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✻ Editorial Notes. ✻

WE are sometimes asked to re-publish the list of literature selections for Entrance Examinations, and it has been suggested that the list should be kept standing in our columns for several weeks. Our friends probably failed to notice the advertisement of the Education Department in our advertising columns, in which the subjects prescribed for Entrance were given in every number from September 1 to December 15, 1890. A teacher having one of these numbers has therein the information required. New subscribers not having these numbers will be furnished with a back number on application, or may, no doubt obtain a copy of the circular containing this list on application to the Education Department.

THE author of "Friends in Council" deems it important to keep the minds of children "fallow, as it were, for several of the first years of their existence." The advice is intended to discountenance the forcing process to which young children are too often subjected, in being made infant prodigies. We are quite agreed in regard to the hurtfulness of the latter course, but we do not believe in the fallowing system. The development of the child's mind should go on *pari passu* with that of the body. Suitable food and exercise are as indispensable to the health of one as of the other. Some of the teacher's worst trials are with those children whose mental faculties have been left almost dormant during the first six or seven years of their lives.

DR. FELIX ADLER, in a foot-note to the article from which we give an extract on another page, says, "It is an open ques-

tion whether corporal punishment should be permitted in the case of very young children, who have not yet arrived at the age of reason?" To our thinking this is not even an open question. We are convinced that, in the great majority of cases, corporal punishment of such kind as an intelligent and loving parent would inflict, is needed at this age. It is indicated by nature, or by the conditions of the case, which means the same thing, as the only means by which, before the development of reason and conscience, the habit of obedience, which is the foundation of all parental training, can be implanted. We are also firmly persuaded that if such slight corporal punishment as may be necessary at this period, or say during the first three or four years, be judiciously administered, there will be no need of it at any future stage. We always make a broad distinction between the God-given right of a parent and that conferred by custom or law upon the teacher to use corporal chastisement, but none the less we are of opinion that the necessity, real or fancied, of the use of such discipline even by a parent, in the case of a boy or girl eight or ten years of age, or older, is proof positive that the parents did not understand, or did not do, their duty to the child in its infancy. Parental training to be thoroughly effective must begin in the cradle. There is no more fatal mistake than to postpone it to a later period.

WE quote in another column a brief article from the *North Carolina Teacher*, touching the Grube method in Arithmetic, with which we heartily agree. We have little doubt that very much valuable time is wasted in some of our schools—the kindergartens not excepted—in the use of mechanical, or what are called "objective" processes and expedients. Our observation of children has led us long since to the conclusion that it is not only a loss of time, but a hindrance to future progress to keep the child to the use of objects or illustrations of any kind one day longer than is necessary to enable him to get a clear idea of the fact or principle to be illustrated. The idea of keeping a child of six to eight years of age and of average capacity, for a whole year on the first ten numbers, as we have seen recommended, is simply preposterous. We should not fear to undertake to lead any such child

to a tolerably clear apprehension of numbers up to one hundred, if not one thousand, in half that time. The use of objects or illustrations at proper times, to aid in securing full and clear comprehension of ideas, is invaluable and indispensable, but the moment these have served their purpose, they should be discarded as crutches no longer needed. Children are capable of abstracting such notions as that of number, and as a matter of fact do make and use such abstractions, at a much earlier age than many faddists suppose. And, according to a law with which we deal more fully elsewhere, they are formed to enjoy doing the hardest things and exercising the highest faculties of which they are capable.

AGAIN the *Canada Health Journal* sounds a note of warning against the present athletic "craze." In the December number the *Health Journal* drew attention to the investigations of Dr. Morgan, which showed some of the serious consequences of excessive rowing; to the report that, of thirty-two all-round athletes in a New York club of five years ago, three are dead of consumption, five have to wear trusses, four or five are lop-shouldered, and three have catarrh and partial deafness; and to the writings of the eminent London physicians, Drs. Fothergill, Clifford Albut and Moxon, showing the intimate relation between mechanical strain and diseases of the arteries and of the valves of the heart. "Often," says the *Journal*, it is not so much exercise that is demanded as it is outdoor pure air. Athletes usually die young, and much of the more vigorous exercises in the sports of the present day shorten, rather than lengthen life. *The Medical Record* says that "the brain-worker needs only a regular temperate life, with a walk, fresh air, and sound sleep and the body does not need Herculean muscles in order to be sound;" and that "athletic work is safe only for young men who have an extra supply of vitality and who can more safely work it off that way than in dissipation." Indeed excessive development of the muscular system is incompatible with the best condition of general health. These are exactly the views we have from time to time presented, and we are glad to have them confirmed by so good an authority. A man does not need the biceps of an ox in order to attain the highest type of manhood, physical, intellectual and moral. Abundance of exercise in the open air is, of course, indispensable to robust health, but over-straining in any gymnastic exercise is, we are persuaded, in nine cases out of ten, detrimental to health of body and mind.