

"Any remedy worthy of consideration must be on a scale commensurate with the evil with which it proposes to deal."

Probably a great many of those who criticise have nothing to suggest. Gen. Booth is willing to accept any suggestions that will help him in his purpose; he is not endeavoring to work out a plan merely because it is his plan. If a more democratic plan would seem better eventually, I doubt not he would be willing to accept it.

Many influential people in England, and all over the world, have sanctioned his movement, and helped him financially. Already one half of the sum required to put his scheme in operation has been given, and there seems to be little doubt that the plan will prove a success. It would be better if those who find fault would stop and answer the question asked by Gen. Booth, "Have you a better plan?"

M. C. P.

THE DEVELOPMENT OF THE PHYSICAL.

"A sound mind in a sound body is a short description of a happy state in this world," says John Locke. No question is more discussed to-day than the relation borne by the physical to the mental.

In ancient times, when the Greeks held their ancient festivals, they not only gave recitations in poetry and history before the assembled multitudes, but took pride in displaying in various sports the wondrous beauty, strength, and grace of their bodies. They believed that the training of the mind and the body went hand in hand, and they spent much of their time in exercising their muscles. Of late years we have begun, very wisely, to follow in their footsteps. The woman, as well as the man, is at last being transformed into a "creature of common sense."

This subject of physical culture possesses peculiar interest for women. "Every vocation in life that man cares to enter, woman also enters." Emily M. Bishop says, "Woman's heart always beats in unison with the highest movements—the spirit is willing but the flesh is weak." If woman fails to keep up with the progress of the world, the failure will be because of physical, not of mental or spiritual weakness.

Does anyone question the value of physical training for women? We want to make our motto, "The spirit is willing, and the flesh is strong; and we will do and dare." How is this to be brought about? Through our schools,

where physical development shall hold equal rank with mental; through societies organized for this purpose; and, most of all, through home training and individual effort.

Mothers must first be brought to view the subject in the correct light, for they can do much by teaching their children the laws of health, and starting them in the right path.

How often a mother will let her little son go out into the sunshine to enjoy his play, while her daughter must remain indoors and keep quiet, because it is unladylike for her to run and play as her brothers do! How many girls, when they grow to womanhood, are delicate, because their mothers, when they were children, made and pure sunshine that God intended they the mistake of keeping them from the fresh air should have. Should not a girl have the same privileges that a boy has? Can she not fill her sphere in life, better if she has a sound body as well as a well cultivated mind? Much attention has been given to the training of the intellect, and not enough to the care of the body.

In the year 1825 the earliest attempts were made to introduce gymnastics into schools. Since that time, physical culture has been gradually gaining ground, until now it is considered an important feature in the education of every child. As much importance is now attached to dumb-bell exercises, breathing exercises, marching, walking, and correct posture, as to the study of arithmetic, grammar, or spelling, for it has been proved that, without this physical exercise, half the value of the mental exercise is lost. A sound body is essential to a sound mind.

When the muscles are thus trained, the nerves which when weak are the bane of womankind, are strengthened and controlled.

Someone has said that "chief among the fetters which enslave woman is her nervous condition." Anything that will do away with this state of affairs must be considered a blessing. This training of muscles and nerves will react upon the intellect, and its powers will be strengthened.

Schools for gymnastic training are now open in all large cities, and women are wisely taking advantage of these opportunities. There is scarcely a magazine or a paper published in all the land but contains advice upon this subject, and many men and women advocate the development of the physical in conjunction with that of the mental. President Eliot of Harvard College says, "To attain success and length of service in