

willed thing. But, as Dr. Weir Mitchell truly says, the largest knowledge finds the largest excuses; and, therefore, no group of men, so truly interprets, comprehends and sympathizes with women as do physicians, who know how near to disorder, and how close to misfortune she is brought by the very peculiarities of her nature, and we truly pity the parents and sisters, knowing the trying ordeal through which they are passing. What is the cause of this widespread and increasing malady? and how stay its onward march? Undoubtedly, in many instances, it is inherited from the parents, when slight exciting cause is sufficient to produce it.

Another cause that tends to develop and maintain the neurasthenic tendency is an irregular, unhealthy and overstimulating life, especially at the times of childhood and puberty, and more especially in cases of childhood, where illness has been followed by tedious convalescence—the over-indulgent and tender-hearted mother yields to every whim, no sacrifice of herself or others is too great to grant or demand. Again, the school system of the present day, in a very great measure adds to the evil; I allude more particularly to its effects on young girls between the ages of 14 to 17 or 18, at a time when their physical nature ought to be developed to its fullest extent. What do we find? Long hours in school, and long hours out of school necessarily devoted to study for the morrow's lessons, leaving but little, if any, time for the more necessary out-door amusements and exercises, so essential to the future woman, for the momentous responsibility, "that at that age they fail to realize," of being the coming mothers of the generation yet unborn.

A young lady, at present under my care, gives a synopsis of her school-days, for two years, between her 15th and 17th year. At school from 9 to 12 and from 2 to 4, after 4 music lessons, then to study for the morrow until tea, afterwards her studies were resumed, until 1 or 2 o'clock every night. She tells me she was never able to retire before that hour, in order to thoroughly learn the various studies. "This was at St. Thomas, Ontario," and this patient intellectually is far above the average. She was studying for certificates with the result of utter collapse, and the neurotic girl became hysterical

in its worst degree; and her tender spine underwent no end of blistering, and ultimately cauterly applications, all without avail to the hysterical spine. And from inquiry, I find this is an example of the ordinary routine girls of the present day undergo. What a tremendous tax on any one anxious to keep pace with the daily studies. I could dilate, did time permit, on this question and its many evils effecting both sexes, but I merely desire to call our attention to the matter, in the hope, that, from the study of cause and effect we, "whose duty it is," may be led to advise those in authority in the matter, to adopt a course of instruction more suited to the wants and requirements of the rising generation.

Another cause of the evil is found in the business man of the present day, with his long and late hours of work, irregular meals, bolted in what is termed American fashion, but in my experience the Canadian is not one whit behind his cousin in that respect; "nor in any other," perhaps, you will add; but the chief defect in a business man, as a rule, is the want of holidays and recreation. Day after day, and year after year, business cares and successes and excitement follow each other in daily rotation. Every man ought to have some pursuit apart from his business, to produce a healthy reaction of body and mind. And if of sporting proclivities, spend three weeks every year under canvas, in our Canadian backwoods, and return with the nervous and physical equilibrium restored; for the man of the present is morally responsible for the man of the future.

What is the natural sequence if both parents, or even either one, is sickly and weak? Does not the sad inheritance fall upon their offspring? And knowing this fact, I may ask, what percentage of the young girls of the cities and towns, of the present day, are fit to be healthy wives and mothers? Let each one make the calculation from those of his own immediate knowledge and acquaintance. And the answer, I fear, will be more appalling than would at first sight appear. Do we not find an increasing army of women who are unable to nurse their offspring; is it necessary to ask the cause, or what will be the result, on the next two or three generations? The practitioner in those future