

is of very fine Leghorn, the crown small: the outside trimming consists of two yellow roses, each fixed in the centre of a cockade of black lace, and placed one at each side of the bonnet. The under trimming is black lace intermingled with yellow rose buds. The strings are of ribbon of a very showy and peculiar kind; the middle being a broad stripe of yellow gros de-naples, edged on each side with a beautiful open border in black and yellow.

Another bonnet of Leghorn is simply trimmed with violet coloured ribbon of a peculiar bright beautiful hue, and having a yellow running pattern in the middle, consisting of a wreath of wheat ears. This ribbon is passed round the crown of the bonnet and fastened on the left side in a bow and flowing ends. The under trimming of this bonnet consists of a few loops of the same ribbon as that on the outside, intermingled with wheat ears and oats made in straw and violet coloured velvet.

Very pretty summer cloaks for infants are made of white muslin or cambric, with a long, full skirt, and a round hood, lined with silk, instead of a cape. They will be found very convenient; and we have seen several of exquisite embroidered muslin, lined throughout with white Florence silk. The hood was also embroidered with a wreath, and drawn up with a broad bow and pendants of white pearl-edged ribbon. The edge was trimmed with costly Valenciennes, and the whole effect was wonderfully airy and delicate.

Winter cloaks are composed mostly of plain-colored cashmeres and merinos, embroidered either in braid or silk. A favorite style is a cloak made in the ordinary way, with a sacque with sleeves over it, that can also be removed and worn separately in warmer weather. The embroidery surrounds the cloak, cape, and sleeves, the edge being a deep button-hole scollop.

#### HOME EXERCISES.

We refer again to the "home exercises" introduced in our last number, in the hope that sufficient interest has already been excited in the minds of parents and youthful readers to induce them to accompany us a step or two further in the investigation. A professional gentleman of considerable eminence, writing on this subject, gives it as his opinion, founded upon experience and practice, that by exercises alone can deformities connected with the spine, such as curvatures, high and narrow shoulders, hollow, contracted, or pigeon-shaped chests, malformations, etc., be effectually removed. Weak and delicate youths, and others who are allowed to indulge in sedentary and enervating habits; ladies early inured to the fashionable practice of wearing stays tightly laced, all grow up more or less weak and semi-developed in body; and some who are prone to disease, the muscles shrivel and the bones soften; deformity, as a natural consequence, gradually takes place, first of the spine—the keel of the frame-work—then of the chest; and, if not arrested in time by judicious exercise and disuse of all impediments to the growth and development of the body, such as stiff or tightly-laced stays, disease will inevitably follow, which will as certainly end in a miserable and premature death.

The most precarious period of life is said to

vary from the ages of ten to twenty-one years, when the frame is most prone to deformity; but particularly from ten to fifteen, the pubescent stage, when the body is in its most active state of growth. The most frequent cause of deformity at this most dangerous period, is the over exercise of the mind, to the neglect of the body, augmented in the female sex by the baneful use of stays. Many are the children, says the physician referred to, who have been born healthy and robust, the pride and hope of fond parents, having rosy hue of health upon the cheek, the sparkling eye and laughing mouth; happiness and enjoyment, the certain attendants upon robust health, plainly marked upon their countenances; the voice—yea, the active romping motion of the body—confirm it; but wait a little while, until the approach of the insidious age, the period when the body is at its highest progress of upward growth, the muscular fibres being still lax, the bones comparatively soft, when the powers of the system are so severely tried, nature requiring to be supported by the most careful watching and utmost aid of science, in supplying and regulating the quality and quantity of air, food, and exercise, so requisite at this period: whereas, instead of such judicious attention, we often find that the too fond parent, ever and wholly absorbed with the mental education of his offspring, to the entire neglect and even sacrifice of his bodily frame, at this most dangerous stage of his life, often fancies that it is the best age for mental training and activity; consequently, taxes both the mind and the body of the youth to the utmost, by forcing him to employ all the hours of the day, by attending class upon class, almost without remission, to which is added a corresponding number of tasks to be learnt at night; and, as a matter of course, that no time should be lost, a tutor comes in the evening, whose avocation is to urge on the languid brain that has been already worn out and exhausted; whilst the foolish parent flatters himself that he is doing all in his power in order to cause his child to acquire the greatest amount of mental education within the shortest time, and presumes upon the fact that, as he has always enjoyed good health since his infancy, therefore no danger can accrue from a few years' over-exercition. The result of all this oppression the author proceeds to describe, change after change, as they gradually creep over the laughing child, until he has grown into a peevish, morose youth; until the bright, sporting eye has become dull and sombre; the full, ruddy cheek, hollow and colourless; the laughing mouth, the rosy lip pale, heavy and expressionless; his previously ravenous appetite now requiring to be tempted and excited by numberless condiments; and his former robust health exchanged for headaches, dyspepsia, etc., until, finally, death closes his prolonged suffering.

#### SUGGESTIONS TO WOMEN.

WE have much yet to do for a class whom it is a shame to name, and that much *ought to be done by women*—by women, themselves *sans tache, sans reproche*. It is not enough that we repeat our Saviour's words, "Go and sin no more;" we must give the sinner a refuge to go to. Asylums calculated to receive such ought to be more suffi-