

PAGE.

ny and hy-
-False del-
nd pseudo
quences to
e between
w to begin
never yet
n schools—
s"—True
nity..... 61

ENT.
nciousness
mother—
liarities of
nd body—
merely sur-
lorbid and
ncience—
rance and
..... 76

A safe and
e period—
ty at this
ssue—The
ature can
Health is a
arity".... 91

-FOOD.
corn, and
ools—Why
h the girl
ssar, Wel-
contract—
cal health
-The stu-
-What to
-A college
..... 104

CHAPTER IX.—WHAT SHALL OUR GIRL STUDY? PAGE.

College catalogues—Our girl's new sphere—The average girl-
student—*Cui bono?*—The young life takes root for itself—
Specific effect of the study of worthy subjects—Benefit of
school discipline in after life—Comparison between col-
lege-bred men and college-bred women—Freemasonic
order of gentleness—"My mind to me a kingdom is"—
Music and painting as electives—Advantages of practical
amateurship in the fine arts—Cruelty of compulsory mus-
ical education—Accomplishments venerate and glaze—The
conventional girl and the conventional pattern for a boy—
Waste of time, money, and misdirected energy—Illustrated
—Filling buckets evenly..... 117

CHAPTER X.—FACE TO FACE WITH OUR GIRL.

Womanly impatience—Impracticability of transmitting individ-
ual experience—Frances Power Cobbe's appeal to women
as human beings of the mother sex—Health of uneducated
women—Dr. Clarke on "Jane in the factory," and "Jane
in the college"—Insanity and diseases of farmers' wives
—Maud Muller and the college girl—Health of American
domestics—Illustrations drawn from a housekeeper's ex-
perience—Physical ailments and miseries of "Jane in the
factory"—Dr. Beard on improvement in physique of bet-
ter class of Americans—The girl of to-day is on the win-
ning side..... 131

CHAPTER XI.—HOW SHALL OUR GIRL STUDY?

What health of mind implies, and what health of body—Lov-
ing care of the body combined with gross neglect of it—
Causes of the rapid degeneration of women-foreigners in
America—Bridget and Gretchen as imitative animals—
Mrs. Lofty and her daughters as reformers—Care of the
health not necessarily remedial measures—The body is
the soul's nearest neighbour—Strain upon the medulla ob-
longata—Overwork a dishonest draft upon physical energy
and mental force—Sequel of this improvidence and extra-
vagance—Studying with headache and cold feet—Causes
of insomnia and troubled dreams—Incipient suffusion of
the brain—A few practical suggestions—Rest an invariable
human need..... 146