

maxim of English law before the American Revolution, did not mean that the colonies could not be lawfully taxed by Parliament when they had no representatives in Parliament. It was a phrase applicable to the three orders of the English body politic, King, Lords, and Commons. It meant that the Commons could not be taxed when they were not represented.

Now the Commons represented the cities of Leeds, Halifax, Manchester, Birmingham and Liverpool in Parliament, although none of them had any vote or personal representation in it then or for a long time afterward. Indeed, only one-tenth, of the people of the United Kingdom had any vote. The Commons represented Massachusetts in the same way that they represented Manchester. That this was an unsatisfactory kind of representation will be admitted without argument, but it was not in contravention of the maxim quoted, which has come down to us as a legal justification for the war. It would have been strange, indeed, if the English constitution had contained within itself a justification for breaking up the British empire. This would have been like Mr. Lincoln's paradox at

the outbreak of the civil war, "a constitutional mode of overthrowing the constitution." No, the separation from the mother country was not a legal step. It was an act of revolution.—*New York Evening Post.*

No more noteworthy article has appeared in an American periodical in recent years than that of Moses Coit Tyler in the *American Historical Review*. Mr. Tyler's admirable paper shows, as it was meant to show, that the Tories of the Revolution were not mere obstructives; that they were not opposed to reform in the relation of the colonies to the mother country or to the extension of human liberties and rights; and that it is an error to represent them as lacking in love for their native land or in willingness to labor, fight or even die in its behalf. The Whigs were undoubtedly patriots, but it is unjust to charge those who would have effected needed reforms without civil war or an angry disruption of the English-speaking race with lack of patriotism in their doctrines, purposes or acts. Mr. Tyler's article creates a new standard and fresh starting point in American history.—*Montreal Gazette.*

NOTES FOR TEACHERS.

In education the process of self-development should be encouraged to the fullest extent. Children should be led to make their own investigations, and to draw their own inferences. They should be told as little as possible, and induced to discover as much as possible. Humanity has progressed solely by self-instruction; and that to achieve the best results each mind must progress somewhat after the same fashion, is continually

proved by the marked success of self-made men.—*Herbert Spencer.*

THE CONDITIONS OF HEALTHFUL LIVING.—In the first place, it is quite evident that due regard for the welfare of the body does not permit one to eat a full meal immediately following very hard labor, either physical or mental. The vital energy has become depleted and needs a period of rest, during which it can gather its