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## The Educational Weekly

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For an example of a fair and unprejudiced opinion on the question of university federation we commend the following remarks of the *Montreal Witness*.—

"The University question has been unexpectedly revived by two articles in the *Canadian Methodist Magazine* for August. Dr. Sutherland, the champion of the *status quo*, and the editor of the *Magazine*, not improbably aided by Dr. Dewart, are the antagonists. There is no new argument on either side, but on each the case is presented with much skill. I have had occasion to note apparent fluctuations in public, and especially Methodist public feeling on this question, and it is my duty now to record that, whether with good reason or not, the party who favour federation feel much more confident of carrying the general conference than they did a few months ago. They take considerable comfort out of the speech made by Mr. Blake, as Chancellor of Toronto University, at the annual commencement of that institution. The assurance of good faith which he publicly gave them goes far towards quieting the fears of those who were troubled with suspicion, and his declaration in favour of abolishing Upper Canada College is taken as an indication that the money required for carrying out

the scheme of confederation can be obtained by a re-appropriation of the college endowment and the proceeds of its site. The federationists also build to some extent on the fact that the delegates to the General Conference from other Provinces, and especially from the Maritime Provinces, will probably take a business-like rather than a sentimental view of the situation. Much will depend on Toronto herself. If a liberal fund were offered by the Methodists of this city, federation would be placed beyond doubt at once. On the other hand, if a liberal offer is made by Hamilton it is possible that Victoria may be transplanted to that city. In either case the cause of higher education is pretty sure to receive a strong impetus from the discussion and resolutions of the Conference."

From a paper on "Physical Training," by Supt. W. J. Ballard, Jamaica, N.Y., we take the following:—

One great object of physical exercise is to call into vigorous action the organs of circulation and respiration. For they need strengthening and developing as truly as any. They may, perhaps, be quite able to do all that their owner will ever voluntarily call upon them to do, but the weakest as well as the strongest are sure to be called upon some day for extreme exertion. Then will come disaster. The heart and lungs start out bravely enough, but they cannot keep it up. There is a collapse—the person breaks down.

We think we are sick. We like to say we are nervous, or bilious, or that we have the malaria, instead of being honest about it and admitting that we have been too lazy to take half enough exercise, which in nine cases out of ten is really the case.

If, when feelings of weariness, and feebleness, and all-goneness come on, we would, instead of a blue pill or two, or a dozen or two of quinine pills, or unlimited doses of awful salts, take up some exercise that will call into vigorous action the muscles, and so call into healthy action the heart and lungs, we would soon find that we might throw physic to the dogs.

Bear in mind, though, that it is vigorous exercise that is needed. If you think that to walk a mile in the orthodox, leisurely way, will do you any good worth speaking about, you quite mistake. To accomplish any good result, you must walk about as rapidly as your strength will permit. But bear in mind, too, that walking is not the best of exercises. It is a good one. Nor can it take the place of all other exercises. It is not all around enough, it is too one-sided—or, rather, too one-ended. It is good as far as it goes, but it doesn't go far enough. It does one good thing, it takes one into the open air, as does boating, cycling, and lawn tennis. Yet even each of these is incomplete, each develops one set of muscles at the expense of some other set.

In addition to the complete set of body movements, put up a horizontal bar, pull yourself up until you can rest your chin on the bar. Try vaulting, it is excellent exercise. Put up a trapeze so that you can just reach it, then swing, it is capital fun, and capital exercise, and one that you can hardly take too much of. Lie flat on the floor, fold your arms and rise to your feet without any twisting about if you can, and keep at it until you can. Walk rapidly, take the luxury of a run, there is no better exercise than running.

But perhaps you will ask: "What has all this to do with children? Let them alone, they will get exercise enough." But you won't let them alone. Let the little ones play according to their own sweet wills, give them plenty of good food and pure air, and they will take care of themselves, and if you wish a good course in gymnastics just watch the natural sports of children, they are ever on the run, and a little girl can run just as fast and just as far as a little boy, and running is the king of exercises. What boy is happy till he has been to the top of the highest tree, to the top of the barn, and has looked down the chimney of the house? And a little girl can climb just as high and just as fearlessly as her brother, until her mother tells her that it isn't proper.