

individual families it is observed that one or two of the children are suffering from the school course ; they become obviously dyspeptic and languid, physically and mentally. They may struggle through, or they may fall by the way. What is known in the experience of one family is known by the attending physician as occurring in many families, and what one physician sees in his circle of practice is seen by every other physician in his circle, so that the sum total is a perennial epidemic among school children. . . .

After referring to the foul air in the over-crowded and ill-ventilated school-room, to the children sitting hour after hour almost without change of position, and to the great mental labor sometimes demanded, especially in understanding and answering some questions during examination, Dr. McSherry continues :

‘The worst of it is, that when many of these matters have been taken in by memory at great expenditure of brain force and attendant violation of hygienic laws, they are practically worthless. They will not make the possessors in any sense happier, better, wiser. Many of the questions would stagger the most intelligent ladies in any or every society ; they would be too hard for members of Congress, ministers of the Gospel, judges of the Supreme Court, or even members of the American Medical Association. For such learning, *Cui bono* ? The answer would be difficult. *Cui malo* ? The answer would be easy. The young mind, like the young body, may be exhausted by overwork. Athletes become stale young, and the over-taxed mind of the child is often followed by mental inertia. Thus both mental and physical forces are frequently impaired. Taxing the memory to surprise and delight examiners with ready answers to difficult questions is not so good for the learner in reality as in appearance. ‘I have seen all the works done under the sun, and behold all is vanity,’ says a great authority ; and the text is often illustrated in the examinations.

‘It has been truly said that the mind, like the body, becomes dyspeptic from cramming. And, furthermore, impairment of the nervous system in one generation becomes a matter of entail. If entails be against American statute law, they are nevertheless in accordance with natural law. The prize-girl’s children are perhaps very bright and precocious, but when sick they are fearfully liable to delirium and convulsions, and multiform nervous maladies. This is not a theoretic idea, but something that the writer has seen in practice.

‘The mind and the body, being in close sympathy, ought to be educated together. If we go back to ancient Athens in the days of her glory, we find that intellectual and æsthetic culture and gymnastic training were carried along *pari passu*, and in the common interests of mind and body, and for the development of physical as of mental strength, and of physical beauty.

‘The last point should be by no means ignored, especially in the female sex, which usually suffers more in the school career. Beauty requires intelligence of expression, sustained by vigor of health.