

rising generation should spend a great part of their time in acquiring an education, which in cold climates, at all events, necessitates being shut up several hours every day in more or less crowded and often ill-ventilated school-rooms. To obviate or lessen this hurtful influence as far as possible, it is very needful that the play-grounds around all city schools should be capacious enough to insure an abundant supply of good wholesome air, as well as also to afford the children ample room for the enjoyment of any of the customary games, such as cricket, baseball, football, etc. It is very important that this matter should receive the serious attention of the citizens, and we think it should be insisted upon that, without such a provision, no school should be established.

If we cannot afford to furnish these play-grounds about our school-houses where the children can have the opportunity to exercise and enjoy themselves, we are of the opinion that we had better do without the schools, for surely that which conduces to the general health and vigor of the young and rising generation is of greater importance than even the benefit of a school training.

It is all very well to have parks, where flowers and shrubs are in evidence and where the grass is kept well cut and carefully guarded from being trodden down by the thoughtless feet of the children, but it seems to me that there should be more provisions made for the children in the open spaces and parks, where they can make themselves happy and stronger by plenty of proper exercise.

And while considering the school question, we think that we may say with truth that all who have given the matter serious attention must admit that under the best of surroundings a long course of hard study is too often injurious to the health of the young, especially to those of a nervous temperament or of a delicate constitution.

How often do we medical men find such ones breaking down from too close application to their school work. This is more frequently seen in the weaker female sex, largely because of the tendency in its members to make greater efforts to please their teachers than obtains in the case of the boys, and also because they are less apt to counteract the ill-effects of study by a resort to out-of-door games and other physical exercise. Indeed we have for some time held the opinion that the public schools should be closed to girls for one or even two years at the critical age of approaching puberty, when an important physiological change is taking place in their constitution and on account of which they should not be placed in competition with boys of the same age. We pay more attention to the horse at this period than we do to that of our children.

If parents wish to have their studies continued during this interval let them send their daughters to a private or boarding school, where the