

The Schoolmaster.—There is no office says Channing, higher than that of a teacher of youth, for there is nothing on earth so precious as the mind, soul, and character of the child. No office should be regarded with greater respect. The first minds in community should be encouraged to assume it. Parents should do all but impoverish themselves, to induce such to become the guardians and guides of their children. To this good all their show and luxury should be sacrificed. Here they should be lavish, whilst they straighten themselves in everything else. They should wear the cheapest clothes, live on the plainest food, if they can in no other way secure to their families the best instruction. They should have no anxiety to accumulate property for their children, provided they can place them under influences which will awaken their faculties, inspire them with pure and high principles, and fit them to bear a manly, useful, and honorable part in the world. No language can express the cruelty or folly of that ceremony, which, to leave a fortune to a child, starves his intellect, impoverishes his heart.

Comparative Value of the Potatoe.—One hundred pounds of mealy potatoes are equal, for nutriment, to—

Meat without bone,	25 lbs.
Beans,	28 "
Wheat bread,	35 "
Parsnips and Carrots,	190 "
Turnips,	300 "
Cabbage,	400 "

The experiments of Berry & Herring establish the fact that 3lbs. of potatoes are equal for nourishment to 12 ounces of bread and 5 ounces of meat.—*Am. Ag.*

Forbearance.—Few virtues are more easily or justly appreciated than a mild demeanour and forbearance towards our neighbours and those with whom we are daily brought in contact,—gentle yielding of self to circumstance, and a habitual deference and respect to those about us. Possessing this, one may glide in an easy and unruffled manner through all the stormy changes of life, giving and receiving happiness at all times. Not, be it understood, because the disposition is too indolent or insipid to be affected by either

good or evil, but from a calm and persevering determination to make the best of everything—to look on the bright side of the picture in every instance. Forbearance is but another name for Charity, and the greatest of the cardinal virtues. The exercise of forbearance toward our fellows and toward the circumstances of life, is one of the greatest privileges we enjoy, inasmuch as by the practice of it we promote our own happiness, as well as that of those who surround us. How little comparative happiness do those enjoy who allow the most occurrences to weigh upon their minds, who seem almost determined to reverse the order of nature, because it happens to cross their inclinations. With them, self predominates every thing—they cannot yield an iota to the opinions or happiness of those about them, while they expect those same persons to make even greater sacrifices to them. Yield, then, as far as you consistently can, to the opinions and welfare of others, and by so doing you will reap your own reward, in an internal satisfaction, only produced by the consciousness of having done well.

Industry.—None can know what industry may accomplish until the trial has been made. Be industrious and persevering, and who can tell the result? An example of what it may do is found in the proprietor and publisher of the *New York Sun*. At an early age he was apprenticed to a cabinet maker in Hartford, Ct. He was allowed fifteen dollars to furnish him with clothes, and the privilege of doing over work at a low price to supply him with pocket money.

His first earnings in this way barely procured him a single candle to work by. By the light of this he was enabled to purchase two more, till at last, working late at night, he earned two cents an hour! But he was industrious and persevering. At the age of nineteen he paid four hundred dollars for his time—a sum which he had accumulated by his own industry—and became his own man. He then commenced business for himself, married before the age of twenty, worked from daylight in the morning, till eleven, twelve and one o'clock at night, sawed and split all his wood while others were asleep, and for a number of years carried the grain to mill upon his back, for all the meal and flour used in his family.

He is now the owner of three banks, all the circulation of which he says he is able to redeem at any hour, without touching the capital. He still claims to be a mechanic, and applies himself industriously to his business. He may be considered a "child of fortune," but he certainly has been a man of industry.—*Bost. Cult.*

Those who possess any real excellence, think, and say the least about it.

Feed the earth and she will feed you:—act liberally towards her, and she will liberally reward you.