

the matter into their own hands, and their physical health depends upon the recreation of the streets.

America and the continent of Europe are not very much, if at all, in advance of ourselves. And in our ladies' colleges what do we find? I do not know of more than one which has such a thing as a proper playground; whilst a leading college, if not the first in the country, with abundant means and ample opportunities, makes no pretence of having any playground at all. A gymnasium exists in almost all; and there is seemingly compulsory drill in them for twenty minutes twice in the week; but whilst in some a suitable costume is the rule, I will ask you to imagine the value of twenty minutes callisthenic exercises to a girl with her skirts tied tightly round her knees by a string or elastic cord, as is the custom at one of our leading colleges. Moreover, even this small benefit is denied to the senior girls, who need it most, for those who are going in for the higher examinations can easily obtain exemption.

The drill twice or thrice a week, and the hour's walk, so insufferably dreary, and *ranking neither as exercise nor recreation*, is nearly all that is done to promote physical health in our college boarding-houses during the greater part of the year.

To the girls themselves such a state of things must be both physically and morally harmful. What would be the physical and moral tone of our boys' schools were it not for the sports and games? . . .

Let us consider what physical training is really necessary; and I would here point out that such training needs to be scientifically considered and intelligently carried out, so that all groups of muscles and all parts of the

frame may equally in turn be exercised; no one amusement or exercise will do everything. . . .

First, there must be drill and a gymnasium, with a lady instructor, thoroughly trained in some scientific system, such as the Swedish; and this gymnasium-work must be compulsory for every girl in the college.

But, secondly, drill and callisthenic exercises are not enough; for—they are not practised in the fresh air or sunlight—they are mere exercise, not recreation, doing much to develop muscles and stimulate internal organs, but not influencing the mental faculties, or rousing the animal spirits; and they can do nothing towards the creation of a feeling of pride in the school itself, or towards the breaking down of cliquism and social narrowness. For physical health there must be recreation as well as exercise; and at present, in our ladies' colleges, the exercise, with the exception of tennis, has little of the recreative element in it. I need not specify what athletic sports or games are to be indulged in; swimming, fencing, cricket, football, fives, tennis, games of speed and endurance, such as prisoners' base, cross-touch, and many others; but it would be well, and this could easily be arranged, that some of these games should be played under "Ladies' Association rules."

But first there must be college playgrounds—not dreary places "closed in by narrowing nunnery walls"—but large spaces, open to the fresh air and sunlight, and surrounded only by a suitable iron railing, so that, under and together with their teachers, the girls may play perfectly freely, and girls and passers-by alike become accustomed to the playing-dress.

Secondly, all girls must be made to play in suitable "flannels," for there