

account, and yet in the aggregate they mould body and soul. A mother may instil the love of reading or the love of dress, she may form the habit of outdoor exercise or the habit of gossip, not by set precept or even formal regulations, but by her own tastes unavoidably moulding the tastes of her children, and flowing out naturally into those external arrangements that reflect the ruling spirit or affections of the individual. Did the mother possess a hearty interest in the wonders of field and forest, of sea and sky, what a treasury of delightful intercourse might be found in every country ramble! A mother's love, joined to broad tastes and knowledge, would never weary of the ceaseless questioning of childhood; the older the child, the closer and more influential would be the companionship. The holiday by the sea-side or amongst the mountains, so often wasted in idleness or frivolity, might be a rich harvest-time of delightful knowledge drawn from the treasures of land and water.

It is the outdoor study of science and art that must be insisted on with the young—the cultivation of the powers of observation rather than memory—which powers compel the exercise of the muscles and senses. The guiding principle of health education is to follow the order of nature, and place the strengthening of the physical powers not independently of, but in advance of, the mental powers. If the order is reversed, and the immature mind be allowed to tyrannize over the immature body, and disturb the proportion of Nature's work by with-