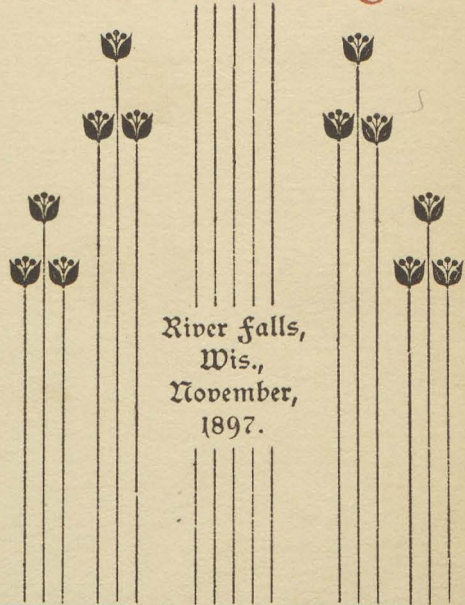




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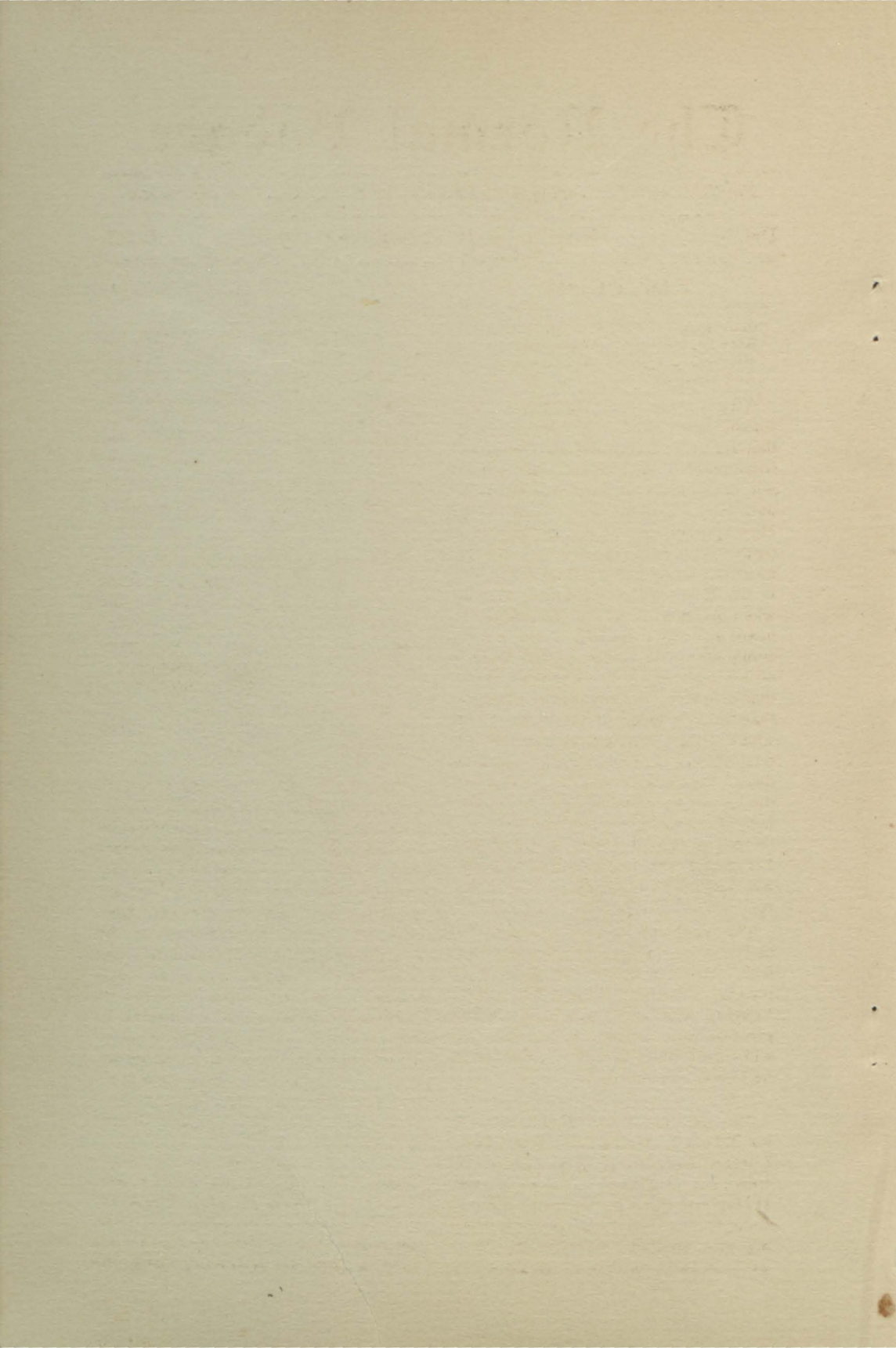
Normal Badger.



River Falls,
Wis.,
November,
1897.

THANKSGIVING
NUMBER

Let Us Give Thanks.



The Normal Badger.

Published monthly during the school year by the Normal Literary Society.

Vol. 3.

River Falls, Wis., November, 1897.

No. 3.

EDITORIAL

"Give thanks to God, he reigns above,
Kind are his thoughts, his name is Love;
His mercies ages past have known,
And ages long to come shall own."

