

cumulate sufficient vital energy and even use up the spare potential. Hence the designations: nervous exhaustion, nervous feebleness, which are often applied to neurasthenia.

Neurasthenia, in the general acceptance of the term, is not a morbid entity; it is a state, or rather, a medley of states which it is necessary to differentiate one from the other, since they involve a diagnosis and a prognosis absolutely distinct.

Those facts have been brought out into light by Dr. Gilles de la Tourette, who concludes that there is not a neurasthenia, but neurasthenic states.

In classes, there are true neurasthenics and false or hereditary neurasthenics.

Causes.—Prolonged vigils, excessive manual labor, mental overwork, troubles, emotions, sadness, great shocks (railway accidents, etc.), these are the principal causes of true neurasthenia. Sometimes true neurasthenia grafts itself upon organic affections. There is, besides, a nervous heredity which creates false or hereditary neurasthenia.

Symptoms.—Symptoms may be objective or subjective. The objective symptoms of neurasthenia may be none or few: indeed neurasthenics often look in the best of health.

The subjective symptoms are generally of the psychical order. They are:

(1) The neurasthenic headache. It is peculiar. It bears in upon the head as a heavy leaden mold, sometimes it is creepy and throbbing, sometimes bursting outwards so that the scalp would seem too small for the skull; again, it seizes the forehead and again, the sides of the temples, squeezing the head as in a vice. Waves of heat steal up through the face and center in pain around the eyelids and head. At times the headache ceases for a while, only to reappear. It is often worse during the night. There is nothing constant about it except its inconstancy and its certain recurrence.

(2) Vertigo. This, too, is peculiar. There is no falling down as in the disease of Ménière; but, rather, there is a sensation of cerebral void with weakness of the lower members which have a tendency to give way beneath the weight of the body. The sufferer sees floating specks; everything appears gray and hazy.

(3) Pains. These have their seat in the back of the neck