

the higher regions of mind and character. For reasons often inexplicable certain people have strong aversions to harmless and often nourishing foods. Others are unable to digest certain things which are good in themselves and palatable to most people. Peculiarities of this kind should be respected.

Children showing violent dislikes to certain foods should not be forced to eat them; at the same time, it is a most foolish habit to allow them to pick and choose and to make a fuss over their food. The old-fashioned custom of training children to eat what was set before them without question was productive of better regulated tastes and healthier bodies than

the very prevalent one of letting them demand and have anything their wandering fancy dictates.

The habit of over-indulgence in food or drink, and the morbid taste for rich eatables is usually contracted in childhood by the unwise parent, who makes sweets the reward of virtue and allows the children to scorn wholesome food and choose that which is wholly unsuitable for their digestion.

In the next paper we will consider the chief foodstuffs in their relation to the body, and how they can best be prepared for consumption, so as to procure the maximum of nutrition with a minimum of trouble to our digestive organs.

VOLUNTARY SCHOOLS.

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In the April issue of the *Canada Educational Monthly*, Mr. W. L. Grant, in a very full and fair-minded article, criticises the proposed scheme for the affiliation of Voluntary schools with our Public School system. Such criticism is a distinct help to the cause of our provincial education. Mr. Grant has very ably summarised the possible dangers in developing the scheme, and has, I think, very fairly questioned the advantage of the proposal in regard to one or two matters. His questions, I think, can be satisfactorily answered. At the outset, however, I feel that Mr. Grant's position cannot be accepted in regard to religious

instruction in day schools. It is quite true that the home, with the responsibility upon the parents, and the Church, with the responsibility upon its officers, must each fairly bear their weight of responsibility; that elementary knowledge, however, is as necessary in religion as in any other subject of study must surely be manifest to all, and so far as the parents are concerned they have surely the right to make what arrangements may seem to them best for imparting such religious instruction systematically in the day schools to which they may send their children without the State placing any difficulties in the way. Let me