Who is there that is enjoying to a reasonable degree the multi-form blessings that are the concentrated and preserved treasures of all the past ages, that should not, occasionally at least, render thanks unto Him who is the source of all things? How appropriate that the best nation on earth should each year set aside one day as a time for special thanksgiving. This is the time for family reunions—the day when the sweet voice of the mother is heard again by those who have left the family nest. 'Tis a day sacred because of it's mission. 'Tis sacred to render thanks to God, but only greater in degree than the sacredness of the home circle, where father, mother, brothers and sisters, meet only to commune as in by-gone days. Let us carry into the old home all the joy, all the sunshine, all the hopefulness of our younger experience and make the day sweet and hopeful and hallowed. For such it was intended. Let us fulfill our share of its mission.

The whole philosophy of school discipline seems to rest upon the speed with which the race leaves "must" and approaches "ought." When this quantity "ought," which now seems at an infinitely great distance beyond, is reached, then will school ethics and all social ethics be no longer speculative questions.

The BADGER is under obligations to Mr. Edwin T. Reed for the poems in the Literary Department. After finishing the University of Minnesota, he took a year at Harvard, devoting his energies mainly along literary lines. Mr. Reed is meeting with merited success in his chosen work, as he is already a contributor to

some of the large magazines and daily papers.

In looking through the catalogues of the other Normal schools of the state we fail to find a course in literature in any manner parallel to that given in our Normal. Attention is called to the scope of the work done here in this issue of the BADGER in the Literary Department. Read it carefully and see if the course is not quite superior to that in the other schools of this kind.

Every month several anonymous communications are received at the BADGER office. It is quite unnecessary to state that all such communications are consigned to the waste basket. No matter how excellent the production, no paper will print an article that is unsigned. If the author does not wish his name appended all he need do is to let us know and he will be accommodated.

Prof. L. H. Clark, our instructor in mathematics, has provided for a new department in his work. It is the universal testimony of county superintendents that the large percentage of failures in county examinations is in arithmetic. This fact is primarily the result of the extremely poor work done in arithmetic in the country schools, and quite often the same blight creeps into the graded and high schools. The provision for giving special attention to the method of teaching arithmetic is timely. Mr. Clark has ideas of his own upon the teaching of mathematics and all students who contemplate teaching arithmetic should deem it a great privilege to get this special professional drill.

The Normal School appreciates, as well it may, the efforts of Supt. Frank W. Bixby in behalf of the school here. From a personal acquaintance, we know he has been instrumental in sending many stu-

dents to this school. In the majority of cases this has been good, both for the school and for the students themselves. A county school superintendent wields a great influence, among the rural teachers especially, and if he is sincere and alive to his work he will do the reasonable things to advance the school's under his supervision. To that end he can render no better service than to encourage the thoroughness of preparation for teaching.

This is truly a wonderful old world. It contains that for which every individual of every species of every race of mankind is in search. It has its multi-form cesspools of iniquity; there are poisonous vegetation and wastes, and ferocious animals. Upon the other hand there are the fountains of eternal truths, the streams of undefiled intellectuality, and gardens, meadows and woods all alive and respondent to the sublime things of nature. It is for the individual to stand upon some eminence, take an inventory of the things of life, select those things he wishes to weave into his life and character, and then persistently labor for the fulfillment of his life's purpose. What is nobler or more sublime than for one soul so to direct the tastes of the young that they will select only those elements that will give them an upward accelerated motion?

If every young person before choosing his life's work knew what he was best adapted to do, how much energy would be saved and what an improvement in all lines of human industry! There is not a profession, trade, or any other place of human activity but what is crowded with incompetent men who might have made a success of life in some other field. One of the greatest and most vital questions for a young man to decide is what work he can do the best and then to put his soul into the work with a determination to win. We hear a great deal today about "broad-minded" men and the like, but we ask, have not the men who have moved the world been the men, almost invariably, of a single idea? From the development of this idea have sprung the other civilizing influences. It is a mistake for a young man to be reluctant

about entering a narrow field of labor. It is in the concentration of mind and energies upon the one thing and pushing this thing to the end that ultimately counts as a factor in the onward march of mind.

A Baltimore paper thinks it has found a hard riddle to solve: "Out of 222 pupils in the grammar schools of Chicago who attained a certain percentage of efficiency, only 25 were boys. This would indicate that girls are about four times as bright as boys. It is hard to understand these things and to straighten up the rules of heredity. It is, we believe, the accepted rule that boys "take after" their mothers and the girls after their fathers. If, then, the women are the smartest, the boys, "taking after" the mother, should also be the smartest. If the men are the smartest, then the girls, "taking after" the father, should be smartest. It is a difficult riddle to unriddle."

Exchanges.

It would greatly improve the appearance of some of our exchanges if they were more careful in arranging their advertisements. A reader soon gets disgusted if he finds advertising matter scattered through the local's.

One of the neatest exchanges that comes to our desk is the Kodak from Eau Claire.

The October number of the Crucible comes out in its usual good form. Good subject matter, good paper and good print are some of its characteristics.

We find some of our exchanges devoting twenty-five per cent of their space to football.

Students should form the habit of completing things. This is good school scripture: "Let him that lays his hand to the plow, not turn back.—H. S. Chat.

Behavior is a mirror in which every one displays his image.—Goethe.

The October number of the Normal Advance is well filled with local news and "School Organizations," of interest only to the students of the school who may like to see their names in print.

The Viatorian for October has an interesting article "On the Use of Books."

The courses of study now pursued in this school is up to a high standard of excellence. To one who is looking forward to a life-work in the school-room, the more he can get in the way of preparation for that work the greater will be the results both to him and to those whom he teaches. Our Normal does not demand too much of its students. The tendency in every line of educational work is to strengthen rather than to weaken the courses of study.

