

helping them perfect the process of respiration. This was demonstrated by the work done by Professor Munro with the children of the Boston schools. Good breathing is by no means common, and the singing teacher has always much to accomplish in this respect. Instruction in this regard may not only give vastly increased power to healthy persons, but it may save many who are affected by lung diseases from early deaths. Proper physical instruction in schools would also relate to the sitting of the scholars, to proper methods of studying or of mental application, to proper means of ventilation, &c. It is a notorious fact that many cases of injury to the spinal column arise from improper postures while sitting. Among 731 pupils at Neufchatel, 62 cases of this sort were observed among 350 boys and 156 cases among 381 girls. The curvature of the spine occasioned was mostly to the right, caused no doubt largely by writing at unsuitable desks. * Herr Ragg, of Berlin, says that he has found physical exercises very useful in preventing these spinal curvatures. For proper school gymnastics it is only requisite that there should be space enough about the desks to enable the pupil to advance one step and to swing the arms freely.

A large school hall with a few desirable pieces of apparatus is all that is needed for further gymnastic exercise, which is to give to the scholars special accomplishments in this matter. In Europe, halls are now considered absolutely necessary for the use of scholars in the public schools.

THE CLAY for the manufacture of the brick—half a million—for the new building erected for the Provincial Normal School, was dug subsequent to July 6th, 1876. The excavation for the foundations of the building was begun July 10th. The foundation and stone basement were begun July 20th and completed early in September. The first pressed brick was laid on the basement September 8th, and the last brick was placed on the walls October, 31st,—forty working days. A class of 80 student-teachers entered the building on May 15th, 1877, and two days later all the student-teachers, (148), with the Principal and his Assistants, took possession of the Class-rooms and Assembly Hall. The school rooms for the existing Model Departments, were occupied June 12th. The grounds are but partly cleared, graded, and fenced.



OFFICIAL NOTICES.

NO. 1.

TEACHERS' INSTITUTE.

A Teachers' Institute will be held in the Assembly Hall of the Provincial Normal School, Fredericton, on Tuesday, Wednesday, and Thursday, the 14th, 15th, and 16th of August, 1877. Attendance at this Institute is entirely voluntary. Teachers and School Officers, who can attend all the sessions of the Institute, are cordially invited from all parts of the Province to be present. Introductory exercises in connection with the opening of the New Normal School Building will be held at 10 o'clock, a. m., on Tuesday, at which it is expected His Honor the Lieutenant Governor will preside. The Railways and the River Steamers will grant free return passages to those whose attendance at the Institute shall be certified by the undersigned on their Tickets.

NO. 2.

THE SCHOOL LAW AND REGULATIONS OF THE BOARD OF EDUCATION.

A new edition of the *School Manual* will be issued in August, 1877. Copies can be obtained free of charge from the County Inspector, or by application to this office. A copy of the *Manual* should be upon every Teacher's desk.

TREODORE H. RAND, Chief Supt. Education.

EDUCATION OFFICE, Fredericton, N. B.