

lowing rules, which ought to be known by heart by every parent and by every teacher:—

1. The first object to be kept in view is “to promote the development of the organs, especially those upon which the duration of the physical and moral life depend, to exercise them properly, and to make them as perfect as possible.” And what are they? They are the stomach, the heart, the vascular and nervous system.

Healthy lungs depend on the use of pure air, aided by speaking, singing and running. A good stomach is acquired by putting nothing into it but wholesome food, nourishing, and easy of digestion, neither highly spiced nor stimulating.

The health of the skin is maintained by cleanliness, frequent washing, baths, and the enjoyment of fresh air in a moderate temperature, and lastly by exercise.

2. Before we try to develop the physical and moral faculties we must be assured of the general healthy condition of the body. This is the basis of all education, and indeed of life itself.

3. Baths, pure air and exercise, are three objects never to be lost sight of, and they are the best we can employ.

4. The clothing should be loose, clean, and free from pressure of any kind, and be suited to the climate.

5. Nourish the vital powers.

Habitual exercise in the open air is the best way to do so.

Fortify the *vis medicatrix naturæ* and you will avoid the necessity of applying to the doctor, for if you go to him for every trifle you will lose the habit of self-reliance.

6. From the beginning, moderation must be strictly observed as to diet, both in quality and the way in which it is eaten; this habit will become a “law for the future” and make life longer and more pleasant.

Frœbel was well aware of all these invaluable axioms when he proposed to educate the young mind to habits of observation by health and necessary exercise in a “Kindergarten.” The New York *Tribune*, in a late number, in speaking of a Kindergarten in Boston, says:—

“I wish I could make a picture for you of this room and the little people in it. There are pictures on the walls, such as Cheney’s crayon of the Sistine Madonna; on brackets are grace-