

age, but their delivery and pronunciation were beyond expectation; while the well-arranged notes taken down were not the least of the pleasant surprises. Now this method, which has such effective results, and which causes real pleasure to all concerned, is the result of studying methods in connection with the children themselves until the most psychologically natural and therefore the most beautiful methods are evolved.

I shall give only one more instance of the effectiveness of what may be called *real* Psychology, and that is the case of a public school teacher who a few years ago began her career as a very mediocre teacher, but who after a visit to the Montessori schools of Sydney returned to New Zealand so imbued with the possibilities of making children bright and happy by the new methods, that she herself has become transformed into another person; and in her case this happy result seems each year rather to increase than diminish.

The gospel of liberty preached by the new Psychology is not a principle of abandonment embodying a permission to do anything or everything according to whim and fancy. It is rather an attempt to supply the environment and equipment most conducive to full natural development and, at the same time, to prevent the introduction of obstacles thereto. Why, it is asked, has the specialist in children's diseases a social dignity and authority far superior to those of a schoolmaster, if it be not that while the specialist endeavors to relieve the body of pain, the schoolmaster, as a rule, inflicts pain on both mind and body. Recent researches into the problems of fatigue have proved conclusively the one means of minimising the exhausting effects of work of any kind consists not in the elimination of difficulties, but in making the worker so keenly interested in the object of the work, and so satisfied with the development of his own powers in carrying it out, that he experiences the truest joy earth can give us—the joy which falls to the lot of those whose work appeals to them and who feel they are making a success of it. It has been found, moreover, that bodies called toxins are produced in the blood by fatigue, and that these toxins are abundantly produced during the performance of "wearisome" work, whereas there were only traces of them to be found when the work was interesting. Before leaving the topic of fatigue, it may be as well to mention the part the emotions play in the work of exhaustion. The man who flies into a temper, the woman who "worries," wear themselves out far more this way than any amount of physical or mental labor could do. We come across business men engrossed in most tantalising work, or mothers of families with all the care of a household on their hands, who are yet always fresh and bright, and seem to thrive better than many another abounding in this world's good things and very little burdened with work. The secret is that the former control their feelings and preserve an invigorating equilibrium, while the latter dissipate their energies in useless emotions. It is not, of course, the man without emotions who is the success—the phlegmatic man is indeed one of the world's great problems—but the real leader of men, the man who can accomplish something without losing himself in the endeavor, is the man who has complete mastery over his emotions.

Hygiene making its way into the school discovered that the heavy furniture and unwieldy desks were a prolific source of spinal curvature; that insufficiency of light, the over-small type common in school books, the use of a blackboard at too great a distance from the majority of the pupils, were the causes of the alarming development of myopia among all classes; that overcrowded and badly ventilated schoolrooms paved the way for a generation of consumptives. A great step was supposed to have been made when it was found that all these evils could be counteracted. To remedy the harm caused by the long hours of sitting still in unsuitable desks, the children would come in turn to undergo physical treatment on a costly and elaborate apparatus similar to that used in medicine to combat tuberculosis of the vertebral column; their eyes would be tested for glasses; a tendency to consumption should

be arrested by liberal doses of cod liver oil, supplied, if necessary, by the State; and now a serum has been discovered to combat the toxins produced by fatigue. But what about the conservation of nervous energy in children who will have thus to oscillate, so to speak, between the frying-pan and the fire, between the devil and the deep sea?

Some have said that the remedy is to commute the sentence—i.e., abbreviate the hours of study, cut down the curriculum, and avoid written exercises. Thus there presents itself as a substitute for the spectre of destruction a new spectre—that of ignorance and the abandonment of the child to its own poor resources for a greater part of its time. However, there are better remedies at hand. In the first place, the schoolrooms must be sufficiently large and the furniture so arranged that the children can obtain that freedom of movement so absolutely necessary to them for the development of body and soul. Needless to say, this does not mean acrobatic exercises with the forms and desks, but lessons so arranged as to give scope for freedom and movement. The great increase in the dimensions of the best modern schoolrooms was dictated by physical hygiene in the interests of the health of the body. For the same reason also, lavatories were multiplied, even bathrooms and washable dadoes were introduced, also central heating; and in many cases the supplying of meals and suitable clothing; while extensive gardens or broad terraces are already looked upon as essentials for the physical well-being of the child. Physical hygiene now takes its turn and presents itself on the threshold of the school with its precepts; and though its precepts are economically no more onerous than those of physical hygiene, the outcry for more expenditure on education will not be satisfied merely by increasing the salaries of the teachers. To begin with, if an ideal perfection is to be achieved, we may say that the "psychical" classroom should be twice as large as the physical classroom; and this not in deference to the laws of respiration, but because space is necessary for the liberty of movement which is demanded by the new methods of teaching all the subjects, since at last we are beginning to put into practice the fundamental principle that learning should be by doing; and conversely, that there is no impression without expression.

Fortunately, physical and psychical hygiene are at one in postulating scantiness of furniture; but the latter demands that such furniture as is used should be artistically beautiful as well as serviceable. In this case beauty is not to be produced by superfluity or luxury, but by grace and harmony of line and color. In the best schools the recommendation now is for "light" furniture, which must of necessity be simple and economical. Each child, from the youngest to the oldest, should have, besides a chair, a light, portable, and well-balanced table for himself, which he can move about as he needs, thereby obtaining the necessary freedom and at the same time exercise in quiet and careful movements. If the furniture be washable, so much the better, especially as the children will then learn "to wash it," thus performing a pleasing and very instructive exercise. Just as the modern dress of children is, generally speaking, more elegant than that of the past, and at the same time simpler and more economical, so must be their furniture. Beauty is a question not of material, but of inspiration, hence we must not look to richness of material, but to refinement of spirit for these practical reforms.

(To be concluded next week.)

Pray much, and keep an unshaken hope in your heart.

There's nothing like butter for bread,
There's nothing like leather for boots,
There's nothing for bullets like lead,
There's nothing grows timber like roots.
On foregone conclusions like these,
To argue is cussedness pure;
'Tis as certain for colds you'll find ease
In Woods' Great Peppermint Cure.

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