

to help themselves in this respect is as much the ideal work of the teacher as is the cramming of a certain number of dates into their heads.

"This is all right in theory, but I don't just see where we are to get the time for such things in practice," says an objector. Then make it, I reply. If you desire the time, you will find it.

Where we fail is in making our school work too humdrum. Life in the class-room, if of the right kind, is worth any amount of mere order. What has been accomplished in my school during the past year is quite within the reach of every teacher who will give thought and enthusiasm to it. Many of my pupils will forego any pleasure which can be offered them in order to be present at our cadet drills. A girl now leaving us refused to be comforted when her father told her that they were going back to live in a certain town in Ontario where she had lived most of her life, saying that "there would be no cadets nor anything nice there."

A few words as to the object to be attained and how to attain it. Calisthenics, if conducted with cheerfulness, thoroughness, discretion and vigor, tend to bind teacher and class together. Few soldiers but dislike a fretful leader, most admire and love the bright and cheerful disciplinarian. The bitterness in some minds consequent upon punishment may be driven away by the brisk and stirring "class, stand up! Position, 4 & 1 & 2 & 3 & 4." Happy the teacher who learns such a secret.

Self-control is indispensable to a good character. One object of physical training is to teach self-control as a habit. This has a direct bearing upon the discipline of the school, prompt and cheerful obedience being a prime essential. The exercises are loved because they are not machine-like but forever changing; requiring thought, exactness and skill. Every movement has a name and a purpose which they may understand. Even the very expression and tone of the voice are modified by the use of gymnastics, producing more snap and enthusiasm. Thoroughness is as essential here as in arithmetic. We desire to interest the children in their own bodies; to make them ashamed of white cheeks and loose-jointed motions in so far as these can be overcome by the exercise of diligence on their part; to give them instructions in the rules of health and to teach them how to put them into practice; to develop every part of the body simultaneously and symmetrically. Hence no advantage is gained by exercises carried on in a careless manner. In practising, cause your class to stand erect, bearing the weight upon the ball of the foot, shoulders and hips drawn back, heels