

eye shut and the other on the dial, lest poor nature should suit herself as to the repose necessary for the repair of nervous waste. I never saw a man yet who prided himself upon his punctuality that was not a cross-grained fellow of uncertain temper, and, in the matter of work, a man of greater professions than performances.

The telegraph, too, is a great nervous thief. Formerly a merchant could afford to take matters easily. Now he has all the ends of the earth as his next door neighbours, and has to study fractional differences in markets thousands of miles apart.

The newspaper which you read at breakfast has been put together in the last twelve hours, and if it be a strain on you to read it, what do you think must be the strain upon those who, during the weary night, have been piecing together disjointed scraps of news, and rendering intelligible to the reader brief despatches of far-away events, a knowledge of which the journalist must acquire by some means or another. And all this must be done in the never-ceasing race against time, that you may read before you go to business. The work of preparing your evening paper is even more exhausting, for the labour has to be performed in a much shorter time.

Another cause of nervous exhaustion is the noises of modern life. With what a babble of sound the air is laden cannot well be appreciated, unless we pause upon a Sunday morning and contrast the stillness then prevailing with the muffled roar of a week day. Noises produce exhaustion, but not death. Vile odours produce nervous exhaustion, but they are rarely fatal. Sewer gas and other atmospheric poisons are almost odourless. People who live in such stench-holes as a tan-yard are as long lived as any others.

Railroad travelling has a tendency to nervous exhaustion in most cases. In some people, to make use of a bull, it causes sea-sickness. Railway em-

ployes suffer frequently from neurasthenia.

What I think, however, is the greatest cause, is the rapidity with which all new ideas are absorbed among us. Yesterday the telephone was not known. To-day the city is covered with a net-work of wires, and we converse while miles apart; yes, and fume and fret at the delay if connection is not made between the instruments in half-a-minute. Yesterday we were content to wait the pleasure of the tardy message-boy; to-day we grumble at the loss of half-a-minute—grumbling is drawing on nervous force.

The increase in the amount of business transacted is a great cause of nervous exhaustion. William H. Vanderbilt and Jay Gould control business interests of their own exceeding in magnitude the commerce of the classic days of Greece or Rome.

Stock-brokers and speculators suffer more than any other from nervous exhaustion, and this will be at once comprehended when it is recollected that the stock gambler risks social, commercial, and religious position in his ventures. His anxiety is a constant drain on his nervous force.

I cannot do more now than simply name such other causes, as the increased capacity for sorrow, love and philanthropy, the constant repression of emotion demanded by society, domestic and financial trouble, the burning religious and political issues of the time, the great freedom of life on this continent, the habit of forethought, the peculiarities of climate, its dryness, and extremes of heat and cold. On this one aspect of the question alone a whole book might be written. Were it not that popular opinion seems to attribute all the nervous diseases now prevalent to this cause, I would have gone into climate at considerable length. I have, however, preferred to dwell on other points, so that I might bring home the conviction that