

ment according to the *pros* and *cons* of the advantage to her child she can make no mistake.

The future woman of Canada is the girl of to-day. Upon us as mothers rests the responsibility of what that woman will be.

Let us guard her from anything that might hinder her from having a healthy body, a well balanced mind, and above all, a high appreciation of the nobleness and responsibility of her divine calling as a woman,—that other half of God's image of Himself.

### THE MORAL EFFECT ON CHILDREN AND YOUNG GIRLS TAKING PART IN PUBLIC ENTERTAINMENTS.—(From a Teacher's Standpoint.)

#### IS IT INJURIOUS OR OTHERWISE ?

Paper Read by MISS HARMON at the Public Meeting on February 2nd, 1895.

No child can succeed as a scholar unless both body and mind are kept in proper tone. This cannot be done unless each has the requisite amount of exercise—not injured by lack of training, nor taxed beyond the power of healthful action. There must be a judicious care of the body, the muscles developed and inured to the service required of them, and the nerves strengthened and invigorated.

There is no need in our land of children's suffering from want of out-door exercise, for there is ample space, the purest of air, and a favorable public opinion about the importance of physical culture.

Walking, skating, tobogganing, playing ball and tennis are delightful amusements, intended to give grace of movement, and, strength to both body and mind; but they are sometimes unwittingly made injurious by the child who does not know the ill-effects of over-exercising one set of muscles to the detriment of the others, or of fatiguing the body with long-continued repetitions of one kind of movement.

Many girls are injured for life in this way. They skate hour after hour, day after day, and generally in covered rinks, unblessed with sunlight or pure air, until finally their nerves are unstrung, and exhausted by this serious drain upon their system they succumb to some form of nervous debility, which, through the remainder of life, will exist as a depressing thorn in the flesh. The same state of body is induced by excessive dancing.

What was a most graceful and health-producing exercise among the ancient Greeks, who practiced the art in the open air, in the daylight, in ample unconfining clothing which allowed freedom of action to the whole body, and consequently produced a symmetrical development,