

explain how and why the seeds grow when planted in the soil. Let them witness the procreative act between their animal pets, and tell them what it means, using as a comparison the observations you have made upon plant life. Let them follow with watchful care the pregnancy of their female pet to term, explaining to them the different stages of embryonal development. And, finally, let them witness the female undergoing the pangs of parturition, giving them the correct reason for everything in relation to cause and effect, answering their questions frankly, simply, and truthfully, although at the time they may appear of no material consequence."

Why, in these days of widespread knowledge, the traditional preference of the past for ignorance in sexual matters should still obtain is a mystery. Is it possible that it is only another phase of man's domination over woman, maintained through the centuries by keeping her in the Stygian darkness of ignorance from which she is only now beginning to emerge into the bright sunshine of a fuller knowledge of life and all that it means, and that it has its main-springs deep down in an unworthy motive?

This question is prompted by the recollection of some remarks we read in a recent number of a French medical exchange bearing upon our present subject. The writer asked the question whether it would be preferable to marry one of these enlightened women—theoretically enlightened only, he was careful to observe—or the traditional young French innocent, who is supposed to be in a state of absolute ignorance as to everything that will be expected of her in the marriage state. For his part, he says, he agrees with the practice of his country and prefers the latter; and for this preference he gives his reasons in a vivid picture of the delights of ravishing his young wife of all her little "innocent chasti-

ties" (of ignorance or illusion) one by one. To our mind, far from such a conception being conducive to any phase of morality, it is in itself an example of bestial licentiousness that degrades the "lawful" exercise of a legitimate and honorable impulse, an impulse that should provoke not shame and confusion, but tender devotion and reverence inexpressible, to the level of the brothel.—*Ed. N.Y. Medical Journal.*

PHYSICAL TRAINING IN PUBLIC SCHOOLS.

The care of the body has been, up to comparatively recent years, strangely neglected in the Public Schools of this country. It has been considered a quite sufficient educational training for the young to cram and overload their brains with a quantity of matter difficult to digest, and in two many instances, even when assimilated, of little use in after-life. Numbers of delicate, highly-strung children have broken down under the strain, and the dreary daily grind of the monotonous cramming system, undergone in unhealthy surroundings, has developed many of the nervous diseases to which the present generation is so peculiarly susceptible. What does knowledge profit a man, if in the gaining of it he loses the still more precious gift of good health? The nations of the old world, notably Greece and Rome, understood and appreciated much more clearly than do the people of these times the harmfulness of unduly forcing the mind to the lasting hurt of the body. The gymnasiums of ancient Greece probably reached, in the methods of training the young, a higher ideal than have any of the educational systems now in vogue. In the face of this condition of affairs, it is pleasing to note that the people of America are rapidly becoming alive to the pernicious effects of developing the