

the note is in the octave above the key-note, and when in the lower octave, or that below the key-note, the figure is placed at the lower part of the letter. This remark applies to the bass and tenor as well as the trebles.

(In the modulator which appears in my last article the following corrections will be made by the learner. In key *F* take the figure off the upper *t*, and place one to lower *l*, also to lower *m* in the key *B* flat just beside it. In key *G* remove the figure from the upper part of *t* to the lower part of same.)

EXERCISES.—The exercises selected this month are school songs which are easily learned. They are both written in four-pulse measure, which is marked by the hand moving down for the first pulse in the measure, left for the second, right for the third, and up for the fourth. The down beat, in every instance, is on the first pulse after the long bar, or upright stroke. The emphasis should be marked also as shown in the last article.

HASTE, HASTE, HASTE.

KEY F. M. 80.

From Curwen's "Second Linnet."

{ | d : - | m : - | s : - | - : d }
 { | l. Haste, haste, haste, For }

{ | m : d | r : t | d : - | - : d }
 { | schooltime now is near! A - }

{ | r : r | r : r | m : - | d : d }
 { | way from home and la - bour, With }

{ | m : m | m : m | s : - | m : - }
 { | schoolbooks, pen, and pa - per, }

{ | s : - | s : - | s : - | - : d }
 { | Haste, haste, haste, For }

{ | m : d | r : t | d : - | - : - }
 { | schooltime now is near. }

2. Haste, haste, haste,
 For schooltime now is near!
 Before the bell stops ringing,
 Be there to join in singing,
 Haste, haste, haste,
 For schooltime now is near.

3. Haste, haste, haste,
 For schooltime now is near!
 Be always there in season,
 Or have sufficient reason,
 Haste, haste, haste,
 For schooltime now is near.

LITTLE EYES.

KEY F. M. 72.

From Curwen's "Second Linnet."

{ | d : r | m : - | r : m | d : - }
 { | l. Lit - tle eyes, lit - tle eyes, }

{ | r : m | f : s | f : m | r : - }
 { | O - pen with tho morn - ing light, }

{ | d : r | m : - | r : m | d : - }
 { | Up - ward look, up - ward look, }

{ | r : m | f : r | d : t | d : - }
 { | Heav - en's morn is al - ways bright, }

2. Little heart, little heart,
 Full of laughter, full of glee,
 Beat with love, beat with love,
 For the Lord who blesses thee.

Learn ye may, work or play,
 Daily to do good to all.

3. Little hands, little hands,
 Busy with the kite or doll,

4. Little feet, little feet,
 Soft your patten, light your load,
 Do not stray, keep the way,
 Walk the straight and narrow road.

MISCELLANY OF HYGIENIC RULES AND APHORISMS.

The first thing a child should learn is to ask for a drink of water. I have seen hand-fed children scream and fidget for hours together, as if troubled by some unsatisfied want, but at the same time rejecting the milk-bottle and pap-dish with growing impatience. In nine such cases out of ten the nurse will either resort to paregoric or try the effect of a lullaby. I need not say that the poison-expedient would be wrong under all circumstances, but, before you try anything else, offer the child a cup of cold water. To a young nursing the mother's breast supplies both food and drink, but farinaceous paps require a better diluent than milk.

If I should name the greatest danger of childhood, I would unhesitatingly say, Medicine. A drastic drug as a remedial agent is Beelzebub in the rôle of an exorcist.

Our nursery system, after all reforms, is still far from being the right one—how far, we may infer from the fact that we have not yet learned to make our babies behave as well as young animals.

Tight-swaddling, strait-jacket gowns, and trailing petticoats—restraint, in short, makes our infants so peevish. If we would give them a chance to use their limbs they would have no time to scream.

It would prevent innumerable diseases if people would learn to distinguish a morbid appetency from a healthy appetite. One diagnostic rule is this, that the gratification of the latter is not followed by repentance; another, that the former has to be artificially and painfully acquired: our better nature resists the incipience of a morbid "second nature." After acquitting Nature from all responsibility for such factitious appetites, it may be justly said that a man can find a road to health and happiness by simply following his instincts.

The supposed danger of cold drinks on a hot day is a very expensive superstition. It deprives thousands of people of the most pleasurable sensation the human palate is capable of. It is worth a two hours' *anabasis* in the dog-days to drink your fill at the coldest rock-spring of the mountains.

Bathing in flannel!—I would as soon take ice-cream in capsules. The price of the flannel suit would buy you a season-ticket to a lonely beach.

A disposition to excessive perspiration is often due to general debility, but there is a specific remedy for it. Fill your knapsack with substantials and take a pedestrian trip in midsummer, up-hill, if possible, and without loitering under the shade-trees; in short, give your body something worth perspiring for. After that it will be less lavish of gratuitous performances of that sort. The soldiers of the Legion Etrangère are mostly northmen—Poles, Belgians, and Russians—but upon their return from a year's service in Algiers it takes a long double-quick under a Mediterranean sun to drill them into a sweat.

"A catarrh is the beginning of a lung-disease." It would be the end of it if we did not aggravate it with nostrums and fusty sick-rooms.

Somewhat or other we must have abused our teeth shamefully before Nature had to resort to such a veto as toothache.

A tooth pulled in time saves nine.

"If you doubt whether a contemplated act is right or wrong," says Zoroaster, "it is the safest plan to omit it." Let dyspeptics remember that when they hesitate at the brink of another plateful.

The digestion of superfluous food almost monopolizes the vital energy; hence the mental and physical indolence of great eaters. Strong-headed business-men manage to conquer that indolence, but only by an effort that would have made the fortune of a temperate eater.