

subject matter taught them. Children, as a matter of course, must be taught classics and the higher mathematics, and too often have not the slightest idea of the wondrous workings within their own body by which they live, and know nothing of the dependence of their health on plenty of fresh air and exercise, and hygienic living. Let children be taught the laws of health and the importance of conformity to them, and we have taken a most decisive step to prevent disease.

Any attempt to reform the world, independent of the *development of woman*, must be a most complete failure. The mother is the prime *motive power* in the world, and the first step in reform would be to make her what she *should be physically*. And until she appreciates the value of such an education, and enforces it upon her offspring, all will be futile. This is the *fountain-head*, and this must be purified, or the streams flowing from it will be impure.

But all important as is the physical culture of woman, it has been more neglected than that of man, and at the very outset we are met with difficulties which, we did not have to overcome in the other sex. A man is mortified if ever called anything but strong and healthy, while a woman is proud to be called delicate. She makes her boast that she conquers by her weakness. Tell one of those lovely creatures who go wiggling along the street in high heeled boots and a waist so constricted that you could span it with your hands, that she is getting stout and healthy, if she had muscle enough, she would in all probability knock you down; but tell her that she looks delicate and interesting, and you have in her opinion paid her the highest compliment. The other obstacle is woman's complete slavery to fashion. We hate to hear people always ranting about fashion and woman's foolish conformity to it, for if she were entirely regardless of its dictates she would attract an attention not pleasant to herself or her friends. But we think she should remember the natural alone can be beautiful, and that when by attending to the caprices of fashion she mutilates the natural and beautiful, it is her place as a sensible woman to disregard them. Fancy a master sculptor or a painter choosing as a model for a Venus a pale-faced lady who prides herself on the smallness of her waist. Driven to extremities he would prefer rather one whom he would have to embrace in sections.

American women priding themselves on their delicacy, following too closely the arbitrary rules of fashion, and, too often neglecting their own physical culture, have come to be the poorest specimens of woman living. Therefore before any advance can be made, she must be taught that the necessity of the age is the healthy, sensible, cultured woman, fully alive to the mighty interests dependent upon her own health.

In conclusion we shall say, there is no such wide a field for improvement in the whole range of medical science, as there is in practical hygienic and physical culture. And if reform is needed, it is surely the place of the physician to play his part. Can he dare to attribute sickness to the dispensation of God, and, sitting with his own arms folded, fattening on the work of death, make no attempt to find out the cause, and, finding it, to put in force the remedy. No, the nobility of his profession forbids this, and forbids his encouraging disease for his own personal benefit, while those mighty prophylactics, practical hygienic and physical culture, are left untried.

—ooo—

A WINTER SPORT.

Now that we are enjoying a Canadian winter, and that there is every prospect of good skating on rink and river a few words about hockey will not be out of place. And first, What is hockey? We hear many answers: "Oh, it is shinny on ice;" "It is a poor imitation of lacrosse;" "A worse of football." Surely, though such a reply is true in part, hockey, as we have played it now for more than three years, is more than any such answer would convey. It resembles shinny, but only in being played with a block and a crooked stick; it is like lacrosse in that it is the endeavour of each side to force a ball or block through a narrow goal; it copies many of the rules of football, but does no more. Let us give our idea of hockey.

A sheet of ice, at least fifty yards long and twenty wide, with at each end a pair of slender goal posts six feet high, and the same distance apart. In the centre of the ice two lines of players—the forwards—each and all waiting