

specimen of the evil results of bad teaching in connection with the class of words under discussion.

A literary society in one of our cities in Ontario, where the young gentlemen take a proper pride in using correct English, both in structure of sentence and pronunciation of words, heard that it was "vulgar" to pronounce these words in a certain way. They heard also that it was the vowel sound which was slighted. They determined to remedy the evil. The society had among its members some practical teachers who had been trained to change the vowel sound. Soon the society had rid itself of its vulgarism, and were startling their friends by saying, "cawm evening, Miss —," &c. Whether they "felt like the animal" or not when saying cawf, is not on record.

The great difference in the two ways of pronouncing these words is not in the sound of *a* at all. The change is made before the *a* is reached. Are there then two sounds for *c* (hard), two for *g* (hard) and two for *k*? Yes. They have different powers before the different sounds of the vowels. The letter *k* has two sounds in the one word kick. The first may be expressed by *ke*, the second by *ku*, both the *e* and the *u* being obscure. If any one will carefully sound cat and cot, and pause before *a* and *o*, he will see clearly that he does not place his vocal organs in the same position in order to form what precedes the *a* and the *o*. The tongue lies farther forward in the mouth, and its body is pressed more close to the roof of the mouth in commencing the word cat than in the word cot. In the former the sound before *a* is nearly *ke* (long *e* obscure) or *ky* (*y* consonant shortened).

The two formations for the gutturals are recognized by a Gaelic grammar, and called the broad, as in cot, &c., and the close, as in cat. Professor Bell, the king of phonic analysts, names the two formations the posterior and the anterior.

Smart also indirectly accounts for a double power of *k*, *g* and *c* by saying that "between them and some vowel sounds must come a slight sound of *e*."

It must be noted that in using the anterior formation before a vowel, great care must be taken not to introduce between the two a full *y* (consonant) sound.

To distinguish the anterior from the posterior more clearly, the former may be fully made with the point of the tongue pressed against the lower teeth, while the latter requires the tongue to be drawn well back and the "point may even be curved backwards." It is better, however, in speaking, not to curve the point of the tongue in the latter, nor drop it into the lower jaw in the former formation.

There is no doubt about the existence of two sounds for *k*, &c.; the only question is when to use one and when the other

In America good usage is as follows:—

The anterior formation nearly equal to *ky* or *gy*, with the *y* sound very slight, is usual before the following vowel sounds.

A long, as Kate, gale, &c.

A short, as cat, gad, cash, &c.

A long before *r*, as care, &c.

E long, as keep, &c.

E short, as in get, &c.

I long, as kind, &c.

I short, as king, give, &c.

U long, as cure, &c.

The posterior formation, *ku* or *gu* with a very obscure *u*, is given before;

A Italian or grave, as calm, garb, &c.

A broad, as call, gall, &c.

O in all its sounds, as cot, coat, cought, corn, come, &c.

U in all but its long sound, as cub, curl, &c.

Usage is divided as to the formation to be used before *E* and *I* short and obtuse, as kernel, kern, kirk, girl, &c. The balance of good usage is in favor of the anterior formation.

The mistake commonly made in sounding the words calm, &c., is that the anterior formation is used instead of the posterior. This leads to a slight corruption of the vowel sound which follows it. The error may be corrected by omitting the *y* that is sounded between the *c* and the *a*.

CALISTHENIC EXERCISES WITH APPARATUS.

Many teachers and students desire to obtain some light apparatus, which is cheap, and easily used in exercising. Nothing has been invented which is more simple, and which at the same time can be used in such a variety of practices as "Goodyear's Pocket Gymnasium."* It consists of a strong rubber tube, with wooden handles inserted at the ends. Different sizes are prepared to suit persons of various degrees of strength. It is so small that it can easily be carried in the pocket. For students taking exercise to relieve the brain and send the blood to all parts of the body freely, or for those private or public schools which desire apparatus, this apparatus is strongly recommended. Every muscle in the body can be exercised with its aid. The following are given as specimen exercises. They may be varied to an almost unlimited extent. In performing any new exercises the teacher should avoid those which strain the muscles of the lower part of the abdomen:

EXERCISES

With "Goodyear's Pocket Gymnasium."

These exercises commence with the hands, and gradually advance to the arms, shoulders, neck, head, chest, body, legs and feet, until every portion of the frame is brought into complete action.

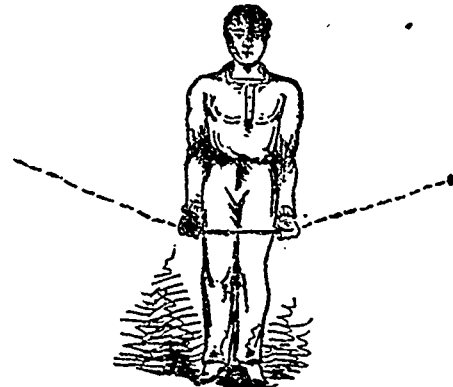


FIG. 1.

HANDS AND ARMS.—Grasp the handles with tube across lower limbs. Brace left hand without touching the body. Pull strongly with *r. h.* to + at *r.* three to five times. In the same way with *l. h.* Then alternately. Finally, both hands to full extent to + +. Then turn the palm of hands with thumbs at ends of tube, and repeat the preceding exercises. To vary this, use *r. h.* with back and *l. h.* with palm forwards: then change to *l. h.* Be sure to breathe well, and to be in earnest.

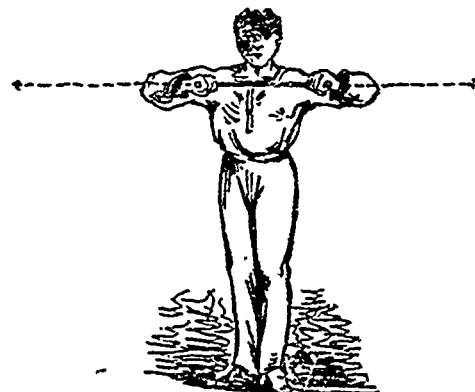


FIG. 2.