The high school's have better courses than ever before, and our State University is a far different institution as compared to five years ago. To be sure the candidate for a state certificate has several elective studies which the Normalite has not, and yet that is only just. The former is usually a man of maturity and considerable experience in teaching, while the latter is often much less matured with but little or no experience in teaching and to "balance accounts" the Normalite should have a larger range of knowledge as a basis for work. In our Senior course, in addition to the languages, we do 90 weeks of science; 30 weeks of mathematics; 40 weeks of literature, 40 weeks of psychology and history and science of education; 10 weeks of rhetoric; 30 weeks of general history; 25 weeks of advanced drawing; 10 weeks of political economy, plus the professional work, which time is determined by the pupils capabilities. Instruction in music extends throughout the course. Taking this course after completing the Elementary, gives a pupil a splendid foundation. It is not the disposition of the students who are in sympathy with the school to have the course curtailed. However, there should be a uniform course established between the different Normals of the state, and let us trust that such a course will result from the State Association during the holidays.

Criticism is an excellent weapon providing, of course, the weapon is used upon the other fellow. We take great pleasure in finding the mote in a brother's eye, but how we squirm when another opens, be it ever so gently, the lid and exposes to public view the mote that lies in his own eye. It is said, and with

very good reason, that teaching has the almost inevitable result of making the teacher unnecessarily critical. It is an easy habit to acquire, especially when the teacher is shielded from return blows by virtue of his position. Take for instance a teacher who has even a mere smattering of grammar and see how he will wince under an ungrammatical expression, no matter what the content of the thought may be. It is time that the good things of daily life should be emphasized and the gross things somewhat neglected. The world probably never will be over stocked with genuine sympathy among fellowmen. If criticism is necessary, as it often is, why not give it in private as far as possible? Every young teacher, especially, should carefully watch himself to see that he does not form the critical habit to the extent that it becomes an earmark and subjects him to criticism by an external world. Really, now, do you thoroughly enjoy criticised even though given by a friend?

A well-known preacher writes the Toronto Christian Guardian, asking whether the twentieth century begins with 1900 or 1901. The editor of that paper submits the question to "our accurate thinkers" for solution. Well, the world is divided on the question; but those are mistaken who think that the twentieth century can begin before 1800 years are ended. Father Time must have his way. It's useless to try to rush the centuries.—Ex.

The substitute for the Hudson Thanksgiving Institute for this year will be regular sessions held in the city schools, Friday, to which all are invited, and Saturday will be devoted to discussion of the observations. A large attendance is anticipated.

The uncultured person can be easily recognized by the number of slang words and phrases he uses. Purity of speech is a high art, but it never comes to him who must resort to all the popular street phraseology to express himself intelligently.

Never mind whether they praise or abuse your writings; anything is tolerable except oblivion.

LITERARY

Our Ancient Literature Course.

Sir John Herschel declares, "Were I to pray for a taste which should stand me in stead under every variety of circumstances, and be a source of happiness and cheerfulness to me through life, and a shield against its ills, it would be a taste for reading. Give a man this taste and a means of gratifying it, and you place him in contact with the best society in every period of history. You make him a denizen of all nations, and a contemporary of all ages."

From this we infer that the kind of reading must be such as will "place him in contact with the best society in every period of history."

There are many able and willing to tell what is best worth reading, but the not less important question, how best develop a taste for such reading, finds few ready to answer. Yet the answer is simple. Go straight to the springs from whence flow the copious streams, and read them, instead of reading about them.

When references are made to the ancient Heroes of Greece, their numerous gods and goddesses, and events and places with which they were associated, will all the study you may give to Encyclopedias, Dictionaries, Histories of Mythology, or literary notes, give the in-

telligent appreciation or ready application that will be yours after reading Homer's Illiad and Odyssey.

It is not necessary to await such educational advantages as will enable you to read the works in Greek. Our beloved Bryant has put the two grand epics of Homer within the reach of all English reading people by giving us his lucid translations.

After studying these two epics encountering mythological characters, when reading, seems like meeting old friends whom, to recognize, is always a pleasure.

Only those who have had the pleasant experience of reading Homer, can know the extent to which the shadows may be illuminated for a ready understanding of the masterpieces of literature.

If understanding be taken as a criterion of appreciation of literature, and we agree that appreciation moulds the taste, who will deny that the course which tends to develop the understanding is the course to develop that taste to which Sir John Herschel referred.

Then most wisely has our Ancient Literature Course been planned.

During the past ten weeks the class has read Bryant's translation of Homer's Illiad and Odys-

sey, Robert Potter's translations of the Agamemnon trilogy of Aeschylus and four plays of Euripides, and Thos. Francklin's translations of all extant plays of Sophocles.

The class periods have been devoted to the discussion of the author's styles, figures of speech, intricacy and development of plots, delineations of characters, growth of morals and changes of religious aspect of the people, the reading of particular scenes and selections from lectures of eminent literary critics, and the consideration of the life and works of the contemporary writers, Sappho, Hesiod and Aristophanes.

The next five weeks will be devoted to the consideration of Dryden's translation of Virgil's Aeneid, the philosophic writers, Socrates, Plato and Aristotle, and the study of Dante and his Divine Comedy.

This critical study of the classics that has made literature glorious is well calculated to broaden the intellectual horizon and stimulate the student's tastes along literary lines, and thus fostering an interest which is certainly one of the greatest of possible life-long pleasures.

At the regular meeting of the N. L. S., Nov. 20th, the following officers were elected for the ensuing term: President, Charles Wentz; Vice-Pres., Emma Roberts; Sec. Leona DeLap; Financial Sec., G. A. Mattison; Treas., Sever Saby; Srg't-at-Arms, G. A. Works; Usher, Ed. Mooney; Sec. Member of B. C., Nina Lowater; Third Mem. of B. C., Ella Getchell; Mem. of B. T., Frank Otes.

