

and narcotics upon the human system. The following topics should be dealt with :—

Alcohol and its formation—fermentation and distillation. The properties of Alcohol.—The effect of Alcohol upon the circulation, heart, membranes, blood, and lungs.—The relation of Alcohol to the digestive organs.—Its effect upon the digestion, liver, kidneys, and the waste of the body. Does it impart strength? Does it impart heat?—The effect of Alcohol upon the nervous system, brain, and mental and moral powers.

The evil effects of the immoderate use of tea and coffee.

Narcotics.—Tobacco and its physiological effects. Its evil influence on youth.

For preparation for teaching Physiology, Hygiene, and Temperance the authorized Manual of Hygiene, the authorized Public School Temperance, and Steele's Hygienic Physiology (abridged), published by A. S. Barnes & Co., New York, will be of great use. The last will be particularly serviceable.

MUSIC.

Rote Singing,—sacred and secular songs. If possible, systematic instruction should be given in musical notation.

PHYSICAL EXERCISES.

A proper amount of physical training should be given every day. The different extension movements prescribed in the authorized text book (Houghton's Physical Culture) should be frequently practised, not only during recess but during school hours. In addition, the boys should be formed into companies and taught the usual squad and company drill, and the girls should be exercised in calisthenics. Accuracy and promptness should characterize every movement.

MORALS AND MANNERS.

Consult the general suggestions at the end of this pamphlet.

FOURTH CLASS.

READING.

I. A general knowledge of the elements of vocal expression, with special reference to emphasis, inflection, and pause. The reading, with proper expression, of any selection in the Reader authorized