

these might be remedied, by avoiding all compression of the chest when young, and encouraging them in those exercises that expand the lungs, and enlarge the breast.

*Air, Exercise, and Amusements.*—

If there is a place on earth where the air should be pure, it is the apartment of a young child. It not only should be kept free from dust, but from bad effluvia, and the air frequently be renovated. There is great neglect in this respect, both in nurseries and schools; a neglect which is one of the most frequent causes of scrofula, and is perhaps the reason why this disease prevails more among females, who are less in the open air, than among males; in the proportion, it is said, of five to three. As I have said, children should be much of the time in the open air, when the weather is not severely cold. Instead of shutting them up in a small school-room, five or six hours every day, during the first years of life, and keeping them most of the time in one position, they should be permitted to spend most of their time out of doors; and parents should be more anxious to enlarge the muscles of their children, and expand their chests by exercise, than their minds by study. This is the proper course to adopt with all children, and absolutely essential to strengthen and invigorate those that are delicate, and predisposed to disease.

Let it not be objected to this course, that those with whom it is adopted will forever remain mentally inferior. This is not in fact true. A child that has not learned a letter, or been within a school-house, until after the age of six years, but has passed much of his time in healthful exercises out of doors, and thereby

gained a healthy, vigorous body, will, when he has an opportunity for learning, outstrip the pale, puny things that have been confined from infancy in schools, and become renowned for their proficiency in many sciences. And the former will continue to exhibit through life more mental as well as bodily energy and ability. Innumerable facts might be adduced to prove this statement.

In regard to the early education of children, I am surprised that more inquiry has not been made respecting the early lives of those whom the world deservedly calls great, and the course adopted with them pursued with others. But in general, immediate results are alone regarded, and no inquiry is made respecting the ultimate effects upon the mind and body of the course adopted, but sufficient evidence of its utility is thought to be furnished, if thereby a child can be made to learn rapidly.

I apprehend if we inquire respecting the early education of most of those who have exhibited remarkable abilities, we shall find no sanction for confining young children closely at school: on the contrary, we probably should be induced to ask, if the exercise they enjoyed out of doors—the idleness, as it is called—by giving them good health, and developing their physical powers, had not in fact contributed to the ability afterward manifested, and enabled them to toil, and study, and perform great mental labor, without injury. Look at the great men of this and other countries. Can their greatness be attributed to early school education? Did they enjoy the advantages, as the phrase is, of infant-schools? Were they benefited by the labors of the illustrious Peter Parley & Co.? No! Ninety nine