

## **Draft Circular for Inquiry into the Permanent Effects of Mental Work**

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Late 19th Century

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# Draft of a proposed circular

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## School life

Were you elected to an entrance scholarship in your school?

How many hours a day did you usually work, when preparing for the scholarship examination?

Did your health suffer from that work?

Fatigue  
Permanent Effects of  
Mental work  
[Endorsed]

## College life

How long have you been a fellow, a scholar of your college?

How many hours a day have you usually worked at college, when in health?

Have your habits of physical exercise been as regular as those of the generality of your contemporaries?

Have you been in the habit of taking unusually severe exercise?

Have your habits of sleep and of diet, been as regular as those of the generality of your contemporaries?

Has your health ever materially suffered from over mental work, since you have been at college?

If so, please answer the following questions as fully as possible.

Have you ever been wholly incapacitated from mental work: in other words, have you been "broken down," since you have been in college?

If so, how often, and for how long a period on each occasion, has your health broken down?

Do you ascribe the "breaking down" to a period of exceptional hard work?

For how long had the period of hard work lasted, and for how many hours a day did you work during that period?

Any further remarks bearing on the subject of this enquiry, would be acceptable.

Signature . . . . . Date . . . . .

Name . . . . .  
College . . . . .



