

to avoid displeasing, or giving them pain. And as they freely unbosom themselves to their liberal-minded parents, these may thereby discover inclinations in the child to caution against, which might save it from many entanglements.

There are few young people who would not gladly avail themselves of parental advice and experience, if not discouraged for want of freedom in the parent. Therefore, if we would have children unbosom their thoughts to us, their confidence must be invited by kindness and condescension. Not a condescension to improper indulgence, but a condescension that increases parental authority in right government.—There is no fear of losing respect or right authority, by freedom and familiarity: It is by this that we gain their confidence, and thus learn to know, and correct their faults.

Pure affection, is so anxiously solicitous for the true happiness of the child, that, while it endeavours, by kindness and love, to prevent the necessity of any thing like forced obedience, it also guards against that kind of liberty by which it loses its authority.

#### RESERVEDNESS AND SEVERITY.

That respect to the superior wisdom of a parent, which is inspired by uniting gentleness with firmness, differs widely from that slavish fear produced by severe treatment. Where the dread of punishment predominates, the disposition is generally artful. That fear which is the effect of severity, prompts children, not so much to avoid faults, as to elude detection. Indeed timid children can hardly resist the temptation which terror holds out to them, of endeavouring to hide offences if possible, and though severity should extort confession, and promise of strict obedience, it is not calculated to produce sincere repentance, or to awaken virtuous thoughts; nor does it implant any principle to hinder the child from committing a similar fault in our absence. Its self-will may indeed be made sullenly to submit to superior strength, but it will remain unsubjected; and the odious spirit of revenge, by this kind of treatment, is often generated.

One among the many disadvantages attending severe measures, is, that parents generally trust too much to the effects of chastisement, and are deficient in that uniform superintendence, advice and caution, on which the forming of right habits, almost entirely depends. Children, when subject to severity, often obtain more indulgences and take more dangerous liberties, than those who are moderately curbed, and gently instructed. The keen temper that transports the parent to blows and harsh treatment, is often accompanied by strong affections; and when anger has subsided, he is sorry for having gone so far; then too much liberty succeeds, till another fault, originating in parental indulgence, draws on the child another unprofitable punishment. This continued crossing of humours that have been indulged, can hardly fail to call forth resentment, anger, sullenness, or obstinate perverseness; unless severity has broken the spirit, and the child is sunk under discouragement. As the frequent recurrence of anger and resentment, tends to beget hatred and ill-will, the disposition to benevolence is destroyed, and malevolence is introduced in its room.

Many children possess quick feelings of honour and disgrace; and in the most promising, these feelings are often the most acute. They have a keen sensibility to shame, whereof a good use may be made by prudent management; and if this sensibility be put to hard proof, and that frequently, it becomes blunted, and their minds grow callous; and a child that is lost to shame, is in peculiar danger of being a lost child.

Many parents of good sense, and great moral worth, fearful in sailing in their duty by not governing enough, run into the opposite extreme. They maintain such reservedness, distance, and stateliness toward their children, that they hardly dare to speak in their presence. They incurber them with a multitude of regulations; they tire them with long lessons of stern monitions; they disgust and alienate them with a superabundance of sharp reproof, and treat their little levities as if they were heinous crimes. Instead of drawing them with "cords of love," they bind them fast with cords that are galling and painful.

There are other parents whose manner toward their children, varies in exact proportion to the variation of their own fickle tempers. When in a pleasant humour themselves, they indulge them in every thing; when displeased or angry, they will punish for almost nothing. This sort of government, if government it may be called, tends alike to discourage, and breed contempt.

Children that are trained up under severe discipline, however much they fear their parents, rarely love them much, and they must needs possess more than a common share of native mildness, if, in the end, they turn out sweet tempered, humane, and of a nice sense of honour.

To show children that we are deeply afflicted, not enraged at their misdeeds, tends more to awaken their feelings, to bring into action their virtuous principles, and reclaim them from evil, than the severity of the rod, which irritates the disposition, but rarely convinces the judgment.

### MEDICAL.

#### SLEEPING APARTMENTS

"It must not be forgotten," remarks Hufeland, "that we spend a considerable portion of our lives in the bed chamber and consequently that its healthiness or unhealthiness cannot fail of having a very important influence upon our physical well-being."

Every one, in fact, who is actuated by a due regard for his health and real comfort, will consider an equal degree of attention necessary in regard to the size, situation, temperature and cleanliness of the room he occupies during the hours of repose, as of his parlor, drawing-room, or any other apartment; and yet how often do we find families crowded at night into obscure and confined chambers, of dimensions scarcely more ample than those of an old-fashioned closet while perhaps, in most instances, the best rooms in the house will be set aside for the sole purpose of ostentatious display.

It is all-important that the largest and most lofty room, upon the second floor, be appropriated for the sleeping apartment, and that it be freely ventilated, during the day time, at all seasons when the weather is not rainy, or otherwise humid. There are few houses, the rooms of which are so situated as to render the latter impracticable; and the influence of the practice upon the health of the inmates is too important to permit its being neglected from any slight cause.

