

tween the food eaten and the tissues which it is designed to build up and the ever impressive fact that the tissues are constantly undergoing change and being thrown off through the lungs, kidneys and other excreting organs show that unless this supply of renewing material is of the proper kind, quality and quantity, we have a wasting that will be more rapid than repair. In this enfeebled condition what food is demanded and how administered? We find that of all the materials furnished for a complete nourishment of tissue, milk is the best, because it contains material for every kind of tissue, hair, skin, bone, muscle, nerve, and it is the first form received into the body. Any other food then would only act as a foreign agent producing death. When we have a condition of worn-out, partially operating tissue that cannot use general food, milk should be substituted and used, and, in the use of it, it is quite as necessary to watch its effects as upon the infant. When not received or becoming burdensome, dilute with water or add antacids or digestive ferments until it begins to be acceptable to the stomach and not causing distress, and by carefully watching you can judge how much and how frequently to order it. Patients vary from one teacupful to two teacupfuls every hour and a half to three hours. The next article is chopped beef in connection with milk because it furnishes the important part of a more concentrated albuminous food, and, lastly, taking advantage of the researches of chemistry, the beef peptonoids carefully given in small quantities often repeated, are a great saving of wear, as they contain the materials for renewing and are more easily assimilated.

The application of these foods I divide into three classes or divisions that I make in this disease. In that class that complain of weariness, easily fatigued, no appetite, fair form or weight, rather disposed to restlessness, I employ milk used as a drink during the meal in lieu of tea or coffee, and insist upon the time of thirty minutes being devoted to each meal. Exercise or short walks and light gymnastics may be commenced in a mild way and gradually increasing them until a certain gentle stimulation is felt, with a little recognized line of medicine such as phosphorus, maltine and strychnia. The second class of patients, that are pale, feeble and thin with a general wasting away of tissue (not only by absorption, but by actual breaking down) I add to the milk chopped or ground meat. I use chopped or ground meat because if the patient is careless, and swallows his food without chewing, the stomach can manage it better than in lumps. One of the most trying habits to overcome and requiring close watching is this of hurriedly putting the food into the stomach without being thoroughly masticated, and I always require them to rest after each supply of food an hour to an hour and a half. The next, or third class, is more complex and the most trying. In this we have the blending or grafting on of an hysterical condition upon the already low condition of neurasthenia presenting symptoms of both, and requiring a treat-

ment for both. It is needless to say that it is not an easy thing to carry out this treatment. First, they require to be very closely examined to see that they are free from what is generally called organic disease (a difficult matter in some cases, to tell where the functional ends and the organic begins), and we should be very careful in selecting the cases on this point. I think the great error is carelessness in this matter, and consequently the reason we have so much fault found with the plan of treatment. An important and necessary condition to further the effect and to apply the treatment properly is absolute isolation, with complete and continued rest in some regularly appointed or arranged place. Dr. Mitchell, who first suggested the combined plan, says: "It is rare to find any of this class of patients described so free from the influence of these habitual surroundings as to make it easy to treat them in their own homes.

"It is needful to disentangle them from the meshes of old habits, and to remove them from the contact with those who have been willing slaves of their caprices. I have often made the effort to treat them in their own homes and to isolate them there, but I have rarely done so without promising myself that I would not again complicate my treatment by any such embarrassment. Once separate the patient from the moral and physical surroundings which have become a part of the sickness, and you will have made a change which will be in itself beneficial and aid in the treatment, using all the forms of food mentioned, milk, ground beef, peptonoids with a general line of mixed diet. The mechanical means in inducing the assimilation of food from the very commencement, is massage; properly applied in a cautious way until it is applied over the entire body, carefully and thoroughly.

Never use massage unless you can secure rest for your patient, varying from a period of not less than one hour thereafter, and this rule will apply to all cases where massage is used. In the first class I mention, it is only necessary to apply it to the upper extremities, because the lower have all the exercise necessary if the walking is kept up.

The second need it for a longer period and more generally, while the third class, need it twice daily, morning and night, or when the food seems burdensome, for a period varying from forty-five minutes to an hour at each time, with complete rest in bed.

The following will illustrate the mode in which I treat an ordinary case of neurasthenia, belonging to the second class in which I feed and give a limited amount of massage.

*Foods used at the beginning of treatment:*

1. *Milk*, diluted or pure.
2. *Chopped or ground meat*, (principally beef) made into cakes and broiled to a slight brown tint.
3. *Beef Peptonoids*.
4. *Bread* with plenty of *butter*.
5. *Thin Soups*, made from *Beef Peptonoids*, or to which the *Peptonoids* are added.
6. *Eggs*, small amount.