

case of girls of the affluent classes, is educated at the expense of the physical structure, they spending more time in actual study than their brothers." The same eminent practitioner once said to a sister of my own who was consulting him (what, perhaps, he might have hesitated to put into writing), "When I see a girl under twelve with a book in her hand, I feel an inclination to throw it at her head."

The late earnest and scholarly Dr. Ed. H. Clarke (U. S. A.) (I am availing myself here of Sir Crichton Browne's very valuable *Education and the Nervous System*) collected a large amount of testimony bearing on the effects on health of the higher education of women in America, where it is pushed with a remorseless vigor as yet but little known in this country; and all the testimony collected by Dr. Clarke is in favor of one conclusion—that severe brain work for girls, kept up continuously, is most injurious to health. In his *Sex in Education* (Boston, 1882) Dr. Clarke writes:—"It is not asserted that all the female graduates of our schools and colleges are pathological specimens, but it is asserted that the number of those graduates who have been disabled in a greater or less degree by these causes is so great as to excite the greatest alarm, and to demand the serious attention of the community. If these causes should continue for the next half-century, and increase in the same ratio as they have for the last fifty years, it requires no prophet to foretell that the women who are to be mothers in our Republic must be drawn from transatlantic homes."

There is hardly an American physician who has specially treated the diseases of women who does not corroborate these words. For instance, Dr. Emmet:—"I hold that it is not practicable to educate a girl by the methods found best for a boy, without entailing serious consequences. The ovaries will always be arrested in their growth if the brain is forced....I not only endorse Dr. Clarke's views so far as he has gone, but my own experience leads me to believe that the evil is even more serious than he has represented." And Dr. Goodall:—"From the age of eight to that of sixteen, our daughters spend most of their

time in the unwholesome air of the recitation room, or in poring over their books, when they should be at play.... As the result, the chief skill of our milliners seems to be directed towards concealing the lack of organs needful alike to beauty and maternity, and the girl of to-day becomes the barren wife or invalid mother of to-morrow. Such a civilization, which stunts, deforms and enfeebles, must be unsound."

So, too, Professor Loomes, of Yale College, looking at the increasing deterioration of American girls, remarks:—"The cry in our colleges and time-honored institutions is, 'Open your gates that the fairer part of creation may enter, and join in the mental toil and tournament.' God save our American people from such a misfortune." And our own lamented Dr. Thorburn, of Owens College, to whose article on Female Education I am indebted for my last quotations, having said that "The struggle for existence on the part of single women, and the capacity of a few of their number to ignore, with safety, the physiological difficulties of the majority, are demanding opportunities for education, and its honorable as well as valuable distinctions, which cannot and ought not to be refused them," is constrained to add:—"Unfortunately, however, up to this time, no means have been found which will reconcile this with the physiological necessity for intermittent work by the one sex. It becomes, therefore, the duty of every honest physician to make no secret of the mischief which must inevitably accrue, not only to many of our young women, but to our whole population, if the distinction of sex be disregarded."

In like strain, Mr. Lawson Tait, in his *Diseases of the Ovaries*, after declaring himself an advocate of women's rights, says:—"At the same time, I cannot help seeing the mischief women will do to themselves and to the race generally, if they avail themselves too fully of their rights when conceded.....To have only the inferior women to perpetuate the species, will do more to deteriorate the human race than all the victories of Girton will do to benefit it. This overtraining of young women is wholly unnecessary in the interests of human