

# **HEALTH TROUBLES OF CITY LIFE**

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Health Troubles of City Life by George Herschell

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**GEORGE HERSCHELL**

**HEALTH TROUBLES  
OF CITY LIFE**



# HEALTH TROUBLES

OF

CITY LIFE

*Dr. John S. Billings,*  
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BY

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SECOND



EDITION

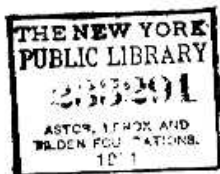
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## PRÉFACE.

THESE pages deal with the Health Troubles of City Life which are the outcome of the age of competition in which we live. Everyone whose duties bring him into association with men who pass their lives in the centre of commerce must have observed many instances of "break-down" among his own immediate friends. The active man of business, who has always seemed so full of life and vigour, suddenly collapses and very often does not recover. Such cases are common, and are becoming more and more frequent as time goes on and competition grows keener. My principal object in writing is to point out the first indications

of the exhaustion of the nervous system, which in most cases underlies and causes these deviations from health, and to point out the extreme folly of disregarding them, however trivial they may appear. I have accordingly given a brief description of the various signs and symptoms which usually mark its early stages, and have indicated a few general rules of life for the benefit of those who are willing to be warned in time, and who wish to render their life as healthy as possible.

If these pages serve to promote this most desirable result my object will be fully attained.

5, WEST STREET,  
FINSBURY CIRCUS, E.C.  
*July, 1889.*



PREFACE TO THE SECOND  
EDITION.

THE rapid exhaustion of the first edition in a few weeks, and the pressure of professional engagements, which have denied me the leisure to prepare a second one at such short notice, have caused this book to be out of print for a little while.

In the present edition I have endeavoured to do justice to all the wishes expressed by my critics.

Besides the addition of a little new matter, I have rearranged certain passages in such a way as I hope to further elucidate the meaning that I intend to convey. In con-

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8    *PREFACE TO THE SECOND EDITION.*

clusion I should like to thank all those gentlemen who have so kindly assisted me by their suggestions.

5, WEST STREET,  
FINSBURY CIRCUS.  
*December, 1889.*

## HEALTH TROUBLES OF CITY LIFE.

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IT is now recognised by all modern physicians that men whose lives are spent in a city, in the discharge of the active and absorbing duties of commercial life, are subject to a special class of diseases, which are the natural outcome of the age in which we live. The wonderful facility for communication between distant parts that we possess at the present day is not without its disadvantages. It is true, certainly, that business is facilitated, but at an immense expenditure of nerve energy. The work which used in former times to be extended over weeks and months, is now compressed into days and hours. Nothing strikes a