

once gets established, it reveals itself by a group of symptoms that, however much they may vary in intensity are mostly fixed and constant.

2. There are certain, though not well known or always recognized symptoms of neurasthenia and allied states, which do not often if at all appear in structural disorders. Among these are general or local itching without apparent cutaneous disease; tenderness of the teeth and gums; special idiosyncrasies with regard to food and medicine which did not exist prior to the illness; morbid desire for stimulants and narcotics; morbid fear in its different phases, agoraphobia (fear of places), astraphobia (fear of lightning), anthrophobia (fear of men); sick headache; lack of desire for fluids.

3. In organic disease, reflex activity is generally diminished; in functional disease reflex activity is generally increased. There are some exceptions to this rule, as spasmodic spinal paralysis. There are "par excellence," three great centres of reflex action—the brain, the stomach and digestive organs, and the genital or reproductive system. When any one of these is irritated by over-use or direct abuse, the injury is likely to radiate or reverberate in any or all directions. In the neurasthenic one can never tell from the locality of the pain or other symptom where the disease really is.

4. Neurasthenia and allied troubles are most likely to occur in those in whom the nervous diathesis predominates. Among the chief signs of the nervous diathesis are fine, soft skin, fine hair, delicately cut features, and tapering extremities.

DISTINGUISHED FROM HYPOCHONDRIASIS.

Hypochondriasis may occur in those who are in all other respects except apprehension of disease perfectly well. Some mental diversion, such as change of scene, may cure at once; while in the neurasthenic patient, such diversion may assist the cure, but cannot accomplish it suddenly, or usually without assistance.

DISTINGUISHED FROM CEREBRAL AND SPINAL ANÆMIAS AND HYPERCÆMIAS.

In neurasthenia the anæmia and hyperæmia of the brain and spinal cord are results, *i. e.*, tem-

porary or intermittent symptoms, and not the disease.

DISTINGUISHED FROM ANÆMIA.

NEURASTHENIA.

Chiefly found in the nervous diathesis.

Impoverishment of nervous system; no necessary anæmia. Patient may be plethoric.

Found chiefly between the ages of fifteen and sixty.

Not at all necessarily dependent on any important recognizable organic disease.

Pulse may be full or normal, usually regular, but sometimes very rapid or very slow.

No cardiac murmur.

Easily fatigued by exertion; mental exertion in cerebraesthesia more exhausting than physical. Memory often temporarily weakened, and consecutive thought, and sustained mental activity frequently impossible, even when prolonged muscular labour causes little or no fatigue.

Insomnia a very frequent complication.

Habitual mental depression.

No necessary or constant disturbance of the circulation.

Though common to both sexes, not relatively so frequent in females.

Is benefited by remedies that directly affect the nervous system, such as electricity, phosphorus, strychnine, zinc, and oil while iron alone is of little service.

Usually recovers but gradually, and under the influence of rest, nutritious food; and various sedatives and tonics.

ANÆMIA.

Appears also in the tuberculous or rheumatic or other diathesis.

Impoverishment of the blood, increase of water, and diminution of red corpuscles.

Found in all periods of life from extreme infancy to old age.

More frequently, though not necessarily, associated with some organic disease, as tuberculosis, carcinoma, morbus Brightii, etc.

Pulse small, weak, and compressible.

Murmurs at the base of the heart and over the large arteries, "Venous hum" in the neck.

Easily fatigued by exertion. Physical labour always more exhausting than mental.

Insomnia not so frequent a complication: frequently an abnormal tendency to sleep by day as well as night.

Mental depression not so frequent.

Disturbance of the circulation, with habitually cold extremities.

Far more frequent in females.

Is benefited by remedies such as iron which directly affect the blood.

May be rapidly removed by the removal of the organic disease.

DISTINGUISHED FROM HYSTERIA.

NEURASTHENIA.

No convulsions or paroxysms.

HYSTERIA.

Hysterical convulsions or paroxysms.