

where, others deny it ; a great deal of exaggeration on both sides.

Over-application to study does exist ; it is a frequent cause of neurasthenia, but of a special phase of neurasthenia, particularly studied by Charcot and Keller, under the name of *adolescent headache*.

How is this disease developed by excessive study ? It is not by the number of hours, either of classes or of study. Some students work as long and even longer than their comrades, without suffering from it. It shows itself among those whose ambition, whose future is the dominating idea, who think unceasingly of how to attain the foremost position, of the fellow-student to excel, of the examination to pass, of the special school to which he must be admitted before reaching the stipulated age.

The students who are *dominated* by these ambitions, who *dream* of them, are those who become neurasthenic, *especially* if to this domination is added work difficult of performance, and constant effort is necessary for them to arrive at the same goal, that others more highly gifted, reach easily. How many neurasthenics are developed among young girls who *strive* for their certificates with unwearied tenacity, *either* by failure at an examination, *or* by the practical disillusion which too often follow success.

The same may be said of *professional over-pressure*. I have seen many cases of nervous systems prematurely shattered, especially among officers of the engineers who had risen from the ranks, forcing themselves to complete, better than all others, a work which was easily accomplished by their comrades who had graduated from the Polytechnic School. There, again, it is the difficulty, not the quantity, of the work, that must be blamed.

In a profession so captivating as our own, in which it is said we die of hunger or fatigue, when we do not die of both, some over-work themselves because they take everything so zealously, almost fanatically, dreaming of their patients, speaking of their operations even at table, discussing medical questions even on the promenade ; whilst others, taking events more easily, more quietly, more philosophically, do not over-fatigue themselves, even while doing more work than the others.

There is also *political over-pressure*, which is so frequent at the present time ; it depends entirely on the way in which things are taken. You know one politician, cool, quiet, and intensely practical, who prefers eating chocolates to a day's shooting. He distributes or appropriates offices, becomes stout, and does not over-exert himself. On the other hand, you have as a contrast, the ardent enthusiast, who fritters himself away, night and day, who is rebuffed on all sides, is seldom elected, and utterly exhausts his nervous system. I emphasize this, above all causes, because it is not sufficiently discussed. Many recent tirades on over-pressure and neurasthenia might make one believe that that affection is the disease of over-work ; whence would follow the natural conclusion, that the way to avoid nervous affections would be to do nothing. I wish to reassure those among my *readers* in whom this opinion might, relax the ardor of their work ; let them make themselves easy ; it is not the quantity of work which exhausts, it is the way it is conceived and executed.

Therefore, the true problem to solve for the pedagogic education of the child, is not to make him work to accumulate a number of things in his mind, but to teach him how to work well. The future belongs to those who *know how to work*. Intellectual work, therefore, is not in itself a complete factor of neurasthenia, in order to produce it, it is necessary that to persistent labor different forms of pre-occupation should be joined ; such as the cares of material life, fears of not reaching the desired goal, an exaggerated idea of responsibility, giving way to an excessive and unsatisfied self love, annoyances and deceptions tending to complicate and darken each day's task. Whence the frequency of neurasthenia among speculators, politicians, artists, philosophers, doctors, and also in certain professions, *e.g.*, postal service, where the severity and continuity of the work are not compensated by proportional remuneration.

If the occupation, followed with severity and accompanied by success, cannot be considered as the cause of neurasthenia, on the contrary moral excesses with their pre-occupations suffice in themselves to give rise to nervous affections. Depressive emotions, the effective passions above all, when they are smitten with failure, exhausted by grief, the reverses of fortune, deception of any