

PHYSICAL EDUCATION.

I agree heartily with the views of the last month's editor, upon the importance of introducing bodily exercise in the schools, and approve of all his reasons. If they could be read by every teacher, and by every school-committee man, as often as once a month through the present year, they might produce a very general action; and I know of nothing more likely to have effect. My object in writing now, is to suggest the introduction of a set of exercises which may be performed by the children standing by their seats, and which, although less valuable than the more active exercises in the open air, may be used as an excellent substitute.—They should consist of various more or less rapid movements of the hands and arms.

I will mention a few; and any person who will try them for a while will find their value, and will devise others:—1. Place the hands back to back as high over the head as possible, and bring them down rapidly as far on each side as can be done without striking any object. Repeat this six times. 2. Stretch the hands as far forward as possible, palm to palm, and swing them thence horizontally as far back as possible, and repeat. Do the same with the hands back to back. 3. Bring the right hand firmly back to the height of the ear, and strike forward with the clenched fist, but not to the full length of the arm. Do this three times with the right hand, and as many with the left. 4. Strike down three times with the clenched fist of the right hand, and as many with the left. 5. Make the right clenched fist revolve three times in as large a circle as possible. Do the same with the left. Repeat all the exercises, except the last, with both hands at once.

This will be enough for a beginning. I have tried these exercises for many years, the first thing in the morning, and similar exercises with the lower extremities, to the very manifest advantage of my health and strength.—*AUTOUS, in Mass. Teacher.*

THE NUMBER OF LANGUAGES.

The least learned are aware that there are many languages in the world; but the actual number is probably beyond the dreams of ordinary people. The geographer, Babi, enumerated eight hundred and sixty, which are entitled to be considered as distinct languages, and five thousand which may be regarded as dia-

lects. Adelung, another modern writer on this subject, reckons up three thousand and sixty-four languages and dialects existing, and which have existed. Even after we have allowed either of these as the number of languages, we must acknowledge the existence of almost infinite minor diversities; for almost every province has a tongue more or less peculiar, and this we may well believe to be the case throughout the world at large. It is said there are little islands, lying close together in the South Sea, the inhabitants of which do not understand each other.—Of the eight hundred and sixty distinct languages enumerated by Babi, fifty-three belong to Europe, one hundred and fourteen to Africa, one hundred and twenty-three to Asia, four hundred and seventeen to America, one hundred and seventeen to Oceanica—by which term he distinguishes the vast number of islands stretching between Hindocstan and South America.

THOUGHTS FOR YOUNG MEN.

Costly apparatus and splendid cabinets have no magical power to make scholars. In all circumstances, as man is, under God, the master of his own fortune, so is he the maker of his own mind. The Creator has so constituted the human intellect, that it can grow only by its own action, and by its own action it most certainly and necessarily grows. Every man must, therefore, in an important sense, educate himself. His books and teachers are but helps; the work is his. A man is not educated until he has the ability to summon, in case of emergency, all his mental power in vigorous exercise to effect his proposed object. It is not the man who has seen most, or who has read most, who can do this; such an one is in danger of being borne down, like a beast of burden, by an overloaded mass of other men's thoughts. Nor is it the man that can boast merely of native vigor and capacity. The greatest of all the warriors that went to the siege of Troy, had not the pre-eminence because Nature had given him strength, and he carried the largest bow, but because *self-discipline* had taught him how to bend it.—*Daniel Webster.*

ONE DROP AT A TIME.—Have you ever watched an icicle as it formed? You noticed how it froze one drop at a time until it was a foot long, or more. If the water was clean, the icicle remained clear,

and sparkled brightly in the sun; but if the water was but slightly muddy, the icicle looked foul, and its beauty was spoiled. Just so our characters are forming—one little thought, or feeling at a time adds its influence. If each thought be pure and right, the soul will be lovely, and will sparkle with happiness; but if impure and wrong, there will be final deformity and wretchedness.

THE EDUCATIONALIST

Is published semi-monthly, by H. SPENCER, at the Flag Office, Main Street, Brighton

TERMS:—FIFTY CENTS per annum, in advance. ONE DOLLAR at the expiration of three months.

COMMUNICATIONS of every kind, in any way connected with the Journal, to be addressed as shown in the form under these lines.

H. SPENCER,
Educationalist Office,
Brighton, C.W.

All remittances forwarded by Mail, in letters, thus addressed and duly registered, are at the risk of the Publisher. Each friend will perceive, therefore, that he runs no risk in sending money; and that no mistake may occur, in sending orders, if the name and address of the subscriber are plainly written.

Any delays or disappointments in the receipt of papers will be attended to as soon as such facts are made known to us.

POSTAGE FREE.—The EDUCATIONALIST goes Free of Postage to all parts of Canada.

All sums under one dollar to be remitted in postage stamps

AGENTS WANTED

TO obtain subscribers for the "EDUCATIONALIST." We are desirous of obtaining men of the highest stamp to engage in this work and no others need apply. Testimonials of character will be required, unless we are personally acquainted with the applicant. This work is one which cannot fail to succeed if prosecuted with energy, and any enterprising Agent can render it more remunerative than the majority of such employments.

TEACHERS are expected to act as Agents for the EDUCATIONALIST.

FEMALE TEACHERS getting up a club of four, or more, will be entitled to one volume free.

E. SCARLETT, Esq., Local Superintendent of Schools, is Agent for this County.

POSTMASTERS are requested to act as Agents.

OSHAWA—C. G. TOMLINSON.

TORONTO—J. B. MCGANN, JAMES HUBBERT.

NEWCASTLE—D. GORDON, G. E. SHAW;

CLARK P. O.—J. LOCKHART,

WARKWORTH—J. H. GORMAN.

COLBORNE—J. B. DIXON.

GRAFTON—C. WINTERS, Postmaster.

TRENTON—GEO. DEANS.

BELLEVEILLE—F. H. ROUS, Local Superintendent of Schools, South Hastings.

CANIFTON—REV. S. W. LADD.

FERGUS—DR. WILKIE.

CHATHAM—W. H. STEPHENS.