

our parlor or smoking room, if instead of passing our evenings in clubs and social gatherings, playing billiards or talking non-sense. We were to give one hour or two, each day, to some manly and healthy exercise.

Quebec of late has improved a good deal on this head. It has, at present, gymnasiums, snow-shoe and foot races, lacrosse clubs, &c., recreations which cannot be too much encouraged.

But all citizens cannot take part in these ; it is not expected of young ladies and old gentlemen that they should form foot races and lacrosse clubs, but what they can do, at least, is to walk a few miles each day, there are none but can find time enough for that, none weak enough, none so busy mothers of families, men of office, &c., none whose occupations will not allow them to give one hour or two, each day, to walking. When once we have seen the necessity of this, when once we have felt its good effects on our own person, then, but not till then, shall we treat our children accordingly and send them out.

The infant and young child cannot be expected, of course, to take active exercise ; it must be passive.

He should be carried out every day, for a few hours. There should be no exercise ; when it is the health of the child that is at stake we should do all that is necessary. The state of the weather should be very seldom a pretext for keeping children housed in.

Here in Quebec, we have the two extremes,