

posed body. The forcing of it in such circumstances will only injure both; the one, by accustoming it to a languid mode of work and an imperfect estimate of its power; the other by draining it of energy which it cannot spare. It is equally certain, though perhaps less clearly recognized, that the state of the body has a strong influence on the moral sentiments. When vigorous, it is best able to resist those appetites, which, when indulged in, lower the tone of the whole nature. The state of the bodily health and spirits is therefore an object of great importance in a school.

A distinct provision should be made for cultivating the moral nature. On it, more than on any other part of our nature, depends our happiness, and the use we shall make both of the physical and mental powers with which we may be endowed. Yet how seldom it is specially cared for! Intellectual exercise is that most attended to in school: and the hope is entertained that somehow moral advancement will be secured along with, and through it.

#### PERSONALS.

Arthur Hamilton is at Lincoln College, Sorel, Quebec. By letter from him we gather that his remembrance of days spent at Corrig, is pleasant, and we have his good wishes.

We occasionally hear from our old friend R Musgrave who, like Cincinnatus of yore, OCCUPATUS EST CUM REBUS RUSTICIS.

We have to regret the removal from our midst of Albert Langley. Though young, he showed good mental qualities, and we hope to hear a good report of his progress in study.

Graham Abbot, we regret to learn, has had an attack of fever. He is now convalescent, and will soon leave for Lincoln College, whither our warmest wishes will follow him.

Douglas Macdonald joined our number on the 26 of August. August L. Pendola arrived from Savona on 2nd Ult. Hamilton Abbot arrived from Vancouver on the 9 Ult.

We acknowledge, with many thanks, the receipt of \$1 from Mons. H. Jcrand, and \$10 from C. Spring Esqr. for the RECORD.

Publishers will find the columns of the RECORD a convenient means of bringing new publications to the attention of the public. Books and Magazines submitted to the RECORD will receive due notice.

LIGHTS OF TWO CENTURIES is the title of a new work edited by Rev. E. E. Hale and published by A. S. Barnes & Co., New York and Chicago. It is a handsomely bound 8vo volume of 603 pages, printed in large type. It contains a selection of the names of the master minds of the last two centuries, in Sculpture, Painting, Prose, Poetry, Music and Invention, and is embellished with fifty well executed portraits among which are those of Reynolds, Canova, Hogarth, Scott, Thackeray, Rousseau, Carlyle, Johnson, Emerson, Voltaire, Handel, Schubert, Beethoven, Mozart, Schumann, Haydn, Chopin, Mendelssohn, Edison, Bessemer, Fulton, Watt, Arkwright, &c. The Editor does not attempt to embrace in the work ALL the great names in literature and art, but selects the names of the MASTER SPIRITS whom posterity joins in honouring. The short biographical sketches show careful preparation, and embrace a large amount of history and anecdote though compressed into an average of about 12 pages each. The volume would be a valuable reference book for the general reader as well as a handsome addition to any library. It may be obtained of the British Columbia Stationery Co., next door to the Post Office, Victoria, B. C.

#### EXCHANGES.

The Notre Dame Scholastic for September is at hand. The first page is embellished with a well executed engraving of the University. Exclusive of advertisements it contains 16 pages of well arranged matter. It has entered upon its twenty first year, under the motto, DISCE QUASI SEMPER VICTURUS; VIVE QUASI CRAS MORITURUS.

The Knox College Monthly is well edited. The articles on the neglect of studying Hebrew, by Ministers, and History as a Force in Modern Culture are very thoughtful and interesting.

The King's College Record presents a fine typographical appearance, and one worthy of the ancient University from which it issues. It is a most welcome visitor, and we should enjoy seeing it more regularly.

The Phonographic Magazine from the Phonographic Institute, Cincinnati, is a very useful magazine for the students of Ben Pitman's system of Short-hand. Single numbers, 15 cents.

The Modern Office from Columbus, Ohio, contains illustrations and descriptions of many useful accessories for Accountants' Offices. It says:—The CORRIG SCHOOL RECORD, of Victoria, B. C., August number, is a most interesting exchange sheet from a foreign country.

Golden Days, issued weekly by J. Elverson Philadelphia, is an illustrated and exceedingly interesting paper for boys. Price \$3 per annum.

THE SCHOOL CHRONICLE, Monmouth, Ill., contains short but excellent advice to teachers and is a useful publication.

PENMAN'S ART JOURNAL, D. T. Ames, editor, 205 Broadway, N. Y., \$1 a year, and—

CINCINNATI PUBLIC SCHOOL JOURNAL, Mt. Washington, Ohio, and the—

AMERICAN JOURNAL OF EDUCATION, St. Louis, Mo., are illustrated and full of very interesting matter.

THE EDUCATIONAL LEADER, Findlay, Ohio, and the—

NATIONAL EDUCATOR, Allentown, Pa., are welcome visitors.

THE PRESBYTERIAN COLLEGE JOURNAL, Montreal, is the largest of the college exchanges received by us, being a large octavo or 96 pages. Its mechanical execution is excellent, especially as the work was done on an amateur press by one of the students.

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