

has become, to some of our young people, a harmful pastime. Indulged in to excess, in hot, close rooms, night after night, in hours which Nature intended should be given to sleep and rest and renewal of the forces; and, frequently in an environment of unhealthful excitement, it has been followed in many instances by baneful consequences.

Dancing was designed to produce grace and ease of movement, to give an added charm to the courtesies of life. What can be said of some of the exponents of the "latest methods," for example, the so-called "high kicking," which is without one claim to artistic effect, and has many objectionable features.

No longer does the Curve reign supreme—the rounded line of beauty—the perfection of motion—the quiet, gliding grace so attractive in a woman. The Angle is trying to usurp its place, and we have a deplorable exhibition of angularity, and a stilted, martial bearing with hands on hips, and a man-like tread that threatens to do away with our sweet, graceful girls, and introduce a race of Amazons.

Mental work makes large demands upon the nervous system, and all guardians of the young should see that the supply of healthy, physical force *largely exceeds* this demand, so that regular, continued study will be a pleasure, instead of a toil.

The good old-fashioned doctrine of "a sound mind in a sound body" is worthy of our belief and should influence our management of children. If these conditions are necessary in order to secure the success of a student, what can be expected of a scholar whose guardians totally ignore the laws of health and the principles of mental growth?

For the past few years in our cities a questionable system has been adopted of getting up public performances, *ostensibly* for the purpose of raising money to augment the funds of certain charitable institutions and churches.

Possibly this method of raising money for such purposes, debatable as the question may be, would elicit little criticism, if it were not that the interests of the children are involved in it. The promoters of these schemes are naturally anxious to secure as many attractions as possible, and, understanding human nature, they seek the co-operation of parents who have pretty, bright, attractive children. Then an enrolment is made, from the "wee tots" in the nursery and Kindergarten, to the boys and girls in their teens. The little ones whose winsome sweetness and bright intelligence ought to be the treasured possession of the family alone, are paraded before the public, and their names, which ought to be known only in the home circle, are the common property of the street.

It may not occur to the promoters of a scheme which depends for its success upon the attractiveness of children, that school children *are* generally earnest workers, time-fillers, and not time-killers, and that time is therefore precious to them. Scholars who were studying earnestly with laudable ambition up to the time of the interruption, have their