Summary of apportionment to counties

101 1904.					
	Common Schools.	Separate Schools.	Total.		
1. Glengarry 2. Stormont	2380 00 1943 00	160 00	2540 00 1943 00		
 Dundas Prescott Russell 	2074 00 1527 00 817 00	179 00	2074 00 1706 00 817 00		
6. Carleton 7. Grenville	3462 00 2297 00	26 00 52 00	8488 00 2349 00 3605 00		
9. Lanark	8268 00 2129 00	15 00 39 00	8288 00 2168 00		
11. Frontenac 12. Addington 13. Lennox	1923 00 915 00	81 00	2004 00 915 00		
14. Prince Edward 15. Hastings 16. Northumberland	2156 00 4269 00 4012 00	43 00 18 00	1156 00 4312 00 4030 00		
17. Durham 18. Peterborough	3742 00 2300 00	39 00	3742 00 2339 00		

SUMMARY-Continued. Common Schools Separate Schools. Total. 2527 00 4422 00 6430 00 2912 00 2527 00 4422 00 6556 00 19. Victoria 19. Victoria 20. Outario 21. York 22. Peel 23. Simcoe 24. Halton 25. Wentworth 26. Outario 126 00 22 00 34 00 2912 00 4763 00 2452 00 3440 00 2470 00 58 00 2470 00 2034 00 2311 00 2418 00 4760 00 3597 00 4743 00 4743 00 4743 00 4744 00 3710 00 4794 00 3043 00 46 00 29 00 34 00 17 00 30. Norfolk. 31. Oxford 32. Waterloo 33. Wellington 34. Grey 35. Perth 36. Huron 37. Bruce 133 00 189 00 178 00 38 00 49 00 60 00 4760 00 4932 00 4259 00 3748 00

4843 00 3103 00

SUMMARY-Continued

Ŷ	Common Schools.	Separate Schools.	Total.	
 Middlesex Elgin Kent Lambton Essex District of Algoma 	6391 00 3538 00 3093 00 2579 00 2265 00 218 00	97 00 110 00 50 00	6488 00 3538 00 3203 00 2579 00 2315 00 218 00	
	131717 00	2044 00	133761 00	
GRA	ND TOTA	LS.		
Total Counties and	131717 00	2011 00	1199761 00	
" Cition	8619 00	3843 00	19489 00	
" Towne	10918 00	2236 00	18154 00	
" Villages	6177 00	373 00	6550 00	
٤	157431 00	8496 00	165927 00	

II. Correspondence of the Journal.

1. PHYSICAL CULTURE IN CONNECTION WITH MENTAL CONSIDERED.

An Essay read before the School of Section No. 5, Township of Hope, at a Public Examination, on the 29th of March, 1864, by Mr. W. H. Harris, School Trustee.

The foundation of perfection in man is a sound physical organization. It is the base from which all thoughts and actions must rise. Is it not important in the rearing of any structure in which rise. great interests are involved to have a firm foundation ? If an architect should endeavour to rear a costly structure upon a foundation that would not last until the work was completed, or if, after having completed it, it was found to be untenable, would he not justly be called a fool? If a vessel were to be built to carry the most costly gems or the most valuable productions of the earth, would it not be important to have it so constructed and secured in every joint that it would brave the stormy seas, and land its costly treasures at their proper destination ? Would it not be important to have machinery of the best metal, and skilful pilots to guide her on her way. Or rather, should no attention be paid to the vessel, leaving that to luck or chance,—taking pains only to secure a valu-able cargo, and as much as possible of it? And if, under such circumstances, a vessel were to put out to sea without compass or chart, and with an engineer who knew nothing about the machinery or how to work it, would it be wondered at if she drifted to the rocks and was dashed to pieces ? How many youths are being lost by not being instructed properly. Treasures have been lavished upon them; they may have studied almost unceasingly to learn everything else but that,—that which was most useful for them to A cargo of expensive knowledge has been heaped upon know. them, while their physical condition and culture has been entirely neglected. And what is the consequence? Their heads are large and their bodies small; they have will but no power. They cer-tainly drift to the rock. A knowledge of the laws that govern human life and of proper physiological conditions, would prevent such calamities. If physical culture was taught in our schools as the motive power of all actions ; if physical perfection was regarded as the condition only in which man is capable of the highest enjoyment, and of contributing the greatest amount of labour for the good of and of contributing the greatest amount of labour for the good of his race. Then the relations between mind and matter would be more properly understood. The question simply implies a know-ledge and an application of physiological laws. Man is made of organs, and upon the strength of these organs depend his vitality and powers of endurance. His organic system is subservient to natural laws, and any infraction of those laws is sconer or later visited with a penalty, because Nature is a strict accountant and cannot be cheated. How preposterous the idea that Nature ordains cannot be cheated. How preposterous the idea that Nature ordains a penalty, and that penalty can be ignored by taking poisonous drugs into the stomach. Therapeutics is seriously misunderstood by such a science of medication as that. To know the law and obey it is to live, and, vice versa, to violate it is to suffer. Suppose a delicate child, whose amount of vitality under the most favourable circumstances will not permit it to live beyond the age of twenty circumstances will not permit it to live beyond the age of twenty years (in consequence of the transgressions of his parents), should be put to hard study, and should be deprived of pure air and exer-cise, what would the result be? Why, immediate suffering and dissolution. It would be the penalty of transgressing natural laws. Other things being equal, a fair proportion of study would not be destructive to vitality; but an excess of it to an enfeebled constitu-tion would be each because a service because the study would not be tion would be death, because excessive labour of the brain uses up nervous energy very fast, and if the re-supply does not keep pace, the consequence is exhaustion. The records of the great men who

