

NEURASTHENIA'S MANY VICTIMS

New York.—(Special)—In the death of former Governor Roswell P. Flower, many persons contend that another illustration is afforded in support of the assertion that Americans go through life under too great a nervous tension, forcing upon themselves a mental strain that is in time bound to affect health, if not the life of the individual.

As was aptly said by Doctor George F. Shady today in discussing this subject, "the average American constantly burns an electric light in his body and the eyes while the dynamo below, represented by his nervous system, is also kept going without intermission. The result of this is that sooner or later the electric light is bound to go out as a result of the dynamo not having had time to rest and gain additional power."

Among the persons known to New Yorkers whose deaths within the last few years have been laid directly or indirectly to the fact that they lived at too high a nervous tension may be mentioned:

Henry George, candidate for mayor of New York in 1887, who died suddenly in October of that year as a result of the constant excitement and mental strain to which he subjected himself almost without relaxation, although his death was attributed directly to apoplexy; George M. Pullman of Chicago, who died from heart disease in 1887; former Senator Calvin S. Brice, who died from pneumonia in December, 1888; Ethel Marlowe, whose tragic end from heart disease on the stage of the Empire theater in this city in November, 1888, will be recalled; Armand Castlemare, celebrated as a singer, who died from heart disease on the stage of the Metropolitan opera house during a performance, in February, 1887; the Rev. Doctor John Hall of the Fifth Avenue Presbyterian church, who died suddenly while on a visit to Ireland in September, 1888; Prof. William Pepper, one of Philadelphia's most famous physicians, who died in July, 1888, heart disease being given as the direct cause of death; Colonel S. Van Rensselaer Cruger, who died last year; Edouard Remenyl, violinist, whose end came on the stage of a San Francisco theater in May of last year, heart disease having killed him, the effect of excitement attending his enthusiastic reception having brought on a fatal attack of the disease; Alphonse Daudet, novelist, whose death was charged as being due to paresis and heart trouble, the result of excitement and the nervous tension under which he lived; George E. Waring, former superintendent of the street cleaning department, whose death was caused by yellow fever, his vitality having been undermined by the mental strain to which he had subjected himself for years; Prof. Henry Dressler of Columbia college, whose death in December, 1887, was said to be due to fatty degeneration of the heart; Judge Aaa. W. Fenney, who died in December, 1897.

Doctor Shady today mentioned these names at random as illustrative of his meaning that the deaths of so many persons, particularly in the United States, are due to the fact that they live at such a high tension, never giving themselves an opportunity to obtain mental rest.

This is peculiar to the American people, he declared, and does not exist to an equal extent among the inhabitants of the other countries, where the same break-neck speed to amass wealth, fame, business success, or whatever may be the goal sought, is not followed.

Neurasthenia is the term which has been given to the complaint which is known as the "American disease," and which twenty years ago was laughed at by many learned persons, who declared that it existed chiefly in the imagination.

The scientific discoveries and improvements which have taken place within the last few years have done much to make the disease more widespread and universal, Doctor Shady asserted. The almost universal use of the telephone, the telegraph and electricity in other forms, which tend to influence people to think more rapidly, keep their minds more constantly engaged, and add in a general way to the intense strain on the nerves and system and directly on the mental powers, is largely responsible for this, Doctor Shady holds.

There is nothing more exciting than life in Wall street, he declared. The desire for gain is so great in man's nature that he will risk his health and his life in satisfying it. The worst of it is that those who are engaged in Wall street speculation pay no heed to the warnings which nature gives that the danger-line is being reached. The fatal ending which follows the strain on the nervous system is so insidious in its approach that the victim pays no heed to it, or deludes himself with the belief that the end is yet far off. He decides upon one more operation in stocks; he has one more restless night, while his brain is engaged in planning a movement in Wall street for the next day, and then, like a flash, the end comes. He has forced nature once too often, and the end comes with a suddenness which shocks his friends, who did not imagine that death was so near that it came by reason of the unceasing demands made upon nature's forces.

This result, Doctor Shady said, is brought about in different ways. Mental strain will sometimes cause indigestion. The heart becomes affected and there is a general inclination toward disease, which increases and attacks a man fatally when his system is not in a proper condition to resist it. If he

supplements this condition by smoking black cigars or by using liquor, it helps to weaken his constitution.

"It is easy to tell a man to 'go slow,'" said Dr. Shady, "but we each think the lesson is not for ourselves, but for the other fellows. The only way to obtain rest is to take a trip or an ocean voyage, where the sufferer cannot be reached by cablegrams and letters."

