

secret workings of their minds. You will soon discover the *how* and the *where* to reach their understanding and to influence them. Some boys must, and are *designed* to be leaders, and no other position will answer, without the violation of a natural law. Now, there is a way to lead that boy, as though he led himself and you too. The old adage is—

“Men should be taught as if you taught them not,
And things unknown proposed, as things forgot.”

Here lies the true secret of teaching and governing. Make as little display of your own abilities as possible. Show your pupils that you too are a learner. Make no display of your authority unless absolutely needed. Let your pupils feel that they govern themselves, and in some degree control you. What is there that more quickly awakens the “old Adam” in us, than a sight of whips and instruments of punishment. How do we feel toward him who puts no confidence in us? Remember that it is a part of *true* education to be able to govern oneself. But we must close here for this month. In our next talk we may say more on this point.—*Pennsylvania Teacher.*

2. THE DULL SCHOLAR.

“Wines, the stronger they be, the more lees they have when they are new. Many boys are muddy-headed till they be clarified with age; and such afterwards prove the best. Bristol diamonds are both bright and square and pointed by nature, and yet are soft and worthless; whereas orient ones in India are rough and rugged naturally. Hard, rugged, and dull natures of youth acquire themselves afterwards the jewels of the country, and therefore their dullness is at first to be borne with if they be diligent. That schoolmaster deserves to be beaten himself who beats nature in a boy for a fault. And I question whether all the whipping in the world can make their parts who are naturally sluggish rise one minute before the hour nature hath appointed.”—“The good Schoolmaster,” in Thomas Fuller’s *Holy State.*

3. EDUCATION IS WEALTH.

The parent that procures his child a good mind, well principled and tempered, makes a better purchase for him than to lay out the money to enlarge a farm. Spare the child in toys, in silks and ribbons, as much as you please, but be not sparing in his education.

4. REARING CHILDREN.

The following rules for rearing children are deserving the attention of every man and woman:

- I.—Children should not go to school until six years old.
- II.—Should not learn at home during that time more than the Alphabet, religious teachings excepted.
- III.—Should be fed with plain, substantial food, at regular intervals of not less than four hours.
- IV.—Should not be allowed to eat anything within two hours of bed-time.
- V.—Should have nothing for supper but a single cup of warm drink, such as very weak tea of some kind, or cambric tea, or warm milk and water, with one slice of cold bread and butter—nothing else.
- VI.—Should sleep in separate beds, on hair mattresses, without caps, feet first well warmed by the fire or rubbed with the hands until perfectly dry; extra covering on the lower limbs, but little on the body.
- VII.—Should be compelled to be out of doors for the greater part of daylight, from after breakfast until half an hour before sun-down, unless in damp, raw weather, when they should not be allowed to go outside the door.
- VIII.—Never limit a healthy child as to sleeping or eating, except at supper; but compel regularity as to both; it is of great importance.
- IX.—Never compel a child to sit still, nor interfere with its enjoyment, as long as it is not actually injurious to person or property, or against good morals.
- X.—Never threaten a child; it is cruel, unjust, and dangerous. What you have to do, do it, and be done with it.
- XI.—Never speak harshly or angrily, but mildly, kindly, and when really needed, firmly—no more.
- XII.—By all means arrange it so that the last words between you and your children at bed-time, especially the younger ones, shall be words of unmixed lovingness and affection.

5. SUMMER SICKNESS OF CHILDREN.

BY THE REV. WM. CORNELL, M. D.

This is the season of the year when more children sicken and die than at any other. In some of our large cities, such as New York, Philadelphia and Boston, upon consulting the weekly Mortuary Report of deaths, we find that more than *one-half* are of children under five or six years of age. Now, from an experience of nearly twenty years’ general practice, in one of these cities, the writer is prepared to say that this large proportion of children to the whole number of deaths ought not to be; and if they were properly cared for, it would not be. To preserve the health of children, at this critical season, the following items should be observed:

A child should not be weaned during the hot months, unless absolutely necessary for the health and life of the mother; nor should it be *nursed too often*. Once in four hours is as often as a child over four months old ought to be nursed; and then care should be taken that its stomach be not overloaded. Whatever tender parents and young mothers may think to the contrary, I know from long experience that this is often a serious injury to the health and life of children. Another very common cause of the sickness of children at this season is, the large amount of *crude and green fruit which they eat*. No child should be allowed, during the so called “sickly months” of summer, to eat any fruit except at its regular meals; and then under the special watch of its mother or nurse. Yet there is nothing more common than to see children eating all kinds of fruit, ripe and unripe, sound or decayed, from morning to night, together with cakes of various kinds, pastry, confectionary, &c., &c. When we consider how often this is done; and in what enormous quantities, we are surprised that so few, rather than so many of them are sick *and die!* In nearly all the cases in which the physician is called to children, especially in the warm, or what is denominated the “sickly season,” he finds that eating some indigestible substance has caused the sickness.

Another reason why children are sick at this season is, they are allowed to lie on the ground, and sit on it, when it is wet or damp. There are always exhalations from the earth which are pernicious to health; children should be guarded against them.

Another cause of this summer-sickness is, going with the arms, neck and legs naked, in damp and wet weather. If it is very warm and dry it is safe for a child to go thus clothed, or *thus* without being clothed. But when a sudden change takes place in the atmosphere, and the perspiration becomes checked, the lungs and bowels soon suffer. Hence, so many lung-fevers, diarrheas, and dysenteries among children at this season.

Another cause is often found, in allowing children to be exposed to the direct rays of the sun, with little or nothing upon their heads. I can call to mind many, during my professional life, who, I doubt not, have come to their death from this cause. Though upon the blessed light and heat of the sun we are dependent for life and health, and their countless blessings; yet through our own carelessness, this luminary of day and of vitality, is often the harbinger of death to children, and sometimes to men.

Another cause of sickness and death among children is found in allowing them to drink large quantities of cold or iced water, in very hot weather. Often is the physician called to see children suffering with convulsions, dysentery, and other bowel-complaints, which have originated from this source. Every year hundreds of men die from the same cause. But though children often die from this cause, their deaths are not usually so sudden as those of men. Children are more frequently thrown thereby into some disease which proves fatal. They should never be allowed to drink water when they are very much heated, and never should they drink iced water in hot weather.

I say nothing about their *studying* in hot weather, because but very few do it. Summer, and especially the hottest part of it, has by general consent been devoted to vacations. This is a wise provision. But, if the children are to be taken to fashionable *Watering places*, and there crammed with all manner of tempting viands to which their young palates ought to be strangers, they had far better be kept at home, and at school during the hottest summer.

6. GIVE THE CHILDREN FRESH AIR.

A very great number of parents make the great mistake of keeping their children in doors during cold weather. Such a practice is pernicious in many respects. It enfeebles the bodies of children, and renders them peculiarly liable to be attacked by colds and coughs. A child should have its feet well shod with socks and boots, its body well wrapped in warm clothing, its head and ears securely protected from the cold, and then be let loose to play in the keen, bracing winter air. By this means its body will become robust, and its spirits be kept bright and cheerful; whereas, if a child be shut up in the house, it will become fretful and feverish, and perhaps wind up with a severe attack of illness.