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EDUCATIONAL.

I.—THEORY OF EDUCATION.

PHYSICAL EDUCATION—MUSCULAR SYSTEM OF ORGANS.

PHYSICAL IN-DOOR EXERCISES AS PRACTICED IN THE MODEL SCHOOLS OF THE NORMAL SCHOOL, GLASGOW—CONDUCTED ON THE TRAINING SYSTEM.

We shall particularise only two exercises which are *fundamental*, and which experience has proved to be the very best that have been devised for the purpose. The first is, to secure that the whole gallery of children may rise up and sit down *simultaneously*—quickly or slowly—in the most natural and easy manner; and the second is, to secure an easy carriage in sitting or walking, by placing the shoulders square—head erect—spine and ankles straight—and opening the chest. The repetition of these, like ever other part of the system, of course forms the *habit*, and, if exercised, will produce throughout the whole school as correct walking, sitting, and rising, and other movements, as are accomplished with the foot soldier or the cavalry horse, and, in unison with other simple physical exercises, as much benefit to the health and constitution.

NO 1.—SIMULTANEOUS RISING UP AND SITTING DOWN IN GALLERY.

To attain this object, the trainer commences the physical movements as follows—expressing the orders very distinctly and firmly, and repeatedly:—

No. 1. Shoulders back. (This naturally elevates the neck head.)

No. 2. Feet in. (Drawn inwards, with the tip of the knees exactly above the point of the toes.)

No. 3. Heels close.

No. 4. Toes out. (Forming an acute angle.)

No. 5. Hands on knees, not on the lap, but grasping the knees *gently*. (This causes the children to incline forward preparatory to, and in the best possible position for, rising,) the spine being thus rendered perfectly straight.

The trainer, in the first instance, and for some days at least, must *himself show the example*, by sitting on a chair at sufficient distance from the gallery—making every motion he intends the children to follow, and to see that each of the *five* motions be attended to *by every child*, also frequently repeating them day after day, until the habit of rising up and sitting down simultaneously, without confusion, or the slightest noise, be formed into a habit.

After a few weeks, the trainer may then cause them to understand, that the rising or lowering of his hand (which he must do very slowly), in a particular manner, which cannot easily be described on paper, is to be the signal for rising up and sitting down, as perfectly as a regiment of soldiers would fire a volley, and so free from bustle, in fact, that a mouse in the act of stealing cheese would not be disturbed. This gallery arrangement is not confined to the Initiatory or Juvenile, but is carried forward