

can be no proper play or full physical developement in the ordinary dress; whilst the wearing of such "flannels" will ensure the necessary thorough change on the return home; the extra handkerchief round the neck, and, in the case of the elder girls, a longer skirt put on over the playing-dress at the close of the game, will be all that is needed for the walk home. I yield the latter in deference to public opinion; I attach no high moral value to it myself, for I have known some latitude of conduct even with the fullest length of petticoat.

Thirdly, subject to health conditions, every girl must be made to play; and two half-holidays a week at least should be given for that purpose.

Fourthly, the games must be varied; no one continues for long to do that which they are conscious of not doing well; every girl will soon find out her strong and weak points in play as well as in work; and if the game is to be a recreation, she must be allowed to choose her own form, the only obligation being that she is to play, and that no books or work are to be brought on the playground.

What are the objections to such a course? 1. That girls will cease to be "lady-like," and that the "figures" will be spoiled. As to the one point: there are no girls more pleasant in themselves, or making more genuine ladies, than those brought up in a family of brothers, and who have consequently shared in and enjoyed boyish sports and amusements; as to the other, this is merely a matter of opinion, for nothing is more certain than that high physical training will lead to good figures. There might be a trifling increase in the size of the waist, but this would soon be pardoned; young husbands would soon learn that a

twenty-inch waist is a fleeting thing, and without "staying" power of any desirable kind; and older ones will feel that a slightly larger waist, and a crease here and there with the natural movements of an almost stayless body, are as nothing when compared with the mental energy, the moral brightness, and the muscular vigour that come with a healthy body. 2. There are social difficulties. These need not be greater in the playground than in the class-room; let it be the understood thing that in both places all are equal, and that in the playground all are perfectly free to play together.

Dr. Balten then alludes to the time being well and profitably spent: "There cannot be the highest mental brightness without playtime and play;" then "there would largely be an end to the hysteria and neuroses which are the curse of the present day;" and young women would not be condemned to lie for months upon a couch. He concludes as follows: No reform begins from below; private families and small schools cannot take this matter up; the initiative must come from the ladies' colleges. No reasonable reform, with common sense on its side, can long be resisted; and, if the colleges will but move, there will soon not be a private school in which high physical training is not invariably the rule. To bring this about is a duty thrown upon our own profession; the heads of colleges have not themselves felt its need or realised its advantages; they can scarcely, then, be expected to be very enthusiastic in its favour.

MR. BARRETT, in the *American Grocer*, at the meeting of the National Agricultural and Dairy Association, said that bad milk sent more people to heaven every year than bad whiskey sent to the other place.