

# **INSOMNIA: ITS CAUSES AND CURE**

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Insomnia: its causes and cure by James Sawyer

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**JAMES SAWYER**

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CAUSES AND CURE**





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James Sawyer  
1907.

# INSOMNIA:

ITS CAUSES AND CURE.

BY

**JAMES SAWYER,**

"

SENIOR CONSULTING PHYSICIAN TO THE QUEEN'S  
HOSPITAL, BIRMINGHAM.



**Birmingham:**  
**CORNISH BROS.,**

1904.

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## PREFACE.

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The following pages are the first two of the chapters of "Contributions to Practical Medicine," as they stand in the fourth edition, 1904, of that book. They include my lectures on the causes and treatment of insomnia, in the necessarily colloquial style in which they were uttered. For the convenience of my professional brethren, these chapters now are offered to them in a separate form in this little book. Every word has been revised and many additions have been made, by the fruits of later experience, for the sake of clearness, completeness, and precision; this has been done with hope of usefulness in medical practice, and with the aim of accuracy in diagnosis and success in therapeutics.

31, TEMPLE ROW,  
BIRMINGHAM, 1904.

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I.

**THE CAUSES OF INSOMNIA.\***

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tobacco.—Alcoholic insomnia.—Insomnia from  
tea or from coffee.—Gouty insomnia.—  
Senile insomnia.*

THE important subject of insomnia has engaged my attention for a long time. In 1878 I delivered a clinical lecture on the causes and cure of insomnia to the students of the Birmingham Medical School, in the Queen's Hospital, and the matter of this discourse was afterwards

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\* A Clinical Lecture: published in *The British Medical Journal*, December 1st, 1900; lately revised, rewritten, and extended.