

man has trained a young family to life conditions which only a large income can sustain, he breaks down and leaves his children to bear the brunt of a poverty made tenfold more severe than it otherwise would be by the daintiness of their previous living. And even when the broken down merchant or professional man leaves his family a competence, they are very apt to inherit an ill-balanced and ill-nourished nervous system, which makes a positive and sustained enjoyment of life an impossibility.

In a recent lecture in this city, Dr. G. R. Agnew said that if there is more nervous disease in this country than elsewhere, it is because the average American youth is supposed to be able to do anything. Men should know on what points they are ignorant, and so escape many damaging strains. Mental application does not weaken the brain. It strengthens it, if not carried to the length at which wholesome food and plenty of sleep fail to refresh it. Never in any age, said Dr. Agnew in another connection, have man's faculties been so taxed as now; and the great problem is for each man to do his share of the world's work and keep well. The civilization of to-day does not call for any faculties that a man does not possess; but it calls upon him to use in the best manner the faculties he has and learn how to bear the strain of living.

One of the first and most imperative symptoms that the strain of living is becoming too great is the jaded head, which Dr. Agnew described as one that cannot be depended upon for a long stretch of work, that grows weary prematurely, that has to be coaxed from the pillow in the morning, and that does not force the work of the day cheerfully. "There are more of such heads than might be supposed. They are found in every rank of life; but chiefly among persons of sedentary pursuits and among both sexes and almost all ages above fourteen. Generally the early symptoms of the malady is discomfort during headwork in the back of the head and in the upper part of the spinal region. He is a happy man who meets this symptom with rest, and seeks in sunlight and fresh air some fresh investments for his nervous system, and drops every habit that does not do him positive good. If he takes to artificial stimulants for relief, he will begin a career which, soon or later, will place him among the incurables or bring him to an untimely end. Alcohol and all sleep-producing drugs are dangerous in the highest degree; for they mask the malady, without curing it. No organ in the human body is so abused as the brain, and no organ is so well fitted for daily use.