

to be conceived of. It is true we hear occasionally quoted, *mens sana in corpore sano* ; but look for a moment at the examination papers of teachers and pupils, and find how much more both teachers and pupils think of getting a high percentage than of preserving their health, and with it their future ability to do good work in the world ; and it would appear that the new reading of the motto would be, "a vigorously-worked mind in an unsound body !"

Physiologists tell us that long-disused muscles lose, more or less completely, their power of action ; and pianists wish to have their pupils begin as soon as possible, because young muscles are most pliable. Why, then, defer manual training till an acquired stiffness of the muscles makes it more difficult to obtain good results ? I speak advisedly ; for while teaching some rough boys and girls in an impromptu "vacation-school," some of the manual work of the kindergarten, I discovered that boys of ten and eleven found the greatest difficulty in doing precisely the same kind of work that is done easily by our little four or five-year-olds on entering the kindergarten. The particular work was the weaving, which demands a pretty equal use of *both* hands, and in this fact may lie the explanation of the awkwardness shown ; for, while in general school-work the right hand is systematically trained, the left is entirely neglected.

Emerson says something to this effect—that for every new invention thought out, every new discovery made, we must pay back in some other form to keep the balance true. Thus, if we invent carriages, we lose the power of walking immense distances by the very disuse of it. Or, as in natural phenomena, whenever the sea encroaches on one part of the land, it recedes from it at another.

And it really seems that, since the introduction of so much machinery, the skilled workmanship of the hand has been steadily on the decrease. Now, machinery originated in the attempt of skilled workmen to make their work still finer and easier of accomplishment ; and probably none but the simplest contrivances could have been invented, had not the skilled hand been ready to manifest the thought of the creative brain. Where, then, shall we look for the inventions of the future, if we neglect to supply the conditions needful for their evolution ?