

PHYSICAL EXERCISE IN OUR SCHOOLS.

Apparently no man manifests a deeper interest in the well-being and prosperity of Canada than Dr. Brouse. During the Parliamentary Session recently terminated he moved in the matter of Juvenile Military Education in our schools, and drew the attention of the House and the consideration of the Government to the question in a lengthy and interesting speech, of which the Hon. Mr. Vail observed, that the Doctor would be entitled to the thanks of the whole country if he would during the recess visit various parts of the Dominion and deliver it before our educational institutions.

This subject may be viewed and advocated as a matter of economy; as, in a degree, a guarantee of peace—by reason of the country being thereby better prepared to repel invasions; as a matter of discipline and order; and finally, as one of health. As a matter of health only—mental and physical health—we have to do with it. We need not occupy space in showing the value of physical exercise; every one knows that it is one of the essentials of life, and is indispensable to health and longevity; and as the mind and the body are so very intimately connected, there cannot be a doubt that mental and physical development and culture should go hand in hand together. Some writers argue that children do not require systematic physical exercise; that if they are permitted to run unrestrained in the yard and the field and engage in the various sports and games, it is enough. But it can hardly be doubted that the body will be benefitted by regular, judicious, and discriminate exercise as well as the mind, and systematic physical training may be regarded as an essential branch of education. As with the advantages of conversation and books, we are not satisfied unless our children receive the methodical mental culture of the school and the college, so we should not regard their education as complete until they have received a regular course of physical training. "As we do not trust to the spontaneous development of the mind," says Dr. Taylor, "but aid its growth by suitable mental gymnastics,