

These signs of nervous exhaustion could be enlarged upon indefinitely; but sufficient has been said to show that the overtaxing of nervous force is very wide-spread indeed. In proceeding to briefly consider the causes of this nervelessness, or, as the medical term is, 'nervousness,' it may be said in the first place, that it is essentially a condition alone of American civilization, and the geographical location of this condition does not extend north of Toronto, nor south of the Ohio river, nor west of the Mississippi States. That is to say, that the area of overtaxed nervous force is co-equal with the area of highest civilized activity. Furthermore, the exhaustion of nervous force only manifests itself among the brain workers of this civilization, or among those who are the offspring or life-partners of brain workers. Muscle-workers are the same in this area as they are elsewhere. The delver and ditcher here can gorge himself with meat and liquor just as freely as the Red Indian on the plains, and suffer as little discomfort or permanent injury therefrom. The diseases arising from nervous exhaustion are the product and consequence of higher civilization. Dr. Beard uses an excellent simile when he says that Edison's system of electric light gives an illustration of the effects of modern civilization on the nervous system. The central electric machine supplies a certain number of lamps with a light of an ascertained power. Every additional lamp placed upon the circuit means a decrease in the power of all the other lamps. By adding lamps indefinitely, the power of each may decrease until it be a faint flicker. The addition of a single lamp more may negative the circuit. The engine is man's nervous force, each lamp is a demand of civilization, each new obligation which man assumes decreases his power to meet the demands of his life, and so his existence ceases under the strain.

Such additional lamps upon the ner-

vous circuit in recent times have been the invention of printing, steam power, electricity, newspapers, political machinery, freedom in religious discussion, activity of philanthropy, the heightening and extending complexity of education, etc. Where the dynamic power of the central engine has not increased, nervous prostration has ensued. That upon the whole the nervous force of the people has increased is undeniable; but it is also painfully apparent that in many cases the attempt is being made to supply more lamps of civilization than the nervous machine can generate force to keep lit. Glancing rapidly in detail at some of these lamps, the first that may be mentioned is the specialization of labour. In the making of a watch, for instance, a mechanic now spends a life time in the turning out of one particular kind of wheel. Here is an exclusive concentration of mind and muscle which, being reinforced with over-heating and bad ventilation, produces exhaustion.

Speaking of watches naturally suggests the necessity of punctuality. In this century there seems to me to have been a great progressive movement, having as its objective point a reduction of all human life into an exactitude of movement which can be compared only to the absolutely certain response of every wheel to the motion of the pendulum. The day was when a quarter of an hour in keeping an appointment did not matter much. If a man is two minutes late now-a-days he will find the engagement fallen through. The necessity for punctuality is most exhausting. It is my experience that if I have to rise in the morning before my customary hour, I might as well not go to bed at all for all the benefit that sleeping 'on tension' does me. Watches and clocks are among the biggest curses that civilization has imposed on man. They make life one eternal fidget. In waking, it is an everlasting struggle to be on time, and in sleeping, it is slumber with one