

patient had hyperpyrexia, and yet the legs and feet be quite cold. One hand may be hot and the other one cold. One side of face may be blushing while the opposite may be normal. There seems to be lack of co-ordination in the vaso-motor centre. This also gives us a clue as to the reason for the weakness which accompanies digestive disturbances in neurasthenics.

4. Digestive disturbances. So many of these patients suffer from flatulence, both gastric and intestinal. As the digestive system is a drain on nerve energy, we may rather look for disturbances in that domain in neurasthenia, especially if co-ordination is not perfect in the vaso-motor centre.

Constipation, of course, naturally follows, with the tired feeling increased by absorption of CO_2 from bacterial digestion of cellulose.

With the upset digestive tract in neurasthenia we have a vicious circle formed, at each revolution of which the patient is further down the hill.

5. Exhausted nervous system shows itself often in an irritability of the cord, or nerves leaving the cord.

It is common to find two spinous processes in regions of 1st and 2nd lumbar, or in mid dorsal regions, tender to pressure. Pain or numbness may radiate out from the spine, down one or both arms, perhaps down the legs; but the most common location is up the occipital region from back of neck. The patient feels relief on pressing the hand against the back of head. Numbness and tingling in finger may be present. Also, frequently there is present increased patellar reflex and a fine tremor of the fingers on extension of arm and fingers.

Etiology.—A. Predisposing. 1. Heredity. 2. Anything causing constant, excessive expenditure of energy. 3. Alimentary.

B. Exciting. 1. Shock. (a) Railway. (b) Bereavement. (c) Post-operative, with long convalescence. 2. Excessive strain at any one time.

1. Heredity. There is no doubt that high-tension dispositions may be inherited, and such a one is very prone to run into neurasthenia if overworked.

2. Prolonged overwork with anxiety will use up the nerve reserve, producing the trouble.

Nature is at all times trying to compensate for overdrafts made on her bank account, and she is like our every-day bank managers in this respect, that she does not tell us always in audible terms that we are nearing the end of our reserve, until