

Is Our Pace Too Fast?

Leslie's weekly.

The New Haven physician who, in a recent address before the American Therapeutic Society, ascribed the weakness of the heart and the circulatory system now so common among certain classes of men and women to the high tension of modern life, was doubtless well within the truth.

We keep up a fast pace everywhere, in our efforts to keep "in the swim" of business and society, gauging everything by the clock and rushing from one appointment to another at literally electric speed.

"If we are actually sick" said this physician, "unless we are seriously ill, we fight and wrestle with the disease, whatever it may be, instead of calmly giving up and allowing the disease to be temporarily master of the ceremonies." "And even our children," declare the same speaker, "are early infected with this feverish, headlong haste to do something. They see too much, do too much, are amused too much, compete in school too much, are taught too much, are awake too much, for the welfare of their nervous system." All this, or something very much like it, has often been said before, but the warning needs repetition, and perhaps, by and by, some will hear and heed before it is too late.

With all our many and ever-increasing applications of electricity, we need to remember that the laws of the human organism remain the same, and the human machine cannot be run on the electric-motor plan. A great deal of the strenuousness displayed in modern life is totally unnecessary. Quite as much could be effected in the long run by taking things more moderately