

way he assumes at once work and responsibilities which ought to belong to riper years. Often, too, he acquires new patients by a spirit aggressive, and sometimes offensive, to his seniors. If he is a conscientious man he will become, more or less, intensely worried about his patients. He will constantly meet with cases entirely new to him, and will be in doubt as to the correct treatment to pursue. He is, at the same time, under the disadvantage of being considered a young man, and they who contract for the services of a physician are generally the most exacting and the most unreasonable. They often make remarks which are exceedingly galling to a sensitive nature. With this kind of practice there is always a good deal of night work. The patients are usually careless whether they send in the day or night so long as they have nothing extra to pay. If the young physician, as is often the case, falls into a large midwifery practice at the same time, his lot of drudgery—I was almost going to say slavery—is complete. For a few years he does not feel the strain, but sooner or later his constitution gives way. He is frequently subject to severe headache, and palpitation of the heart. Symptoms of dyspepsia show 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 overwork 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 become an original investigator of disease, and he has the laudable design of adding to our stock of medical knowledge. To do this he pursues some line of clinical or pathological investigation—a work which may be exceedingly interesting but which must be carried on largely at night, thus robbing the enthusiast of hours which should be devoted to sleep.

Then he desires a competence for himself and family. To some the fatal idea comes of becoming wealthy. As this cannot be done in the slow way of ordinary practice, they engage in speculation, and we all know how fortunate doctors are when they enter that business.

There are a few of extraordinary constitution who can bear up for many years against such a heavy strain, but they are few indeed. From constant and unremitting work symptoms of brain tire show themselves.

The physician complains of frequent headaches, becomes irritable, suffers from insomnia, and finds he is unable to do the usual amount