

have advised Faradization and general galvanism in certain symptoms, headache especially.

Prof. Grasset, in speaking of isolation in these cases, says: The patient should be separated from his family surroundings and be isolated in an institution where he will be under the continuous and absolute care of a resident doctor. Hydrotherapy is only one of the means to be employed later with some neurasthenics, not at all with others.

The *medicinal treatment* of neurasthenia comprises above all *tonic* agents: iron, quinine, kola, cocoa, cod liver-oil, as well as calmatives to the nervous system; bromide of soda, valerianate of ammonia, etc.

Three great methods emanating from parallel theoretical conceptions, and all three utilizing the hypodermic method, have lately been proposed, and are regarded favorably by practitioners, they are *injections of testicular juice*, *injections of cerebral substance*, and *injections of artificial serum*.

Brown Sequard has been the great promoter of this general method of injections of organic substances in the treatment of nervous diseases. He sets out with the idea "that a sort of essence of virility can be discovered in the animal tissues, capable of producing, in extremely small doses, as much good effect as the toxic and morbid ptomaines (can) evil." Applications of this theory have also been made in tabes, Basedow's disease, myxœdema, etc.

Brown Sequard has proposed injections of testicular juice in the treatment of neurasthenia. Crocq, of Brussels, and several other authors, have utilized the tonic properties of phosphate of soda. This question is of such great theoretical and practical interest, and again its solution is at the present time so much discussed, that we limit ourselves to pointing out these methods without discussing their developments, which would lead us much too far.

Again, the *treatment of predominating symptoms* should not be neglected, ordinary treatment, and which has nothing especially common with neurasthenia.

In cases of insomnia, one administers chloral, sulphonal, extract of cannabis, bromidia. Charcot has found in this symptom an application of his vibratory method.

Gastro-intestinal troubles will be amenable to

habitual treatment of dyspepsia in its different forms. If dilatation is accompanied by hyperchlorhydria, stimulants of the gastric secretions should be administered (nux vomica, bicarbonate of soda, hot Vichy water), at the same time combating fermentations (washing out the stomach); one should obtain antisepsis of the digestive canal (benzo-naphthol) and avoid constipation by the daily use of laxatives, mild and frequently changed (cascara, podophyllin, belladonna, oily laxatives, linseed, alkali powders). In the case of hyperchlorhydria, large doses of alkalies should be given, etc.

Neurasthenic angor is above all amenable to antispasmodics and sedatives; it does not contraindicate in any way the use of hydrotherapy. In the treatment of the different topoalgias, glosodynia, coccydynia, mammary algia, etc. Blocq has advised the provocation, at the level of the place where the pain is felt, of a painful and relatively durable sensation, being of the opinion that pain artificially created, superposing itself on the spontaneous subjective pain will substitute itself for it, and that, thanks to that temporary mobilization, the latter will disappear. One could use cauteries and blisters, the electric brush and powdered chloride of methyl, etc.

We will only mention to condemn the different surgical experiments (ablation of the uterus or its appendages) performed with a view of overcoming certain *neurasthenic localizations*. Surgical intervention is only justifiable when there is a manifest and truly palpable lesion, whose persistence seems to play a part in the evolution of the neurosis.

In terminating this study it seems necessary to guard against a tendency too common among those who are called upon to treat neurasthenia, the abuse and complexity of therapeutic means. The diversity of neurotic symptoms, tends naturally in short to multiply medications, and that very often to the great detriment of the patient. One should constantly guard against such an excess, and avoid above everything connecting *therapeutic overpressure* with the noxious circumstances which maintain the disease.

(The end.)

BE sure you read the advertisements for pointers.