

migration from the old lands Canada was to them a far-off, unknown country, clad in its primeval forests, and, to reach its shores, they had to undertake an ocean voyage in sailing vessels often badly equipped for the stormy journey. The weak and puny dared not venture; consequently, by natural selection, Ontario was peopled with a sturdy race of pioneers blessed with great physiques, living in a primitive, natural fashion, and free from the burden of too much scholastic training. *Pari passu* with the financial advancement of the country, a gradual change has been going on in these respects; let us inquire if it is for the better.

Herbert Spencer never said a truer word than when he affirmed that "first attention should be devoted to the development of the body, and that profound erudition should be looked upon, in some senses, as of secondary importance." True education can be nothing more nor less than that which prepares mentally and physically for the oncoming struggle. It is fortunate for the race that young men naturally choose for their helpmates rollicking, buxom damsels in preference to the sunken-eyed, sallow-faced slaves of knowledge. I do not for a moment seek to enter a protest against the higher education of woman; mental culture is, for her, a diadem of beauty; but too often a possession acquired at tremendous cost. None but the strongest should, in my opinion, enter on a career of study so exhaustive and exacting as the curricula of our universities set down. A head full of knowledge and a worn out nervous system are but poor qualifications for the coming mothers of Canada's sons. We as a people are proud of our Ontario school system; that it is largely taken as a model by the Provinces of Quebec, Manitoba and British Columbia and the North-West Territories, and has been highly commended by the foremost educationists of the United States, among them the Commissioner of Education at Washington, is a tribute to the wisdom and foresight of those who have placed able administrators at the head of this department of public affairs; but, like all things of human origin, we must not look for perfection in its details. From the physician's standpoint I humbly submit that it is handicapped with a defect of such magnitude as to alarm him who weighs well the possibilities of the future. The standards of to-day reach so far above those of a couple of generations back that evolution along the line appears to have advanced at a galloping rate. Is it not time to tighten the reins? Are not children sent to school at far too early an age to stand the fatigue of bookwork? The first seven or eight years of life should be free from care and worry and devoted exclusively to such pleasurable pursuits as shall conduce, in the highest degree, to the development