

allay suffering and give cheer. Indeed, during this plastic period, local weakness, imperfect development, and even hereditary defects, may be thus entirely remedied, or greatly mitigated. From two to seven years of age—the period of childish wonder, of eager curiosity, of importunate inquiry, of endless imitation, and of implicit faith—is the children's germ-time of health, the parents' golden opportunity. My brief admonition to them is, "Keep the home cleanly, and bright and sweet with sunshine and pure air. Garnish it with flowers, grasses, leafage, or other simple objects, easily obtainable by all. Enjoy daily music, if only that of the children's voices. Set apart a suitable place in the house, the barn, an out-building, or out-of-doors under a spreading tree, for childish games and physical training, both with and without apparatus. Become the interested observer and wise instructor, when at leisure or during after-hours. Adopt a simple, wholesome diet—the first fruits of the earth for food and water for drink. Wear pure clothing, live a pure life, get nearer to the great heart of nature, and so "your children shall rise up and call you blessed."

The physical activities of the schooling period, from kindergarten to the graduation at a college or a university, include all desirable games and exercises, done with and without every conceivable apparatus, implement, machine, appliance and tool. And still, for a given grade and period, the best results of training are secured with a few select instruments and exercises. The primary office of school calisthenics is to beautify and strengthen the body by pleasurable exercises, which shall develop, regulate and perfect its parts. It is mainly recreative, giving relief to the mind while gratifying the physical sense. Hence, some of the essential elements of success are, first, such a natural,

systematic and logical arrangement, that each position and class of movements shall suggest what is to follow, without taxing the memory or other mental faculties.

Second.—A simple, systematic and complete series of commands is necessary, the students taking the positions and executing the classes of movements in accordance therewith. This will render the instruction intelligible, give the instructor the entire control of the class, and enable him, after the elementary movements are mastered, to command and immediately secure thousands of beautiful combinations without further instruction.

Third.—The movements must have a determined time, the rhythm or division of which shall be well established in the mind. All modes of marking time should be used, such as counting, phonetics, recitation and music. The latter insures enthusiasm and fascination, and converts indolence and sluggishness into cheerful and vigorous activity.

Fourth.—The desired results of the training can only be secured by healthful conditions. These involve comfortable, cleanly, convenient and suitable dress—garments so loose about the waist, chest and neck as not to interfere in the least with the action of the respiratory organs; pure out-door air in summer, and air moderately heated in winter, say from 65 to 70 degrees. But during the continuance of the exercises, the windows should be opened, so that the room may be thoroughly ventilated. At the close, when a sensible perspiration has been produced, the windows must be so closed or regulated as to avoid all draughts of air, and still afford, as far as possible, a perfect ventilation.

Fifth.—A definite time should be adopted for daily exercises. At least one exercise should be given in connection with