

amuse himself in it. Why, then, erect halls and apparatus if we can have the privilege of a spacious sward or a garden with broad walks? While gymnastic apparatus may be useful where there is not room to provide other means, what is to be said of heads of families having ample places in the country, with all desired conditions for natural gymnastics, who go to the trouble of constructing gymnasiums for their children? The tendency to look for the best, misses its mark nowhere more sadly than in the physical education of the child, when it prefers complicated, to natural methods, and neglects the best hygienic means as too simple, or insufficient.

Instinctive gymnastics is, from the hygienic point of view, the best adapted to the regular development of the child. It is not liable to any of the objection we have brought against gymnastics with apparatus. It can not deform the body, for it is made up of spontaneous movements, and conformed to the natural office of each limb. It does not localize the work in a particular region of the body, for all the limbs are instinctively invited to take their quota of exercise; and it does not seduce the child into efforts touching upon the limits of his strength. Instinct also invites him to the kind of work which is best adapted to his particular aptitudes for resisting fatigue. Finally, natural exercise, being the satisfaction of a want, is by that very fact a pleasure; and joy shines in the face of the child who is playing freely.

The physical education of the child, up to his fifteenth year, should have for its sole object to favor the growth of the body in all directions, particularly in height and weight; the perfecting of the structure of the organs, and the training of them by methodical exercise to a more complete performance, should come later on. The fourteenth year will be early enough to begin more energetic motions for hardening the flesh and developing the muscles. Till that age, physical education should especially aim to remove from the child all influences that may be in the way of free expansion and growth of the body.

This important distinction between developing and perfecting hygiene is well understood and observed by horse-trainers. They give colts nourishing food, free air, and room to gambol; and do not begin training them for work till they have acquired bodily growth and substance. If natural gymnastics is enough for the animal, we may conclude from analogy that it

would be amply sufficient for the child, if he had the conditions of space and time that are indispensable to the satisfaction of the instinct that impels him to exercise.

The form of exercise that comes nearest to natural exercise is playing. It is nothing else than a more or less methodical regulation of the instinctive motions, such as every living being is prone to execute spontaneously when he feels the stress of the want of exercise. It may be called a natural exercise, for we see the young of every species of animals playing with one another, and may even observe their parents inciting them to play. Play, in the progress of civilization, has taken various forms, and has been subjected to methods that tend more and more to introduce into it an artificial element. Hence, sport has been developed from plays; which permit a greater display of muscular force, exacting more complicated motions and a longer apprenticeship. It is sometimes hard to draw a clear line between sport and play. In the hygienic view, sports are half-way between gymnastics and play, and are therefore more suitable to youth than to children.

Play was the only children's gymnastics at the beginning of this century, and even now some nations have no other settled method of physical exercise. The English have never taken to gymnastics with apparatus; and the Belgians, after having tried it, are abandoning it and returning to play.

Will parents then encourage free romping in their children,—in girls and boys alike? And further, as the N. Y. Medical Journal puts it, will parents “dare to be children again with children,” for the sake of both parents and children.

FOR DANDRUFF, A writer in the Medical Summary recommends the following: Chloral hydrate 1 ounce, water 1 pint, apply freely to the scalp, with friction, either with hands or hair brush. Repeat this operation night and morning until the scalp is clean. Gradually lengthen the intervals of application, but keep up a bi-weekly use of it for a time. It is said to leave a cooling and invigorating sensation.

WHEN HOARSE speak as little as possible until the hoarseness is recovered from. Speaking irritates the parts and tends to prevent recovery.

STERNE, in one of his brilliant essays said: “O thou blessed health, thou art above all gold and treasure; 'tis thou who enlargeth the soul, and openest all its powers to receive instruction and