

NEEDLEWORK.

38. Needlework should be so taught as to secure a practical knowledge of sewing, cutting-out, and making ordinary garments, together with mending and darning. Exercises on small pieces of material should be used only for learning different kinds of stitches. At all stages the periodical construction and completion of some useful article by the scholars should be aimed at. At the same time the educational value of needlework as a form of hand-and-eye training must be kept in view, as well as its practical value.

Special care should be taken to avoid all conditions unfavourable to eyesight. In no case should materials and stitches be so fine as to strain the children's eyesight. Children of weak eyesight should not be given any exercise that would be injurious to their eyes, and in serious cases they should not be expected to do sewing at all.

Throughout the classes pupils should be taught to measure the quantities of material required for garments: they should learn the price per yard, and calculate the cost of each article made. In the upper classes the instruction should be amplified by lessons given in the selection of materials, in which it should be pointed out that the lowest-priced material, if it would fade or shrink, or not allow of "turning," would not be the most economical. By this means habits of thrift may be acquired.

"Cutting out" should be done on some principle of proportion. It is not necessary to devote time to making elaborate patterns. What is required is a method which imparts correct proportion, and which tends therefore to be practical, though it must not be merely mechanical.

Fancy-work of various kinds is not required, but girls who show proficiency in plain sewing, and have finished their garments for the year, may be allowed to do smocking or to ornament their work in other ways with feather-stitching, braiding, or other simple forms of decorative needlework. Their aesthetic taste may thus be cultivated, and the needlework correlated to some extent with art-work.

In general, it is to be constantly borne in mind that no opportunity should be lost of correlating sewing with other subjects of the school course; that the sewing lessons should be such as to establish closer relations between the home and the school, the articles selected for making being such as have some relation to the child's need at home or at school; that the article should be simple and not such as to demand too long an application of the children's attention, and that in all cases the necessary cutting and fixing, to secure a proper educational result, must be done by the children themselves, and not by others for them.

PHYSICAL TRAINING.

39. This should include organized games involving free movement, breathing-exercises and other physical exercises, as prescribed in the regulations for physical training.

At all times the teacher should see that the children breathe correctly and adopt natural and correct postures, and that the physical condition of the class-rooms and playgrounds is such as to encourage healthy bodily development. When the weather-conditions and other circumstances are favourable, many of the class-lessons may be taken in the open air; the windows of the class-rooms should be wide open whenever this is possible; full ventilation should be secured at all times, and at every interval the air of the rooms should be fully flushed.

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