



# **Wear and Tear: Or Hints for the Overworked (Classic Reprint)**

*S. Weir Mitchell*

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Excerpt from *Wear and Tear: Or Hints for the Overworked*

The rate of change in this country in education, in dress, and in diet and habits of daily life surprises even the most watchful American observer. It is now but twenty-five years since this little hook was written as a warning to a restless nation possessed of an energy tempted to its largest uses by unsurpassed opportunities. There is still need to repeat and reinforce my former remonstrance, but I am glad to add that since I first wrote on these subjects they have not only grown into importance as questions of public hygiene, hut vast changes for the better have come about in many of our ways of living, and everywhere common sense is beginning to rule in matters of dress, diet, and education.

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