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Neurasthenia and Its Mental Symptoms (Classic Reprint)

By Edward Cowles

Forgotten Books. Paperback. Condition: New. This item is printed on demand. Dimensions: 9.0in. x 6.0in. x 0.2in. Excerpt from Neurasthenia and Its Mental Symptoms The plain philosophy of treatment is to recognize the mental symptoms as first showing the need of it, and to address it to the restoration of a healthy emotional tone as the central motive element; the lowering of this, and the weakening of attention and inhibitory control, are always the earliest signs of neurasthenia. The maintenance of a normal sense of well-being is the sign of bodily health. Normal fatigue is simply wholesome tire; exercise should always be kept within the limits of pathological fatigue, in With the sensory over-tire, as fatigue-anaesthesia, marks the subtle beginning of danger. The natural safeguard is in the early recognition of the other mental effects of fatigue. These considerations go to prove the prime significance of the mental symptoms as a guide to the prophylaxis and treatment of neurasthenia. Norm - This lecture will substantially form the third of a series of articles on The Mechanism of Insanity now being published in The American Journal of Insanity, and containing a more extended study of the mental elements also involved in this...



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