

to make their observance a law to ourselves. Now of these conditions one of the most important is suitable recreation. For this is the condition which extends to all classes of the community, and the observance of which is, as we have seen, an imperative necessity to every individual who desires to possess a sound working mind in a sound working body. Hence I do not hesitate to say that one of our most weighty duties in life is to ascertain the kinds and degrees of recreation which are most suitable to ourselves or to others, and then with all our hearts to utilize the one, while with all our powers we encourage the other. Be it remembered that by recreation I mean only that which with the least expenditure of time renders the exhausted energies most fitted to resume their work; and be it also remembered that recreation is necessary not only for maintaining our powers of work so far as these are dependent on our vitality, but also for maintaining our happiness so far as this is dependent on our health. Remembering these things, I entertain no fear of contradiction when I

conclude that, whether we look to the community as a whole, or restrict our view to our own individual selves, we have no duty to discharge of a more high and serious kind than this—rationally to understand and properly to apply the principles of all that in the full but only legitimate sense of the word we call recreation. Again, therefore, I say if we know these things happy are we if we do them. And if we desire to do them—if as rational and moral creatures we desire to obey the most solemn injunction that ever fell from human lips, “Work while it is day”—we must remember that the daylight of our life may be clouded by our folly or shortened by our sin; that the work which we may hope to do we shall be enabled to do only by hearkening to that Wisdom who holdeth in her right hand length of days, in her left hand riches and honour; and that at last, when all to us is dark with the darkness of an unknown night, such Wisdom will not have cried to us in vain, if she has taught us how to sow most plenteously a harvest of good things that our children’s children are to reap.

LET US STUDY THE CHILDREN.

BY MRS. R. R. BIRD.

DID you ever wish, O mother! as you have read or heard of the wonderful Kindergarten system which Froebel, the child-lover, has inaugurated into the educational world, that there was a Kindergarten within easy reach for your own little ones?

You need not again wish it; there is one within easy reach; your own hand may touch it, your own eyes behold it. It may spring up right within the walls of your own home, if,

—if,—you will but consent to be a child among your children, knowing them and learning of them, having the text for your guide and inspiration, “And a little child shall lead them.”

What a blessing to little humanity is the system which Froebel has set forth! It is an oasis springing up in the hitherto dreary waste of the school-life of children; and as the germs of vegetable life are sometimes borne