all the body, is affected, the brain being the commanding centre, for the chain is as weak as its weakest link.

"The effect on these nerve cells is probably a chemical one as well as mechanical. In consequence, or as a result of work, what are known as 'fatigue products' are formed in the cells. These are poisons, and the German scientists call them 'Ermudungs Stoffe.' Under normal conditions, that is, when they are the results of work, not continued worry, these poisonous 'fatigue products' are thrown of by the cells themselves during the periods of rest and relaxation.

"It has been conclusively proved that these 'products' produce direct microscopic changes in the nerve cells. The theory is, that if they are quickly thrown off, the cell returns to its normal condition; but if left there by the cells, being unable to perform its proper functions, the poison becomes fixed. The changes these 'fatigue products' bring about were shown by Hodge in this country in a series of experiments he made with swallows. He carefully examined the cells of the spinal cords of birds who had just been flying long distances, and side by side with these put under the microscope cells of the spinal cords of birds that had not been out of their cages at all. He found decided differences in the two sets of cells, thus proving clearly that physical fatigue does produce microscopic changes in the cells of the spinal cord.

"Now, it is quite impossible, of course, to get evidence of mental fatigue in the brain of an animal, and the nervous cells of the brain of a man can hardly be examined under the microscope after he has been exerting himself mentally in any way; but the supposition, is that mental fatigue in the cells of the human brain produces changes. These 'fatigue products,' as has been already said, are known to be poisonous.

"The whole nutrition of the body is dependent on the normal action of the brain. In time these cells, acted upon by poisons so that they are given no opportunity to throw off, become decadent; they lose their vitality, and, doing this, affect the cells near them. In the body the effect is shown in this way; the body itself commences to fail. The man cannot eat and cannot assimilate. The brain is intimately connected with each of the other organs, and one of these, or perhaps more than one, being imperfectly nourished and provided for, falls into some sort of local disease. Of this the man dies. His death is ascribed to the local disease, but it was worry that brought it about.

"To explain this matter of worry still further, I might say that there are three different kinds of irritation that could destroy a brain cell. They are mechanical, electrical and chemical. The changes in the cells just described are brought about by nothing