have passed away from earth show that they were possessed of strong bodies. Witness Washington, Webster, Wellington, Alexander the Great, &c. Buonaparte, though a small man, was plump, round, and well organized. Such evidences teach us to cultivate bodily developement, and correct personal habits, if we desire health. If we desire to be useful, we should indulge in nothing contrary to In we desire to be useful, we should induige in nothing contrary to the eternal laws of nature. Correct personal habits will secure, where it is possible to exist, longevity and full enjoyment. How absurd to suppose that the teacher of any public school is setting a proper example by using that noxious and filthy weed, tobacco. He may make himself drunk with it; he may poison himself through and through the atmosphere of the acher. through and through; he may befoul the atmosphere of the school room with his nauseous juice and breath, and sicken the tender stomachs of the young, and still be called a model teacher and be thought a pattern worthy of imitation by young America. Alas, thought a pattern worthy of imitation by young America. Alas, poor sons of America, you little know how many have been slain by this subtle poison! If you but knew how it dims and degrades the mind, depraves offspring, obstructs the depurating organs of the body, thereby sowing the seeds of disease and premature decay, and often times sudden death. If you could but count the graves of its interval of its victims, you would turn with horror and alarm from it. Though prince and peasant may indulge in it, the consequences are the same; and now very few there are that even suspect, when they are in the midst of disease and death, that personal habits have anything to do with, or any connection with such.

Why are not the young ladies of our towns and cities generally, plump, rosy-cheeked and muscular? Perhaps they never lift any thing heavier than a pin-cushion, and to be exposed to the burning rays of the sun would be intolerable and barbarous. Poor bloodless, muscleless, pale, wasp-waisted, fashionable darlings, you are to be the mothers of our future great men (pity on them). The women of Germany work extensively out of doors, plough the ground with their cows; in fact, do the mens' work, and who ever heard of their being delicate ? Dr. Winship, from a poor consumptive dyspeptic, at the age of eighteen, has by powerful exercises of short duration, every other day, become the strongest man in the world. He can lift 1,200 lbs., enough to crush down a horse. In point of intelli-gence, he will compare favourably with others of his profession; therefore he is not all muscle and no brains, but the perfect type of a man, one whose physical cultivation has been attended to. Suppose that we were rearing the plant of a tree that bears delicious fruit. We are anxious to have the coveted fruit as soon as possible; and suppose that we pay no attention to the growth of the tree, but strive only to make it bear, what would the consequence be ? Probably an unhealthy and dwarfish tree, and incapable of producing any fruit. But to train it, and nurture it, prune it, and make it comely, give it light, heat, sunshine and storm—in that attend to its physiological wants, then we might have reason to expect a bountiful reward. A knowledge of what a tree requires enables its possessor to make it perfect. A knowledge of the human organism and its requisites would enable us to make life what our Creator designed it should be—an honour and glory unto Himself. Man is only capable of the highest and the greatest amount of good when he is in the most perfect state of health. Therefore, body and mind should be so blended together that they would form the happy, wise, virtuous, and noble being that man ought to be. Through what medium, then, is this most desirable end to be attained? Observation and experience point us to the schoolattained? Observation and experience point us to the school-master. Is it not they, who have raised us from the dark depths of ignorance, tyranny, and persecution of former ages above the level of all civilized nations? Is it not to them we owe our rank as the first great power of this earth? Is it not to them that we must look for the further advancement and perfection of our race? They must become awake to the cause of causes. They must have