

The teachers are not altogether to blame. The system is at fault. There will be no redress nor relief to the tender and immature brains of the rising generation until public opinion is educated to such a point as to demand a check being put upon this deleterious system of cramming and pushing beyond natural demands.

In the higher schools there are added from year to year new studies to the great catalogue already in existence. There is no knowing where this craze of hobby riders will end. In the meantime the coming race is being sacrificed to lack of judgment and discretion.

Let the next book issued to the public by our educators be for the use of teachers and parents, and let it show that secret vices and public school high pressure in the education of our youths are sapping the foundations of the Christian nations of to-day, by insidious approaches into the brain world of our womanhood and manhood. Some apologetic and ardent school teachers say to me that the children are as healthy looking and robust as they were in our young days, or even in the times of our fathers. The testimony of those best qualified to judge is not in accord with this view. Take for granted, however, that on the surface this appears to be the case with the majority of children, yet, such apologists do not know or seem to forget, that the general muscular health of an individual may be comparatively good, and at the same time the nervous and mental systems may be mere wrecks. The automatic life of the body may exist in its usual vigor when the organ of the mind is diseased or, at least, out of tune. The majority of the chronic insane eat well, sleep well, and are in prime physical order, but who can doubt their deplorable mental condition? In the same way the scholar may give little evidence of the deterioration of organic life, especially the muscular, while, at the same time, the mind in its operations is daily throwing out signals of distress, to which no heed is given until serious injury is done and it is too late to mend. The warnings are not heeded in the foolish competitive race for scholastic supremacy, until a general breaking up takes place and this great evil is seen in permanent brain disease. The majority of children thus sacrificed show failure of bodily health, but much mischief is done to them when apparent health exists. The brain is a long-suffering instrument, and—like the stomach—will endure much ill-usage before it shows any disability. When patience no longer becomes a virtue, it gives up the struggle and capitulates to the invader of its wonderful domain. Mind must of necessity suffer with it,