

Where the habit is for children to lie in bed until eight or nine in the morning the last two hours, at least, do not bring sound dreamless sleep where the hour for retiring is eight or nine p. m., but are spent in dozing, and, in fact such excess cannot fail to insure the harmful results described by the authority quoted. What is called laziness among children is in very many cases disease, and is largely due to this as well as the other causes mentioned that undermine the foundations of health.

Botanical Notes.—Our spring wild flowers were later than usual in making their appearance this year. Now, however, the woods and fields are studded with them in every part. Some days ago only a few were to be found; now there are almost too many even to name, much less to describe. We shall name and describe a few of the most beautiful, and shall be glad to awaken an interest in the most delightful study of botany.

Botany, taking its votaries into the pleasantest part of the country, into the woods and field, is at once the most pleasurable and the most healthful of studies. We need not beg any one to follow us to the haunts of the flowers nor offer any apology for leading them there.

The first flower of spring is the Canadian snowdrop. *Sanguinaria Canadensis*. A low growing plant with a single leaf and flower to each plant. The leaf is large and rounded, generally folded, and the flower is pure white, with two sepals and from 8 to 12 petals. The flower soon falls and hardly be found as late as this. Every part of the plant, when broken, exudes an orange red juice, which has given it the name of "Blood root."

Hepatica Triloba.—This is another very early flower in rocky woods and hill sides. The flowers appear before the leaves, and are of several tints, of pink and lilac, though frequently pure white. Sometime it is found almost double, having two or three rows of petals.

Trillium.—Three species are found in our woods. The commonest as well as the most beautiful is the large white one, *T. Grandiflorum*, it is of snowy whiteness, and is sometimes found of three or four inches in diameter, and sometimes so small as to lead to the belief that it is another species. All the parts of this plant are in threes—three leaves, three sepals, three petals, etc. The name is derived from its tripartite character.

Trillium Erectum.—This is not so abundant as the white one. It is of a deep dull red, and is found in the same localities.

Trillium Erythrocarpum—Painted Trillium.—This very pretty flower is much smaller than either of the preceding. The petals are milk white with crimson veins and deep crimson blotch at the centre of the flower. This species is rarer than the other two, and grows further north.

Thyris Americanum.—Dog-tooth violet. This pretty little flower is like a very small yellow lily in the flower. The foliage is like that of the Garden tulip and is marked with large brown blotches.

In early summer large patches of ground are seen covered with this well marked plant with but few flowers, only the larger roots bearing flowers.

Uvularia grandiflora. Bellwort. This like the dog-tooth violet and Trilliums is of the lily order. It grows about a foot high with something of the aspect of a Solomon's seal. The flowers are of a dull yellow and hang pendulous from the end of the plant; they are born singly, and the petals are twisted. The leaves surround or clasp the stem.

Claytonia virginica, Spring beauty. This sweet little flower about old stumps in cool moist places. It springs, from a small tuber deep set in the ground, and bears a pair of narrow lance-shaped small leaves, and a cluster of small pink flowers with crimson veins.

Dicentra Cucularia.—*Dutchman's Breeches.* A delicate little plant with finely divided leaves and bearing, spike of oddly shaped flowers something like the bleeding heart of the gardens but much smaller and creamy white in color. The root is a small scaly tuber and the plant is found growing in rocky broken ground, in partial shade.

Dicentra Canadensis.—*Squirrel corn.* This much resembles the preceding. The foliage is not so finely divided and the flower is faintly tinted with rose. The root is like a small yellow pea. It generally grows in cool shaded places.

Caltha Palustris.—*Marsh marigold.* The swamps are no gay with this large bright yellow flower. It is like an enormous buttercup. The leaves are large rounded or kidney shaped.

Aquilegia Canadensis. Columbine. Rocky hill sides where this plant grows, will now be resplendent with its bright scarlet flower. It is curious in form, each of the five petals is produced backwards into a hollow spur about an inch long resembling the larkspur of the gardens.

Violets.—There are now five or six species in flower. The first to appear is *viola blanda*. It is very small, pure white with very faint stripes of violet at the base of the petals, and a faint odour.

Viola Palustris.—*Marsh violet.* Flower rather larger than the preceding, pale lilac.

Viola Sotundifolia. Yellow flowered. These three species are stemless, and have small rounded heart shaped foliage and small flowers.

The Union Jack.—Our national flag at the present day is the Union Jack—a combination of the flags of St. George, St. Andrew, and St. Patrick, the patron saints of England Scotland, and Ireland. It is only since the union of Ireland, which took place in 1801, that this banner has been in use. Indeed, the first Union Jack we possessed dated no further back than 1606, after the union of the crowns of England and Scotland by James I. This flag consisted of a combination of the crosses of St. George and St. Andrew, and was in 1707 constituted by royal proclamation the national flag after the union of the parliaments of the two countries. To unite the three crosses into a harmonious whole has been now satisfactorily accomplished. The cross of St. George is red on a white ground, that of St. Andrew a white cross in this form X (called a saltire) on an azure ground, that of St. Patrick a red saltire on a white ground, and you will find each of these crosses distinctly visible on our present national banner. On our bronze money you will also find upon the shield of Britannia a tolerably accurate representation of the Union Jack. With regard to the name by which our national flag is known, while 'union' seems appropriate enough, the reason why it is called a Jack is not at first apparent. It is said, however, by some to derive its name from James I. (*Jacques*), who united the kingdoms of England and Scotland; but this is not probable. The most likely derivation is from the word *jacque*, applied to the jack or overcoat formerly worn by the British soldier, which bore the representation of a cross.—*Little Folks.*

THE JOURNAL OF EDUCATION.

(FOR THE PROVINCE OF QUEBEC.)

The Journal of Education.—published under the direction of the Hon. the Superintendent of Public Instruction and Edited by H. H. MILES, Esq. LL. D., D. C. L. and G. W. COLEMAN, Esq.,—offers an advantageous medium for advertising on matters appertaining exclusively to Education or the Arts and Sciences.

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