

himself into contact with the locality in which the great lives of the world have been lived and its great events enacted. Perhaps more may be gained than in any other way from personal thought and meditation, in hours during which one is able to examine himself and hold before his soul a mirror in which shall be reflected his inner life and thought." It has always been a source of grief to Dr. Vincent that he did not avail himself of a college training.

—PRACTICAL GEOGRAPHY.—This is the month to review the summer trips of teacher and pupils. No excursion, if it be the only one the child has taken during the holiday season, no matter how short it may have been, should be slighted. The short journey is the connecting link in the child's mind between his home and the great world beyond. Let the child find on the map the first large place that he could reach by the road on which he was travelling. Encourage children to gather specimens of the natural products of the places they visit or of their own locality if they have not been away—grasses, flowers, minerals, the products that make the country's wealth. Every Canadian school-house might have hung upon its walls, as the work of the pupils, pieces of cardboard with the various natural products neatly mounted on them and correctly labelled. One large card might have specimens of the most important productions of the forests, lakes, plains, rivers and mountains of the Dominion, a smaller chart specimens from the province, and a still smaller card those of the locality. The process of selection would be an admirable exercise for teacher and children. The work should be well done. It is not work for the teacher only but for the children. It will be "education by doing."

—GOOD FOOD FOR THE CHILDREN.—"In order to do good work in this world," says Huxley, "one must be a good animal." We want our children to be good animals, sound of body and strong of muscle. In several respects children brought up on the farm have an advantage over city children. The foundation stone of success at college and in after life, in the various fields of activity to which college graduates find an entrance, was laid on the farm in the plentiful exercise of ploughing, hoeing and general work which called forth a healthful appetite for bread, butter, milk, cream and salt pork, for which the farm is famous. There the physical strength was built up, without