

ness, childbirth, poverty, overwork, wrong sex habits, lack of fresh air, etc.

Fundamentally neurasthenia is a deënergization. By this is meant that either there is an actual reduction in the energy of the body (as after a sickness, pregnancy, etc.) or else something impedes the discharge of energy. This latter is usually an emotional matter, or arises from some thought, some life situation of a depressing kind.

It is necessary and important that we consider these two aspects of our subject a little closer, not so much as regards the housewife, but over the wider field of the human being.

The human being, like every living thing, is an instrument for the building up and discharge of energy. He takes in food, the food is digested (made over into certain substances) and these are built up into the tissues, — and then their energy is discharged as heat and as motion. The heat is the body temperature, the motion is the movement of the human body in all the marvelous variety of which it is capable. In other words, the discharge of energy is the play of our childhood and of our later years; it is the skill and strength of our arms, the cleverness of