

ignorance or folly, are clothed from head to foot in flannel or in woollen cloth, unless they have the misfortune to be born to such pinching poverty that anything more than decent covering for the body is looked upon as superfluous. Girls, as a rule, in all classes of society, have only the merest pretence of flannel underclothing, which serves merely to exaggerate the difference of temperature between the exposed and the covered portions of the body. The trunk is indeed generally clothed in merino or flannel, but for the upper half of the chest no underclothing is provided, and half or the whole of the lower extremities are cased in cotton undergarments.

If we want to rear healthy girls, we must protect them against the inclemency of the climate by clothing them in flannel, not by making believe to do so. We must teach them those personal duties to themselves and social duties to others which they and we violate, by recklessly exposing their bodies to the inroads of disease just as much as if they were made to swallow some poisonous draught. Girls should be taught from a very early age that wilfully or carelessly to sow the seeds of illness or weakness in themselves is to sin against their body and to nullify the promise of usefulness to others in which all young creatures should delight. That would be truer education than to teach them the names and dates of all our bloody battles, or the exact order of succession of our English kings. I do not wish to undervalue the teachings of history, and I should be sorry indeed to see girls grow up ignorant of the principal events which have succeeded each other in their own and in other countries; but if one kind of learning must needs be sacrificed to the other, let it not be the one which is indispensable to the raising up of a healthy generation.

Another important, commonly overlooked, point in girls' dress is that it should be light and suitably adjusted. A heavy material does not necessarily imply more warmth than one of different make weighing much less. Fine soft serge may be as warm as a coarse heavy kind, and merino or cashmere is as warm as velveteen; but the difference in actual weight to be borne is considerable. If to difference of material are added differences in length and cut in a dress, and the presence or absence of heavy flouncing or kilting, giving no uniform warmth to the body, but constituting a drag on the spine of the most pernicious and wearisome description, it needs no anatomist to pronounce that the choice and adjustment of a girl's clothing is a necessary subject of anxious thought to mothers and educators, and that dress may undoubtedly be made one valuable means of physical education.

At the present day it is generally admitted that the spine of girls is weaker than that of boys, and yet they alone of the two have been singled out to wear numerous heavy skirts, sometimes so tight that walking is an unsightly and painful exercise, sometimes inordinately wide and maintained by hoops at such a distance from the body that currents of cold air circulate with pernicious ease between them and the body they cover. It is known that a girl's chest is less capacious than a boy's, and yet it is the girls who are put into stays, and compressed round the waist by bands and strings almost always too tight for comfortable breathing, and which impede the circulation and alter the shape of the viscera they overlie. We recognize that the muscular system is less well developed in girls than in boys, and yet girls' clothing is so ill arranged that they cannot even walk without discomfort, and are effectually prevented from deriving much pleas-