The Inland City.

The inland city, sweet and hale
She sits, majestic, in the vale,
The morning mists about her blown,
Like silken tresses round her strown;
Serene she sits, upon her spires
The glint of dawn's empurpled fires.
And from her wind-resounding walls
The lilt of lyric waterfalls.

The inland city, down the lanes
At evening wind the orchard wains;
She greets the seasons one by one.
She plumes her splendors in the sun;
Through leafy vistas of her squares
The painted host of Autumn fares,
Or winds her gardens, where to muse
In dew-bejeweled avenues.

The inland city, all the day
The swallows round her steeples play;
In deepest calm she croons and waits.
On future eons, meditates.
The eyes of others range the past,
On far tomorrow hers are cast—
She heeds nor siren's song nor scorn,
She mounts triumphant toward the morn!

The inland city, lo, she dreams
Mid sylvan solitudes and streams,
She smiles and sings her serenades,
She trusts her ancient pallades.
Her hearth is great and wide and warm,
She shields her children from the storm,—
O child of grace, beyond the foam,
O child await, she call you home!

—Edwin T. Reed in Indianapolis Journal.

The Closed House.

[The House-Spirit Speaks.]

The clocks are chiming through the hall,
The lonesome echoes rise and fall.
And round my gables and my eaves
The whining wind of winter grieves.

But where are all the faces fair
That smiled at morning on the stair,
Or waltzed in evening ruffs and frills
Beneath my groinings and my grilles?

And where are they, whose willing feet
Came bounding toward me from the street—
Upon my shivering northern door
Their welcome shadows fall no more.

No more the shrilling laugh is heard,
The music struck, the curtain stirred.
No more the songs in sweet accord,
The clink of glasses at the board,

For she whose words were kind and wise,
And she who spoke with smiling eyes,
Have fled my portals for a time,
To dwell in some serenest clime.

And one and all have hied them forth
From frosted prairies of the North,
Where I in darkness still may hear
The wolves of winter drawing near.

The empty rockers pose in state,
The shaken ashes strew the grate.

And inexpressive, dumb despair
Looks out upon me everywhere.

But soon shall winter come and go,
Again my cheerful hearth shall glow.
And jolly lips around the blaze
Shall tell of other haunts and days.

—Edwin T. Reed in *Indianapolis Journal*.

If the writer of the following had lived here, could he have received sufficient inspiration during the past weeks of rain, mist and cloudiness, to have penned this beautiful description of an autumn eve?

'Twas an autumn eve; the splendor
Of the day was gone,
And the twilight, soft and tender,
Stole so gently on
That the eye could scarce discover
How the shadows, spreading over,
Like a veil of silver gray,
Toned the golden clouds, sun-painted,
Till they paled, and paled, and fainted
From the face of heaven away.
And a dim light, rising slowly
O'er the welkin spread,
Till the blue sky, calm and holy,
Gleamed above our head.
And the thin moon, newly nascent,
Shone in glory, meek and sweet,
As Murrillo paints her crescent
Underneath Madonna's feet.

J. F. WALLER.

Richard II.

"I see some sparkles of a better hope
Which elder days may happily bring forth."

In reviewing Shakspeare's dramas we are deeply impressed by the varying fortunes, the terrible and sudden contrasts, the passions, ambition, the pompous display of power, and finally by the utter degradation that follows the ruin of many, perhaps of all, of his great creations. Of none is this truer than of Richard II.

The character of Richard has been variously estimated. We are often told that he was cruel, avaricious—that he was a sensual tyrant. His repression of the rebellion headed by Wat Tyler gave cause on the part of the barons to

complain; the conquered rarely accept defeat with acclamations of joy. On the other hand, Richard, in the flush of victory, may have needlessly used the power of the victor to crush out the rebels rather than rebellion itself, but he no doubt thought it well to kill, once for all, the spirit of anarchy which permeated the nobility. The firmness which he opposed himself to lawlessness must ever recommend him to the law-abiding, must ever gain the approbation of those who prefer reason to physical force in the solution of existing evils.

However, it is a lamentable fact that subsequent acts did not bear out the high promise of justice and kingly dignity this one act seemed to give credit for. He was rather weak and effeminate, the victim of intriguing favorites. His love of display, his eagerness to be great and grand, not by mental superiority, but by means purely extrinsic, were qualities not likely to win a people, the barons in particular, who were then smarting under defeat.

So to give the period the attention it deserves one must needs study the nobility as well as the king. If a prince devoted to pleasure is a scourge to his people, a haughty, overbearing aristocracy is a plague still more to be dreaded, since instead of one, the number of tyrants is multiplied, and there are only too many examples of men railing against the abuse of authority, while insanely ambitious to possess it, and who, when they did succeed, made the world tremble at their abuse of power.

Shakspeare's chronicle takes in

PAGES 9 AND 10 ARE DUPLICATES OF
THE SAME PAGES IN THE OCTOBER 1897 ISSUE.
PAGES 31 AND 32 ARE MISSING.

Elizabeth Jones, Alice Joyce, Nellie Jordan, Lucile King, William P. King, Thos. Krause, Oline Krogstad, Hallie Lamson, Florence Lauson, Alice Manson, Elsenia Mead, Claire Nelson, Magda Polin, Elizabeth Prince, Chas. Rand, Huldah Riek, James Lee Rogers, Margaret Ryan, Pearl Scott, Ruby Scott, David A. Swartz, Mamie Sims.

Walter Leonard, E. '96, is attending this school again after a year's absence.

