

eliminated, whether it be due to overwork and strain, to home worries, or to whatever cause. As I have said before, make the patient your confidant.

Rest is required, not so much in the simple forms of neurasthenia as in the more severe. In the former, good hygienic rules and plenty of work and concentration will often work wonders. In the more severe forms, absolute rest is generally essential, rest in bed, even with isolation for from 5 to 6 weeks.

The Weir Mitchell treatment of rest, massage and dieting seems to prove of especial value in those severe forms where there is emaciation and debility. I have gone through a great deal of literature on this point, i.e., in regard to the Weir Mitchell or Mitchell Playfair system of treatment and I find that a majority of authorities are against its practice in many cases, though of course modifications of it are of value, especially where the massage has been done away with, as this in many cases predisposes the patient to irritability and often causes consequent insomnia. I am told that Dr. Osler has had wonderful results at Johns Hopkins Hospital. Clifford Albutt says:—that in the cardiac and gastric forms of the disorder no other method can approach the Mitchell method in the comparative certainty of its results and the permanency.

Where the abdominal walls are lax and the splanchnic venous system over full, Mr. Barnard recommends abdominal massage and the adoption of belts to support the feebly acting abdominal walls.

Wet sheets, sitz baths (bathing in sitting posture) and douches are of great value if judiciously used in all kinds of neurasthenia, perhaps more especially in the sexual form, where cold stimulating baths are of especial value. Yet on the whole, in many cases of neurasthenia, where there is debility great judgment should be used in prescribing.

The part of electricity, so far as I can discover, is by most authorities used as only a subsidiary measure. Forms of static electricity are most advised. Faradic bath is said to be of great value. I could never advise any medical man to try the use of hypnotism in this disease, it is of but little if any value.

And now coming to the use of drugs. If possible avoid using them at all. Their part is entirely a subsidiary one and in relief rather than cure, their aid is to be found. Remember that in neurasthenia there is a lack of control of the higher cerebral functions and that the careless administration of drugs, especially of such drugs as morphine, the bromides and alcohol, may lead to disastrous results.

The bromides are of some value more so in the sexual form of neurasthenia; use them in small doses and for brief periods of time, the secret of success. They are also much used in cerebral cases. In spinal cases