

NERVOUS DEBILITY.

THIS is a complaint we hear a great deal about nowadays. Primarily, it is the heritage of those whose parents' physical or mental forces, or both, are over-taxed. It is likewise the direct outcome of the individual's own efforts and unhygienic conditions. By reason of their great impressionability, women are more prone to suffer from it than men. It is an affection of the most multiform character imaginable, but probably the best idea of it would be conveyed to the popular mind by the expression, "loss of nerve." The popularity of electricity, of massage, of quiet, and full feeding as modes of treatment testifies to the prevalence of nervous debility. It has been endowed with a high-sounding name, and to have it has been considered, by some of light mental weight, fashionable.

Nervous debility reveals itself in one person as a fearful headache, known as "megrin," wherein the head feels as if being cleaved by an axe; in another it shows itself as neuralgia; in another as dyspepsia; in another as emaciation; in another as cardiac palpitation, &c. All forms of it are distressing, but none are more painful than megrim, an affection found generally among those of superior mental endowments, which has always taxed the skill of medical men to the uttermost.

That popular and well-known remedy, Antipyrin, has, however, proved to be almost a specific for it. From all over the world wonderful medical reports come, recounting the unprecedented value of Antipyrin, not only in megrim, but, indeed, in all forms of headache. Sometimes one or two five-grain Tabloids are sufficient to quiet the pain and to remove the disagreeable symptoms. In other cases, from three to eight Tabloids are required before the pains are assuaged. In neuralgic attacks appearing in other parts of the body, Antipyrin Tabloids are also of the very greatest efficacy. Indeed, such a powerful anodyne is this drug, that it is being very widely employed in place of opium. There is another form of nervous debility, in which the mind feels incapable of effort, and the mental horizon is covered with the blackest clouds. This is the way that leads to melancholia, and the very best drug for it is strychnine. Strychnine exerts a tonic influence upon the nerve-centres of the brain, and imparts a sense of buoyancy, without unpleasant after-effects, not afforded by other drugs. The Elixoid of Quinine, Iron, and Strychnine is just the thing in mental depression from enervating causes.

We come next to the dyspeptic troubles resulting from nervous debility. In them the tongue is clean and clear, but flabby at the edges. Sometimes there is intense pain. The appetite is capricious, but sometimes gone entirely. Bitters here are of little value. Ten drops of tincture of nux vomica will relieve the pain, and one or two Pepsin Tabloids after each meal will assist the digestion immensely. But, after all, the best and surest cure in nervous dyspeptic trouble is fresh air and moderate out-of-door exercise.

In some forms of nervous debility biliousness is the chief symptom, and with this there are inevitably mental depression and sense of gloom. The Ammonium Chloride Tabloids (five grains) are highly lauded in India for this affection, as well as for a large variety of hepatic disturbances. Six five-grain Tabloids,

swallowed with plenty of water, constitute one of the surest ways of relieving neuralgia. A case comes to mind of a woman wasted to a mere shadow, and confined to her bed for nearly a score of years. The faintest beams of sunlight and the slightest noises disturbed her beyond description. Of what avail could medicines prove in a case like this? Absolutely nothing. Something else was required here. Massotherapy was resorted to, and in a few weeks the woman was pronounced as well as ever. The writer believes, however, that in cases of this kind there is instability of the nervous system, which renders it liable to subsequent relapse.

In conclusion, a word should be said about rest in nervous debility. Rest is what enables those high nerve-centres whence proceeds thought to retain their tone and power. To rest does not necessarily mean to be idle. Physiological rest (sleep excluded) is best secured by bringing into action nerve centres which have been inactive, and thus securing to the others a period of repose.

MARSH-PRODUCED DISEASES.

IT is not every one who has a proper conception of what malaria actually is. Malaria really means bad air; but for some reason, difficult to define, the term has been restricted to the emanations from swampy districts. For example, a man who has fever and ague, (or, as it is known among professional men, intermittent fever) is said to be suffering from malaria; whereas a man suffering from the noisome effects of sewer gas in his house is assuredly the victim of malaria, though not suffering from intermittent fever. The fevers then, and the ailments following in their wake, that are produced in districts where there are warmth and decaying vegetable matter, are said to be malarial.

Formerly quinine, and, indeed, all the cinchona preparations, were more appreciated than they are at present. In the whole range of medical treatment nothing is ever encountered which is more wonderful than the action of quinine in malarial fevers. With its administration the diseases quickly disappear. No doubt the dwellers in old countries and the residents of old towns would derive great benefit from a far freer use of quinine; and here we should take occasion to point out that the ordinary sulphate of quinine, the form usually used, is objectionable; it irritates the stomach, is quite insoluble, and is frequently partly unabsorbed.

The Soluble Quinine "Tabloids" are the best preparation, inasmuch as one of them dissolves in a little water the minute it touches it. They do not irritate the stomach, and can be taken without the taste being perceived, and none of the drug is lost in the system. Those suffering from enervated health, whether from sewer-gas or marsh emanations, overwork, worry, sleeplessness, or any of the thousand ills that go hand-in-hand with civilization, will find quinine useful—more useful as a tonic than any of the myriad drugs that glut the market.

Under ordinary circumstances a two-grain "Tabloid" is sufficient. In malarial troubles, as much as twenty grains may be taken in a day.

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