

tion to this branch of the treatment. The usual advice to the neurasthenic, "You are all right, go to work, take plenty of exercise," is not the proper way to deal with these patients. The neurasthenic is a sick man, and he knows it, in spite of whatever the doctor may say to the contrary. The physician who listens to his tale and tells him that he has a definite malady, which he believes can be cured, gives him mental support during his time of trouble and does much toward the successful treatment of the disease.

DR. OLDRIGHT.—In connection with the etiology of neurasthenia, I would refer to the practice of our young people going to so-called evening parties and remaining at them until one or two o'clock in the morning, instead of getting their needed sleep, and this even when the next day's work has to be done as usual. The increased worry and mental strain of our business men, the multiplication of appliances such as the "ticker," telegraph and telephone, are also responsible, as well as the speculative tendencies of the day. When such men come for "nerve tonics," if these are given to tide them temporarily over a pressure period, it should be with the understanding that as soon as possible they must reduce the work and tension, and not whip up the willing horse with a nerve tonic indefinitely and leave no reserve to fall back upon. Insanitary habits in other respects, such as ill-ventilated rooms, errors in diet and eating, etc., contributed to the injury of the neurons as well as other parts of the organism. The speaker would like to ask the reader of the paper whether it was better to make a habit of going to bed regularly at the same hour, even if a somewhat late hour, or to be irregular, by going to bed sometimes an hour or two earlier than at others.

DR. MCCOY.—In answer to Dr. Oldright's question I should say that sleep in this condition should be taken whenever it can, even in the daytime. A patient should never put off sleep in daytime in hope that they may get it at night. After a time sleep may come more regularly, as nerve energy accumulates. In health, regularity in sleep is essential, as is that of all other functions.