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PHYSICAL EDUCATION IN SCHOOLS.

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Physical Education is receiving more attention from educationists now than it formerly did, and before many years I trust that it will occupy a prominent place in our public school system.

Having studied several so-called "systems," I believe that the Swedish, promulgated by Ling, is one of the best, as it depends little upon appliances, but endeavors to apply the means contained within the body for sustaining and increasing its health. A body under the entire control of the will is the idea.

In order to ascertain the true place of Physical Education, we ask, What is the object of School Education? It is to fit the pupil for a life of usefulness and honor, that he may leave the world better than he found it, and to glorify the Maker of these bodies of ours. Whose duty is it to fit the child for such a life? The parents', no doubt; but inasmuch as by law and custom their powers and privileges, to a large extent, are delegated to the teacher, I hold it to be her duty. Is it all of life to live, or is that only the small part of the life of one who is gifted with reason and the higher powers? I fear me that many a shipwrecked mariner of life's journey owes his failure to the lack of that supreme personal interest in him which would have enabled the teacher to make any sacrifice, to overcome any obstacle in