

but amid all, let memory carry them back to a home where the law of kindness reigned, where the mother's reproofing eye was moistened with a tear, and the father frowned "more in sorrow than in anger."

A MOTHER'S INFLUENCE.

"WHEN I was a child," said a good man, a short time ago, "my mother used to bid me to kneel beside her, and place her hand upon my head, while she prayed. Ere I was old enough to know her worth, she died, and I was left too much to my own guidance. Like others, I was inclined to evil passions, but often felt myself checked, as it were drawn back, by a *soft hand* upon my head. When a young man, I travelled in foreign lands, and was exposed to many temptations. But when I would have yielded, that *same hand was upon my head*, and I was saved. I seemed to feel its pressure as in the days of my happy infancy, and sometimes there came with it a voice, in my heart, a voice that must be obeyed,—'Oh! do not this wickedness, my son, nor sin against thy God.'"

Teacher's Guide.

REMARKABLE WORKS OF HUMAN LABOUR.

NINEVEH was 14 miles long, 8 wide, and 40 miles round, with a wall 100 feet high, and thick enough for three chariots abreast. Babylon was 56 miles within the walls, which were 75 feet thick and 100 high, with 100 brazen gates. The temple of Diana, at Ephesus, was 420 feet to the support of the roof: it was 100 years in building.—The largest of the pyramids is 481 feet high, and 653 on the side: its base covers 11 acres; the stones are about 60 feet in length, and the layers are 208. It employed 330,000 men in building. The labyrinth, in Egypt, contains 300 chambers and 12 halls. Thebes, in Egypt, presents ruins 27 miles round, and 100 gates. Carthage was 29 miles round. Athens was 25 miles round, and contained 359,000 citizens and 400 slaves. The temple of Delphos was so rich in donations that it was plundered of \$50,000,000, and Nero carried away from it 200 statues. The walls of Rome were 13 miles round.

OUT-DOOR EXERCISE AND RECREATION.

SOME few weeks since the London *Times* published an article on the relative degrees of health and longevity of people of Great Britain and of the United States, in which the superiority of the former country in both respects was broadly asserted. The author attributed the dwindling of the American race, as he was pleased to term it, to the endemical diseases of yellow and other fevers with which portions of the country are unhappily afflicted, and to the impropriety in the manner of living. To the latter more than to the former cause is owing, we think, the results mentioned. The errors in this respect commence with the child. Instead of giving it such an education as will produce a full physical developement, by constant out-door exercise, it is confined in a close nursery and subjected to a mode of treatment precisely opposite to the proper one.—The frame is at the outset made weak and puny; and habits are engendered and diseases contracted which cling to it during the time when verging towards what should be a maturity of strength and beauty, which it never reaches.—And thus, in the very morning of life, when the sensations have the untiring activity which novelty begets, the mind is, through the lack of vigour and development of the body, filled with languor, dejection and despair, and diverted from its most noble and elevated aspirations.

There is but one method of establishing and preserving the good health and physical developement of a people, and that is, a proper degree of healthy exercise and recreation, both before and after the period of intellectual maturity. Infants should be upon all suitable occasions carried into gardens and other open spaces of country, where they can breathe fresh air, and as soon as they are able to walk, and at a later period, should be allowed to walk, romp, and indulge in the various delightful amusements which the impulses of ingenious youth dictate. The unhealthy restraints in dress which foolish fashion has imposed should be abolished, in order that the lungs and less delicate organizations of the system should have full play to perform their functions, and expand to