A bed-chamber should be divested of all unnecessary furniture, and unless of considerable size, should never contain more than one bed. There cannot be a more pernicious custom, than that pursued in many families, of causing the children more especially to sleep in small apartments, with two or three beds crowded into the same room.

It is scarcely necessary to observe, that cleanliness in the most extensive signification of the term, is, if possible even more necessary in reference to the bed-chamber, than to almost any other apartment.

The remarks presented in a former number, upon the deleterious influence of confined and impure air, will enable every one to understand the importance of the foregoing directions.

The practice of sleeping in an apartment which is occupied during the day is extremely improper. Perfect cleanliness and a sufficiently free ventilation cannot under such circumstances, be preserved especially during cold weather; hence the atmosphere becomes constantly more and more vitiated, and altogether unfitted for respiration.

While too great a degree of caution cannot be observed to avoid sleeping in damp rooms, beds or clothing, the temperature of the bed-chamber should if possible never be argued, under the ordinary circumstances of health, by artificial means. As this apartment is to be reserved solely for repose, a fire is never necessary, excepting, perhaps, during uncommonly severe weather; and even then the temperature ought not to exceed fifty degrees.

A sleeping apartment, in which a large fire has been kept up for several hours previous to the period of retiring to rest, may to many, at the first view present an appearance of the most perfect comfort—it is, however, at the same time a means of very effectually enervating the system—creating an increased susceptibility to the influence of cold, and thus opening the way to the attack of some of the most serious diseases, especially of the chest. Happy may they esteem themselves whose means forbid an indulgence in this species of luxury.

A person accustomed to undress in a room without fire, and to seek repose in a cold bed, will not experience the least inconvenience, even in the severest weather. The natural heat of his body will very speedily render him even more comfortably warm, than the individual who sleeps in a heated

apartment, and in a bed thus artificially warmed, and who will be extremely liable to a sensation of chilliness as soon as the artificial heat is dissipated. But this is not all—the constitution of the former, will be rendered more robust, and far less susceptible to the influence of atmospheric vicissitudes, than that of the latter.

All must be aware that in the coldest weather, a fire in the bed-chamber can only be necessary during the periods occupied in dressing and undressing. When the individual is in bed, it is not only altogether useless, but to a certain extent injurious. It might be supposed, however, that bad effects would result from rising out of a warm bed, of a morning in a cold chamber. We are assured however, that if the business of dressing be performed with rapidity and brisk exercise be taken previously to entering a warm apartment, they who pursue this plan would render themselves less dependent for comfort upon external warmth—a circumstance of very great importance as a means of guarding against colds and coughs, and consumptions.

We would advise those who are so excessively delicate as to be incapable of passing a few minutes morning and evening, in a cold room, to seek some more genial climate—to such our winter cannot fail to be a season of constant suffering, if not of actual danger.—*Journal of Health.*

### TEMPERANCE.

#### AMERICAN TEMPERANCE SOCIETY.

The third annual meeting of this Society was held last evening at the Masonic Hall. In the absence of the President, the chair was taken by S. V. S. Wilder, Esq. of Bolton, Massachusetts, who expressed his thanks to that benignant Providence which had watched over their humble efforts during the past year, and enabled them to convene once more under circumstances the most auspicious and encouraging. He then called upon Dr. McMurray to address the throne of grace. Extracts from the annual Report were read by Mr. Hooker, Assistant Secretary of the Society. It appeared from this document, that while the last annual Report recorded the existence of but four State Societies, (in addition to the Massachusetts Society for the suppression of Intemperance, and Pennsylvania Society for discouraging the use of Ardent Spirits,) the number is now increased to eleven; and in three other States arrangements are making to form such Societies during the ensuing winter. The number of county, town, and other secondary Societies recorded in the former Report, was 222, it is now known to be upwards of 1015.

The whole number of members in these Societies is believed to be not less than 100,000. Nearly all of them are formed on the principle of entire abstinence.

More than 700 reformatives of habitual drunkards, have come to the knowledge of the Committee during the last year, and the stoppage of more than 50 Distilleries,—some of them from principle, and some from necessity. A Distillery in one of the Middle States, being part of the effects of a bankrupt, was offered for sale at auction, together with a few acres of valuable land. On the day of sale, not a bid was made. The assignees set it down as a total loss, and reported it so to the creditors, declaring that the Temperance Societies had ruined the property. A French gentleman afterwards applied for the land, and was asked to negotiate for the whole estate. "No," said he, "not for the distillery; I don't want that; I don't want to be ruin'd." A distillery in the same State, on giving up the business from conscientious scruples, said, "if the Devil wants any more whiskey, he may make it himself, for all me."

A decrease of sales is reported from some towns in almost every State and Territory in the union,—varying from one quarter to nine-tenths. In a few places the sale is entirely discontinued. The following facts, illustrating this point, were mentioned in the report.

A merchant in one of our principal towns to his correspondent, says, "It is not in our power to give you a very near estimate of the quantity of liquor, and the kind you mention, we can probably dispose of, from the fact that the 'cold water society' rage to such an extent in this vicinity, at present, that our sales in former years would be no guide to form an estimate for the season. The sales of all descrip-