

hensions and fears. Some mothers tremble and betray terror at the approach of a thunder-storm ; so, uniformly, do their daughters: The mother screams at the sight of a snake or a toad ; the little child at her side echoes that scream. Is the horse in the carriage restive ? The mother cries out for fright, and each girl and boy learns soon to cry still louder. And who has not seen the almost miraculous influence, on the other hand, of composure in danger, and the expression of reliance upon our Father in heaven, as it is caught from a mother's lips and eye ? In this age of weak nerves, it is of the last importance that our children be guarded, both by precept and example, against the fears of imagination. We should form the habit, even in the infant, of self-possession. It is hardly too much to recommend the course which Montaigne tells us his father pursued with him, from his earliest years. "Some," says he, "being of opinion it troubles and disturbs the brains of children suddenly to wake them in the morning, and to snatch them violently and over-hastily from sleep (wherein they are much more profoundly involved than we,) he caused me to be waked by the sound of some musical instrument, and was never unprovided of a musician for that purpose." Let us spare no reasonable efforts to fortify the nerves of our children. Nothing is better for this purpose than inducing them — and I would even do it by authority, if it could not be done otherwise — to take physical exercise in the open air, when neither their amusements nor their occupation lead to it. The effect of this practice on their mind and character, as well as on their bodily health, will be seen through their whole lives.

Closely connected with this topic is that of educating