

IDLENESS NOT HAPPINESS.—The most common error of men and women is that of looking for happiness somewhere outside of useful work. It has never yet been found when thus sought; and never will be, while the world stands; and the sooner this truth is learned the better for every one. If you doubt the proposition, glance round among your friends and acquaintances, and select those who appear to have the most enjoyment through life. Are they idlers and pleasure-seekers, or the earnest workers? We know what your answer will be. Of all the miserable human beings it has been our fortune or misfortune to know, they were the most wretched who had retired from useful employment, in order to enjoy themselves. Why, the slave at his enforced labour, or the hungry toiler for bread, were supremely happy in comparison.

PHYSICAL TRAINING OF CHILDREN.—Is it not an astonishing fact, that though on the treatment of offspring depend their lives or deaths, and their moral welfare or ruin, yet not one word of instruction on the treatment of offspring is ever given to those who will hereafter be parents. Is it not monstrous that the fate of a new generation should be left to the chances of unreasoning custom, impulse, fancy—joined with the suggestions of ignorant nurses and the prejudiced council of grand-mothers? If a merchant commenced business without any knowledge of arithmetic and book-keeping, we should exclaim at his folly, and look for disastrous consequences. Or if, before studying anatomy, a man set up as a surgical operator, we should wonder at his audacity and pity his patients. But that parents should begin the difficult task of rearing children without ever having given a thought to the principles—physical, moral, or intellectual—which ought to guide them, excites neither surprise at the actors nor pity for their victims.

To tens of thousands that are killed, add hundreds of thousands that survive with feeble constitutions, and millions that grow up with constitutions not so strong as they should be; and you will have some idea of the curse inflicted on their offspring by parents ignorant of the laws of life. Do but consider for a moment that the regimen to which they are subject is hourly telling upon them to their life injury or benefit; and that there are twenty ways of doing wrong to any one way of going right; and you will get some idea of the enormous mischief that is almost everywhere inflicted by the thoughtless, haphazard system in common use. Is it decided that a boy shall be clothed in some flimsy short dress, and be allowed to go playing about with limbs reddened by the cold? The decision will tell on his whole future existence—either in illness; or in stunted growth; or in deficient energy; or in a maturity less vigorous than it ought to have been, and consequently hindrances to suc-

cess and happiness. Are children doomed to a monotonous dietary, or a dietary that is deficient in nutritiveness? Their ultimate physical power and their efficiency as men and women will inevitably be more or less diminished by it. Are they forbidden vociferous play, or (being to ill-clothed to bear exposure,) are they kept in-doors in cold weather? They are certain to fall below that measure of health and strength to which they would else have attained. When sons and daughters grow up sickly and feeble, parents commonly regard the event as a misfortune—as a visitation of Providence. Thinking after the prevalent chaotic fashion, they assume that these evils come without causes; or that the causes are supernatural. Nothing of the kind. In some cases the causes are doubtless inherited; but in most cases foolish regulations are the causes. Very generally parents themselves are responsible for this pair, this debility, this depression, this misery. They have undertaken to control the lives of their offspring from hour to hour; with cruel carelessness they have neglected to learn anything about these vital processes which they are unceasingly affecting by their commands and prohibitions; in utter ignorance of the simplest physiologic laws, they have been year by year undermining the constitutions of their children; and have so inflicted disease and premature death, not only on them but on their descendants.—*Education; Intellectual, Moral and Physical,* by HERBERT SPENCER.

Forests—Influence on Climate.

That a tree should ever need an advocate, strange enough. It can assert priority of claim—"the right of possession,"—it was here before the white man,—before the Indian even! It is about as handsome as any man, full as home, and sometimes a good deal more useful. It is the most perfect specimen of architecture the human eyes ever looked upon. If a tree may be felled—if what no man could create, may yield its beautiful form, and its valued life to man's necessities, let the woodman spare the tree if he can. I adduce valuable testimony to the importance of forests, as follows:

Extract from the Report of the Secretary of the Bombay Geographical Society for 1850.

It was early remarked by HUMBOLDT, that in every climate, by felling the trees that cover the tops and sides of mountains, prepare at once two calamities for future generations,—the want of fuel and a scarcity of water. Trees, by the nature of their perspiration, and the radiation from their leaves in a sky without clouds, surround themselves with an atmosphere constantly cold and misty. They affect the copiousness of springs, not, as was long believed, by a peculiar attraction for the vapors diffused through the air, but because, by sheltering the soil from the direct action of the sun, they diminish the evaporation of the water produced by rain.