

hardening children by stituting them of their clothing is an offence well worthy of the pillory. Fashion is not always the best guide to health, and here my fair friends must pardon me if I say aught against that goddess so dear to the female heart, yet, probably in New Brunswick we have not much to complain of. The good sense of our ladies has always kept them on the safe side, apart from the fact that they are sufficiently attractive without adornment.

It is a safe rule that alcohol, in any form or shape, except as a medicine, or in fact any substance of like nature, is extremely deleterious to the health of the body, and not only that it ruins the mental faculties, degrades and debases all who indulge in it. Alcohol, in its pure state, acts as a powerfully irritant and caustic poison. To whatever part of the body it is applied it causes contraction and condensation of the tissue, and gives rise to all the symptoms of local inflammation pain, heat, redness and swelling. Used moderately, and in dilution, it acts as a stimulant to the nervous system, the action of the heart and arteries is increased, and there is a general feeling of increased mental power and muscular energy. By a law of animal economy, excitement is always succeeded by collapse and depression. The excitement and energy produced by alcohol are always followed by languor and debility, and these are always in the proportion to the intensity of the preceding excitement. When taken in large quantities at once, as persons do who drink for a wager, *coma comes on suddenly, the face is sometimes livid, more generally ghastly pale, the breathing is stertorous, the pupils sometimes contracted, more commonly dilated and insensible to light, and if relief be not offered speedily death takes place almost immediately, in others after a few hours.*

The statistics and investigations made by life insurance offices concede the cheering fact that the duration of human life is, year by year, increasing. Hygiene is robbing the epidemics of its power, even hydrophobia, the most dreadful of diseases, has yielded to the world-renowned Pasteur, and it is fair to believe that we are in the morning of a glorious day of discovery, that will rob disease of its terror and dispel from our lives the gloom of the uncertainty of days. To the medical profession belong the credit of these discoveries, and though their patient labours are rarely honoured with the rewards and the emoluments meted out to those in other pursuits, still the world owes to them the greatest blessing which upon it could be conferred—the prolongation of life. As yet death lurks in a very passing breeze, daily reminding us that here there is no sure abiding place. So live then that your eye can see beyond life's dim horizon and rest on brighter shores than these, where dissolution is unknown, shores bright, with the halcyon day of clear, cloudless skies, one everlasting summer with no winter frosts to mar the reaper's hope or end his joyous song.

ORNAMENTING SCHOOL GROUNDS.

NO. II.

In a late number of the JOURNAL I advocated the establishment of school gardens, and wish now to urge those who intend to do something in this way, not to wait till next spring, but begin now, and they will be surprised to find how much can be done in the fall and what an impetus will be given to the spring work. There are many, of course, to whom these directions are as familiar as A B C and such will kindly pass it by as not intended for them, but I will take it for granted that I am addressing some who are anxious to carry out these improvements, but from inexperience do not know how to proceed.

Your knowledge of geometry will be useful in laying out the garden, and instead of compasses you will provide yourself with two stakes and something with which to trace lines and describe curves. An easy plan is to make an oval bed as a centre with a half moon shaped bed on each side or on four sides if you have enough room—or a Maltese cross, with two or four V-shaped beds surrounding it; but

whether you have few or many, sketch your plan first.

The flower garden at Dropmore, one of the most beautiful in England, is composed of twenty nice flower beds cut out of the turf and combined in a graceful pattern, so you see the shape of the beds may be varied according to your taste and fancy only remember that they should be arranged in a symmetrical figure, and before commencing to dig, be sure that your curves are perfectly accurate or the result will not be satisfactory.

The next thing to be done is to prepare the beds. Digging, at first sight, appears a very laborious employment and one peculiarly unfitted for ladies and children, but by a little attention to the principles of mechanics, the labor may be rendered comparatively easy. The gardener thrusts the iron part of the spade, which acts as a wedge, perpendicularly in the ground by pressing on it with his foot, and then using the long handle as a lever, raises the loosened earth, turns it over, chops it with the sharp edge of the spade to break the lumps, and levels it with the back. It is rather discouraging after watching the ease with which he digs, to find how very hard it is to imitate him, but a lady or child, with a small light spade may, by repeated going over the same line and lifting only a little earth each time succeed in doing all the digging required in a small garden, and have the satisfaction of seeing the garden created, as it were, by the labors of their own hands, and will find health and spirits wonderfully improved, not only by the exercise but by the reviving smell of the fresh earth.

I have proved this by experience, as some years ago, when in delicate health, I went to the country in the spring, and, wishing to have a flower garden, I determined to do all the work myself. Early in the morning I went valiantly to work, but, after half an hour, arms ached and back ached, so I was forced to retreat and lie down for a time. No sooner was I rested, than I made a fresh attack, but soon succumbed to fatigue again, and so on, at intervals during the day; however, I persevered, and in a few weeks my garden was in good order, my health much improved, and I had enjoyed the work so much and gained such a love of gardening that I wish I could induce others to adopt the same course.

