

dull learning by rote in the inferior ones, takes henceforth the first place in a girl's education, and seldom indeed do we find the physical needs of a growing and delicate organization come in for anything approaching adequate attention either in school or home education. And yet with children generally, and with girls especially, the training of the physical powers should take precedence over the training of the intellectual powers, the latter being incapable of unfolding harmoniously in a stunted or deformed body, however brilliant may be the temporary or one-sided intellectual development of some overstimulated or sickly children.

Let us study first the natural differences between girls and boys in the middle of school life. The difference in strength and solidity of bony structure shadowed forth in early childhood has become accentuated. (1) The spinal column, with its many beautiful arrangements for supporting the weight of the body, and allowing of easy and vigorous movements, is largely composed of bone, and is weaker in girls, hence its adjustments are thrown more easily out of order. The natural curves of the spine, which develop during childhood have a tendency to become exaggerated in girls, and persistent stooping and slight lateral deviations are among the commonest departures from the healthy standard met with in girlhood. (2) The chest is less capacious. (3) The pelvis, or irregular bony girdle attached above to the lower part of the spine, below to the lower extremity, is larger in girls than in boys, and (4) the muscular system generally is less well-developed.

From the differences which have thus sprung up between girls and boys may be deduced the special indications for physical education of a girl's growing frame.

1. The spine is weaker ; therefore it should be less heavily weighted.

2. The chest is less capacious ; therefore it ought at least to have no hindrances placed in the way of its expansion, but have perfect freedom to enlarge and develop its normal shape and proportions.

3. The pelvis is larger ; therefore the organs contained in it are more apt to suffer displacement either from compression of the soft abdominal wall about the level of the waist, or as a consequence of severe physical strain, whether caused by exercise too prolonged or by exercise too severe in its nature.

4. The muscular system is less well developed ; therefore it requires to have the special attention of parents and educators directed towards it, for the purpose of strengthening it and making it fit to sustain the functions of mature life.

Apart from such general duties towards children of both sexes as a regular supply of suitable food, which is as necessary to girls as to boys, and the recognition of the important principle that intellectual training ought, during the years of ordinary school life, that is, up to the age of adolescence, to be subordinated both for boys and for girls to physical and moral training, let us consider one by one the principal things which, from our point of view, require to be modified or reformed in the education of girls.

I. DRESS.

Girls' dress cries imperiously for reform. In our country flannel underclothing is a hygienic necessity ; it is the best means we possess of guarding against extremes of temperature. As a rule, boys, after they have passed through the perilous age of bare necks and short petticoats, which sees so many of them sink into the grave, victims of their mothers'