

called systematic education, neither should we allow the body to take its chance of proper or improper development." Furthermore, the tendencies of society and fashion and hereditary predispositions are toward unsymmetrical and imperfect development and require to be guarded against and counteracted. Some forms of physical exercise, too, necessitate great activity of the mind and the senses, and thus aid in a degree in the development of the mental faculties.

Then as regards the time spent in physical exercise. The belief is becoming very general that too much time is now usually allotted to study. Some believe that three hours a day is sufficient for close application. Evidently children who apply themselves closely to study should be so engaged for a shorter period than those who exercise less application and who do not attend so closely to their books. With not very pleasant recollections of the irksome, tedious third and sixth hours of the daily study-period of school life, we have strongly advocated the four hours period, with an hour and a half about noon for luncheon or dinner, and have had these hours adopted in the teaching of our own children. Two hours might very advantageously be taken from the present six-hours period of the public schools for physical education; and the larger portion of these two hours might well be devoted to military drill. But the military drill would hardly form a perfect system of physical exercise, as it does not demand that varied and vigorous action of the muscles and other organs of the trunk which a perfect system should include, and a short period might be occupied in some gymnastic exercises.

Let us strive then to have as soon as possible a certain fixed and regular amount of physical training form a part of our educational system, which, with the exception this deficiency and of the almost entire want of hygienic studies, is generally regarded as an admirable and almost perfect system. With such a course of education, in properly ventilated school houses, we should have healthier and happier children, more vigorous in mind and body; we should not then, as Dr. Brouse observes, "see so many of our youth who were rosy and healthy before