Misses King, Barager, Daniels and Lusk assisted Miss Peckham in the Kindergarten Department.

Misses Frost, DeLap and Ingersoll, former students of the Normal, have returned and are in the Senior class.

Y. M. C. A. and Y. W. C. A.

Our associations have observed the week of prayer by holding prayer meetings in the music room at 1:15 every day this week. The meetings were very well attended and very inspiring and helpful.

The International Association have published an interesting pamphlet on the mission work of the Y. W. C. A. in India and China and, also, leaflets on the work of the conferences held this last summer.

Our Tuesday night meetings have been very good. Especially enjoyable was the one led by Rev. McIntosh on "How to study the Bible." The next meeting will be led by Rev. Balch. His subject will be "Why Should a Student be a Christian?"

Miss Helen F. Barnes, the Wisconsin State Secretary of the Y. W. C. A., is expected in a few weeks to visit our Association. We are glad that our Association has progressed so well since her last visit, and let us redouble our efforts to make her visit profitable to all concerned.

Two delegates who attended the International conference at Lake Geneva this summer have thus spoken of that great meeting of young men and young women:—

"Never have I been so overflowed with blessing as during the last two days at Geneva this year. As I sat the last night looking into the girls' faces and listening to Dr. Hall, truly there was not room to

receive the blessing God poured out." "I can never be thankful enough for the privilege of having attended the Geneva Conference this year. It gave to me a greater love for the study of God's word and a deeper realization of the power of prayer."

Topics and Leaders for next month:
Oct. 26. What it Means to be a Member of our Society.—David A. Swartz.
Nov. 2. Fullness of Christ's Salvation.—Byrde Ames.

Nov. 9. Our Influence.—Chas. Wentz.
Nov. 16. Confessing Christ.—Ella Getchell.

The Normal Badger for September has just fallen into our hands this third week in October. Its staff is again headed by G. W. Swartz, with Geo. A. Works, Miss Olive Caldwell, Sever Saby, C. J. Wentz, Miss Ella Getchell, Miss Maud Wood, Frank Otis and John H. Andrews assistants in the various departments. Among the editorials there are several interesting paragraphs. Following the usual apology, which the too diffident BADGER seldom fails to offer, is an article of some force on the Child-Garden, of special timeliness just now, in view of the new Kindergarten department that is attracting so much attention at the school. Under Pedagogics appears an article with a syllabus subjoined, giving Suggestive Topics in Home Geography. It is by Prof. Sims and is designed to be specially helpful to teachers. A sort of directory of the students engaged in teaching and kindred occupations distinguishes the news department. The Y. M. C. A. and Athletics also have their columns. The number is highly presentable.—River Falls Journal.

Thanks. The Journal has always been fair with us in every way.

Kansas keeps up its record for producing novelties. In one township in the state there has lived for years, but a single family, consisting of father, mother, daughter and little son, and regularly each year the family met, elected itself a board of school directors, drew on the state for the usual appropriation, appointed the daughter teacher at \$10 a month and sent her little

the crowded places. These underground lines are now in process of construction and it is believed that they will facilitate traffic and lessen danger.

An interesting discovery by Jacquemin is that the leaves of fruit trees, having themselves no marked flavor, may develop a decided bouquet of the fruit in solutions undergoing alcoholic fermentation. Pear and apple leaves, for instance, placed in a 10 per cent solution of sugar, with the addition of pure yeast, imparted to the fermented product a strong odor and excellent flavor, which became even more marked in the alcoholic distillate. A similar effect was had with leaves of the grape vine. Leaves from trees having fruits near maturity gave the most decided results, from which is drawn the important inference that fruit flavors are due to a body—possibly glucosidal in character—elaborated in the leaves and transferred to the fruits only as the latter approach maturity, developing distinctive flavors when acted on by the special ferments of the fruit juices.

Some interesting experiments were performed with kites on Sept. 20 at the Blue Hill Observatory. One of the kites reached a height of 10,016 feet above sea-level, the highest recorded altitude ever reached by a kite. An instrument for recording the temperature, humidity, and pressure was hung about 130 feet below this kite. At the highest point reached the temperature was 38 degrees, while at the ground it was

63 degrees. At the height of 4,000 feet, the humidity rose rapidly; at 7,000 feet, it was almost at the point of saturation; at 8,000 feet, it began to fall, and at the highest point it was extremely low.

A very successful insect-killer, called Rörigs Lamp, has been devised. It is a lamp set into an hexagonal trap. Mirrors throw a bright light in all directions. The light together with a saccharine and oderiferous mixture, attracts great numbers of insects. Once within, they cannot get out, and by an arrangement are easily forced into a small pan where they are killed.

A safe narcotic has been sought in the hospitals for insane women in the City of Mexico. A simple product from the seeds of the white zapote has proven more satisfactory than anything previously tried, as it produces a tranquil sleep, while deaths from cerebral congestion have ceased since its use was begun.

The chainless wheel which has been experimented upon for some time is now receiving more serious consideration. It is claimed that its good points have not been fully understood and that it may take the place of the present wheel.

A novel German invention is an automatic lunch counter. You drop a coin in a slot and the desired dish will be automatically placed before you.

Opportunity sooner or later comes to all who work and wish.
—Lord Stanley.

✦ PEDAGOGICAL ✦

Physical Training as Related to the Normal School Course.

BY MRS. JULIA LORRAINE TRUESDELL.

(Instructor of Physical Training in the River Falls Normal.)

"All time and money spent in training the voice and the body is an investment that pays a larger interest than any other."

—Gladstone.

