

themselves. He finds that he cannot endure night-work so well, and feels a general want of strength. If he is wise he will either give up contract practice or else take a long rest.

A second class of cases are made up of those who early acquire a large country practice. The instances of premature decay are not so frequent in this class, unless the person becomes addicted to stimulants. Although there may be greater fatigue connected with country practice, there is the compensating advantages of pure air and less worry, as the number of patients under treatment is necessarily fewer and expenses of living are less. Many, however, have in the meantime assumed the responsibility of supporting a family, and may not be in a position to give up any of their work. Sometimes they resort to stimulants. This pernicious practice can only have one result, sooner or later—utter and irretrievable ruin. In other cases, the physician works bravely on, and is suddenly cut off by a pneumonia or by a typhoid fever, or some other illness, which could easily have been withstood if the system had been in a sound and normal condition at the commencement.

The third class, in which we hear of the saddest effects of over-work, is composed of those who settle in a large city, and who wish to assume the foremost positions as consulting physicians and surgeons, and to become eminent as teachers or authors.

A young man of this character, with little means, settles in a large city. He sets before him the following tasks: (1) He must make a living from the first. To do this he probably undertakes to teach students in grinding or quiz classes. This, when largely engaged in, is exhaustive work. He also frequently does the night work of an older practitioner, and loses as much rest as one in large practice. (2) He must acquire a reputation as a practitioner. For this purpose he becomes connected with as many hospitals and dispensaries as possible, spending several hours each day in a close and unhealthy atmosphere. (3) He must acquire a reputation as a teacher. For this end he, if possible, becomes connected with a medical school, where he is expected by the older heads to do an enormous amount of work for little or no pay. (4) His tastes and ambition lead him to