

While the farmer's work makes a man hearty and well, though lumbering, it takes the spring out of him. The merchant is, physically, however, in a worse position. Getting to his work in boyhood, sticking to it as long as the busiest man in the establishment, his body often utterly unfit and unready for even half the strain it bears, he struggles on through the boy's duties, the clerk's, and the salesman's, till he becomes a partner; or perhaps he starts as entry-clerk, rises to be book-keeper, and then stays there. In many kinds of work he has been obliged to stand nearly all day, till his sides and waist could scarcely bear it longer, and he often breaks down under the ceaseless pressure. If his work calls him out much, he finds that the constant walking, with his mind on the stretch, and more or less worried, does not bring him that vigour he naturally looks for from so much exercise; and at night he is jaded and used up, instead of being fresh and hearty. When exceptional tension comes, and business losses or reverses make him anxious and haggard, there is little in his daily work which tends to draw him out of a situation that he could have readily and easily fitted himself to face, and weather too, had he only known how. To be sure, when he gets well on and better to do, he rides out in the late afternoon, and domestic and social recreation in the evening may tend to freshen him, and fit him for the next day's round; but, especially if he has been a strong young man, he finds that he is changed, and cannot work on as he used to do. His bodily strength and endurance are gone. The reason why is plain enough: when he was at his best, he was doing most work, and of the sort to keep him in good condition. Now there is nothing between rising and bedtime to build up any such strength, and he is fortunate if he retains even half of what he had. To be sure, he does not need the strength of a stalwart young farmer; but, could he have retained it, he would have been surprised, if he had taken sufficient daily exercise to regulate himself, how valuable it would have been in toning him up for the severer work and trial of the day. If, instead of the taxed and worn-out nerves, he could have had the feeling of the man of sturdy physique, who keeps himself in condition, who does not know what it is to be nervous, what a priceless boon it would have been for him!

Who does not know among his friends business men whose faces show that they are nearly all the time overworked; who get thin, and stay so; who look tired, and are so; who go on dragging along through

their duties—for they are men made of the stuff which does the duty as it comes up, whether hard or easy? The noon meal is rushed through, perhaps when the brain is at white-heat. More is eaten, both then and in the evening, than will digest; and good as is the after or the before dinner ride, as far as it goes, it does not go far enough to make the digestion sure. Then comes broken sleep. The man waking from it is not rested, is not rebuilt and strong, and ready for the new day.

With many men of this kind—and all city men know they are well-nigh innumerable—what wonder is it that nervous exhaustion is so frequent among them, and that physicians who make this disorder a specialty often have all that they can do? One of the most noted of them, Dr. S. Weir Mitchell, of Philadelphia, in his valuable little book, 'Wear and Tear; or, Hints for the Overworked,' page 46, says:—

'All classes of men who use the brain severely, and who have also—and this is important—seasons of excessive anxiety or grave responsibility, are subject to the same form of disease; and this is why, I presume, that I, as well as others who are accustomed to encounter nervous disorders, have met with numerous instances of nervous exhaustion among merchants and manufacturers.'

My note-books seem to show that manufacturers and certain classes of railway officials are the most liable to suffer from neural exhaustion. Next to these come merchants in general, brokers, etc.; then, less frequently, clergymen; still less often, lawyers; and, more rarely, doctors; while distressing cases are apt to occur among the over-schooled young of both sexes.'

And while the more active among business men run into this sort of danger, those less exposed to it still do little or nothing to give themselves sound, vigorous bodies, so as to gain consequent energy and health, and so they go through life far less efficient and useful men than they might have been. Hence their sons have to suffer. The boy certainly cannot inherit from the father more vigour and stamina than the latter has, however favoured the mother may have been; so, unless the boy has some sort of training which builds him up, his father's weaknesses or physical defects are very likely to show in the son.

Nor do most classes of mechanics fare much better. Take the heavier kinds of skilled labour. The blacksmith rarely uses one of his hands as much as the other, especially in heavy work, and often has poor legs. Indeed, if he has good legs, he does not get them from his calling. The stone-

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