

and I suppose I will yet die, right in the harness," he spoke rather sadly and Norman was touched.

"Give it up, give it up before it is too late. Turn to the country, you will find the rest you crave for in the broad open fields anywhere away from the roar of the city. I do not ask you to go to Canada, as I intend to do; you are an American and this is your country. But I do ask you to give up your present life, because I know that you are fast becoming a martyr to it, that the strain will clip fifteen or twenty years off your life and if you will allow me now, I will read to you part of a sober opinion by one of the most eminent physicians in this city as a proof of what I have said."

The manager nodded his head and Norman read:

"It is not the one thing alone, it is not the simple fact of eating one's lunch too quickly which constitutes what I call fast living. But all of our surroundings, our pleasures and pastimes partake of the same high pitch. Our social conditions tend towards this end. The humblest can hope for a palace some day. Even the Germans and the English live here but a short time before they likewise are tuned up to concert pitch. The rewards, so rich and so sure; and the ever stimulating competition of his fellows drive the business man, the lawyer, the engineer, the man in any line of intellectual activity, to his greatest effort all of the time. He is like a steam engine under forced draught. The fact that his daily routine is one of ever present and intense excitement has brought him to believe he must have a stimulus, even in his recreations. Books which are exciting, dramas of the most gorgeous setting and sensational character of plot, athletic games that demand the utmost effort, horses whose speed is that of railroad trains, yachts which beat their prototypes throughout the world—these and a thousand other things, all intense, all exciting, all startling, all sensational, are the occupations of his leisure hours. What is the outcome? To supply his rapidly exhausted system he is compelled to consume large quantities of rich food and to stimulate himself with alcoholic beverages. He starts upon his career with a robust digestion, not easily deranged, and his career ends in premature death, which too often owes its origin to the flagrant abuse of that digestion. The majority of men who break down before they reach 50 were healthy in youth, the possessors of a good physique and a strong pair of lungs. I believe that if you would make a list of all the men in this city who were not born to wealth, and who had amassed a fortune of \$100,000, or had made success in some line of intellectual effort relatively as great as the massing of so much money, you will find that two-thirds of them were country-born and country-bred. New York is the arena where Americans who are bound to win or to die come. It gets the best brawn and brain in the country, uses up the stored energy of many generations, cries for more victims and they willingly offer themselves. This New Yorker, born out of town, who is the most enthusiastic New Yorker is the maddest of all the racers in the chase for fortune and position. He is usually successful at the cost of his health."