

I had sought the best medical advice at my command, and all to no purpose. Some of my friends, in their anxiety to see me cured of the daily suffering, advised me to try homeopathy. I accepted the suggestion and sent for Dr. D. He examined carefully into my case, and said that he could cure me. With these assurances from the new physician, my feeling barometer at once went up and my future prospects brightened. I entered actively into the course of medication mapped out by him. I took his mixtures hour by hour, for days and weeks, my faith growing unfortunately less and less with the monotony of the dosing. Finally as my headaches were not mitigated even by the long continued treatment, I gave up all hope, and dismissed the homeopathic physician.

"I felt that my case was now beyond medical cure, and I became despondent and rash. In my anxiety to secure relief I have tried anything that anyone would suggest. I believe that during the last six years I have taken every quack remedy warranted to cure headaches that I could hear of, as published in the newspapers, and my many friends have kept me well supplied with this kind of information. Recently I have heard how Miss E—— has been cured of constant headaches by wearing eye glasses, and my friends have suggested that I have my eye examined. On the principle that in my desire to escape this bodily torment, I have been willing to try every treatment that has been brought to my notice, I have come to have you examine my painful eyes, but I must tell you candidly that I expect no benefit, and have given up all hope of obtaining relief."

Upon examination I found that she could read the finest print, but only for a few lines. Her distant vision was also acute. Fixing the eyes upon the clock dial trial card for a short time caused pain in the head and eyes, and also induced a feeling of nausea. I found that she could clearly see the vertical lines of the test card, but only dimly those which were horizontally placed. I selected from the trial case a magnifying lens which would make these blurred lines perfectly clear, for each eye, and finding the corresponding cylinders adjusted them at the proper angle in a trial frame. These I placed before her eyes. To her surprise not only did all the lines come out with equal boldness of color and of definition, but she found herself able to stare at them without inconvenience. After she had worn the glasses for some minutes, feeling great comfort from them, I removed the frames, when immediately the nausea previously experienced came on. The restoration of the glasses brought back strength of vision and comfort. I prescribed for her the proper cylinder lenses set at an angle of  $180^\circ$ , in spectacle frames to be constantly worn. So anxious was she to test these spectacles that on her way home from my office she called at the optician's, and remained in the store while the glasses were being fitted to the frames which she had selected. When they were ready, she put them on at once, and sallied

forth. Before getting home she found herself walking with a degree of comfort which she had not known for months.

The rapid improvement commenced from that hour. Her headache disappeared within three weeks, by the rest which her eyes enjoyed from the constant wearing of the spectacles. Now she makes her eyes do just what she pleases. Her constant headaches are bygones, and are only remembered from the years of torture through which she had passed. Her face had become bright and free from care, as her head is free from pains. Her relief by such apparently simple means, and without medicines, is called a miracle by herself and a marvel to her friends. No amount of rest without these cylinder glasses could have effected this cure from suffering. It had been thoroughly tested, and had been found as useless as the many prescriptions with which during many years her body had been drugged. Cylinder glasses alone could and they have cured her.

## NEURASTHENIA.\*

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The term "neurasthenia" was first introduced by the late Dr. G. Beard, of New York, to denote a peculiar functional disease of the nervous system. One of the principal reasons he assigns for the neglect of this nervous disorder by previous observers is the great difficulty of analysis and classification of its symptoms. Neurasthenia, he maintains, is exceedingly common in the United States, owing to the widespread influences that favor its development. Perhaps the frequency of its occurrence in this country is only apparent, for, as he remarks, Americans seek medical aid for the relief of ailments which, as a general rule, cause less anxiety to European people. Dr. Beard's first publications on this subject encountered much adverse criticism at home. Nervousness, or rather nervous weakness, it was said, had always been recognized as a morbid condition, giving rise to a host of symptoms, clinically distinguished by designations in accordance with their supposed dependence on special disturbing causes. Every one is familiar with the phrases such as cerebral anæmia, spinal irritation, the neuropathic diathesis, irritable weakness, oxaluria, etc., etc. Bouchut's nervousism not only included all the said designations, but embraced every possible functional disease of the nervous system. The Griffith brothers had before him indulged in analogous exaggeration of the pathological importance of the

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