

by an erect, dignified carriage, make every boy and girl in their charge feel the dignity of physical beauty. They can teach, through their own bodies and by their words, the relation of psychical to physical law. They can show the relation the well-poised body, the firm graceful step, the effort at grace in motion, bears to the intellectual and moral life. Timely comparisons may be made between the physical bearing of the universally respected man, and the slovenly, ill-trained figure of the social outcast.

Indeed, if teachers could realize how careless attitudes and slovenly gaits affect the moral being, they would never allow lounging among their students.

Especially among the women who are fortunate enough to have the opportunity of teachers is there chance for glorious work; for the hope of the future is in the girls who are in our public-schools to-day. If a teacher makes herself personally attractive and loveable to her girls, she wields an influence over them often stronger than that held by the mother even. A woman can talk to girls as the most eloquent man never can; and the girls need to be talked to; they need to be educated to broader, loftier views of life. They should be taught at school, if they are not at home, the importance of hygienic dress, and its relation to their future health and happiness. They should be taught the immorality of disease, and the necessity for freedom in dress and life during the transition period of girlhood. They should be educated, moreover, regarding the wonderful structure of the human body, and taught to reverence its every function.

"Why do you want us to breathe so deeply, Miss Giddings?" said a young girl to me from one of our large city schools. "Do your lungs run way down to your waist in a V?" And a conversation which followed showed a lamentable ignorance regarding her own organism.

It is because girls and women are so ignorant regarding the human structure that they sin as they do in matters of dress, and sometimes in graver matters.

Think of it, teachers, and do not feel that your work is done if you succeed in the lines prescribed for you by the school regulations. The body is the temple of the spirit, and as such is worthy of reverent study.

The millennium for which the world waits will have come when men and women live in harmony with God's laws, and it is through synthetic development of all their powers that human beings may become conscious of their divinity.

The ever-quickening interest in the physical means a revival of spiritual and intellectual life. It means the renaissance of a loftier culture than Greece knew in her most stately days; for man has grown in the long centuries to a consciousness of the spiritual universe for which Hellas' most ambitious citizens sought in vain, and the crown which the men and women of our golden age shall win shall be given by immortal hands, in reward for lives lifted above the selfishness of personal endeavor and purified by the search after Eternal Law.