

instructor, to drill all boys above the age of twelve once a week. The process is simple and we should like very much to see something of the kind adopted by our authorities. In the words of a contemporary—"The boys would be pleased; it would do them good in a physical way, would improve their deportment and tend to make them more obedient in all things."—*Cobourg Star*.

5. PHYSICAL EXERCISES IN THE CHICAGO SCHOOLS.*

One year ago, the Board of Education introduced an elaborate system of physical exercises into all the schools. Each of the different movements was described with such particularity that any teacher or school would be able to learn and execute it from the description alone. These exercises, or portions of them, have been practised during the year from four to eight times a day in all the Primary rooms, and three or more times a day in all the Grammar rooms, with the happiest results. Not only has their favorable influence upon the health of the pupils been manifest, but in many of the rooms, the improvement in erectness of form and position has been equally marked. The teachers themselves have in many instances been greatly benefitted by these exercises.

So far as my knowledge extends, no other city except Oswego, had previously introduced a thoroughly digested course of exercises, and made it obligatory upon all the schools to practise them at frequent and regular intervals, as a part of the daily routine of school duties. The experience of a year has suggested some improvements, which should be introduced when the course is reprinted.

Besides the regular course of "free gymnastics" prescribed by the Board, the High School and several of the District Schools have already been furnished with suitable gymnastic apparatus for the use of the pupils, by the liberality of parents and other friends; and it is to be hoped that the remaining districts will soon be favored with similar facilities.

An experiment has been tried during the past year in several of the schools, with the bean-bag exercises recommended by Dr. Lewis, of Boston; but we do not find them adapted to our use, except, perhaps, in the High School. In the Normal Department of the High School, they are still practised, with very satisfactory results.

But while I am able to give so gratifying a report respecting the influence of "free gymnastics," I regret to say, there is one serious evil still existing to a greater or less extent in all the schools, which cannot fail to exert a very deleterious influence upon the health and form of the pupils. I refer to the habit of stooping over the desks while engaged in the exercises requiring the use of the pen or pencil.

I am aware that many of the teachers have devoted special attention to this matter, and in some of the schools, very considerable improvement has already been effected: but the cure is by no means radical or permanent, and in most cases, a more efficient and systematic course of treatment is required. There are some divisions, in which the pupils lose more during the day by indulging in this habit, than they gain by the practice of gymnastic exercises.

As a first step toward the correction of this evil, teachers should inform themselves and their pupils of its nature and magnitude. The next step of progress should be a firm resolve to overcome it, whatever may be the effort required.

With most pupils, a frequent admonition from the teacher will be sufficient to establish the habit of sitting erect, and when this habit is once formed, very little attention will be needed to perpetuate it. But when this measure is found to be ineffectual, a persistent habit of stooping at the desk should be treated as a misdemeanor, affecting the deportment average of the pupil the same as any other example of misconduct.

6. TRAINING THE CHILD'S BODY.

Whatever you wish your child to be, be it yourself. If you wish it to be happy, healthy, sober, truthful, affectionate, honest, and godly, be yourself all these. If you wish it to be lazy and sulky, and a liar and a drunkard and a swearer, be yourself all these. As the old cock crows, the young cock learns. You remember who said, "Train up a child in the way he should go, and when he is old he will not depart from it!" And you may, as a general rule, as soon expect to gather grapes from thorns and figs from thistles, as get good, healthy, happy children from diseased and lazy and wicked parents. Let me put you up in mind seriously of one thing you ought to get done to all your children, and that is, to have them vaccinated or inoculated with the cow-pock. The best time for this is two months after birth, but better late than never, and in these times you need never have any excuse for its not being done. You have only to take your children to the Old or New Town dispensaries. It is a real crime, I think, in parents to neglect this. It is

