

**THE LAWS OF LIFE, WITH  
SPECIAL REFERENCE TO  
THE PHYSICAL  
EDUCATION OF GIRLS**

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The Laws of Life, with Special Reference to the Physical Education of Girls by Elizabeth Blackwell

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**ELIZABETH BLACKWELL**

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PHYSICAL EDUCATION OF GIRLS.

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BY  
ELIZABETH BLACKWELL, M.D.

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LONDON:  
SAMPSON LOW, SON, AND CO.  
47, LUDGATE HILL.  
1859.

*260. g. 107.*

## TO ENGLISH WOMEN.

It is with much hesitation that I have consented to publish an English edition of this little book.

Being written in the form of Lectures for an American audience, it is in some respects unsuited to English readers. Feeling, however, a profound conviction of the importance of the subject, and believing that the principles laid down in the work are of universal application, I venture to offer it to my fellow-countrywomen, asking their indulgence for its imperfections.

LONDON, 73, GLOUCESTER TERRACE, HYDE PARK,  
*May, 1860.*

PREFACE TO THE AMERICAN EDITION.

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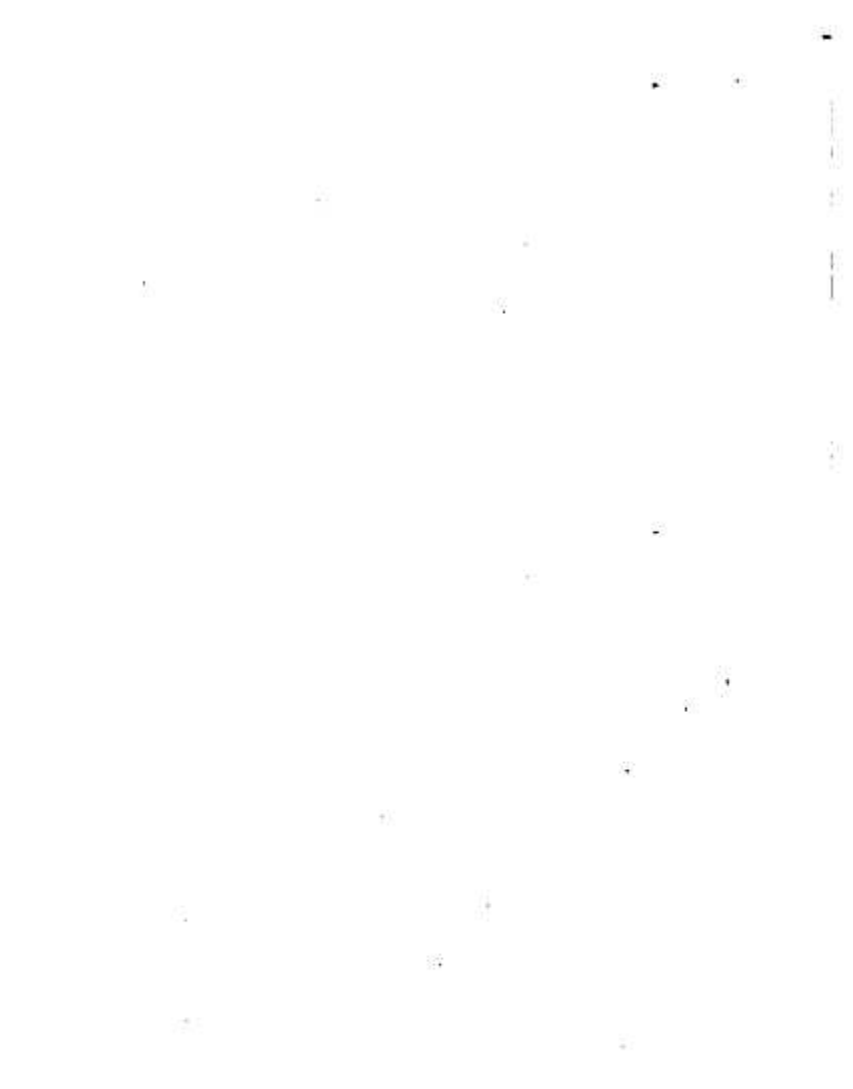
TO AMERICAN WOMEN.

THESE Lectures were delivered to a class of ladies during the past Spring; the wish of the class, and an earnest desire to call attention to a much neglected part of education, have induced me to publish them.

I present them as outlines of Truth and as indications of the right method of education, rather than as a full discussion of the subject.

They are the first fruits of my medical studies —I would offer them as an earnest of future work.

NEW YORK, 44, UNIVERSITY PLACE,  
*June, 1852.*





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1. *Phragmites* (Common Reed) - A tall, grassy plant that grows in wetlands and along water bodies. It is a dominant species in many coastal and freshwater ecosystems.

2. *Spartina patens* (Cordgrass) - A hardy grass that grows in wetlands and along the edges of water bodies. It is a key species in many coastal ecosystems.

3. *Distichlis spicata* (Spartan Grass) - A salt-tolerant grass that grows in coastal wetlands and along the edges of water bodies. It is a dominant species in many salt marshes.

4. *Scirpus americanus* (Spartan Grass) - A salt-tolerant grass that grows in coastal wetlands and along the edges of water bodies. It is a dominant species in many salt marshes.

5. *Distichlis spicata* (Spartan Grass) - A salt-tolerant grass that grows in coastal wetlands and along the edges of water bodies. It is a dominant species in many salt marshes.

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## THE LAWS OF LIFE.

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### INTRODUCTION.

Six thousand years ago, a vision of beauty gladdened our earth. In a new world, surrounded by the freshness of a young creation, with hope, and joy, and the glory of Heaven around them, stood the first man, male and female, the image of God on earth, the parents of the human race.

Beautiful exceedingly was that first pair, made after the Divine likeness, strong and wise also, for forest and plain, and every living creature, were subjected to their dominion ; they ruled over land and sea, holding their commission from the Deity. Heaven and Earth were one, for they enjoyed direct communion with the Divine Father.

The traditions of all nations point to a primeval grandeur of the human race, whose glory shines through the mist of ages ; a golden age, when the gods visited mortals ; when wisdom and innocence were one ; when there was no discord in our nature, but freedom was order, to know, to will, to do, were one ; when human brotherhood was a