

nerves, such persons become anything but pleasant or agreeable companions.

Another feature in such an organization is its strong tendency to mental derangement. The reason and the will have no controlling influence; the balance in the mental faculties is destroyed; and the individual, composed, as it were, of a bundle of nerves, is governed by mere caprice, whims, or the delusions of an emotional nature. Our lunatic hospitals contain at the present day many just such persons.

Again: We have stated that when in the course of education, and as a result of it, there is a great predominance of the nervous temperament and a lack of the muscular, the internal organs of the body do not stand so good a chance for growth and development. As a consequence, these same organs suffer in weakness and become liable to disease; the lungs from consumptive complaints; the stomach from indigestion and dyspepsia; the bowels from costive habits; and the reproductive organs from a variety of weaknesses and diseases. The heart also suffers in its action for the want of muscular power, and it cannot force the vital currents so well throughout the whole system.

The diseased condition of all these organs originate more or less from the want of muscular power, and this defect comes from neglect of the kind and amount of physical exercises which should have been taken while the body was in a state of growth and development. But an excessive cultivation of the brain, or the mind has, directly and indirectly, done its full share in producing these evils.

To confirm this statement we might summon a great number of witnesses, but must be content with the following: Mary J. Studley, M.D., now connected a long time with the State Normal School for Girls at Framingham, Mass., writes thus: "It has been

my privilege, for more than twenty-five years, to be intimately associated with young women, either as teacher in the school-room in the earlier years, or as medical practitioner or teacher of hygiene, during the latter ones, and every day's added experience only confirms me in the position I have occupied from the first relative to the various forms of nervousness which affect our sex. That position affirms that the best possible balance for a weak, nervous system is a *well-developed muscular system*. Weak, shaky, hysterical nerves always accompany soft, flabby muscles, and it is a mournful fact that the *majority of the young women* whom I meet in schools are notably deficient in muscular development."

The fact here stated brings us to one of the most serious evils in the present modes of education. While it cultivates the mind and stores it with knowledge, training the mental faculties to their highest extent, and capacitating them for the greatest happiness, it develops, at the same time, an organization which, unless it has health, the means and ability to be gratified, becomes susceptible of immense suffering, both of body and mind. It may be said that such a result cannot be prevented, especially in some cases, but, alas! they are altogether too common, and are likely to increase more and more unless some radical reforms are effected.

In describing the defective organization of American women, says Elizabeth Blackwell, M.D.: "We need muscles that are strong and prompt to do our will, that can run and walk indoors and out of doors, and convey us from place to place, as duty or pleasure calls us, not only without fatigue, but with the feeling of cheerful energy; we need strong arms that can cradle a healthy child and toss it crowing in the air, and backs that will not break under the burden of household