

NEURASTHENIA AND ITS TREATMENT.*

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Neurasthenia which within the last thirty years has added another name to the old list of ills, is a disease of the nervous system, very common at the present time, and likely to increase.

It is not without reason that it is called "the Disease of the Century"; yet this appellation is hardly just, for it seems proved beyond gainsay by certain authors that the American neurosis of Baird existed at all times and in all places. However this may be, our age is particularly fruitful of neurasthenics who may be met every day, especially in city practice. The present commonness of this disease is due, no doubt, to actual social conditions, and to the struggle for life which waxes fiercer day by day. We may add that neuroarthritic heredity and intoxications, especially alcoholic intoxication, justly claim for themselves a large share of the determining causes of the nervous disorders proper to our time.

What is neurasthenia? Neurasthenia, says Charcot, is a state of irritable feebleness of the nervous system. It is a neurosis, that is to say, a purely functional nervous disease, and, for this reason, has no pathological anatomy.

Neurasthenia is again defined: a persevering weakness of nervous force. This neurosis consists in a trouble of the nutrition of the nerve elements, which become slower in repairing the losses of the organism, inasmuch as they no longer ac-

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