

Such a career may be said to represent the intellectual life of an ordinary student, in which there is considerable strain, a constant exertion to acquire and retain knowledge, anxiety as to results, and possibly worry and irritation in details. In consequence there is diminished exercise, loss of fresh air, and generally deficient hygienic surroundings. We have said that numbers of such young women are constantly applying to the hospitals for medical assistance. They complain of physical debility, anæmia, dyspepsia, and loss of appetite; their functions are disordered and irregular, and they present the usual conditions of bodily weakness and depression. Their nervous system and mental faculties are also affected. They are irritable, nervous, depressed, and melancholic; they do not sleep at night, partially lose their memories, they suffer from violent headaches and cannot settle to work; they have all kinds of nervous and subjective pains, hysterical symptoms, and in short all the phenomena of nervous and mental as well as of physical exhaustion and debility. If our patients be asked the cause of these ailments they will with one accord say that it is the hard and constant brain work combined with worry and perpetual anxiety.

From teachers let us turn aside for a moment to women who follow other intellectual employments. If we examine the matter we shall find, a certain number of exceptions always being allowed, that as a rule when females are subjected to severe and prolonged mental exertion, more especially if it be associated with anxiety and physical fatigue, they break down under the ordeal. How many excellent and clever women have we known who, either from necessity or from love of study, have eagerly embraced and distinguished themselves in literary, scientific, and educational pursuits. Burning the midnight oil, contending it may be with difficulties, harassed with doubt and anxiety, debilitated from want of rest and bodily fatigue, they struggle on, their circumstances or their enthusiasm impelling them, but at last they, like the pupil teachers, give way and succumb from sheer exhaustion. The objects of this paper are to endeavour to explain why this deterioration of health should so frequently take place in women when subjected to bodily and mental strain, in distinction to men, in whom under the same circumstances it is comparatively unusual; and with the view of elucidating this to discuss the physical and intellectual capacities of the sexes, and to ascertain whether in these respects the male and female are upon an equal footing. That these propositions may be rendered intelligible, some preliminary observations are necessary.

*The Physical Conformation of Woman.*—It will be generally conceded that woman is physically weaker and less powerfully built than man. With few exceptions, this distinction between the sexes is universal throughout the entire animal kingdom. From the lowest to the highest species, the general structure of the male differs from that of the female in the size and strength of his bones and muscles, the form of his head, thorax, and limbs; and in the possession of special weapons of offence and defence. In the human