

of bone and muscle ; for, during this period, the nervous system will have plenty to do in automatic preparation of itself for the subsequent performance of its special duties. Parents and teachers leap for joy when a five-year old manifests his precociousness ; and the nervous little monster is held up by his attenuated arms in the sight of his phlegmatic or sanguine classmates as a paragon of perfection angelic to behold, when he should be making mud pies and wearing out his pantaloons in the physical activities of childhood.

Unless the vision be tested too much with small objects, no one can take exception to the work of the kindergarten ; for its essence is agreeable discipline, the training of the faculty of observation and the directing of memory in preparatory channels without forcing its exercise ; in a word it is child's play made systematic

In the ordinary schools, homework, as a rule, is made a burden too heavy to be borne with safety—when the pupil has finished the task there remains insufficient time for rest and recreation, and it is no unusual thing to find the problems of the evening in advance of what already has been thoroughly taught. It would appear at times as though the schoolroom were transformed into a hall of inquisition for the purpose of discovering how much the pupil has failed in his home study, instead of being the place for intelligent education in harmony with the order of development of the mental faculties.

It is to be hoped that, ere long, in the advanced classes of the collegiate institutes as well as in our universities, competitive examinations will cease to be so stiff that victorious combatants emerge from the conflict proud of their conquests ; but, as likely as not, to fall into the hands of the doctor for repairs—sometimes too late—for often the foundation has already been laid for a neurasthenic superstructure. I am not speaking theoretically, but am setting forth those things with which, professionally, I have had to deal.

Let us propound to ourselves the question—why is insanity, especially that of adolescence, together with kindred forms of nervous disorders, on the increase ? And, having solved it to our satisfaction, let us give the community the benefit of the investigation. The emulation and everlasting strife for a place in the front ranks of society, financially and socially, constitute doubtless a potent factor ; but let us not forget that this restless activity is often born of the habits engendered long prior to manhood.

Functional excess is always at the expense of defective reparative power. An extraordinary organ is the brain—a tired muscle refuses to work, an over-wrought mind declines to take repose—the ploughman, after having “homeward plodded his weary way,” sinks into