

much less than an hour's duration is productive of any real advantage to the juvenile mind and body. And both boys and girls should be encouraged to take thorough and regular exercise during recreation hours. Happily, the time has gone by when it was thought unbecoming to develop the feminine body. Now, a course of gymnastics under competent supervision, lawn tennis, snowshoeing, skating, rowing, swimming, are all recognized as excellent for both sexes, and they indirectly help the mind, as they directly (of course in moderation) strengthen the body. I would also suggest to teachers and parents the importance of arranging the preparation time, so as to admit of children retiring to bed early. I know many families where bright, intelligent children sit up as late as 10 or 11 o'clock, as, it is said, to prepare for the next day. Some one here is to blame. Those young eyes should be closed, those young brains at rest long before, if it is desired that they should attain and preserve the "*mens sana in corpore sano*." My suggestions, I know, even if generally accepted, are not easy to carry out in the case of day schools. But some are practicable by the application of a little thought and care. Long morning sessions may be more agreeable to instructors and pupils, since, by this plan, the afternoons are less broken into, but I am confident that the teaching and learning powers of both are by such an arrangement unduly taxed, to the real detriment of both parties.

Yours sincerely,

R. W. NORMAN, D.C.L.

OBITUARY.

The death of the Hon. Justice Dunkin occurred on January 6th, at his residence, Lakeside, Knowlton. Born in the year 1812, he was educated at Glasgow University, and subsequently at University College, London. From this he passed to Harvard College, in the United States, to which he was attached as tutor in Greek. He became connected with Canada in 1839, as Secretary of the Educational Committee appointed by Lord Durham, and in this post prepared his celebrated report upon the state of education in this country. He subsequently aided in reorganising McGill University under its new charter, and has played an important part, as a member of the Council of Public Instruction and as a Governor of the McGill University. It is unnecessary here to notice Judge Dunkin's acts as a social reformer, but in him the cause of Education in Canada has lost a firm friend.