cruel to their child, and it is a crime to the public. If every child in the world were vaccinated, which might be managed in a few years, that loathsome and deadly disease, the small-pox, would disappear from the face of the earth; but many people are so stupid and so lazy and so prejudiced as to neglect this plain duty until it is too late. So promise me all seriously in your hearts to see to this, if it is not done already, and to see to it immediately. Be always frank and open with your children. Make them trust you and tell you all their secrets. Make them feel at ease with you, and make free with them. There is no such good plaything for grown-up children like you and me as weans, wee ones. It is wonderful what you can get them to do with little coaxing and fun. You all know this as well as I do, and you will practice it every day in your own families. Here is a pleasant little story out of an old book. "A gentleman having led a company of children beyond their usual journey, they began to get weary, and all cried to him to carry them on his back, but because of their multitude he could not do this. 'But,' says he, 'I'll get horses for us all'; then cutting little wands out of the hedges as ponies for them, and a great stake as a charger for himself, this put mettle in their little legs, and they rode cheerfully home." So much for a bit of ingenious fun.—*Dr. John Brown's Essay on Health*.

7. MISS NIGHTINGALE ON VOLUNTEERING.

At a meeting of the Winslow and Buckingham Volunteers, Sir Harry Verney read the two following letters from Miss Nightingale. They will be found of great interest:—"Hampstead, Oct. 8. My dear Sir Harry,—I like to hear of your volunteers. I wish I could be with you. But my heart is with you all. At the beginning of this year we had 150,000 Volunteers—and already we hear, from the best military authorities, that they are capable of manœuvring and executing movements with regular troops. To one who knows the stuff of which the Anglo-Saxon is made (no man knows him better than I do), this is not surprising. These volunteers are of the same race with that handful of men who defended their trenches at Sebastopol—as the Greeks held the position of Thermopylæ—and who when dying of slow torture in hospital, drew their blankets over their heads, and died without a word, like the heroes of old. Thank God, our volunteers have not to undergo these slow agonies in the defence of their country. But I for one (and I speak notwithstanding an experience of the horrors of war which no man has had) was not at all sorry to see the spirit of war brought home to our people's lives in the glorious rising of the volunteers. A country needs retempering sometimes. England, from her grand mercantile and commercial successes, has been called sordid. God knows she is not. The simple courage, the enduring patience, the good sense, the strength to suffer in silence—what nation shows more of this in war than is shewn by her commonest soldier? I have seen men dying of dysentery, but scorning to report themselves sick lest they should thereby throw more labor on their comrades, go down to the trenches and make the trenches their deathbed. Their is nothing in history to compare with it—other nations may do it for glory, but we for duty, as the Duke of Wellington said. I say no one has seen the horrors of war as I have, yet I was glad to see the spirit of war arising in our volunteers. If both French and English statesmen have recorded, upon their own observation, that the most intelligent, the most well-doing, the most respectable, in the best sense of that word, in any French village or district, are always those returned from serving out their time on conscription, and if this is the case with those who have given a compulsory service for a government which we English cannot respect, what ought not the men to become who give a free service for a free country, like our volunteers? Say what men will, there is something more truly Christian in the man who gives his time, his strength, his life, if need be, for something not himself, whether he call it his Queen, his country, or his colors, than in all the asceticism, the fasts, the humiliations, and confessions, which have ever been made; and this spirit of giving one's life, without calling it a sacrifice, is found nowhere so truly as in England. This is a spirit which animates our armies and our volunteers. But there must be more drill, more discipline, in the sense of teaching how orders are to be obeyed, more acting in concert to make our volunteers perfect—and our volunteers mean to be quite perfect. It is wonderful how much they have done already in precision. On the saddest night of all my life, two months ago, when my dear chief, Sidney Herbert, lay dying, and I knew that with him died much of the welfare of the British army—he was, too, so proud, so justly proud of his volunteers—on that night I lay listening to the bands of the volunteers as they came marching in successively—it had been a review day—and I said to myself, the nation can never go back which is capable of such a movement as this, not the spirit of an hour. These are all men who have something to give up; all men whose time is valuable for money, which is not their god, as other

* From the Annual Report of W. H. Wells, Esq., Superintendent. See also the chapter on "Gymnastics" and "Calisthenics," in the *School-House, its Architecture and Discipline*, &c., lately published by the Educational Department for U. C.