

patient in pursuing some healthy hobby, something that will bring him more into the open air and nearer to Nature. If he be fond of botanizing, etc., so much the better. What is to be sought after is the concentration of the patient's mind on such things as will give him pleasure and take his thoughts from himself. Whatever the patient's pursuit in the treatment may be, see that the mental diversion is one which will at least interest him.

No more cruel mistake has ever been made in medicine than that of driving exhausted neurasthenics into amusements which they are not only too wretched to enjoy, but which actually aggravate their symptoms, for it should be always fully realized that fatigue must be avoided as if it were a poison.

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