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The Canada School Journal

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Recommended by the Council of Public Instruction, Quebec.

Recommended by Chief Superintendent of Education, New Brunswick.

Recommended by Chief Superintendent of Education, Nova Scotia.

Recommended by Chief Superintendent of Education, British Columbia.

Recommended by Chief Superintendent of Education, Manitoba.

Recommended by the Chief Superintendent of Education, P. E. Island.

The Publishers frequently receive letters from their friends complaining of the non-receipt of the JOURNAL. In explanation they would state, as subscriptions are necessarily payable in advance, the mailing clerks have instructions to discontinue the paper when a subscription expires. The clerks are, of course, unable to make any distinction in a list containing names from all parts of the United States and Canada.

THE HOLIDAYS.

School is over, school is over !
Down the hazel brake we go,
Where the nuts in leafy cover,
And the ripe blackberries grow.

Head the ship for England !
Shake out every sail,
Blithely leap the billows,
Merrily sings the gale.
Captain, work the reckoning ;
How many knots a day ?
Round the world and home again
That's the sailor's way.

Prospera lux oritur : linguisque animisque favete,
Nunc dicenda bona sunt bona verba die.
Lito vacent aures, insanaque protinus absint
Jurgia : differ opus, livida lingua, tuum.
Salvo, laeta dies, meliorque revertoro semper,
A populo rerum digna potente coli.

Enough for one year of schools, school-houses, teachers, trustees, parents, pupils, programmes, plans, methods, conventions, laws, regulations, and examinations. Now in well earned holidays let us put on a holiday spirit, and cast dull care and drudgery behind us. This is the time for healthful relaxation, for toning up the overwrought nervous system, for storing up vital energy, developing muscle, expanding the lung space and throwing off the effect of confinement in a vitiated atmosphere. Sunshine and pure air, healthful exercise on the saddle, at the

oar, with the hay fork, the bat, the bicycle, the geological hammer, the botanical portfolio, the agent's satchel, the fishing rod and the berry-basket—these are natural remedies after six months' severe toil in the school-room amid chalk-dust and carbonic acid. Change of scene, cheerful companions, cheerful books, merry pic-nics, amusing expeditions to forest, lake and mountain sunshine and laughter, plenty of wholesome food and balmy sleep, these will soon bring the flush of bounding health and animal spirits back to the wearied teacher and cast the shadows of the past behind him. Brethren and sisters, the holiday number of the CANADA SCHOOL JOURNAL comes to preach to you the gospel of joyous holiday and relaxation.

"We educate our minds and neglect our bodies," says Paxton Hood. "It is now clearly seen that one powerful means for procuring a healthy mental state, is to procure a healthy bodily state, not merely the absence of disease but that state in which all the faculties are fulfilling, with ease and delight, their various degrees of strength and growth. Do not run into debt with Nature," he continues, "let every day pay its own way. Wines and rich meats, and injudicious sleep, and injudicious exercise, drain the health from the blood and by and by will present a terrible balance-sheet for instant settlement.

EDUCATE YOUR SKIN.—The state of the skin exercises no inconsiderable influence over the whole state of the body. Many persons impair their nervous state by never thoroughly cleansing their body, for the sensibility of the skin gives a tone to the temperament. In its healthy state it is capable of exquisite enjoyments, which many never experienced. The wind and the fanning breath of the air, the cold but bracing atmosphere—these are an inspiration and an enjoyment to those whose frames have been rendered sufficiently healthy and hardy to enjoy them.

EDUCATE YOUR MUSCLES.—Thank God, if you are compelled to walk. Carriage exercise is a mere joke and does the horses far more good than the riders. It is one of the penalties entailed upon our present state of civilization, that we have but little exercise; our mechanics, artisans, manufacturers (and teachers) scarcely ever exercise their limbs. A good smart walk of ten, twenty, or thirty miles, this is a blessing: the writer knows it, for there are few counties in England or Wales, where he has not measured some hundreds of miles on foot. The muscles unexercised, acquire lassitude, weariness, and soon give up all exertion. Instead of exulting in a walk of thirty miles, they tremble at the bare idea of walking one. But walking, walking, what pleasure there is in the mere act of walking upon some long pleasant level! if relieved by alternating hill and dale, so much the better. My poor lackadaisical brethren, I must e'en pity them, and perhaps laugh at them; and have I not earned the right to do so? for as a pedestrian, some of the fairest