

## Contemporary Thought.

THE utter lack of knowledge which many parents show regarding the schools which their children attend is almost shocking. Indeed, it may be broadly affirmed that not one parent in ten can tell whether the teacher of his child teaches him properly or not.—*Good Cheer*.

DR. HUTCHCOCK, professor of physical culture at Amherst, believes that the reason why the average length of life is only forty years, is that men and women live too fast. Their heads are prematurely bankrupt; their stomachs are worn out; their hearts, kidneys, and muscles are over-worked. If the use of tobaccoe increases during the next as it has during the past twenty-five years, we shall not only know of sudden death from heart and brain injuries consequent upon it, but we shall see in the Anglo-Saxon race, men emasculated and sorely deficient in ular strength. A lack of control over our bodily and mental functions is a reason why we live forty instead of seventy years.

EDWARD EVERETT HALE, in a recent address, made an interesting statement concerning the Boston Latin School when he was one of its pupils, some fifty years ago. "I am quite sure," he said, "that even cowardly boys of the school would have been more afraid to tell a lie than of any consequence of telling the truth." He attributed this high tone not to the discipline of the school, nor to the example of the teachers, but to the right feeling of the boys themselves. "It was a tone given by the scholars," he remarked. "It was a thing understood among them that a boy who would tell a lie was a cowardly and mean fellow, and as such was to be politely cut by his fellow-pupils, until he had learned better." Dr. Arnold, who attached more importance to this than to anything else, was of the opinion that the elderly boys of the school usually set the fashion, both in morals and in manners, and he directed his best efforts to raising the tone of feeling in his highest class. "It is a shame to lie to Arnold," said one of his pupils, once, "for he always believes us." Which shows his efforts were successful.—*Dominion Churchman*.

THE inability to habitually indulge in sound, refreshing sleep denotes an unnatural condition, which should be immediately corrected. Oftentimes it is the result of some form of dissipation. Over-work, severe mental strain, with irregular intervals of rest, are abuses which nature sets down to the debit side of the unbalanced sheet; and the day of reckoning, if deferred from time to time, is sure to come at last. A resort to drugs to produce drowsiness is only a counterbalance of evils, with a continual gain at the wrong end of the beam. They lower the life currents, weaken the nervous system, and create appetites as harmful and unnatural as they are difficult to overcome. What, then, is to be done? In some instances, *very little*. In others, *very much*. Forsake bad habits and return to good ones. This is the sum and substance of it all. It is nature's fiat, which the whole of *materia-medica* is powerless to resist. Divide the day into timely periods of avocational labour, healthful exercise and recuperative rest, and see to it that neither infringes upon the other. Avoid excesses of every kind, especially in eating,

drinking, and needless exposure to heat or cold, and credit nature with that good health of which indifference and neglect would impoverish you.—*Hull's Journal of Health*.

AT Tranchenberg, 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 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 Age 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.—*Matthew Arnold*.

THE War Department just now is in the midst of a discussion as to the proper disposal of the Apache Indians, whose capture has cost the Government so much blood and treasure. There are a class of military pundits who imagine that the hunt for these murderers and thieves has been warfare, and that the Indians are entitled to belligerent rights. When a score or two of Indians, who have been living on a reservation, fed and cared for by the Government, stealthily leave there and engage in a raid throughout a wide extent of country, not seeking troops to fight, but robbing and murdering peaceable working people, men, women and children in their homes; obscenely and fiendishly torturing and mutilating men and ravishing women—is that "war" any more than piracy? And when these miscreants, incarnations of cruelty and brutish lust, are pursued, and after long pursuit, either caught or compelled to give themselves up, because they are out of ammunition, out of food and so surrounded that escape and further devilry is impossible—is that "capitulation" of a hostile force engaged in legitimate warfare? Are they "prisoners of war"? They are simply felons, murderers, assassins, ravishers, brigands, pirates, outlaws, caught red-handed by a pursuing force, a military posse, ministers of outraged justice.—*Quebec Chronicle*.

TIGHT dressing, though the most serious hindrance to the habit of good breathing, is not the only obstacle. There are careless ways of sitting and standing that draw the shoulders forward and cramp the chest; and it is as hard for the lungs to do good work when the chest is narrow and constricted as it is for a closely landaged hand to set a copy of clear, graceful penmanship. Then there are lazy ways of breathing, and one-sided ways of breathing, and the particularly bad habit of breathing through the mouth. Now the nose was meant

to breathe through, and it is marvellously arranged for filtering the impurities out of the air, and for changing it to a suitable temperature for entering the lungs. The mouth has no such apparatus, and when air is swallowed through the mouth instead of breathed through the nose, it has an injurious effect upon the lungs. A story is told of an Indian who had a personal encounter with a white man much his superior in size and strength, and who was asked afterward if he was not afraid. "Me never afraid of man who keeps mouth open," was the immediate reply. Indeed, breathing through the mouth gives a foolish and weak expression to the face, as you may see by watching any one asleep with the mouth open. It may be noted that an anemic, or low, condition of the blood is seldom found where there is an established habit of full, deep breathing with the mouth closed.—*From "About Breathing," by Hellen Clark Szwaczky, in St. Nicholas for October.*

THE *Daily News* has published an outline of the organization of the new Government Emigration Office, which, it states, is to be located at 31 Broadway, Westminster, and will be opened in about a month. The operations of the office will be confined within comparatively narrow limits. The committee of management will consist of a small number of gentlemen interested in the Emigration question, including two representative working men. The object will be simply and solely to supply intending emigrants with useful and trustworthy information respecting British emigration to the colonies. The information so disseminated will be chiefly derived from the various colonial Governments and their representatives in this country, but, in addition, independent reports will be supplied by correspondents likely to be well-informed upon the commercial and industrial conditions of the colonies in which they reside. The principal medium for the distribution of this information will be the post office, but trade and friendly societies, workingmen's clubs, and similar organizations, will also be utilized. The circulars so distributed will be divided into two parts. In the first part particulars will be given as to the cost of passage and the demand for labour in the colony dealt with. In the second part, general information will be afforded, including a very brief and simple statement of the leading facts about the colony—its climate, population, products, religion, education, providence societies, means of internal communication, cost of living, wages, and land system. Circulars will be revised quarterly if a change in the industrial condition of any colony necessitates another issue. Should the inquirer desire further detail he will be referred to the handbook of the colony, which will form part of the series of handbooks prepared for issue by the office. It will thus be seen that the new department is nothing more than an information bureau, and that of necessity it can do little more than has hitherto been done independently of the Imperial Government for the furtherance of emigration to the Colonies. The advocates of State-aided Colonization will possibly hope that the scope of the scheme may to some extent be extended. But that they can be very confident on this score seems extremely doubtful when the time and trouble required to bring about even this small beginning are borne in mind.—*Canadian Gazette*.