

GYMNASTICS.

Gymnastics embraces training in all those exertions of the muscles and motions of the limbs, as will have the effect of developing their powers and giving facility of action and gracefulness of movement in walking, running, balancing, jumping, vaulting, riding &c. &c.

The strength of the muscles and health of the body is greatly improved by the regular practice of gymnastic exercises.

This series of gymnastics has been prepared so as to supply, in small compass, a number of easy movements adapted to the young, and such as may be practised, either privately or simultaneously by a large number, in a school. Where a play-ground is attached to a schoolhouse it would be highly beneficial and might be made a delightful relaxation at intervals, during the hours of study, for the pupils to be required to perform this series of evolutions in the open air. When, however, such advantages are not possessed, most of them may be performed in the schoolroom. By these means, the spirits of both teacher and pupils would be refreshed and stimulated, and many of the evils of close confinement and the sitting posture counteracted.

Various other exercises may be had where *parallel bars*, a *wooden horse*, — a large cylindrical piece of wood raised about two feet above the ground, with leather nailed over wadding, for the saddle, and *ropes* suspended from a beam, &c., are provided.

Any number may perform the following exercises. They should stand in lines to marks on the ground about three feet apart. The lines should be at a distance of five feet from each other.