

PREFACE.

THIS small work has been prepared for the purpose of affording an opportunity of relieving the exercises of the Schoolroom of the monotony which is frequently experienced, by both Teacher and pupils. Too much time is generally occupied in a sitting posture. A few minutes spent in such exercises as those contained in the following pages, or in singing to some lively air one or more of the melodies, would have the effect of producing a state of good humour and pleasant feeling amongst the children, and rendering far less irksome the close application to other studies.

The healthfulness of children is of such vast moment that no effort should be spared to secure it, and nothing which interferes with it should be allowed.

The lungs and all the organs of breathing are especially benefitted by suitable movements of the body and limbs, and by the practise of vocal music.

Many of the diseases to which studious persons are subject may be entirely avoided, and probably valuable life lengthened, if precautions are taken in the earlier years to avoid injurious habits, and provide such exercises as will bring all the powers of the body into action frequently.