

disease, and which are classified in the tables under the head of "ill health," "undue mental effort," "domestic unhappiness," etc., may very frequently be traced in their primary influences to the one cause of a want of physical stamina. We press the training of the mind by all possible hours of study in and out of school, and by the added stimulus of emulation, while we neglect the training of the body in di-regard of that mysterious but absolute law of sympathy which compels the debility of the latter to cripple the action of the former. My own observation leads me to think this error will be found to exist more frequently with parents than with the more intelligent and advanced of our teachers; and its pernicious tendencies are beginning to be better appreciated."

"Prof. N. J. Bystroff has examined 7,478 boys and girls in the St. Petersburg schools during the last five years, and found headache in 868, that is 11½ per cent. He states that the percentage of headaches increases almost in a direct progression with the age of the children, as well as with the number of hours occupied by them for mental labour; thus, while headache occurred in only 5 per cent. of the children aged eight, it attacked 28 to 40 per cent. of the pupils aged from fourteen to eighteen. The author argues that an essential cause of obstinate headache in school children is the excessive mental strain enforced by the present educational programme, which leaves out of consideration the peculiarities of the child's nature and the elementary principles of scientific hygiene. The over-strain brings about an increased irritability of the brain and consecutive disturbances in the cerebral circulation. Prof. Bystroff emphatically insists on the imperative necessity of permanently admitting medical men to conferences of school boards."—(*British Medical Journal*.)

The above is a warning voice from far off Russia by one of its distinguished scientists.

"We hide our defectives, our demented, and our pauper infirm in havens of refuge out of our sight. Had we not these retreats and all our mentally and physically afflicted were allowed to drift about in the community as in former times, these ever-present evils and evidences of national depreciation would frighten us. We would study more than we do the laws of health, and how best to develop and maintain moral, intellectual and national supremacy.

"Look at the ever increasing demands for hospitals, asylums for insane and imbeciles, schools for feeble-minded, retreats for nervous complaints, almshouses for human wrecks, prisons for chronic and congenital vagabonds, and then say if a vicious system of sanitation, of customs, of habits, and of education has not something to do with this state of things. This is not the Jeremiad of the pessimist: rather it is the story of a danger signal to which we would do well to take heed. The great restorer of brain power is profound sleep, and plenty of it to the school-going child. It stores the vital battery with mental energy. The child wants a dreamless forgetfulness to fully recuperate from its daily exhaustion. This is a physiological axiom. It is also forgotten that much depends upon the kind of exercise a scholar takes. Work of some kind is better than none, but it is not invigorating like play or some kind of amusement or enjoy-