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CALISTHENIC EXERCISES.

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At the request of our friend and helper, Dr. Harper, I have essayed to describe the calisthenic exercises gone through daily by my pupils, and hope that they may be of service to my fellow teachers, who, I believe, understand how conducive to health, grace of motion, and obedience, physical exercises are.

To the teacher they are of inestimable value as a means of securing ready obedience; to the pupil in teaching him to have proper control of his muscles and in preventing him from adopting incorrect postures. When I first entered the field I felt the need of some simple calisthenic exercises, for my pupils, which might be used in our school-room by both sexes together.

I began with a few simple arm exercises and then set to work to devise more, having recommended my pupils to notice and remember graceful movements, wherever they might chance to see them. At the end of two months we had quite a number of exercises, and these were performed daily by the pupils, who, with a very few exceptions, took pleasure in going through them.