

forty-one per cent. after eleven o'clock; sixty-seven per cent. after ten o'clock; thirty-three per cent. at ten or before. As to whether they eat any breakfast before coming to school five per cent., according to their own account, do not; thirty-seven per cent. a little; and the rest, it may be supposed, eat a fairly good breakfast. Not more than two per cent. are free from headaches; twenty per cent. have headaches every day; fifty-six per cent. have headaches weekly or oftener. These statistics have been gathered in a class of girls between thirteen and seventeen years of age, daughters of farmers, merchants, workmen and professional men, some of them rich and some of them poor. They are not being "crammed" for any examination. They are not confined in small or ill-ventilated school-rooms. They are not special cases, but simply an average class of Canadian girls, and the purpose of this paper is to call attention to the fact that the average health of our girls is not satisfactory. Nor is the reason very far to seek. Nature has a special claim on these years from twelve to eighteen. She needs a great share of the strength and vitality of these years to perfect the physical frame. "There are some things you cannot say," remarked an eminent physician the other day, "but I want to tell you this, that the health of many women is absolutely ruined for life before they are eighteen years old." We are too insanely wise to heed the claims of nature. We ignore her and defy her, and then by and by when our girls grow up to be invalid women, scarcely able to bring up their invalid children, or to do one good day's work without spending four days in bed afterwards, then we feel that Providence has dealt hardly with us and sadly remark, "She never was strong, poor thing." No. But she might have been if it had not

been for your blind folly. When she was a young girl you wanted her to "GET ON." By calling on the teacher and urging him to "push her on," you thought you got your wish, and you did your best to wake up her own ambition and it soon woke. Then you thought you would get a music master for her, so that she would "GET ON" with that. And the master, with that regard for his own reputation which is characteristic of many of us, allotted to her such tasks as would have been amply sufficient without arithmetic, etc. (see above). And she "got on" with her music. Or perhaps you took a general view of the situation, and made up your mind that she must have a Teacher's Certificate on the 11th day of August, 1887, at 12 o'clock noon. No other time will do. And so our young friend, who probably is quite as anxious about the certificate as any one, does her best to stuff herself with the prescribed "knowledge." Nature has not been silent. She has called, and the answer has been that the blood has all gone to the brain, and the brain gets more than its share, and all the rest of this wonderful temple that we live in suffers. Nature's revenge is a terrible one; her sentence of condemnation is written in ourselves, and is carried out not only upon us but upon our children. There is no escape from it. But we cannot say that we had no warning. These frequent headaches, that pale face and weary air—could anything speak more plainly than these things? People seem to be half-willing that their boys should have some little time to do work in at school. But if it is a girl, she must GET ON *all at once*.

In conclusion, I would beg to urge that more attention should be paid to the health of girls—to good air and exercise—and that every one who has the welfare of the country at heart should set his face vigorously against