14. How few there are who can bring themselves to acknowledge an error, even when their own conscience tells them they have committed one! But every right thinking person must know that it is nothing more than an act of common justice to repair an injury where an injury has been inflicted, and such as we should all of us expect from our neighbors. People sometimes imagine that when they confess to another that they have done them a wrong, they are giving that other an advantage over them. This, however, is a great mistake. By so doing, they not only do not allow the other to gain an advantage over them, but they gain an important advantage over their own stubbornness. Any one may be proud of such a victory.

15. "Bear and forbear," is an old saying. It merely means that we should "bear" with the faults and frailties of our partner, and "forbear" to give way to our own. These few words contain much good advice.

16. How sweet is the time of courtship when love goes prosperously! If mutual love makes this period sweet, why should not married life be equally happy? If love is to cease with marriage, people had better remain single. If love is as much cultivated after marriage as before, marriage must necessarily be the happiest condition of life. Courtship is only a preliminary state, which naturally leads on to what may follow. And, however delightful court hip may be, people would not be content to be always courting and never marrying. This would not do. Marriage, therefore, follows as a matter of course. And when love is duly cultivated, surely reality is better than anticipation.

How to obtain High Health.—Walker, in his "Original," lays down the following rules for attaining high health. They are worth remembering:

"First study to acquire a composure of mind and body. Avoid agitation or hurry of one or the other, especially just before and after meals, and whilst the process of digestion is going on. To this end, govern your temper, endeavor to look at the bright side of things, keep down, as much as possible, the unruly passions, discard envy, hatred and malice, and lay your head upon your pillow in charity with all mankind. Let not your wants outrun your means. Whatever difficulties you have to encounter, be not perplexed, but only think what it is right to do in the sight of Him who seeth all things, and bear, without repining, the result. When your meals are solitary, let your thoughts be cheerful; when they are social, which is better, avoid disputes, or serious argument, or unpleasant topics. 'Unquiet meals,' says Shakspeare, 'make ill digestions;' and the contrary is produced by easy conversation, a pleasant project, welcome news, or a lively companion. I advise wives not to entertain their husbands with domestic grievances about children or servants, nor to ask for money, nor produce unpaid bills, nor propound unseasonable questions; and I advise husbands to keep the cares and vexations of the world to themselves, but to be communicative of whatever is comfortable, and cheerful, and amusing."

TEACHING CHILDREN.—Do all in your power to teach your children self-government. If a child is passionate, teach him, by gentle and patient means, to curb his temper. If he is greedy, cultivate liberality in him. If he is selfish, promote generosity. If he is sulky, charm him out of it by encouraging frank good humor. If he is indolent, accustom him to exertion, and train him so as to perform even onerous duties with alacrity. If pride comes in to make his obedience reluctant, subdue him either by, counsel or discipline. In short, give your children the habit of overcoming their besetting sins.

SPEED.—The velocity of a ship is from 8 to 12 miles an hour; of a race-horse, from 20 40 00 miles; of a bird, from 50 to 60 miles; of the clouds in a violent hurricane, from 80 to 100 miles; of sound, 823 miles; of a cannon-ball, as found by experiment, from 600 to 1,000 miles, (the common estimate is much too low;) of the earth round the sun, 68,000 miles, (more than a hundred times swifter than a cannon-ball;) of Mercury, 105,-000; of light, about 800,000,000 miles, passing from the sun to the earth, 95,000.000 miles, in about eight minutes, or about a million times swifter than a cannon-ball; and the exceeding velocity of the thoughts of the human mind is beyond all possible estimate.

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