

work done is always of the highest order, particular attention being given to Kensington, Arrasene and Ribasene. Parents will please direct the lady principal in the expenditure of money, as students are apt to choose too expensive material if left to themselves.

### PHYSICAL TRAINING.

Students are required to spend a given time out of doors each day. Two days in the week longer walks are taken in company with a teacher.

Instruction in Calisthenics is given semi-weekly throughout the year, for the cultivation of physical strength and the promotion of the health of the students. This is most essential to the vigor and muscular development of those attending our College, and no student ought to be excused unless for the very best reasons.

The calisthenic suits are of navy-blue flannel, made with blouse waist and short, full skirt, and trimmed with white braid.

### HEALTH

To give parents some idea of the healthfulness of our College, we would say that we had no visit from a physician, professionally, from October, 1876, till the winter of 1878, which is a marvel where so many were in attendance; and again from 1st of March, 1881, to April, 1882, making two years and five months out of about seven years that no medical attendance was required. This is a record that has, we believe, never been equalled in Canada in any institution. These are facts that parents should carefully ponder before sending their daughters from home. Many who were in delicate health have gained their physical vigor whilst enjoying our excellent sanitary surrounding.

### OUR HOME

To give the most careful associations possible we do not admit day pupils. By requiring all to board in the College we are free from many demoralizing influences. It is not possible to hinder communications and gossip coming into the school where day pupils are allowed, and it is known that colleges have suffered in their reputation on this account. We willingly suffer the financial loss that we sustain rather than admit them. Parents will do well to make a note of this important feature in our school.