

great strain should be thrown upon his developing constitution, and that feats of strength or physical endurance should not be undertaken until this period is safely passed. The method employed by Dr. Sargent at the Hemenway Gymnasia at Harvard is given in full. Each student, upon his entrance, is thoroughly measured and examined, and an exact record kept. His deficiencies are noted, and a special order of appropriate exercises made out. The improvement he makes is noted from time to time. "One half the struggle for physical training has been won when he can be induced to take a genuine interest in his bodily condition, to want to remedy his defects, and to pride himself on the purity of his skin, the firmness of his muscles, and the uprightness of his figure." In his remarks on physical exercise for girls, he endorses Clarke's four conditions requisite for the proper education of the female—1st, a sufficient supply of appropriate nutriment; 2nd, a normal management of the catamenial functions, including the building of the reproductive apparatus. 3rd, mental and physical work so apportioned that repair shall exceed waste and a margin be left for general and sexual development; and 4th, sufficient sleep.

A very interesting article on School Hygiene is contributed by Dr. D. F. Lincoln. In speaking of the personal hygiene of the scholar, he deprecates the tendency among teachers to urge and arouse children who are doing well enough already, with the result too often that they have to be removed from school with damaged health. "Regular schooling should not be commenced till the end of the seventh year." "Every minute the child is kept at a lesson after its power of attention is exhausted is given to forming the habit of inattention which is clear loss to education." The various ailments, dyspepsia, chorea, neurasthenia, spinal deformities, etc., are discussed in their relation to school life. Under the division of internal hygiene, the site, ventilation, heating and draining of the school-room is discussed, along with the question of how to deal with the contagious diseases.

There are short articles on Massage, Prophylaxia of Disease in Children, Juvenile Crime, and Medico-legal Testimony.

Part IV, including somewhat more than half of the volume,