

ages will have neurasthenia and hysteria to contend against, in all their glory, a hundred-fold more cunning in deception, if possible; so much so, that I fancy it will deceive all but those who have grown gray in the profession, as they alone will have had the experience of watching its deceptions and trickery from their earlier days.

There is no one of the present day, or even of the past, that this unfortunate class of cases owe so much, as they do to Dr. S. Weir Mitchell, of Philadelphia; and we, as a profession, cannot accord him too much praise for the noble work he has achieved, in finding a remedy for the overtaxed multitudes suffering from neurasthenia and hysteria in their various degrees. He is a true type of the pen-and-ink sketch he gives of the requirements of the practitioner who would undertake to successfully treat this unfortunate class. It demands, he says, the kindest charity. It exacts the most temperate judgment. It requires active, good temper. Patience, firmness, and discretion are among its necessities. Above all, the man who is to deal with such cases must carry with him that earnestness which wins confidence. None other can learn all that should be learned by a physician, of the lives, habits and symptoms of the different people whose cases he has to treat. What a true likeness of the man himself. What brilliants will shine in his immortal crown, if he receives one for each unfortunate that he has been instrumental in restoring to health and home.

As regards the treatment for the milder forms of neurasthenia, our first duty on observing its insidious approach in any of our patients is to direct an immediate cessation of whatever pursuit is causing the overstrain, and enjoin from twelve to fifteen hours' absolute rest out of the twenty-four, plenty of nourishing and easily assimilated food, out-door recreations, not to the extent of producing weariness, but more for the benefit of fresh air, and change of air and scene if possible; and if nauseous drugs are withheld, restoration to health will be both steady and rapid. When I say twelve to fifteen hours' absolute rest, I mean that the patient is not to be disturbed by any member of the household, or any one else, when seeking repose. If, on every little pretext, she is to be disturbed and questioned

about household affairs, or any other worry, the results will be disappointing; she must seek the seclusion which her cabin affords, and become for the time being entirely oblivious to her surroundings. For the more severe forms of pure neurasthenia uncomplicated with hysteria, order absolute rest in bed from six to ten weeks, according to the severity of the case, and secure a nurse capable of giving daily applications of massage—one of bright, cheerful and refined disposition. Keep all worries, letters and friends from the patient, feed her every two or three hours, solid food three or four times daily, with milk during the intervals; when sufficiently restored send her to the seaside for three or four weeks, if in the summer, or to some city for complete change, if during the winter, and your patient will for ever retain a grateful spot in her heart for the man who was instrumental in restoring her to health again.

When you have the complication of hysteria, the patient requires to be removed from all friends, relations, and home associations, and not permitted to hear from them for a varying period of six to ten weeks. These patients require special nurses who have been trained by experience with this class of cases, to successfully cope with the various deceptions of the hysterical girl. And the physician requires to exercise the greatest tact, and in fact to acquire what I can best describe as a mesmeric influence over each case, whereby the patient has that perfect and implicit faith in all statements and modes of treatment adopted, whereby she is, day by day, and step by step, unconsciously led to that stage of health where joyous hope takes the place of abject despair, and she begins to feel a reborn creature once more, and look forward with keen interest to return of health and usefulness; such a contrast to the unhappy past, it is like the banishment of the unclean or evil spirit of early times, and restoring the sunshine to the long dismal home. I have only been able to touch the salient points of a disease, that I find by experience becomes of greater interest the more one has an opportunity of studying it in its various forms. During the past year I have had some thirty-two cases under my care and observation, the majority of them having tried all other known means of