

as—in this life at least—they are a duality for, as Shakespeare puts it in *King Lear* :

“For we are not ourselves, when Nature being overcome,
Compels the mind to suffer with the body.”

If this is not so, what means all these refugees in educated Christendom for the insane, the idiotic, the feeble-minded—in short, the great and ever increasing army of defectives? The like was never known before in the history of our race, and means its utter extinction, as the same inexorable law has done when operating among the nations of antiquity. There is great significance in the fact that nervous diseases have increased a thousand fold within the last half century. I have in my library volume upon volume, devoted solely to the study of these diseases. Under the name of *neurasthenia* or *nerve-weakness* or *nerve-starvation*, a legion of modern brain and general nerve troubles are indicated. They crop up from childhood to old age in all classes of the community, but especially in those to whom life has been a fierce struggle, and who gallop through the world and trot into the grave.

“The mill of God grinds slowly,
But it grinds exceeding small.”

I am glad to know that in many of our schools, especially in the cities, industrial work, calisthenics and kindergarten, are being introduced during school hours into the child-life and youthful recreations of more adult age. This is a step in the right direction, thanks to the persevering efforts of our physicians and the intelligent teachers, who are educating the people in respect to their duty to the young. Other malign influences, such as bad sanitation, troubles, drunkenness, fast living, in all their phases, are among potent causes. After making all allowance for hereditary possibilities based upon their existence among parents, and which lead to a downward tendency in their progeny, a large balance yet remains which is directly traceable to over-pressure of juvenile brains, and which is sapping the mentality of our people. It is a grand thing for Christendom that it is a law of Nature to fight against the invasion of disease, and to seek to come back to healthy conditions.

Dr. Y. S. Clouston, Medical Superintendent of Morningside Asylum, Edinburgh, says in *The Journal of Mental Science*, April, 1882 :

“I cannot help adverting to the absurd and unphysiological theories of education which are sometimes taught, and which we as medical men should combat with all our might. The old plan of attending to the