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Original Communications.

The Physiology of Nervous Exhaustion.*

BY D. CAMPBELL MEYERS, M.D., TORONTO.

As cases of neurasthenia are exceedingly common, from the mental over-exertion due to the age in which we live, and since this disease has only of recent years found even a place in the text books of general medicine, I thought a few remarks on its physiological causes might be of some interest to the society. Only a few years since, the alterations of nerve tissue which led to neurasthenia were absolutely unknown, but the frequency and importance of the disease has led investigators to search for an anatomical cause of its origin, and already a considerable advance has been made. Apart, however, from this disease itself, both physiologists and philosophers have long sought to demonstrate the relation between intellectual effort and alteration of brain tissue and to induce a parallelism in the action of both. The magnitude of the task is very great, and naturally requires much time. Nevertheless, a decided increase in our knowledge

* Read at meeting of Toronto Clinical Society.