

allowed to carry on a part of the usual occupation, as, for instance, a student carrying a certain number of hours a week may be allowed a limited number of hours of such work that least disturbs him.

Every day comes the same tale of woe, the same wails, the same lack of faith in the desired outcome of the case, yet after some weeks it will not be quite so hard to interest the patient in other things, the depression will be relieved for a longer time, and finally the patient begins to believe for himself that life is a good thing, that he has a work and is able to do it. Then for a time the ambition must be curbed and the amount of work and alternate rest carefully regulated. The patient must be taught the physiology and hygiene of his higher nerve centers. He must be shown that nature will be revenged if she is abused, that fatigue must be followed by a proper period of rest, that with care the nervous system becomes a source of joy to its possessor rather than one of torment. If this teaching could be given earlier the cases of neurasthenia would be few.

Static electricity and hydrotherapy are of great value in the treatment of these cases. The static treatments should be given daily, or if the patient is in an institution, twice a day, for ten minutes, nine minutes being given up to the breeze, while a discharge of sparks from between the shoulders over the organic spinal centers finishes the treatment.

The patient should always be closely attended during treatment, as all of them are apprehensive and nervous, and it is during this treatment that the daily interview may take place.

Hydrotherapy, in the form of cool, salt sponges, the salt glow followed by alternating hot and cold pours in the mornings, and a warm bath at bedtime it least three times a week, is most efficient.

It is generally necessary to overfeed and this is done by increasing the number of meals rather than the quantity of food at each meal. It is a good plan to give between meals and at bedtime a glass of milk. This may be cold or hot, according to taste, and may be varied by substituting broth, cocoa, or an eggnogg, once in a while. If necessary stomachics and digestives may be added, and, as a rule, a sedative nerve tonic hastens the cure.

As to time, an average case takes about three months' time for recovery. The less medication employed the better. Nature will do a great deal in these conditions, if by general management of the physical symptoms and special attention to the psychic symptoms, we keep the patient in such a mental state that she has opportunity to act.— *The Physician and Surgeon.*