

## Feel overwhelmed?

“The world is too big for us. Too much is going on, too many crimes, too much violence and excitement. Try as you will, you get behind in the race in spite of yourself. It is an incessant strain to keep pace and still you lose ground. Science empties its discoveries on you so fast, you stagger beneath them in hopeless bewilderment. The political world’s news is changing so fast that you’re out of breath trying to keep pace with who’s in and who’s out. Everything is high pressure. Human nature can’t endure much more.”

— *Atlantic Journal*, June 16, 1833