

elegant. He feels inhibition would be an effort, so he allows the sail to go with the wind rather than tip the boat.

The symptoms of neurasthenia are many, but there are a few cardinal ones which must be looked for. I shall divide them into: 1. Psychical. 2. Physical.

The psychical symptoms are depression at times, but never without hope. The patient may visit one medical man after another, but he does so to be reassured in his hopeful aspect, and he takes the diagnosis and treatment given him in a straightforward way. He has no fixed idea in his mind regarding his trouble, as we find in hypochondriasis.

Also, one of the first symptoms of this trouble is a tendency to procrastination in one never before guilty of this.

Then there is inability to concentrate the mind long on one subject.

Memory fails.

These are easily explained, since memory is nothing more than that produced by association of ideas, and when the association fibres are exhausted it is not to be wondered at if memory comes slowly. This also affects judgment, since the latter is aided so by memory.

I know a mining broker, who has suffered from neurasthenia more or less five years, and he told me that he has not got one dollar ahead since it began, having made the bulk of his money previous to that time. His judgment is not so good, nor is his grip and power of determination to put into force what his better judgment may tell him.

The power of inhibition being low, explains the ease with which these patients weep; however, this temporary depression is soon followed by hope.

The physical symptoms are:

1. Early fatigue on exertion. As it takes an expenditure of nerve energy to produce muscle contraction, and constant expenditure to keep up muscle tonus, one sees why in nerve exhaustion the musculature should give out early. This fact lays before us clearly one of the great necessities in treatment, viz., muscle rest.

2. Possible loss of flesh—even to a point simulating a hidden malignancy. This is caused by exhaustion extending to the trophic nerves. I have seen flesh leave a patient as fast in neurasthenia as by tuberculosis or malignant disease.

3. Vaso-motor disturbances. This is sometimes well marked. The face and hands may be so flushed that one would imagine the