Care must be taken to keep the surface of the beds even, and this is rather difficult for a novice to do, but, as it depends more on skill than strength, practice will soon make perfect, and very little strength is required if the rule of thrusting in the spade obliquely and aiding it by the momentum of the body be attended to. An iron-tooth rake is used for smoothing the soil and for collecting weeds and stones, when you wish the teeth of the rake to enter the ground, the handle should be held low, but if collecting weeds, the handle should be held high. All this work need not be done by the teacher himself unless he wishes it. I have always found children eager to help, indeed they will do all the manual labor, only needing a guiding hand, as if left to themselves they soon become weary and dispirited, but if encouraged in their attempts, the child's moral and intellectual faculties are pleasantly exercised and cultivated without his being aware of it, more especially his patience and watchfulness, for he soon finds out that he must wait for seeds to germinate and for flowers to blossom, and sad experience will show him that a very little neglect will kill the pets which he has taken so much pains to rear. If you intend to transplant wild flowers, procure them this fall, as many are in blossom early in the spring, and if a plant is disturbed when in flower there are ten chances to one that it will die—make a rather large hole in the garden, fill it with their native soil, and give them a shaded or sunny location as their habits require. A narrow border of bluets, with their little innocent faces, or the sweet scented pyrola, or the spring beauty would be lovely and for a centre, the *Lilium Canadense* which with me, has become a beautiful garden plant, increasing the number of its drooping yellow lilies from three or four to as many as fifteen or eighteen.

Thousands of school gardens have been established in Austria, and they are said to afford an excel-

lent opportunity for the practical teaching of the first principles of agriculture, and are as necessary for the proper teaching of vegetable physiology and botany as the blackboard is for teaching arithmetic. *The Garden*, an interesting English magazine, says "Charles Dickens unconsciously enunciates a grand educational principle when he makes Mr. Squeers teach his boys botany by sending them to weed the garden. A handful of weeds in the hands of a teacher, well acquainted with the Socratic method of teaching, will give a child a better insight into the phenomena of plant life than a knowledge of the meaning and derivation of half the sesquipedalian words that ever were coined."

Austria, France, Sweden and even little Belgium all have their school gardens. Where are ours?

I trust that by next summer our school ground will be made beautiful and attractive by the "flowerets of a thousand hues" to which Milton thus refers in "*Lycidas*."

"The quaint enamelled eyes,
That on the green turf suck the honied showers,
And purple all the ground with their forsaken dyes,
Bring the rattle primrose that forsaken dies,
The tufted crow-toe, and pale jessamine,
The white pink and the pansy freaked with jet,
The glowing violet,
The musk rose and the well-attired woodbine,
And daffodils, that fill their cups with tears,
And every flower that sad embroidery wears."

E.

St. John, Oct. 9th.

MATTHEW ARNOLD ON EUROPEAN COMMON SCHOOLS.

The following is from Matthew Arnold's Essay, in the *October Century*. "At Trachenberg, near Dresden, I entered the common school with the Inspector, and found the upper class at their reading-lesson. The Inspector took the book; the children were reading a well-known ballad by Goethe, 'Der Sanger,' and he began to question them about Goethe's life. They answered as no children in a similar school in England would answer about the life of Milton or of Walter Scott. Then the ballad was read, and the children were asked to compare it with a ballad by Schiller which they had been reading lately, 'Der Graf von Habsburg.' They were asked what gave to each of these ballads its charm; what the Middle Ages was, and whence is the attraction it has for us, what chivalry was, what the career of a minstrel, and so on. They answered in a way in which only children of the cultivated class, children who had had all manner of advantageous influences to mould them, would answer in England, and which led me to write in my note-book the remark which I have already mentioned: the children *human*."

"You will judge whether you have in your common schools a like soundness of performance. In these matters, whether you really have it, I mean, and are not merely said by patriots and newspapers to have it."

Out of about one thousand students who presented themselves for examination from the Liverpool centres, in connection with the Science and Art examination of South Kensington, upwards of two hundred were women. Two young ladies passed in magnetism and electricity, twelve in inorganic chemistry, and two in agriculture. One lady, who passed the elementary examination last year in machine construction and drawing, was again successful in a more advanced stage of the same subject. It looks as if the Revolt of Man will have to be organized for the beginning of the twentieth century.

THE AUDUBON SOCIETY.—The Audubon Society for the Protection of Birds, which is now incorporated, enters upon its second half year with a membership of over 12,000. There ought to be ten times as many members, for the object of the society are most commendable and should enlist the sympathies of every one who cares for the preservation of our song birds. The society wants a local secretary in every town in the country. It issues handsome certificates to members. No expenses of any kind are incurred by those who join. Correspondence is invited. Circulars of information will be sent free on application to the Audubon Society, No. 39 Park Row, New York.