

seems not to believe in this theory of attributing so many evils to overwork, and denies that people generally are suffering from the effect of wear and tear. He says: "More persons are suffering from idleness than from over-work. Medically speaking, I see half a dozen persons suffering from want of occupation to one who is crippled by his labors." It appears evident that the experience of Dr. Wilkes has been with a well-to-do class, with too much leisure on their hands, while the observations of Mr. Greg have been more confined to those striving over-much daily and hourly not for bread only, but for wealth or position, or both. Of these there are undoubtedly many. It seems to be very generally believed that the marked increase in heart disease and insanity is very largely due to over-work, or over-strain, together with the anxiety and excitement usually connected therewith. The over-worked man is usually a 'nervous,' over-anxious man. In the present 'fast' age, it can hardly be doubted that there are many such. Our best authors assert that that terrible disease the general paralysis of the insane, until the present century unknown, is not usually hereditary, but affects the healthiest, strongest, and most energetic. "A grim caricature of our present aims and ambitions." Such as these are not the ones who would be likely to suffer from want of occupation or inaction. Moreover, it would not be easy to show how idleness, unless carried to an extreme degree, would give rise to heart disease. Unquestionably, this subject of over-work demands the attention of all who take an interest in the future well-being of society.

The *Sanitary Record* gives some valuable hints as to how the effects of over-work may be distinguished in the early stages, as follows:—

"Over-work exists when the sense of energy once possessed is distinctly impaired; when it is found an effort to get through what was once a cheerful task; when what was once found comparatively easy is beginning to be felt a trial, and above all, when errors or omissions, the direct outcomes of a flagging and wearied brain commence to manifest themselves. To spur on an exhausted brain, and by application