

have been introduced, look back with astonishment at this generation, and wonder that it was so well satisfied with its own methods. When our educators become thoroughly convinced that physical development as a part of education is an absolute necessity—that a strict observance of the laws of physiology and hygiene is indispensable to the highest mental culture, then we shall have vital and radical changes in our educational system; then the brain will not be cultivated so much at the expense of the body, neither will the nervous temperament be so unduly developed in proportion to other parts of the system, now so often bringing on a train of neuralgic diseases which cannot easily be cured, and exposing the individual to the keenest and most intense suffering, which all the advantages of mental culture fail, not unfrequently, to compensate.

The more this whole subject is investigated, the more reason we shall find for making allowances, or some distinction in scholastic discipline, with reference to the differences in organization of children, and for adapting the hours of confinement and recreation, the ventilation and temperature of school-rooms, the number and kind of studies, the modes of teaching, etc., to the laws of the physical system. But another and still more important change must take place. Some time—may that time be not far distant—there will be a correct and established system of *mental science*, based upon physiological laws; and until this era arrives, the modes and methods of education must remain incomplete and unsatisfactory. The principles of this science, in the very nature of things, must rest upon a correct knowledge of the laws and functions of the brain; and until these are correctly understood and reduced to a general system, all education must be more or less *partial, imperfect and empirical*.—*Sanitarian*.

THE EFFECTS OF WORRY.—That the effects of worry are more to be dreaded than those of simple hard work is evident from noting the classes of persons who suffer most from the effects of mental overstrain. The case book of the physician shows that it is the speculator, the betting man, the railway manager, the great merchant, the superintendent of large manufacturing or commercial works, who most frequently exhibits the symptoms of cerebral exhaustion. Mental cares accompanied with suppressed emotion, occupations liable to great vicissitudes of fortune, and those which involve the bearing on the mind of a multiplicity of intricate details, eventually break down the lives of the strongest.—*Chambers' Journal*.