

necessary to describe the affection, and to point out the various forms, both the commoner and the rarer, that it is clinically found to assume. Again, prophylaxis presupposes a knowledge of all the possible causes of the affection; hence it has been necessary for us to make a short study—or at least a detailed enumeration—of these causes.

Hygienic measures, which would suffice to prevent Neurasthenia if they were rigorously applied and, we must add, if they were always applicable, usually suffice also to cure it when the complaint is capable of cure. Without wishing to abolish treatment by medicines, we venture to say that on the whole more harm than good has been done by drugs both to those threatened by Neurasthenia and to those already attacked. If we could draw up a schedule of the evil results of so-called tonic and "building-up" medicines, of the different hypnotics, in short of all the pharmaceutical products that overload the more or less well-advised forms of treatment that have entered into daily use, we should ask if neurasthenics were the debtors or the victims of medicine. Was it not Montaigne who said that the physicians of his time, to avoid curing the brain at the expense of the stomach, injured the stomach and made the brain worse, "by their confused multitude of discordant drugs"? Do not let us imitate the bad practitioners of that age, and do not let us forget that a medical man