That Physical Training is recognized as an important branch of modern education is shown by its adoption into the curriculum of every well conducted school. It is true that in many communities the public remains skeptical as to its efficacy, but where this skepticism prevails it is usually due to the fact that the work has been administered by teachers who have only the most superficial understanding of the subject and have, therefore, failed to conduct it in such a way as to make it either attractive to the pupils, or in its results so marked, as to prove its value to the patrons of the school.

At the present time, then, a theoretical and practical knowledge of some standard system of physical training is essential to the complete equipment of every teacher, and it is in harmony with the purpose of a Normal School to furnish such instruction. For this reason Calisthenics is indicated in our catalogue as a course, and standings are required in this, as in other branches, as evidence of the student's ability to conduct

physical exercises. But that standings for the maximum of required work should release any thoughtful student from further work in this department is detrimental to the spirit and contrary to the purpose of physical training, which even in a Normal School, is primarily for the direct benefit of the student; to the rugged and rational means to maintaining health and symmetry of body; to the frail, a certain means to physical invigoration. A misconception of the prime purpose has brought about some conditions which, unless overcome, are in danger of proving a serious hinderance to the usual results of physical training.

The first obstacle lies in the fact that the four terms of required work are not consecutive,—Calisthenics appearing in the syllabus, in the first and third terms of each of two years—and quite often at the end of a ten weeks' term, the student being justified by the outline and impelled by the press of work in the other departments, will discontinue gymnastics and the first results are surrendered, for the reason that any person who has reached maturity without becoming accustomed to systematic

physical training will find that the work, though extremely light, will often result in lame muscles and a disinclination to further exercise. This is generally taken as an indication that the exercise is proving injurious when it simply shows that inelastic, unused muscles are being brought into play. Certainly if the lameness continues, it is evidence that the exercise is being carried to excess, as the waste, known as the poison of fatigue, must be carried off as fast as it accumulates, or no exhilaration or beneficial results of any kind will follow. Through cessation of exercise, the entire result may be sacrificed, as the same process of "limbering up" must be gone through with when the work is resumed. Very often the student, as soon as he has entered the Normal, in prudent anticipation of third and fourth year pressure, is possessed with undue anxiety to terminate the work in this department, and accomplishes the entire amount required in the first year, therefore the remaining period of severe mental strain is passed without the counteracting effects of systematic physical exercise. This anxiety to "finish" is reflected even in the model grades, where pupils often say, "We were to have standings in physical training when we got into the Normal, because we had so much in the Grades;" or "we know dumbbells," or "we have finished clubs," as if the exercise of a year ago were sufficient for the needs of today!

These are the peculiar conditions

which surround the work in our Normal School, and render it impossible to furnish positive proof, by example, of the really wonderful results that may be brought about under circumstances favorable to regularity and continuity through the entire period of school life.

The reflex influence of Physical Training should be felt in every department of the school, whether viewed from the educational, hygienic, recreative, or artistic standpoint.

The result of physical training from an educational standpoint is a harmoniously developed body under the perfect control of the will. From the hygienic, standpoint it is an increased vigor in the discharge of all of the natural functions of the body. From the recreative standpoint, it is so evident as to need no argument, that a period spent in exercising in a gymnasium suit, when the body is released from the compression of conventional dress, the limbs brought under conditions of perfect freedom, the attention diverted to correct healthful positions, should furnish such an impetus in the right direction that every student should carry with him into the study and the recitation room the thought that correct adjustment of all parts of the body is the foundation of health and grace, while incorrect poise is the immediate cause of much illness; especially lung diseases, dyspepsia and pelvic troubles, because it violates those conditions which nature demands for the free, healthy action of the vital organs.

From the artistic standpoint few persons will admit that the subject should be viewed, yet, when we consider the intimate relation between health and grace, awkwardness being nothing less than a squandering of nerve force, we surely can not afford to disregard it. Women often smile when told that Delsarte will make them graceful, as if the result were not worth the effort; and on the other side we have known men of middle age, in some of the best schools in this country, to work patiently and persistently at relaxing exercises, "feather movements," and Delsarte fancy steps, because they were convinced that awkward, jerky, ill-controlled movements of the body were proving, from a commercial standpoint, a hindrance to success, and a little patient effort along this line had revealed to them the certainty of overcoming self-consciousness in this way.

As an argument against the whole system, we often hear it asserted that those who are much "trained" physically, and should be true exponents of the value of such training, are neither models of physical proportion, health nor grace. This is very often true, because they invariably make the ideal their standard of comparison, without taking into consideration the impressions of heredity, occupation and environment. The system has not been founded which will counteract or overcome all of these influences, but the question which may fairly test the efficacy of physical training is, does it not raise us to a much high-

er plane, mentally and morally as well as physically, and does it not train in the ability to make the best use of the entire sum of nature's legacy?

Can we not accept the wisdom of the old philosopher, Socrates, who upon meeting a friend who was in noticeably poor physical condition, said: "I would have you know that neither in any other struggle (than war) will you get on worse because you have brought your body into good condition, for the body is useful in all pursuits in which men engage, and in all matters in which the body is useful, it is of greatest importance to have it in the best possible condition. It is disgraceful that any one, through want of attention to these matters, should grow old without seeing what kind of a man he may become by making his body as well developed and robust as possible, and this no one can do who does not pay proper attention to these things, for they do not come of their own accord and unsought."

A teacher in a mission Sunday school was bringing out a discussion on shipwrecks from the little boys in her class, when she happened to ask:

"Suppose a big storm arose at sea and it looked as though you were going to be drowned, what would you do?"

"I would throw a man overboard for a whale to swallow," was the reply.

