

hours; more sleep, abundance of outdoor life with cheer and pleasure, taking mind off self and work. This is one of the characteristics of neurasthenia, that the mind constantly reverts to itself—patient wants to talk of own ills all the time; switch him off as you may and back he comes; every side track and every event or article in the world will be twisted to have something like his case, and back he comes to himself and his cares like a boomerang. I have christened this the boomerang sign.

Nothing but constant diversion and keeping at it will conquer this and the better we succeed here, the sooner our patient will improve; and nothing helps like complete change from friends and old surroundings, with agreeable and ludicrous, funny or pleasant, and enjoyable out-of-doors games or sport—his hobby if he has one.

It is generally the man who has no hobby that goes down; it is well said that every one should have his hobby, to take his mind off cares. In this regard, those who have troubled to take statistics report that the average life of a steady man on the stock exchange, Wall street, or similar business intensity, is 12 years; but the man who goes on a big booze once in two or three months and abuses himself badly, burning his stomach, liver and kidneys; chilling his lungs, rolling in the dirt and all dissipation; stands it longer notwithstanding the abuse, because of the rest and relaxation to the mind.

Another great hindrance to the honest, capable physician is money and means. We can only adopt the measures that the patient's means will allow and unfortunately those patients require the most costly details of treatment in travel, food and surroundings.

It is very important for us to consider here to what extent neurasthenia arises from, or is influenced by indigestion, lithemia, insomnia, etc. Exhaustion of nerve energy is often the primary cause of inaction of the organs, and of physiological and metabolic derangement, but the early tremendous disturbances produced by indigestion (intestinal auto-toxemia, faulty metabolism and elimination) are so great, that the primary cause sinks into insignificance, and the person is suddenly a wreck, changing to better or worse just as the auto-toxemia is relieved or advances.

In fact, in the early stages of neurasthenia, before the toxemia and irritation has developed, patients feel not too badly, and later on each time as we succeed in removing these effects, the patient feels better; but just as soon as these are permitted to return, the purgatorial fires are fanned into fury, everything is demoralized, all seems dark blue, all hope, cheer and connected thought are paralyzed and