for several minutes." Toget up and stir about in the cool air, perhaps shakiny up and making the lied, thus freshening it ; to rub or bathe the skin; to lay a wet naphin on the forchead, -any of these may be serviciable on occasiom, though one would not wish to establish a habit of rising for these purposes. In trate, the better way is to secure sumb visor amb trampuitity of the nervons system that no reasen shall :xist for resortug to any of these ex-pedients.-P'rimary Pereher.

## TOPICAL SPELUNG.

One of the very best wethods of conducting a spelling exercise is chat by means of topics. No other method soreadily puts in exercise the perceptive faculties. A vord is of little or no value until associated with an idea. No pe:som will remember a list of words from a forcigu language unless he is familiar with their meaning ; nor will chidden retan the spelling of a word mess it is something for which they find use in ordinary conversation. The viohation of this mate has muducated whole genemations of scholars in our public schools. It is astonishing how young teachers, and not a few old ones, settle dawn on a mere abotraction in atl their exercises Chuldren rarely fail to become correct spellers who are tanght whele young to spell famihar objects around them at their homes. They at once cultivate habits of observation which never leave them. In this respect. parents are the best of teachers to youns children. I cannot too strongly recommend the following methods to the consideration of parents and teachers.

1. Tell the whole school to write on their shates fifteen names of objects they can see in the school-romen. The lirst one who has the requisite number mises his hand, and is then requested to copy his list on the blackboard. As soon as this is done. the whole school rise, turn their backs to the hoard, and spell the words from the board, dictated by the teicher or the pupil. When this is fimished the teacher calls upon the school to raise their hands if they have any words on their slates not on the hoard. The teacher ponts to each one who spells his additional words. In this way, in a few minutes, every object in the school-roon is spelled by the whole schonl ; difficult wards are nuted, and the whole school is cilucated in sperling, so far as the school-roum is concerned.
2. For the next exercise, let them rise from their seats, look out of the window tire minutes, by your watch, and then spell every thing they can see. Drill them on difficult words.
;. (iive them for topics everything they saw on the way to school : evergthmer they can see in a store of goods; everything they can see on a damer table; names of all kinds of cloth; all the parts of a wagon and harness; names of quadrupeds, birds, reptiles, fishes, iusects, shells, garden vegetibles, thowers, trees, fruits, metals, rocks and minerals.
3. Let them write the name of every object made of iron. or that has any iron abont it ; also ererything made of woon. A live teacher can draw out of his pupils an inmense number of words from the foregring subjects.
تi. Let ther write the names of the enpitals of the different states in the C'nion, alsu, of different cuantres on tho giobe.
in Let them write the names of all the fersoms hevige in the school district.
7 Lect them writo the names of the days of the week, and of the months.
S latt them write the names of the parts of an apple, a ship, or a limere : difierent kinds of food, nud manes of different trades.
4. Tot them write the names of all the persons necessary to make a lonf of hroad, inmmencing with the felling of irees in the furest. It is said that ane thonsand different occupations are itaroleed in makine a loaf of bread. Let them sec how many they can write.
5. For an ocensional cexercise, let the first pupil in an advanced class spell the name of some town or city, and then let the next mention the name of a town whose first letter is the same as the last letter of the name just spelled.
6. Make the whole school rise, and as soon as any scholar can mention the name of a torn in tho state, he raises his hand. The teacher asks him to spell it, and ho is then seated. When tho class are all seated they rise and repeat the exercise, with a new list of worts.
7. Tell a class to spell, tor their next lesson, all the words they can think of, cominencing with the letter $A$. Go on this way through the alphabet.
8. Tell small'scholars to spell, for their next lesson, as many words as they cain think of which contain but one syllablo. Go on throngh tha different grades of words by syllables.
9. Give them somo faniliar work for at subject, and tell them to write on their slates everything they can think of about it, and then make them spell tho words in the order in which they havo written them. This is an excellent introdnction to the writing of compositions, though the teacher should not be so unwiso as to call then such.
10. Dictate to a class ten dificult words to spell, and seo how many of them will write them correctly on their slates.-N. E. Journal of Education.

## A गROBLEM SOLVED.

In St. Lonis there is no attempt to bring all classes within the same grado to one standurd of alvancement, so that, in January, all pupils within a given graie shall have arrived at just the same point in a study.
At all times thero are new classes just begiming the work of a grade, or year's work, in some one of our schools.
The classes are not separated by intervals of ono year in their work, but by irregular intervals varying from six weeks to twenty. It is considered desirable to have these intervals small, so that reclassification may be more easily wavaged.
Pupils who fall behind their class for any reason (such as absence, lack of nhysical streugth or of mental ab:ity) may be reclassified with the next lower class without falling back a year, and thus becoming discouraged.
Pupils who are unusually bright or mature, may be promoted to the class above, or form new classes with the slower pupils of the class above, who need to review their work.
Thus it happens that in a district school there is a continual process going on, the elements of which are as follows:
(1.) The older and more advanced propils are leaving school for business or other causes. This depletes the classes of the most skillful and best paid teachers, who are usually phaced in charge of the most advanced pupils.
Again, thero is at ali times of the year an influx, into the lower grades, of pupils who have just completed their sixth or seventh year, and are now anxious to commence their school carcer.
Thus the papits in the primary rooms of our schools tend contimally to bo over-crowded. (2.) To correct this continued tendency which over-crowds the rooms of the least skilful and poorest paid teachera, and gives small quotas of pupils to the nost skillfut and lest paid tenchers, from time to tumo (usually onco in tell weeks but oftener in some schoolsh, each class is silted, and its most promisi:ur pupils muited with what remains of tho next higher class: (i. e., with the uot-promising portion of it-those who for absence, or dull iutellect, or weak will, fail to keep up with tho best.
(3.) To make room for this transfer a portion of the highest class is scut to the Dranch High Schools.
(4.) Tho number changed frum class to class is usually small. The disturbance in classes is very slight cumpared with the advantages gained by the teacher in being relieved of the necessity to drive the laggards, and drill and cram them to make them keep up with the average of the class.

The teacher was onco ubliged to spend most of her time upon the dull ones in tho useless endeavor to force them to make un lost time or to equal the strides of the more mature, more regular, or more brilliantly gifted pupile, and, of conre, these latter pupls lost proportionately, and tho net result of the process was to overwork the incompetent, and to hold back the competent oncs.
The teacher, in the vain efforts to hold together the extremes of her class, separating moro widely every day till the end of the year, became cross and petulant, and sank continually into tho abyss of drill machine pedingogy-
Under our present system wo can make room, when needed, in' the lower arades, and fill up the classes of our skilful and bighpriced tonchers.-W. T. Harars, City siapcrintendent of Schools; St. Louls.

The attendance at the Morrisburg High School is 75 , and the Public School 24\%. Eight teachers aro employed in the ixo schools.

