

Divine Providence, though it is quite certain that the great majority of its victims suffer very little mental pain, or many of them none at all, under the fully developed form of their malady. It is in the early, incubating stage of their disease, when unclouded intervals of mental calm enable or constrain them to reflect on their threatened danger, or when painful bodily symptoms usher in their periods of irritability or resistless passion, that they undergo true mental suffering.

That insanity is on the increase, is, I fear, a fact so clearly established by its statistics, as now to be accepted as a certainty; and indeed, taking into view the multifarious and ever-multiplying factors contributive to its development, it seems to me to be an unavoidable *a priori* conclusion, that it should exhibit a continuous increase. Among these factors, brain overwork, in its various forms, which embrace many other indiscretionary and dangerous indulgences, besides hard study, is certainly not the least potent. The undue indulger in alcohol, or soothing narcotics; the slave of strong passions, or the fosterer of ill-temper; the ambitious, the envious, the spiteful, the cunning, the unfortunate and the oppressed, all overwork their brains. It is not, however, my purpose to embrace in this paper all these evolvers of mental overthrow, but more limitedly to confine myself to the consideration of its incidence in the class to which you belong. I shall, therefore, now submit to your attention some abstracts from the reports of a number of the institutions of this country devoted to the reception and treatment of the insane, premising that I especially desire of you to mark the difference between the incidence of insanity in male and female teachers.

1st. The institution situate in West Philadelphia, called the Pennsylvania Hospital for the Insane, and consisting of two distinct establishments, some distance apart, one for males and the other for females, shows the admissions of male patients in the last 40 years to have amounted to 4,441, of which 53 were teachers, or a little less than $1\frac{1}{2}$ per cent.

The admissions of females amounted to 3,839, or 602 less than those of males. In these 3,839, the admissions of teachers were 109, or about $2\frac{7}{8}$ per cent., or $2\frac{1}{8}$ times those of male teachers. It is my belief that this preponderance of female over male teachers would be found to have arisen in late years, since a larger proportion of female teachers have been employed, and higher qualifications have demanded a more severe and protracted course of preparatory studies.

2nd. The Connecticut Asylum, in its report of last year (1880), shows a total, from its commencement, of 1,114 admissions of males, of whom only 7 were teachers; but of 867 females admitted, 34 were teachers; in other words, there was only one teacher in every 159 male patients, but one in every 25 female patients.

3rd. The Vermont Asylum in the last two years admitted 178 men