

drawing too much creative force to the exclusive stimulus of the mind, the true relation of mind and body can never be restored, the adult will never receive that ready and capable service that the body should render to the mind. In thus urging the paramount importance of some branches of study, particularly in a girl's education, it is not intended to exclude all others. Many accomplishments, as well as various branches of knowledge, may be taught in such a way as to conduce to physical and mental health, and all studies may be so arranged and subordinated as to be innocuous. The principle here insisted on is that those studies must predominate and lead in the education of youth which most fully require the exercise of the physical as well as mental nature in their pursuit.

2. The direct study of hygiene involves so large a range of profoundly interesting subjects that it is difficult to display its full importance in a condensed sketch. The creation of a healthy happy home (which all will allow is the legitimate work of a woman) requires comprehensive knowledge. The structure and arrangements of a house—according to the climate, soil, and want of a family—including drainage, ventilation, warming, economy of labour: the management of a household in relation to individual wants and to society, including the subjects of food and waste, domestic service, petty trading, the care of the sick and prevention of disease, occupations and amusements—these and many other topics belong directly to the formation of a