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TORONTO, OCTOBER 21, 1886.

A REGARD for the health of the pupil, we recently contended, would be and should be the next step taken by our ever changing systems of education. Already, let us be thankful, something is being done, as the following review of an important report shows:—

"The subject of physical education," says *Education*, "is beginning to receive, in our higher schools of learning, something of the attention to which it is properly entitled. Although gymnastic exercises and athletic sports have long had their place in colleges, and although manual labour schools, or departments in schools, have had a pretty thorough trial, the whole subject of physical training, as related to health and to a symmetrical development of mind and body, has only recently begun to take that place in educational systems which its importance demands.

"One of the most interesting of the many valuable 'Circulars of Information'

issued by the Bureau of Education, under the administration of Commissioner John Eaton, is that upon 'Physical Training in American Colleges and Universities,' By request of Gen. Eaton, Dr. E. M. Hartwell has collected from the various colleges the information which was accessible, and embodied the facts in a report embracing nearly two hundred pages of instructive matter, with illustrations and tables. The history of physical training in America is outlined, and a full account is given of the methods and appliances now in use at Amherst, Harvard, Yale, and other colleges, with diagrams of the best gymnasia in the country. Amherst College is recognized as the pioneer in the establishment of an organized department of physical training; and under the efficient management of Dr. Hitchcock it has still kept its rank as a model, and as one of the most perfect in this or any other land.

"The greatest impetus to the cause of physical education, however, was given at Harvard College in 1879, by the erection of the Hemenway gymnasium, and the appointment of Dr. D. A. Sargent as director and professor of physical training. This gymnasium was furnished with a full set of Dr. Sargent's developing appliances, and, ever since it was opened, has been managed in accordance with a system of training known as the Sargent system, -- 'a system,' says the report, 'more comprehensive, practical, and scientific than any hitherto attempted or adopted in any college.'

"A full description of the building and appliances of the Hemenway gymnasium is given in the report, with diagrams and tables sufficient to put the reader in possession of all necessary facts in regard to the method and working effects of the system.

"Not the least interesting among the items of this report is the statement presumably from Dr. Sargent's own pen -- of his views upon exercise. It will interest educators to know that he regards the subject of physical training to be, 'not so much to make men active and strong as to make them healthy and enduring.' It

is evident from the methods used that the supposed precedence given to athletic over mental training finds no place in the Sargent system. The symmetrical development of the whole man is what is aimed at, and the results are what might be expected, considering the average character of the material upon which the work has been performed. The Sargent system has now been adopted in over fifty institutions, and a school for the training of teachers has been opened under Dr. Sargent's direction in Cambridge.

"The report proceeds to discuss 'Athletic Sports in the United States,' in which college athletic organizations are described, and the policy of the various colleges, in regard to sports, is outlined. A somewhat full account of the various things which counteract the influence of 'professionalism' in several leading colleges, shows that the authorities are moving in the right direction, and striving for the greatest good to the greatest number. A valuable appendix on 'Physical Training in Germany' completes the volume."

THE *Daily Chronicle* (London, Eng.) commenting on Sir Spencer Wells's address as President of the Sanitary Congress, writes: "This, he says, is an age in which we must push popular education in both sexes far beyond conventional limits, otherwise we shall lose our place in the race of life, and no longer rank as 'heirs of all the ages, and foremost in the files of Time.' Evils may come, especially to women, from over pressure in education but then, says Sir Spencer Wells and no surgeon in Europe has a better right to dogmatize on such a subject 'if overwork sometimes leads to disease, it is more morally wholesome to work into it than lounge into it.' Even over pressure in schools he traces, *pari passu*, Sir J. Crichton Brown, to 'some of our sanitary success.' The sanitarians have been the means of keeping in life the weaklings -- the survivals of the least fittest -- and under the strain of a system adapted to the average boy and girl, they break down."