

moderately or a great deal, this much is certain, that Neurasthenia is a common complaint; and this is enough to explain the favour with which Beard's description was greeted. Charcot in France ensured its recognition and many others followed,¹ so much so that at the present moment Neurasthenia, which was almost unknown thirty years ago, has more than assumed its rightful place in clinical medicine, and has become a convenient name which too often covers erroneous or incomplete diagnoses.

Hence it will not cause surprise that in a work devoted to the laying down of the hygienic measures requisite for the prophylaxis and treatment of Neurasthenia, we have judged it

¹ The following are the principal works or complete descriptions to which Neurasthenia has given origin.

Beard, *A Practical Treatise on Nervous Exhaustion, its Causes, Symptoms and Sequences*, New York, 1880.—Axenfeld et Huchard, *Traité des Névroses*; Paris, 1883.—Charcot, *Leçons cliniques*, and *passim*.—Ziemssen, *Die Neurasthenie und ihre Behandlung*, Leipzig, 1887 (translated for the New Sydenham Soc., 1891).—Bouveret, *La Neurasthénie*, 2nd ed.; J. B. Baillière, Paris, 1881.—Mathien, *Neurasthénie*, collection *Charcot-Debove*.—Levillain, *La Neurasthénie*, Paris, 1891.—Dutil, art. *Neurasthénie*, in *Traité de médecine*, Paris, 1894.—F. Müller, *Handbuch der Neurasthenie*, Leipzig, 1893.—Gilles de la Tourette, *Les états neurasthéniques*, J. B. Baillière, Paris, 1900.—Maurice de Fleury, *Les grands symptômes neurasthéniques*, F. Alcan, Paris, 1901.—Brissaud, art. *Neurasthénie*, in Brouardel and Gilbert's *Traité de médecine*, Paris, 1902.—Godlewski, *Les neurasthénies*, Maloine, Paris, 1904.

[The almost classical work by Dr. Weir Mitchell—*Fat and Blood*, 8th ed., 1900—should be mentioned. Other monographs in English are *On Brain and Nerve Exhaustion* by Dr. T. S. Dowse, 4th ed., 1894, and *Clinical Lectures on Neurasthenia* by Dr. T. D. Savill, 3rd ed., 1906. There are also very instructive articles by Prof. Dana in the *Twentieth Century Practice of Medicine*, vol. x, and by Prof. Clifford Allbutt in his *System of Medicine*, vol. viii. The important papers by Playfair in *Brit. Med. Journ.*, 1882, and Page in *Med. Times and Gazette*, 1885 (reprinted) must also be referred to.—*Trans.*]