

Pain. Pain often forms another complication, as pointed out by Herman :

"The great causes of neurasthenia are conditions which (a) cause continuous pain and (b) prevent sleep. The two things often form a Vicious Circle. A small local cause disturbs sleep, and want of sleep makes the nervous system over-sensitive. In proportion as the neurasthenic symptoms have coincided in time with the development of local pain, so surely may we conclude that the removal of the local pain and the procuring of sound sleep will cure the neurasthenia."¹

Mental Depression. Mental depression and malnutrition often accompany insomnia, these conditions reacting on each other :

"The mental depression reacts on nutrition, sleep and the other vital functions, and thus creates a grievous Circulus Vitiosus which aggravates the primary disorder. Various other neurotic and psychical phenomena, which can scarcely be called neurasthenic, may also sooner or later shew themselves."²

This influence of the mind on disease is referred to by Euripides :

Λύπαι γὰρ ἀνθρώποισι τίκτουςιν νόσους.³

as well as by Shakespeare :

"So sorrow's heaviness doth heavier grow
For debt that bankrupt sleep doth sorrow owe."

¹ *British Med. J.*, 1910, Vol. I., p. 183.

² Müller, *Handbuch der Neurasthenie*, p. 61.

³ Fragments, No. 896.

⁴ *M. N. Dream*, III., ii., 84.