

especially on children of nervous temperaments, of this intense strain, coming on, as they usually do, at the end of the sessions, when the children are already nearly exhausted.

How many young men and boys have paid for their scholarships and gold medals with a large slice of their constitution, if, indeed, not with their life? An intimate friend of mine not long since secured his first-class A certificate when he was seventeen, and spent the two subsequent years under Dr. Clark in the Queen Street Asylum. As Dr. Clark expressed it, the result of running a twenty horse-power engine at a forty horse-power pressure.

The fond parents of the precocious child, delighted with its unusual activity of mind, encourages it on, as does oftentimes the educator, not dreaming that to the psychologist this very precociousness is evidence of a mild form of degeneracy. You rarely find with this premature mental condition a well-developed physical. Galton, in his study of distinguished men of science in England, found that nineteen out of every twenty were men of unusual physical energy. While we can't hope to develop a nation of Bismarcks and Gladstones, yet we are serving the best future interests of the nation when we see that the physical is kept well in advance of the mental.

Dr. Weir Mitchell, in an address delivered to the teachers of Philadelphia last summer, drew special attention to the dangers of examinations and eye-strain, stating that he had made a careful study years ago in his clinic in regard to chorea (St. Vitus' dance) alone, and always noticed an abrupt upward curve at the period of examinations and their approach, and also other marked nervous symptoms at these periods. The children will cry easily, are irritable, restless at nights, starting up in their sleep, oftentimes dreaming about their examinations.

This has been recognized by most progressive Boards of Education abroad, and the examinations have been done away with and other plans suggested and adopted. I regret to say that, notwithstanding Mr. Hughes' (Public School Inspector) efforts along this line, we are still much behind.

A very common cause of apparent mental dullness or deficiency in school children has been discovered to be due to defective sight or hearing, or both. Referring to this, Dr. Weir Mitchell says that, having drawn the attention of the profession thirty years ago to the fact that a large percentage of cases of headache were due to bad eyes, and having thereby successfully wrestled with so common an evil as headache, he counts