"But even this relief probably will be overcome by science before long, by means of a cable which will in some way be attached to the ship and allow a passenger to know within a few seconds how stocks are selling in Wall street, or how his business is going at home. It is all very regrettable and our people should stop and consider the penalty exacted for undue diligence in any sphere of life."

POPE LEO'S JUBILEE BULL

Rome.—(Special)—This is a translation of the pope's bull, ordering a year of jubilee to celebrate the close of the nineteenth century:

"To proximity of the end of the century which, through the grace of God, we have nearly passed, has decided us to order action which will serve toward the salvation of Christian people and perhaps be the last act of our ministry.

"We wish to declare that grand jubilee, instituted since ancient time, and which has come to us under the name of holy year, whether it be long or short, ought to be accompanied by numerous holy ceremonies, or above all, because it furnishes a greater means for correcting morals and leading souls to holiness.

"We have seen many benefits arising from the last jubilee, under the pontificate of Leo XIII. At that epoch religious manifestations occurred in Rome, making the city the veritable ground of God.

In spirit let us recall the crowd of pilgrims, the multitude of the faithful visiting the temples in processions, the sacred orators who spoke to the public, the Pontiff himself, surrounded by Cardinals, giving examples of piety and charity.

"Alas! These thoughts carry with them grief, seeing the present time so different. The former solemnities can not be renewed today, because the condition in Rome is so changed.

Let us hope, however, that God will grant us for the Day of the Jubilee undertaken only for His glory, wherein we desire nothing other than to facilitate that eternal salvation provided for the diseases of the soul in the remedies Jesus has placed in our hands. That is the duty of our office and the necessity of the times.

One cannot say this century has been sterile in good works and Christian virtues. On the contrary, by the grace of God, we have an abundance of illustrations of examples. There are no exalted virtues in which many men have not signalized themselves, because the Christian religion has obtained from God continued fruition of these virtues.

At the same time, what blind errors have prevailed! How many people are running toward eternal ruin! What grief for our hearts to see how many Christians, seduced by license of thought, are losing every day the gift of faith!

It is difficult to express what injury these habits of thought have inflicted upon the foundations of society.

Religious souls, full of bad tendencies and cupidities, are taking part in a dangerous and dreadful struggle, without world, aiming to seize the goods of the world.

It is necessary then to recall to men their duties, to succor perishing souls, to recall the thought of eternal salvation to all those who at every hour run the danger of losing the heavenly portion offered to them. This is the aim of the Holy Year, as the mother church will try during this period to discipline souls, to teach them expiation through penance.

With this principle she will multiply her prayers to the calm outraged majority of heaven to obtain the abundance of heavenly gifts. In opening the treasures of indulgences whereof it is the dispenser, the church invited the whole of Christendom to the hope of pardon. Why ought we not to hope for good results if the people prepare themselves spontaneously to honor Christ by celebrating the end of the century?

We cannot propose anything holier or more salutary for them, or what we ought to desire, aspire and hope for, than to ask Jesus throughout this holy year for that salvation found in his resurrection, and in abandoning which men go to perdition.

Alas, many men refuse with contempt this saving mercy. We have seen in these latter times a renewal of the Arian heresy regarding the divinity of Jesus.

Raising our eyes to God, with his help and with the approbation of the Cardinals, we order a universal jubilee, to commence in this sacred city of Rome with the first vespers of Christmas, 1899, and to cease on the same day in 1900.

During the jubilee year we concede full indulgence and pardon of sins to all Christians truly repentant, who confess their sins and partake of communion, and who will visit the Basileias of St. Peters, St. Paul, St. John or that of St. Marie Maggiore in Rome at least once a day during twenty days, if having domicile in Rome, or, for pilgrims, during ten days. All ought to pray for the exaltation of the church for the extirpation of heresies, for the concert of Catholic principles, and for the salvation of Catholic peoples.

Those who through sickness, or other legitimate causes, cannot visit the Roman Basileias, if they confess and communicate, may also benefit in the individual.

To Rome we invite you, with love, sons of the church throughout the world.

At the same time good Catholics ought during this period to renounce all spectacles of a profane character.

Divine Rome will inspire you. Jesus had chosen Rome as the center of the highest action. Here, under his will, is the immovable seat of his vicar or earth. Here is guarded the truth. From here spreads light to all the world.

Whoever removes himself from Rome removes himself from Jesus. Religious monuments, majestic temples, the tombs of the apostles, the catacombs of the martyrs, all add to the sanctity of Rome.

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