

being injured advisedly. As already stated, the period when so many intricate subjects are imposed upon the pupils is the most critical in their lives. The whole organism is undergoing a great change, the brain tissue is plastic, and the nervous system sensitive. The brain cells, from long continued expenditure of energy, become exhausted. As the term goes on the work increases, and only those of superior mental capacity and vigorous bodies, are able to do the work understandingly.

The protoplasm of the brain cells becomes used up by continual work without the rest necessary for recuperation. A continuation of these conditions results in a loss of inhibitory power. How often have you heard it remarked of young men who have become dipsomaniacs: "What a pity, one of the brightest, if not the brightest of his class," and so on. In many cases this condition results from exhaustion of nerve cells of the cortex. Feeling irritable and restless, instead of taking needed rest, seeing the work pressing upon him, he seeks for something to enable him to complete his task. He takes a little wine and feels better able for his work, still weakening his will power, and so on until he becomes a victim of dipsomania which is only a symptom of defective inhibition. He possibly may be a total abstainer, and would not touch alcohol in any shape, but feeling as he does he looks around for relief. In some of the daily papers he finds his case exactly described, and the remedy. He tries it, feels benefitted for the time, and soon becomes a medicine fiend. It is from this class that victims of the various patent medicines are supplied.

Again, how can we account for the large number of our youths who are wearing glasses? The answer is twofold,—First the overwork of the plastic brain cells produces a congested condition, which affects either by continuity or contiguity, or more probably both, the optic tract. The vision becomes deranged, and away they rush to a peripatetic optic specialist, who never fails to adorn their faces with glasses, assuring them that they just came in time to save their eyesight—a species of quackery on a par with the restorers of lost manhood. Second, not giving proper attention to the introduction of light into the class rooms.

To sum up the whole matter in a short sentence, the school curriculum is developing a class of neurasthenics.

The object in bringing this subject before this Society is, that the Society may discuss it, and if they conclude that it is of sufficient importance, bring it before the powers that be, by the appointment of a committee, or in any way they may think best.