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SPECIAL NOTICE.—While thanking those who have paid for the SANITARY JOURNAL, we are very sorry to be obliged to again remind a large number of those who receive it that we cannot possibly continue to publish it without *money*. We hope each one will not think his two dollars can make but little difference to us for a little time. This is too apt to be the thought of many we fear. We have incurred great expense in publishing, and Christmas is not far off, at which time every one should strive to be 'square' with the world, as regards accounts, if he desires to be happy and healthy. We trust this reminder will meet with a ready response from our friends, or those interested in public health, and that each will be so good as to forward at once the small amount of subscription to the editor, Box 1972, Toronto. If each one would do this, we should be able to enlarge the JOURNAL at an early day, without, of course, raising the price.

OVERWORK.

The subject of over-work, especially of mental over-work, has recently been attracting a good deal of attention. Three or four months ago the Rev. Mr. Greg lectured in England on "Life at High Pressure," and no doubt alarmed some people by depicting the dire consequences inflicted on individuals and on society, by the hurry and the worry in the competitive race for wealth and position. He appeared to imply that the nervous system is too much wrought upon by incessant work, and that many are breaking down under the pressure. Dr. Samuel Wilks, of Guy's Hospital, London, on the other hand,