

the majority of men tried faithfully to follow the teaching of this motto.

In "Man and his World," John Darby says "that the world is nothing else than what the man is." Men and women make the world. The family makes the home; certainly, it is not the beautiful house, the fine equipage, and the hired servants. The teacher and scholars make the school. Since personality is the all-important constituent of the world, then each of us must have great responsibilities to bear, if we would exert the best and the largest influence, which it was intended in the Divine plan, we should exert. Our appearance, our dress, our bearing, our expression teach as surely as do we when we speak.

It is principally with reference to bearing that my article deals. Some exercises which train in position and attitude, which we have learned from a teacher of the Delsarte System of Gesture, we give, with certain changes which we have made in order to adapt them to primary pupils. The exercises are known as the Gladiators.

1. Clench the hands, bring them together in front of the waist, and about six inches from it, right hand uppermost, elbows about six inches from the sides, heels together and chest active.

2. Step to front with the right foot, bending the knee, and extend the hands in opposite directions, the left hand to the front in a slanting direction, somewhat higher than the head. The right hand is antagonistic to the left, and should be, as it were, pulling away from it. The nails of the right hand should be towards the floor. The right hand being in opposition to the left, should be slanting downwards. The attitude is more effective if the eyes be turned toward the hand which is slanting upward, which is in this case the left hand. The hands must be clenched tightly, as this is a beneficial exercise in itself.

NORMAL:—Bring the hands and the body to the position indicated in 1.

3. Step to the right with the right foot, putting the weight of the body on the right foot, and pivoting the body on the side of the left foot. At the same time extend the right hand in a slanting position up and out towards the right, and pull in the opposite direction with the left hand. Always in these exercises look toward the uplifted hand.

4. Back to normal position with the hands, but do not move the feet except to put the weight evenly on both. They should not be brought together.

5. Same as 3 except that "left" should be substituted for "right."

6. Step to normal position.

7. Step to front with left foot and extend the hands in opposite directions, the right hand to the front. Observe that in the positions in (2) and (7) the opposite hand and foot are to the front.

8. Normal.

9. Same as (5.)

10. Same as (3.)

11. Normal.

12. The Gladiator exercises close with the attitude of defiance which follows the normal position, thus:—

(a.) Draw back the left foot, placing the left hand closed on the hip, the nails out.

Do not bend left knee. (b.) Bring the right hand in a semi-circular position over the head, about six inches from the forehead. Turn the face towards the uplifted hand. At the same time raise the right foot, so that only the toe touches the ground. Weight should be on the left foot.

When taking these exercises in a primary class we may indicate the normal position by giving the command—change; and also suggest what is coming by saying on the command (2) "Extend to the front the right foot", "the left hand", and so on. The attitude of defiance my pupils like to keep for a minute or so. In order to preserve uniformity where the sizes of the pupils differ (and this makes the exercises look somewhat odd) I have my taller pupils at the back, and then for the position of the face in the attitude of defiance, I have chosen a picture in front of the class just in a suitable place for their eyes. We all see the steadiness, the sturdiness, and the grace which these exercises must develop if well done. There is nothing wooden about them. Our true Canadian scholars like to represent the fighters. The mind is so filled with the ideas of strength, and of victory, that there is no need for singing accompaniments, and so we have bridged that difficulty in, at least, a part of our physical exercises.

* Literary Notes. *

FELIX OSWALD appears in an interesting paper, in the January *Arena*, in which he notices the striking parallels in the life and teachings of Christ and Buddha. In the same issue, Rabbi Schindler contributes a very thoughtful paper on "Migration, a Law of Nature." Dr. Alfred Russell Wallace discusses the question, "Are There Objective Apparitions?" in a scholarly and scientific manner. Among the other contributors are Hamlin Garland, Elizabeth Cady Stanton, Prof. Joseph Rodes Buchanan, Moncure D. Conway, and Wilbur Larremore.

WE have received the first number of the *Educational Review*, the new educational magazine, edited by Nicholas Murray Butler, Ph.D., Professor of Philosophy in Columbia College and President of the New York College for the Training of Teachers, and published by Henry Holt and Company. This number contains articles on The Shortening of the College Curriculum, by Daniel C. Gilman; Fruitful Lines of Investigation in Psychology, by William T. Harris; Is there a Science of Education? I, by Josiah Royce; The Limits of State Control in Education, by Andrew S. Draper; and The Herbartian School of Pedagogics, by Charles De Garmo. It has also "Discussions" of educational questions by well known writers, editorials on various important educational topics, Book Reviews, etc. We have not yet found time to give its pages the careful reading the importance of the questions dealt with demands, but there can be no doubt that this imposing Monthly of more than 100 pages will immediately take front rank among educational periodicals.

AMONG greetings for the New Year some of the heartiest and happiest come from the January number of *The Ladies Home Journal*. Oliver Wendell Holmes, George William Curtis, James Whitcomb Riley, George W. Childs and Will Carleton join with Henry M. Stanley, John Wanamaker, Rutherford B. Hayes, Joseph Jefferson, Lawrence Barrett, Dr. Talmage, Bishop Newman and many other well-known men, to weave for the women of America a garland of good wishes for 1891. It is a perfect treasury of kindly words and bright thoughts, and every woman should read what these great men wish for her.

Over the Sea, A Summer Trip to Britain, by J. E. Wetherell, is the title of a little volume of over forty pages just to hand. It is the republication of a series of twelve letters contributed to the *Strathroy Age*, by the author, between September and December, 1890. The papers present in an interesting and graphic form the observations and impressions of the writer during a series of visits paid to such historic spots as the Highland Lakes, Abbotsford, St. Paul's Cathedral and Westminster Abbey, Stratford-on-Avon—"Tennyson Land," the "Land of Burns," etc. These well-written letters by a close observer, and a thoughtful student of English Literature may be read with pleasure by every one in whom the literary faculty is in the least degree developed and active. To students of modern English they will be especially valuable.

WE are indebted to the Smithsonian Institution at Washington for Bulletin No. 1, of the United States Board on Geographical names, issued Dec. 31, 1890. The necessity for this Board arose out of the considerable differences that men found to exist not only amongst the various Government Bureaus but even in the publications of a single Bureau, on the subject of geographic nomenclature, and its object is to remove this serious and growing evil and establish harmony of usage in the different official and departmental publications of the Government. The Bulletin before us contains the executive order constituting the Board, with the names of its members; the principles adopted for its guidance, the first of which is "that spelling and pronunciation which is sanctioned by local usage should in general be adopted;" a key to the sounds of the vowels, diphthongs and other letters used and a list of the spelling approved by the Board in the case of 226 geographical names, the discarded forms being also given in Italics. A few samples of the spelling sanctioned by authority of the Board will be of interest to our readers: *Baluchistan*, (India); *Barbados*, (W. Indies); *Bering Sea*, (Alaska); *Chile*, (Republic, S. America); *Cape Cleare*, (Alaska); *Colombia*, (Republic, S. America); *Haiti*, (Republic, W. Indies); *Helgoland Island*, (North Sea); *Hongkong*, (China); *Kamerun*, for Kameroun, (West Africa); *Kongo*, River and State, (W. Africa); *Pribilof Island*, (Alaska); *Puerto Rico*, for Porto Rico, (W. Indies); *Lindhia*, (B. India). An historical note on the orthography of *Bering* prepared for the Board by Mr. Marcus Baker, is appended.

THERE is no substitute for thorough-going, ardent, sincere earnestness—*Dickens*.