

added fact that through the physiological processes of her being she is exposed to greater perils than are her stronger brothers. The existence of these conditions also renders her more liable to injury from any sudden and severe muscular strain, against which the system has not been fortified by previous training.

Some one has said that, in order to improve the health of the present generation, it would be necessary to correct the hygiene of our grandmothers! It is to be regretted that we cannot begin thus early; but we can improve the grandmothers of the future by beginning with the young girls of to-day, and, through a sustained and systematic course of culture, help them to reach maturity with a physical endowment which will enable them more successfully to take their part in the battle of life. I would therefore say, begin the training early; where this is not possible, begin carefully.

Regulated gymnastic exercise is only one means of physical culture: modes of dress, out-of-door exercise, bathing, sleeping, the plays of young children, all are of equal importance.

If the little girl is to be reared with a view to perfect physical development, she should be dressed in as substantial clothing as her brother, and all trimmings and accessories necessitating extra care and stimulating a tendency to self-consciousness and the impression of sex should be avoided. If the boy is provided with a bicycle, the girl should be given a tricycle, and so with all the inducements by which he is stimulated to seek recreation in the open air. She should share them.

If, from the exuberance of health and vitality which this course engenders, the girl should chance to make as much noise as a boy, she should not be checked and repressed, while he is sent out-of-doors to have his

frolic out. Above all, should the following of that routine custom in the education of girls, piano-practice, be avoided. The piano is the family vampire, which has sapped the vitality of thousands of young girls by keeping them from the healthful recreation and exercise which they so much need. It should be a rule of every educator that no girl should be allowed to take a course of music-lessons while she is pursuing the regular routine of her school-work.

As the girl approaches womanhood, let it be remembered that the need of healthful *mental* work is never greater than now. Muscle and nerve and intellect do not develop and grow strong upon sensational literature and fancy-work, and this is why girls at this age often grow morbid, sentimental, and self-conscious. Those instincts which should be kept in abeyance are stimulated into activity, and nervous, hysterical, or chlorotic conditions result.

Where the mind has been healthily directed, the system fortified by unstinted out-of-door recreation, and the muscles trained to endure prolonged effort without fatigue, the above conditions will be looked for in vain.

Walking, running, horseback-riding, tricycle-riding, lawn tennis, swimming, rowing, skating, bowling, hand-ball, and general gymnastics, are the exercises best adapted to girls, and, for that matter, to any persons who wish a healthful and well-balanced rather than an abnormal physical development.

(The harmful and disfiguring accidents which often result from the rougher games practiced by young men, as well as the graver injuries which are the direct result of heavy lifting or a sudden severe strain upon certain sets of muscles, are matters to be deprecated, not emulated, and perfect physical training does not require such sacrifices.)