

# THE Canadian Practitioner

A SEMI-MONTHLY REVIEW OF THE PROGRESS  
OF THE MEDICAL SCIENCES.

*Contributions of various descriptions are invited. We shall be glad to receive from our friends everywhere current medical news of general interest.*

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## EDUCATION OF GIRLS.

The methods of modern general education are excellent, but they involve certain perils for our young people. The forcing process is becoming too conspicuous, and the accompanying dangers especially affect girls at certain ages.

Dr. W. W. Potter, of Buffalo, president of the Medical Society of the State of New York during last year, in his anniversary address, took as his subject: "How should girls be educated? A public health problem for mothers, educators, and physicians." The address, which was published in the *New York Medical Journal* and appears in the Transactions of the Society, is replete with words of wisdom respecting this important subject. The author says: "The years between ten and fourteen are full of import to a girl. During them she lays the foundation for future weal or woe. . . . Many girls begin their new physiological life at the age of twelve, but if they should not do so quite so early, this is still a period when nature is making preparations for a new existence for the young female, and if her plans are interfered with or thwarted even in their smallest details, years—long suffering years, perhaps of pain, and suffering, and woe—are sacrificed to the shrine of ignorance or wilful neglect."

He then refers to the requirements of ordinary curriculum of American schools for girls, and urges that there are too many hours per day set apart for study. The result is an over-taxation in a large proportion of cases, with more or less disastrous results, which are likely to be permanent in their character. He says: "Mothers should be made to understand that

when their daughters begin to complain of headache, backache, and indescribable malaise, these are the warnings which must be heeded. They are the manifestations of nerve-tire, the crying out of the nerve ends for rest, the protest of nature against further continuance of over-work, the danger signal hoisted to warn of the relentless ravages of the approaching tornado; and, further, that, unless they receive a patient hearing and intelligent interpretation during their earlier exhibitions, they will assuredly lead to serious impairing of physical and mental vigor." The dangers referred to are not peculiar to the United States; they exist to an equal extent in Canada. It is not unusual to find our young girls at a very critical period in their lives taking heavy courses in mathematics, languages, and sciences; and, in addition, practising from one to four hours a day on the piano. We wish that the serious risks involved in such practices were more fully realized by the profession and the public.

## ONTARIO MEDICAL ASSOCIATION.

It is something over ten years since a small number of physicians of Toronto met at the house of Dr. J. E. Graham with a view of establishing a medical association for the Province of Ontario. Arrangements were made to correspond with members of the profession of Hamilton, and, as a result, a committee from the Hamilton Medical Society, composed of Drs. Macdonald, Mullen, Rosebrugh, MacKelcan, and Wolverton, met the Toronto committee in the Rossin House, Toronto, February 22. All the preliminary business was completed at this meeting, and a draft of the proposed constitution and by-laws was drawn up to be submitted to the society for approval at its first meeting.

The first meeting was held in Toronto in the hall of the College of Physicians and Surgeons, June 1 and 2, under the chairmanship of Dr. C. W. Covernton. Our venerable Nestor, Dr. Workman, was elected president, and in thanking the members for the honor conferred upon him, said he was entirely at a loss to know the reason for his selection, unless it had been remembered that he once lectured in midwifery, and it was hence supposed that he was thereby qualified to preside at the birth of the new association.