

III. Conversational lessons on plants ; comparison of leaves as to size and shape ; of stems as to form ; of flowers as to color, shape, and size. How plants grow. The vegetables, seeds, grains, and fruits most commonly used for food. How these food plants are grown. Trees and shrubs—different kinds and mode of growth. Forests. The most important shade and forest trees. The different kinds of wood obtained from trees, and the uses made of them. *The botanical lessons in the Reader should be used in this connection.*

IV. Conversational lessons on the following articles of food and drink (from what natural objects obtained):—bread, beef, mutton, coffee, tea, butter, cheese, rice, and fruits of different kinds.

V. Conversational lessons on the following materials used for clothing (from what natural objects obtained):—cotton, linen, woolen, silk. Samples of the raw material and of the manufactured products should be used in giving the lessons.

VI. The material furnished by the object lessons should be utilized in the language lessons, by requiring the pupils to write what they can remember of the subject matter in the form of short compositions.

PHYSIOLOGY, HYGIENE, AND TEMPERANCE.

ORAL INSTRUCTION.

The Human Body.—The care of the body. Cleanliness—bathing, clothing, in hot and cold weather. Care of the teeth—causes of their decay, and how to prevent it. The lungs and breathing, necessity of air to man and animals. Importance of supplying fresh air to the lungs. The bony structure—skull, jaw, spine, collar-bone, shoulder-blade, ribs, arms and fingers, legs and feet. How these are held together by joints. The general use of the bones. The muscles and their uses. The senses. The tongue and taste. The nose and smelling. The eye and seeing. The ear and hearing. The proper care of the eyes and ears.

TEMPERANCE.

THIRD AND FOURTH CLASSES.

Concurrently with the instruction in Physiology and Hygiene, instruction should be given on the effects of alcoholic drinks, stimulants,