

grade of competency by every teacher above the third class, for which facilities will be given at certain centres in addition to those provided at the Normal School. Courses of three weeks may be given during the summer holidays at the Vacation School in Truro and the Summer School of Science for the Atlantic Provinces, for teachers who have already been licensed without being trained to give proper physical drill in school.

The higher grade of training (Military A) is at present done very effectively in the Rifle Cadet companies of the high schools at Halifax, Yarmouth and Middleton, which in 1906 reported a strength of 290. Additional companies have been formed since at other populous centres, but there has been hitherto no arrangement to bonus the teacher.

The lower grade of training (Military B) is now required, as said above, in every school, as the following regulations have been in force for several years, and are printed in every register on every teacher's desk:—

*Physical Exercise and Military Drill.*—Physical exercise should be given for a few minutes in the middle of every session over one hour in length. At such times it is beneficial even to pupils who have walked a long distance to school and who are accustomed to active work at home. The younger the pupils the more often such exercise should be given, in order to maintain physical restfulness and mental activity during the time for study. These exercises should always be made the occasion of training the pupils to maintain the most healthful and graceful position of the body in sitting, standing and moving. This training is as much the duty of the teacher as the other work of the school.

*Military Drill* is the latest result of the experience of generations of practical men in devising the most effective manner of training numbers of men to move in the most convenient order and under the fullest control. It is, therefore, particularly adapted to the movement of pupils in all schools, for girls as well as boys. Apart from other considerations, the fact that the children from various schools are often likely to be massed together, makes it desirable that the same system should be followed exactly everywhere. The best system, and that which is most likely to be useful in the widest extent, is the standard modern military drill. All teachers are required to make as practical an acquaintance as possible with the system of military drill at least as far as "squad drill," and to have their pupils drilled to stand and move smartly. Inspectors are directed to mark no school work under this head, no matter how good, higher than "fair," unless he has had an opportunity of observing the *Military* drill.

The text book proposed is cheaper than the one hitherto recommended. It is the one used in the schools of Great Britain, price nine pence. The drill throughout Canada and Great Britain would thus be identical. The title of the text is "Syllabus of Physical Exercises for use in the Public Elementary Schools." There is nothing of military drill in this course, except the marching and turning movements of the children. The rest is physical culture with clearly figured illustrations.

It is certainly better to have one uniform system, the one found to be the best after years of extensive and careful trial, than an infinity of different systems based on the caprice of individual teachers.

This physical drill is desirable for all who would have healthy, well-poised bodies. It is as necessary for girls as for boys; for those who are to be our future workmen as for those who are to fill the professions. In fact it will as a rule be more useful to the physically laboring classes where so much advantage is obtained by a well developed physique and so much respect is inspired by a manly bearing.

It will have the tendency to prevent the growth of that vain sentiment called "militarism"; for it will develop an accurate, thoughtful