'The mind is less strained, the more it reacts on what it deals with, and has a native play of its own, and is creative. . . . The character and quality of mental exertion required for composition is more healthy than the character and quality of exertion required for receiving and storing a number of knowledges.'

Matthew Arnold, 1882

' The learner's native language ought to be the groundwork of all teaching. By this is meant the actual language, a skilful examination of the common sentence as a vehicle of intelligent thought.'

Edward Thring, 1883
PREFACE

Throughout this book I refer to those who learn, teach or are taught, exclusively as men and boys. I do this not because I wish to differentiate between the sexes, but because the English language has no pronominal adjective of common gender in the singular. And having taught many more boys than girls, I adopt the masculine gender from the limits of my experience.