

ready to blow out his brains, but no Voltaire was to be seen. He looked high and low and then went to the sage's home. There he found him seated before a table groaning with the good things of life and reading a naughty novel with an expression of utmost enjoyment. Said the Englishman to Voltaire, "This was the day upon which we were to commit suicide." "Ah, yes," said Voltaire, "so we were, but to-day my bowels moved well."

4. The disturbed sleep, either as insomnia or an unrestful, dream-disturbed slumber, is a distressing symptom. For we look to the bed as a refuge from our troubles, as a sanctuary wherein is rebuilt our strength. We may link work and sleep as the two complementary functions necessary for happiness. If sleep is disturbed, so is work, and with that our purposes are threatened. So disturbed sleep has not only its bodily effects but has its marked results on our happiness.

5. Fundamental in the symptoms of neurasthenia is fear. This fear takes two main forms. First, the worry over the life situation in general, that is to say, fear concerning business; fear concerning the health