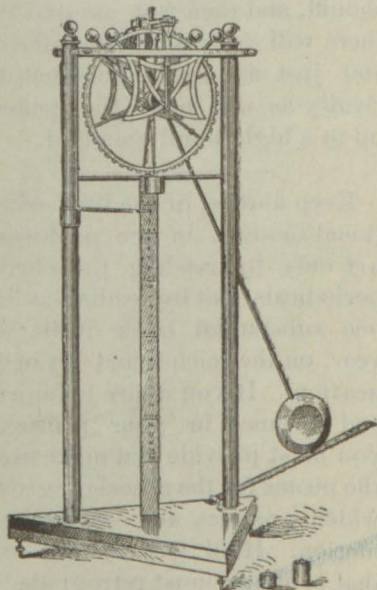
Not less than thirteen comets of short period are due to return to perihelion within the next two years.

PAGES 3 AND 4 ARE DUPLICATES OF
THE SAME PAGES IN THE OCTOBER 1897 ISSUE.

PAGES 37 AND 38 ARE MISSING.

SCIENCE

A New Gravity Machine.



The above cut represents a new and useful piece of school apparatus made and patented by Justin S. Hemenway, of this city, who is now manufacturing the machine for the market.

This apparatus is used to demonstrate the laws of gravitation and energy, and the laws of the pendulum. It is very simple in construction; its prime feature being a wheel and axle actuated by an underbalanced force; the wheel being brought into such relation with a pendulum that the force is allowed to act during any number of equal intervals of time not to exceed five. Nothing is required of the operator to manipulate the machine except to set it for the desired number of intervals and afterward push down a bar to set the pendulum vibrating. The wheel has a toothed periphery and the teeth are numbered so it is possible to

tell exactly how far it turns during the time in which the force acts. A drum is placed upon the axle of the wheel around which a light silk cord is wound. This cord sustains the weight which constitutes the unbalanced force. A screw groove is cut in the drum. This keeps the cord in place as it is wound and unwound. A vertical scale is provided, graduated into equal spaces, which measures the fall of this weight. The weight is adjusted to fall one space in one interval of time. It then falls four spaces in two intervals, nine spaces in three intervals, etc., according to the law of falling bodies. There is an adjustable shelf upon which the weight can be suspended at any point and the wheel (which will then have a uniform velocity) may be allowed to continue revolving during one, or more, intervals of time, thereby demonstrating the velocity it had at the time the weight was suspended.

Two other weights are provided, one weighing twice as much as the other. These are used to demonstrate the effect produced upon a mass in a given time by doubling the force.

The machine is provided with a very efficient anti-friction device which reduces the friction to an imperceptible amount.

The length of the pendulum is adjustable. By changing its length we find the distance the body falls varies as the length of the pendulum. Hence we have only to substitute the length of a second's pendulum (39.1) for $\frac{1}{2}g$ (16.1 ft.) and the laws of the pendulum become the same as the laws of falling bodies.

We can prove by experiment that it takes the same time for the weight to fall from a state of rest and acquire a given velocity that it does to rise to a state of

delightful to see. They are paying by their own contributions for the rent of a piano upstairs and an organ downstairs. So much for the school. I might write much more, but I realize that your space is not unlimited.

Before I close I desire to mention some exceedingly pleasant visits I have received from former schoolmates. About three weeks ago today, I think it was, who should walk in upon me but our old centre-rush, Prin. Oltman, of Downsville. Last Saturday the performance was repeated by no less a personage than W. F. Lusk, one of the founders of the BADGER, and now principal at Humbird. He had ridden the entire distance on his Crescent. Only last Tuesday I was called to the door of my school room by a gentle rapping, and there, as natural as life, stood Christena Chidester, who was spending a few days in the city, visiting schools, and kindly hunted me up.

Besides these rare visits (I came near saying angel visits) I frequently meet the Misses O'Connell, Carpenter, Fleming, Reed, Gleason, Berry, Alderman, Horan, and last, but not least, Co. Supt. Anna Smith, so you see there is quite a representation of River Falls Normalites here.

Also occasional letters from Prins. Waite, of Spooner, Gallagher, of Star Lake, and Rogers, of Unity, and Manager Andrews, of the BADGER, help to keep me in touch and sympathy with the old school.

Had I time to write them and you space to print them, you would

be interested in the accounts of the hypnotism cases in the Seventh Ward school, the corporal punishment-case in the Ninth Ward school, the lecture courses, etc., but these must be postponed for the present.

Yours in the work,

W. A. CLARK.

Eau Claire, Wis., Nov. 13, 1897.

DEAR EDITORS:—It is with pleasure that I receive each number of the BADGER and read it from beginning to end, even some of the advertisements. It helps me to keep in touch with the work being done at the Normal and gives useful information and timely suggestions. Besides it is a pleasure and an inspiration to read of the prosperity of fellow classmates and teachers. With best wishes to the BADGER and its staff of officers, I am

Yours truly,

CHAS. A. OLTMAN.

Downsville, Wis., Nov. 13, 1897.

Catholic Church Items.

Beginning with Nov. 28th, divine service begins at St. Bridget Church, River Falls, with High Mass at 10:30 a. m., followed by catechetical instruction and sermon. The evening service begins at 7:30 p. m. and consists of answers to religious questions from the "question box" and sermon, and closes with solemn benediction with the most Holy Sacrament of the Altar. The services are held on alternate Sundays, intervening Sundays at El Paso. Seats for non-Catholics are free, and everybody is welcome to any and all of the services. STEPHEN DUREN,

Pastor.

Now and Then.

