

that they are beginning to be regarded in the education of young children. A few years since, there was scarcely a more alarming evil than the rage for making learned prodigies of infants and young children.—But farther reform is necessary, especially as regards the education of females. While in no other country do females so generally receive good intellectual education, or spend as much time at school, as in this, their physical education is almost entirely disregarded. Hence the fact, noticed by all foreigners, that the females of this country, especially in our cities, appear more delicate and less healthy than in England. Hence the innumerable instances of narrow chests and curved spines, that a careful observer witnesses among the females of the large towns in this country. Crowded boarding schools for young girls are quite numerous, but to many of them I fear they prove the portals of the grave. At these schools, with few exceptions, but little pains are taken to develop the physical powers of the scholars, and the chief attention is given to rapidly improving the intellect. Often an amount of mental labor is required of young and delicate girls, sufficient to impair a strong constitution. All the rewards and praise, all the hopes and wishes of parents and teachers, are for intellectual progress. True, they exercise a little; but the *kind* allowed them is often a task, and is nearly useless. They occasionally walk abroad with their teachers, with a regulated, stereotyped pace, that does them little or no good. Plays and exercises that they naturally enjoy, and which call into action and benefit the whole system—that enlarge the chest, and strengthen the muscles of the back, and enable

them to support the spine—are considered rude and improper. Hence we see young ladies return from such schools, with minds much improved perhaps, but with chests no larger than when they left home, and not unfrequently one shoulder more elevated than the other, and with some curvature of the spine. Let it not be said, in refutation of this statement, that girls in boarding schools look animated and healthy. This is not generally true, and if it were, it would not prove that the course pursued at such schools was proper. The evil effects which result from want of exercise are not witnessed immediately in youth.

In a few years, a delicate girl thus educated, from a little more exposure or fatigue than she has been accustomed to, or even from the mental anxiety and conflict of feelings not unusual to young ladies who mix in society, she grows feeble, a slight cough ensues, scarcely noticed for a while, shortness of breath is experienced on a little exercise, and though the countenance appears brilliant and animated,

‘Tis the hectic spot that flushes there,’

and the work of death has already commenced. In a few months, she sinks into the grave, and the newspapers announce, that an interesting young lady—the pride of her parents and friends—whose mind had been improved by the most careful education, has been cut off by consumption. But such announcements, though frequently seen, make but little impression upon the community, and convey no warning to those who have the guardianship of young ladies.

I have dwelt longer on this subject than I should, did I not believe