that the Germans must be a nervously exhausted people, for almost every third German wears glasses. This is not so, however, for much of German myopia may be laid at the door of their type and MSS. Again, the Germans are not so richly endowed with nervous force as our own people, and the excessive use of the one organ, such as the eye, produces in them a local disease of the eye, not the constitutional disease neurasthenia, which results in the American breaking down, with the consequence that his eyes become near-sighted.

Another sign of over-taxed nervous force is the early and rapid decay of the teeth. Such people as the Chin-

ese and Indians, who have no drain upon their mental force, all have good teeth, a peculiarity also of idiots, as Mr. Kingsley says. I need not enlarge upon this, for Americans and Canadians are always on the trot to the dentists, and if it be not due to the higher civilization of this continent, then I don't know where to look for the cause. Other signs are the great increase of baldness among young men; greater sensitiveness to heat and cold. A lymphatic Englishman does not need an overcoat in Canada, even upon the coldest day, if he is a new arrival. After he has been in the hurly-burly of our life here for a few years, he can shiver with the best of us.

To the tax which advancing civilization lays upon nervous force is attributable the great increase in such diseases as nervous dyspepsia, sick-headache, nearsightedness, chorea, insomnia, asthenopia, hay-fever, hypochondria, hysteria, neurasthenia in its cerebral, spinal, sexual, digestive and other varieties, epilepsy, inebriety, and insanity. Diseases such as diabetes, Bright's disease, hay-fever, chronic catarrh, etc., are largely attributable to the tax on nervous force.

In woman the effects of our higher civilization is even more plainly seen than in man. The entrancing beauty of our women—and no city in the world has as large a proportion of lovely women as the native Canadians of Toronto,—is due to the delicacy of their nervous temperament, a delicacy which shews itself even in dress, but is more noticeable in dentition, puberty, change of life, parturition, and the dangers now attendant upon childbirth, which are in many cases so great and hazardous that means condemned by the law have to be resorted to for saving life. The decreasing number of the American family is due to the enormous demands of the higher civilization upon the American woman. She has not the margin of nervous force to stand the strain of child-bearing.