

Irritable bladder is a symptom noted in this group especially in men. In women, ovarian tenderness is not a special feature of neurasthenia, though frequently the ovaries may be extremely sensitive and painful. The testicle in men may also be very painful, and this feature of the trouble is often met with. Perhaps you will be consulted by the sexual neurasthenic more than by any other class of neurasthenics, and what you have to do is to let the patient give you his fullest confidence and let him feel that it is so. Do not ridicule his symptoms, for to him they are only too real and cause him a world of suffering.

PROGNOSIS:—What Clifford Allbut has said about prognosis I heartily endorse, and that is:—"The patient who can lift his eyes to the future will recover; he whose thoughts writhe in the past is on the broad road to lunacy," and so in great measure it is.

The patient who has hope and feels that he will recover has more than fought the battle. There are many things to consider in deciding on a prognosis especially if the organic changes outlined have not had time to so undermine the functions of the organs secondarily involved, especially the stomach and kidneys as to compromise their physiological functions and nutrition and elimination of waste products, and proper prophylactic measures are strictly enforced in conjunction with judicious treatment. Altogether, we find that in those cases of simple and sudden neurasthenia the prognosis is especially good, but where the disease has gone on for a somewhat long period it is apt to run a chronic course.

Neurasthenia cannot be said to shorten life though it may empty it of its achievement. Neurasthenia, like phthisis and not a few other diseases, is a costly mischance, not only in the damage it does, but also in its demands.

PATHOLOGY:—The pathological lesions occurring in neurasthenia have so far not been at all definitely described.

That there are changes is certain. Such men as Gowers, Sajous, Dereum, Allbut, Osler, Church and Peterson and others, say that as yet we know next to nothing of the pathological lesions of neurasthenia. So far all is theory. The experiments of C. F. Hodge (7) perhaps may cast considerable light upon the condition, also those of A. Mosso (8). Neurasthenia does not stand in any relation with anæmia, chlorosis or other affection of the blood. It is supposed to have a pathology of its own, involving the nervous system directly.

Hodge's Theory:—Hodge's experiments were on the English sparrow, swallow and honey bee, the cat, etc. The spinal cells of cat, etc., were stimulated with electricity and this stimulation was prolonged. Irrespective of the animals selected, changes were discovered in the new cells, and, further, these changes were all the same; they involved the