

incalculable physical evils on the rising generation, especially on the young girls who are to be the mothers of the generation that is to follow." And hear what the New York *Sun* says:—

"But there is another side of this commencement business. There is something besides the 'golden link,' the 'corridors of time,' and the 'star of hope.' It was to be seen at the Normal College recently. Principally it was found in the pale faces, the sallow complexions, the bloodless cheeks of the 291 graduates. And these were only signs of vitiated health. And for the causes of vitiated health look to the cram system of education now prevalent; or ask Dr. Mary Putnam-Jacobi, or Felix Adler, or Howard Crosby, or Jane A. Denton, or any other thoughtful teacher. Any spectator at the Normal College who could free himself from the artificial stimulation of the hour would have seen these unpleasant things. The graduating class sat in the body of the hall before the platform. They were in white gowns, all but two of them. They are girls who—most of them, at any rate—would be more than merely good looking if they had any colour in their faces. There were all sorts of styles of beauty, but there was one thing that was common to all, and that was a chalky, pie-crust complexion."

In the course of some remarks on the higher education of women, the *British Medical Journal* writes as follows:—

"We must point out the necessity of attending to the laws of hygiene; especially during periods of rapid growth of brain and body. Let students work for their own improvement, and let those in charge of them see to healthful surroundings, and with the actual conditions of the brain and body as the student's life proceeds. The student should attend to her duties in study and recreation,

while the superintendent trains herself to observe any signs of the commencement of such common conditions as lowered nutrition, exhaustion, or defects in physique."

These words should be "writ large" before the eyes of every parent and teacher and student. One more picture, to the truth of which most of us could testify:

"At an age when the emotional and nervous development is rapid, and in many cases morbid, social dissipation and excitement are supplied with the same care that they receive when the daughter is a woman. Many a mother has been heard to say, as a proof of her child's strength, "She has been able to go to parties or the theatre several evenings a week, and she stands high up in her class. Who cannot name dozens of children that never go to bed until ten or eleven o'clock—as a consequence late sleeping next morning, a hasty or no breakfast, and a lunch not taken to school, or, if taken, mainly rich saccharine food. Mothers say, in extenuation of their not insisting on regular, slowly eaten meals, "My daughter enjoys her morning nap so, I hate to wake her up till the last moment; then she never has time for more than a mouthful; a good strong cup of tea or coffee is all she wants; it braces her up, so she does not care for more." A clever, thoughtful woman, now suffering from years of just this sort of ignorance in a luxuriant home, states that a standing joke at school was the arrival of her old man-servant (she would not be "late," breakfast or no breakfast) with the message, "Please, ma'am, here's Miss Mary's breakfast, and her ma says she's to eat it!" But what girl's pride would allow her to eat breakfast under such mortifying conditions? Follow these girls home, with an empty stomach, exhausted nerves, consequently little appetite—there is waiting for them a