

diaphragm. If rowers even wear waist-belts, they are so loose as to cause no interference with the freest movements of all the muscles of the body. It is probable that the habit of "girding up the loins" preparatory to physical exertion originated in Oriental countries, where in ancient times, and now as well, the peculiar form of the prevailing costume made it necessary in order to secure free movement of the limbs. A custom once established needs no further explanation. It may survive long after there is any reason for it. The Hittites wore peaked-toed, turned-up shoes thousands of years after their ancestors had come from the mountains of the north, where the form of their snowshoes suggested the peculiar fashion; and the daily life of every people is full of instances that might be cited. Nobody to-day places restraint upon any of his organs if he desires to excel in feats of strength or speed. He may wear a waist-belt, but it is never so tight, as has already been remarked as to rowers, as to interfere with the free play of the muscles.

CLIMATE AND TEMPERATURE.—From the report of the Dominion Meteorological Service for 1887 we glean the following information: The sun is above the horizon each year 4.463 hours, its influence being chiefly felt in July. Pembroke is the coldest point in Ontario from which reports have been obtained, and Windsor is the warmest. The difference in mean temperature between those two places is about eleven degrees; yet Pembroke had more hours of sunshine than Windsor—Windsor having 2.019 and Pembroke 2.311. The hours of sunshine in some other towns and cities are shown to be—out of a possible 4.463—Barrie, 1.629; Stratford, 1.784; Kingston, 1.941; Toronto, 2.041. In July, Toronto had an

average of ten hours a day of sunshine, and in December, a little more than an hour and a half. On the whole the rainfall appears to be rather becoming less and the snowfall increasing. Thunder storms less frequent; but the mean temperature since 1880 only varies by about five degrees, ranging from 46 to 41. There is every reason to infer from a general view of these statistics that if the climate is changing—as some suppose—it is for the better.

FITNESS FOR TEACHING.—The very basis of fitness for teaching, so far as it can be gained from study, is a broad and accurate scholarship. To be a teacher one must, first of all, be a scholar. So much stress is now placed on method, and the theory of teaching, that there is great danger of forgetting the supreme importance of scholarship and culture. For these there is no substitute; and any scheme of professional study that is pursued at the expense of scholarship and culture, is essentially bad. To be open-minded and magnanimous, to have a love for the scholarly vocation, and a wide and easy range of intellectual vision, are of infinitely greater worth to the teacher than any authorized set of technical rules and principles. Well would it be for both teachers and taught, if all teachers were inspired by Plato's ideal of the cultured man: "A lover, not of a part of wisdom, but of the whole; who has a taste for every sort of knowledge, and is curious to learn and never satisfied; who has magnificence of mind, and is the spectator of all time and all existence, who is harmoniously constituted; of well-proportioned and gracious mind, whose own nature will move spontaneously towards the true being of everything; who has a good memory and is quick to learn; is noble, gracious, the friend of truth, justice, courage, temperance."