

each session. In large schools, the general recesses of the regular sessions should be discontinued, and individual recesses given as needed. Half the time of the general recess is usually lost in descending and ascending flights of stairs, involving anxiety and insubordination, and destroying the continuity of the lessons. Instead of the recess in the middle of the session, there should be two short class-room recesses devoted to calisthenics, marching, or vocal music, and to thorough ventilation. Indeed, these exercises are the safeguard whenever, from the condition of the air or any other cause, classes become restless, listless or inattentive. This is especially true in the country, where rural occupations in the open air unfit youth for indoor confinement, and fixed and continued attention. There the best results can only be secured in connection with frequent physical exercise. * *

VOCAL GYMNASTICS, though transcendently interesting and important, is so generally neglected, so indifferently taught, even in our best institutions of learning, that it justly claims the special consideration of this representative body. It involves the development and training of the respiratory organs, of the organs of speech, and of the voice. The respiratory organs should receive such special daily exercise as shall tend to enlarge, invigorate and bring under the control of the will the entire breathing apparatus, so that, even under the most trying and extraordinary circumstances, a perfect respiration may be secured. The vocal muscles receive nerves from the brain and are also under the guidance of the will. The muscles of the organs of speech are the chief agents of expression in man. When disciplined to act smoothly and with perfect freedom, they add greatly to the beauty of the human countenance. A well-trained and musical voice, with its

graceful and easy articulation and its infinitely varied and precise movements, in conversation, oratory and song, possesses marvelous powers of fascination. It makes the very difficulties of articulation tributary, serving as elements of force and beauty in delivery. Vocal gymnastics, properly employed, commands and wards the citadel of health, and wins social and political distinction.

Gymnastics are never to be used as a substitute for plays. Indeed, properly employed, nothing else gives so good an appetite for innocent out-door life, or so great a desire for natural spontaneous exercise as plays. During the most interesting period of childhood, let no attempt be made to suppress the animal energy and untamed enjoyment of the vigorous child, be it boy or girl. In advancing youth and throughout the schooling period, physical sports and games, such as running, jumping, hare and hounds, base-ball, foot-ball, cricket, lawn tennis, lacrosse, and boating, under proper guidance and restrictions, are admirable, and they should receive encouragement and support. They are, however, mainly recreative, for general invigoration, used most by those who need them least, too often not made a happy means to a noble end. Physical training attains its aim when it prepares the young to take an intelligent, serious and lasting interest in their own physical culture and development, an end vastly higher than interest in school or college sports.

In the early days of existence, when man had to establish his dominion over the beasts of the field and the brutes of the forest, when the inferior tribes, hardly emancipated from the lower forms of life, crept out of caves and huts to see the nobler races go forth to exercise those rude arts of war, hunting and reveling, which alone marked their standard of