

No globus hystericus, no anæsthesia of the epiglottis, ovarian tenderness less common, and attacks of anæsthesia far less frequent and less permanent.

Symptoms more moderate, quiet, subdued, passive.

May occur in well-balanced, intellectual organizations.

Very common in males, though more common in females.

Is always associated with physical debility.

Never recovers suddenly, but always gradually, and under the combined influence of hygiene and objective treatment.

Neurasthenia must also be distinguished from nervous syphilis, and a common cold, the symptoms of which it often simulates.

#### DIFFERENTIAL DIAGNOSIS OF CEREBRASTHENIA AND MYELASTHENIA.

The symptoms which suggest cerebrasthenia (exhaustion of the brain) are obviously those that are directly or indirectly connected with the head, and they may be either physical or psychical. Tenderness of the scalp, a feeling of fulness in the ears and head, all disorders of the special senses, tenderness of gums, deficient thirst, morbid desire for stimulants and narcotics, gaping, yawning, rushes of blood to head, congestion of conjunctiva, the different forms of morbid fear, mental depression and impairment of memory and intellectual control, all indicate that the brain is chiefly affected. Certain symptoms, however, as external tenderness of the scalp, general or local itching, clamminess of the extremities, muscæ volitantes, pain and heaviness in the back of the head, may arise from exhaustion of the upper part of the spine.

The symptoms that suggest myelasthenia (exhaustion of the cord) are local spasms of muscles, local chills and flashes of heat, shooting pains in the limbs, startings on falling to sleep, morbid sensations at the bottoms of the feet, as of burning or tenderness, sexual debility, pain in the back, creeping and crawling sensations up and down the spine, incontinence of urine or paresis

Globus hystericus, anæsthesia of the epiglottis, ovarian tenderness, and attacks of general or local anæsthesia.

Symptoms acute, intense, violent, positive.

Usually associated with great emotional activity, and unbalanced mental organization.

Very rare in males.

In the mental or physical form occurs in those who are in perfect physical health.

May recover suddenly, and under purely emotional treatment.

of the bladder, feeling of pressure in the chest with or without ticklishness in that region, heaviness and stiffness of muscleless simulating rheumatism, sensitiveness to cold and changes in the weather, hyperæsthesia of mucous membrane, dryness of skin or morbid perspiration, dryness of the joints, and dilated pupils. Some other symptoms, as nervous dyspepsia, numbness and hyperæsthesia, and insomnia appear to be common to both. In cerebrasthenia, physical exercise is generally well borne, while in myelasthenia, it is fatiguing and disagreeable. From this fact I derive the practical rule for treatment that in cerebrasthenia a certain amount of exercise is allowable, while in myelasthenia, relative or absolute rest is demanded. Cerebrasthenia and myelasthenia are sometimes combined, and not unfrequently alternate with each other. These facts complicate both the diagnosis and treatment.

In regard to the probable pathology of neurasthenia, my view is that there exists an impoverishment of the nerve force, resulting from bad nutrition of the nerve tissue on the metamorphosis of which the evolution of nerve force depends. As in anæmia there may be a deficiency in quantity or impairment of quality of the blood, so in neurasthenia there is, without question, deficiency in quantity or impairment in quality of the nerve tissues.—*Summarized from the "New York Medical Journal," 1879.*

In the *Journal of Nervous and Mental Disease*, April 1879, there is an article entitled "Other Symptoms of Neurasthenia," by Dr. Beard, in which he supplements the above by analyzing more in detail some of the symptoms described, and by giving others not previously described.

*Deficient thirst and capacity for assimilating fluids.*—This is a frequent symptom of neurasthenia. There are many who for years have a poor appetite for fluids as they have a poor appetite for solid food; they live on a small quantity of liquid, and perhaps without suspecting it until their attention is directed to the fact. When we remember that the body is composed mostly of water, we can easily see that there is a danger of starving for want of liquids.

*Abnormal Dryness of Skin, Joints, and*