

and speaks also of the sacrifice of another friend to such an experiment. (Biography, 26.)

"... A long intermission of idleness and some natural methods of cure were necessary to restore him. He would not be sick, he had no time for that! His creative mind scorned every inactive hour. He would be well quick and thought to bring this about by drugs. One who like myself has seen such a normal and splendid nature gradually ruined as was his, will understand my passionate wish that the whole science of medicine were finally unlearned. Individual physicians have already done this. With bitterness I think how little the extraordinary and entirely varied influence of place, nutrition, and climate upon different persons is recognized and taught; for instance I hold that the climate of Basel is entirely inappropriate to all those disposed to migraine. Life and experience have taught me this, too late to help the one whom I have most loved." (Biography, 26.)

"Drugs destroyed my brother's good stomach; after his recovery, so far as external appearances went, from a great shattering of his health, there was a severe occurrence every two or three weeks of his migraine. He now sought to overcome it by every kind of treatment, but this made it only the worse. To this was added severe ocular troubles attended at times with great pains in the eyes. Stomach difficulties, headaches, eye troubles, sleeplessness, such were his afflictions. Finally he lost all faith in physicians, but not, alas, in drugs." (Do.)

His frequent illness made him more and more a subject of treatment and commiseration. . . . He endeavored during the intermissions of his sufferings, and with his reduced power of work to bring the entire limitless circle of all his knowledge to word and system. (Do.)

"If only my eyes would hold out." (Letter, 26.)

In January, 1871, "His health continued to grow visibly worse. He became jaundiced, enteritis set in, and he was bitterly tormented by sleeplessness. Leave of absence was obtained from the university for an extended vacation in Italy. With out-of-door life he immediately recovered health and spirits and his playfulness was so noticeable that it was said of him that he must be 14 instead of 26 years of age." (Biography, 26.)

He returned to Basel April 10, 1871.

"Headaches," "uncertain nights, with terrible dreams," "headaches," are noted. "A horrible earnestness seized me in everything I attempt to do." (27.)

Extremely, extremely depressed. . . . He suffered greatly with his eyes during the summer, and a friend attended to much of his correspondence for him. . . . During the entire year his health was bad: it began with a severe cold and a week-long condition of grippe. In the summer his eyes plagued him, and in the autumn his stomach caused much uneasiness. Up to the end of the year his health was very miserable, but the two weeks of holiday season spent at Naumburg were of great benefit. He was much improved by his visit, especially as regards his nerves. (27.)

"In this way I will not spoil my stomach, my eyes and my vacation." (Letter, 28.)

"I was ill, lay abed—here at home—the old litany." (Letter, 29.)

"An extended grippal condition with inexhaustible colds." (Letter, 29.)

The spring of 1874 found Nietzsche in better condition than usual. (30.)

It seems to me at the age of 30, as if I had lived 60 years. Physicians and medicines have been banished since new-year's and still my stomach remains weak. . . . I am not yet entirely recovered from my *Kindbettfeber*." (30.)

"... geistig! (alas not bodily)." (30.)

"Recent reports of disturbing bodily sufferings." (Bulow to Nietzsche, (1874.)

"From time to time we are revenged for the dominating concealment and compelled withdrawing; we come out of our holes with frightful countenances;

¹ Frau Förster-Nietzsche's homeopathic prejudices and education are frequently visible in the biography. Doctors she does not like.