

The education of children and youth in Health is a subject in which women are especially concerned. It is a large subject; it demands not only the introduction of sound sanitary instruction suitable for different ages into all our schoolrooms and colleges, but the creation of a love of such knowledge and the habit of its practical application. But this is not all: our great need—education in Health—implies the confirming and improving the health by means of education. It is not sufficient that the course of studies laid down for children and youth should not injure them—it is also necessary that it should do them positive physical good; they should be stronger, better, and brighter for the hours spent in technical education, or there is something wrong in the plan of education. If lessons produce headache, lassitude, inactivity of functions, if they make children pale, quiet, spiritless, then the lessons are bad; they have done the children an injury, no matter how slight the evil effect appears to be each day; and the injury cannot be remedied by sending them out to play and repeating the same process day after day. A wrong cannot be made right by constantly committing it and then endeavouring to repair it. It cannot be too strongly urged that, unless the plan of education adopted with children does them a positive physical good in all its details, it does them a positive physical harm; it cannot be neutral. This is also true of the youth in college or boarding-school. The same principle is applicable: if the course of study is not positively beneficial to