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## EDUCATIONAL.

### I.—THEORY OF EDUCATION.

#### PHYSICAL EDUCATION—NUTRITIVE SYSTEM OF ORGANS—VENTILATION OF SCHOOL HOUSES.

WE stated in last number, that however valuable physical education may be in itself, imparting health, and strength, and gracefulness of attitude to the body, it is mainly so; as a means leading to certain ends. These ends have respect, on the one hand, to the culture of the intellect, and, on the other, to the formation of correct moral habits; and if these ends cannot be overestimated, then is our subject invested with no ordinary importance, and demands from every enlightened Christian patriot the most earnest and patient consideration. But physical education is just the developing and strengthening of all the constituent parts of our bodily frame, and therefore to do any thing like justice to it, we require to be well acquainted with the organs, the functions and the laws of that frame.—Accordingly, in our last, we laid down a few propositions founded thereon, to the discussion of which we now proceed in the hope that we may prove and establish both the philosophy and the practice of physical education.

Proposition I. *That it is the bounden duty of all interest-*

*ed in the rising generation, and especially of parents and teachers, to use every means for the growth and development of their physical frame.*

This proposition involves all the organs on which the process of assimilation depends, namely, the digestive, the circulatory, and the respiratory, and, in its practical application to education, the whole matter of the ventilation and the temperature of school-houses,—a matter of paramount importance, whether we regard the diligence and progress of the pupils, or the comfort and success of the teacher.

Now in the physical constitution of every man and woman, there is a never ceasing waste and decay going on by copious exhalation, and which, if our health and strength are to be preserved, must be repaired and renewed by a suitable supply of the necessary support. In the young there is something more going on, even the growth and development of all their corporeal organs, demanding a still greater supply of the required nutriment. And what is that nutriment? It is the blood. And not only is this fluid the direct supporter of life and nutrition, by supplying the materials of all the various secretions, it is the medium by which the external and inanimate matter contained in the food becomes organized and endowed with life, and conveyed to every secreting and excreting organ proportioned to its size and to the importance and extent of its function. If, then, the term *vital* can be justly applied to one part of the animal economy more than