

cares—a frame that is not exhausted and weakened by the round of daily duties. We need muscles so well developed that shall make the human body really a divine image, a perfect form, rendering all dress graceful, and not requiring to be padded and filled up and weighed down with clumsy contrivances for hiding its deformities; bodies that can move in dignity, in grace, in airy lightness or conscious strength; bodies erect and firm, energetic and active; bodies that are truly sovereign in their presence, expressions of a sovereign nature. Such are the bodies we need; and exercise, the means by which the muscular system may be developed, assumes then its true position as of primary importance during the period of youth. It is the grand necessity to which everything else should submit." This is strong language, but none too strong; the description will be heartily approved by all medical men who comprehend fully the powerful influence of the muscular system.

Such an organization as is here described has two great advantages: 1st, the self-possession and conscious power which it gives a woman; and 2nd, the commanding influence which such a physique everywhere has over others. There is a power, a charm, a magnetism in the female form or organization, when clothed with all the elements of beauty, which no language can describe.

But such a development of the whole person is not easily obtained; it certainly cannot be by performing the lighter kinds of housework, by a short walk now and then, by occasional gymnastic exercises, by a little croquet playing, by any amount of piano playing, or attention to music, to embroidery, drawing, painting, etc.

In no part of female education is there so much need of reform as in physical culture. If the standard of scholarship is to be raised higher and

higher in all our schools for girls, and no greater attention is to be paid to the laws of health and life, grave consequences may well be apprehended.

If this educational pressure were confined to a few individuals, there would not be the same danger; but when the great majority of our New England girls are thus crowded, its effects become widely extended and far-reaching. The remark has been made, "Educate a woman and you educate a race." This saying is full of meaning, and capable of different interpretations. Its meaning or application must depend upon the term "educate"—how and in what way it is done. This "educating" should have reference to the future, as well as to the present; to the body, as well as to the mind; for the highest developments of brain and nerve tissue alone will never go far toward educating a race—in fact, it will inevitably run out.

God has established, by the laws of inheritance, most intimate relations between one generation and another. As yet these laws are very imperfectly understood, but enough is known to show that they depend upon certain conditions, which must be carefully studied and taken into account. These conditions and laws cannot be ignored or set aside with impunity.

Said President Eliot, a few days since, in addressing the Alumni of Harvard University: "Now, everything depends with us and in the learned professions upon *vigour of body*. The more I see of the future of young men who go out from these walls, the more it is brought home to me that professional success, and success in all the learned callings, depends largely upon the vigour of body, and that the men who win great professional distinction have that as the basis of their activity." Now, if young men must depend for success in life upon the "vigour of the body," is it not equally important for young