

Over-sensitive nerves and weak muscles are partly inherited and partly the result of training: of a training, which instead of making a child into a good animal, has been, perhaps not intentionally, directed towards developing the mind and hindering the growth of the body; a training which develops complexity of nervous structures instead of nervous energy. It is the result of a childhood spent in learning a great deal and doing a very little." Instead of training women to be strong, tall and muscular, with good appetites and the power of sleeping well, the whole tendency of modern education is to depress and mortify the flesh in order to exalt the spirit. The result is that anything the muscles have to do is done with great difficulty, while whatever the nerves have to do is done well. It is not surprising then that such a complex process as labor, depending as it does upon the nervous and muscular system, should be affected injuriously by an education whose sole aim seems to be to exalt the nerves and depress the muscles. The process of dilatation of the os uteri, which among uneducated women goes on quietly and without sufficient pain to prevent them from attending to their occupations, becomes in the highly educated woman a long and agonizing process, owing to the increased sensibility; there is a great outcry with very little work. Owing to defective nutrition, the membrane breaks at the very beginning of labor, so that the waters escape and dilatation must take place by the direct pressure of the child's head, instead of by the beautifully equalized hydrostatic pressure. The pressure of the child's head being greater at certain points than at others, the stretched cervix is lacerated. In the writer's opinion, laceration of the cervix could not possibly occur if the cervix were normal, and if dilatation were performed by the bag of water, and if neither fingers nor instruments were introduced within it. If the bag of waters were strong enough to remain intact until the perineum is also dilated, as he has seen it occur among the uneducated classes in Canada, rupture of the perineum would not happen either. This too early spontaneous rupture of the amniotic sac means a dry labor; and a dry labor is a very exhausting one, and too often followed by the application of the forceps, before dilatation is complete, and this, in turn, generally means a badly ruptured perineum.

At the Boston meeting of the American Gynecological Society a few weeks ago, one of the speakers with a large obstetric practice, admitted that it was impossible for the