

Where the girl has been allowed to grow to early womanhood neglectful of the requirements for proper physical culture, the question of what she may then undertake is a more serious one. If she be in college, the college physician should ascertain if there are any organic defects, and, if any exist, regulate her exercise in accordance with the requirements of the case. In nearly all cases, if the work is

begun carefully, increased gradually, and sustained systematically, the best results will follow.

Let the girl be properly reared, and it will be found that Nature has imposed no obstacles against the attainment of the most healthful and highest physical standards which are commensurate with the normal development of the system. — *Popular Science Monthly*.

ECHOES FROM THE CLASS-ROOM.

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II.—ON MIND GUIDING IN GENERAL.

Quot homines tot sententiæ.

SO many men so many minds, so runs the old Latin proverb: and there is a great truth contained in the implied statement, inasmuch as it would be hard, nay, impossible to find two human beings whose thoughts were identically the same on all given subjects. Yet, upon a critical examination of the lines quoted, we shall discover that, beneath the surface truth of the statement looked at from a universal standpoint, practically, there is an undercurrent of fact at variance with the theoretical truth embodied in the maxim. We may have, and indeed have had, over and over again, examples of masses of the community, actuated by but one mind and swayed by but one impulse. Were not this the case, government by party would be an impossibility, victory in warfare unattainable, tuition a sham, and even discipline in the college and the school, a chimera not capable of practical application. I am one of those who firmly believe that minds like affections can be trained, and trained moreover to take any shape that the cunning moulder of the intel-

lect sees fit to impose. Look at the great party leader, with what deft persuasions does he combine dissimilar elements into a congruous whole, assimilating so to speak, the flesh and blood of factions into the body corporate and politic. Let the same feat be attempted by a lesser genius, and behold, discomfiture and failure. The diplomatist of the council-chamber is not so far removed from the diplomatist of the class-room as some at a first glance might be led to imagine. In either case tact is the oracle consulted, and patient but far-seeing policy the secret of success: and here again is knowledge of adult nature on the one hand, and of youthful nature on the other, indispensable—that knowledge which we have already gleaned, partly by intuition, partly by observation, in the world, the home, and the class-room, whether this last be the council, the college, or the school. It is a plain matter of fact which admits of no refutation, that the trained mind of man can mould everything in nature, in a sense, to the shape or circumstance which best suits his ideal of use, or beauty, or caprice. The growing shrub may be distorted into the grotesque figure of the formal parterre; the shapeless