We visited the River Falls Normal the first of the month and had a pleasant time with old friends and acquaintances. As we wandered through the old building from basement to third floor we could not help but compare the present condition and advantages of the school with that of a dozen years ago. Steam heat now takes the place of the old hot air system. A successful kindergarten room has been fitted up and school is in session in which was formerly a store room for wood. A gymnasium and a physical training teacher, bath room and ample cloak rooms occupy what was formerly a work shop for the janitor. On the first floor a tenth grade or preparatory school has been established in the room formerly used for practice and observation discussions. Practice rooms have been enlarged and made over, new closets have been put in and apparatus purchased. On the second floor a large recitation room opening off from the assembly room has been converted into a beautiful library and reading room. A librarian and stenographer on duty all day now do the work instead of a student who was expected to be in the library a short time before and after school. The old library room is now used wholly for books and the office of the librarian. The north cloak room is now a public document library, the south cloak room is finished for a recitation room. The small, dark, dingy "hole," which required one to stoop and grope while trying to find the place to get a drink of water or

for toilet purposes, has been changed so that this homely description is no longer applicable. Midway the second and third floor a room has been double decked, the upper deck serving for an office for the NORMAL BADGER, an excellent monthly journal now in its third year. It is issued by the Normal Literary Society, a flourishing organization which now meets in the chapel, owing to the demands of the state for a drawing room. Two large rooms opening off the chapel, and formerly used for store rooms and divers purposes, are now nicely finished recitation rooms. The chemical and zoological rooms have also been greatly improved. Waterworks for protection, fire escape and telephonic connection, are among the other acquisitions since we first knew the school. The new recitation rooms and departments, of which we have spoken, made room for more teachers, and now the faculty has grown till the student has everything done for him that the state can do. He who would learn must study and this the student must do. The school is doing excellent work and we commend it to all intending to teach.—FRANK W. BIXBY, in *The Superintendent*.

A bona fide offer of \$12,000 a year to a baseball manager gives pause to the young man who is burning the midnight oil and doing chores between times to get an education that he may teach a country school for \$800 a year.—*Ex.*

Mrs. Elizabeth Stuart Phelps Ward is writing a life of Christ.

Giving Thanks in Everything and Always.

The spirit of gratitude to the personal God and Giver of every good and perfect gift should so abound in us that one day of annual thanksgiving would be altogether too brief a time to tell the story of our grateful love. The value of the observance of a special day of national thanksgiving, aside from its influence upon the national life, is in this: that it should crown a year of grateful personal life and inaugurate a new year of continual thanksgiving to God for his constant mercies. Our debt of gratitude cannot be paid in a day. He who habitually offers sacrifices of thanksgiving day by day will most naturally observe with special prayer to God and gifts to the needy the special day which calls for concerted action.

The blessedness of a thankful spirit is in this, that it doubles the value to us of the Lord's benefits. Take, for instance, the common mercy of daily food. We eat it without recognition of the divine agency in its provision, and then only the life of the flesh is nourished thereby. We receive it with thanksgiving to our divine Provider, and then, not only is the body fed, but the heart also; the life of affection glows with us as we feel our distinction from the lower orders of life which are incapable of intelligent appreciation of the care of their Creator.

There is another thing which a thankful spirit can do. It can transmute the tribulations of life into occasions of joy. It discovers the silver lining to the clouds

which so often darken the present life. With empty arms and treasures lost we can yet rejoice in God, the rock of our salvation, for our faith assures us that in the end good shall come out of present distress. Nothing in the way of prosperity or adversity can separate us from the love of God.

A thankful life is not a life of isolation. It has a leavening power in the community and in the state. Thankful persons make a grateful and happy people, whose God is the Lord. Their common love toward God is a bond which unites them to one another.—*Midland Christian Advocate.*

As a nation we have abundant cause for thanksgiving. Grim war that has ravaged fair countries and carried desolation into many homes has not visited us. Other countries have fought for their liberties while ours has been intact. Armenia has bled for her religion, India has been scourged by famine and plague, but favored America rejoices in the possession of liberty and plenty. Bountiful harvests and good prices have relieved the tension felt for the past three or four years and the future is bright with promise. No great public calamity has thrown its shadow upon the nation, but East and West, North and South can rejoice together beneath the guiding hand of the God of nations. Surely, no land has been so blessed as our beloved America.—*J. Culbert Faries.*

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 7:30 p. m., Sermon and Benediction.
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 given each alternate Sunday evening.

Meeting for prayer and Bible study each
 Wednesday evening.

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 before evening sermon.

A hearty invitation is given to all who read
 this to attend any and all of these services.

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Services as follows: Sunday, 10:30 a. m., ser-
 mon; 12 m., Sunday school; 3:30 p. m., Junior
 League; 6:30 p. m., League Prayer Meeting;
 7:30 p. m., Sermon.

Wednesday, 7:30 p. m., Prayer Meeting.

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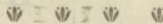
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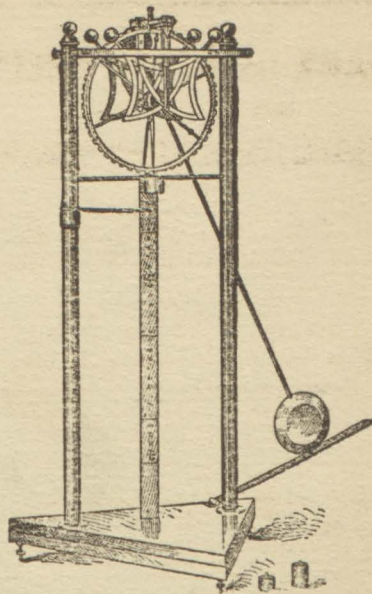
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