

the next twenty years, and whose blighted harvest is gathered after a disappointed life. Speaking of the American youth, Oliver Wendell Holmes says, "Such a set of black-coated, stiff-jointed, soft-muscled, paste-complexioned youth as we can boast in our Atlantic cities, never before sprang from Anglo-Saxon lineage." Again: "Any thing is better than the white-blooded generation to which we all tend."

Then, make companions of your children; teach them good habits by example; allow ample opportunity for out-door sports and exercise; sympathize with them in their disappointments and pleasures; warn them of the traps and snares of life; feed liberally with beef and other good, wholesome, easily digested food; prevent the use of tobacco and stimulants; and do not *cram* with education too much at a time. If your aim is to produce well-conducted citizens, able to make their way in the world, this is impossible unless they be healthy.

The powers of the mind should not be exerted too early. The disposition to early learning and thinking, developing premature ripeness, develops also premature dissolution, — moral, intellectual, and physical. The culture of youth is second to none in importance. It is well known that the expenditure of brain or nervous power is at the expense of physical strength, which, in a child, should be the first consideration.

Many cases have come under the writer's notice where children, pining from this cause, have been promptly restored by cessation from study, and the use of Fellows' Hypophosphites. This Sirup exerts a peculiarly happy effect in such cases.