

He must be making his experiments, and finding out the difference between *wet land* and *dry land*, or mud. If he can get near a brook or stream, he must be studying the running of water, and its whirling and falling, and the making and breaking of bubbles. He is as really and as naturally and earnestly studying the nature of water, as the philosopher is when he is pursuing exactly the same study, and calling it Hydrostatics and Hydraulics. If his parents have taste and sense and knowledge enough they will sympathise with him, and thus quicken and guide his inquiries and awaken new. The insect world, the world of creeping things and birds and quadrupeds, will open to him, especially if he have the good fortune to live near a forest. I know an old man who had a grandson, not old enough to be a candidate for school, who had become very much interested in butterflies, grasshoppers, and other insects. "Grand-papa," he said one day to the old man, "I have found something very curious in this creature; I don't know that you will understand it—I do not understand it very well myself." He then pointed out an apparatus under the insect's wing, and said: "There, he does not sing through his mouth, but through that hole."—He had himself thus discovered what had not been long known by the naturalists.

What shall the boy do in winter? Let him go out into the snow and learn to play in it, and wade in the snow, or slide on the ice as soon as he can. Let him be out as much as possible; for the sun is not only the giver of light and heat, but of life and health also. In the long evenings, let him have plays of all sorts, if he can find companions; Hunt the Slipper, Puss in the Corner, and everything else of the kind. Or he may have gymnastics; he and his companions, his sister, his aunts, his brother, his father, if he has manliness and sense enough to join. Let them square their shoulders, throwing back their arms and holding up their heads, and walk, backward and forward, with measured steps; jump—once, twice, thrice, four, five, or six times; run and spring, once and again, as far and as high as possible; swing the arms, first one, then the other, then both, five or six times—first forward, then backward; throw the first up forcibly as high as possible, and down forcibly many times. These drills, and others that will readily occur, may be devised to exercise and develop all the muscles of all the limbs, so that they may be brought to their full size and strength; for it will soon be seen that a muscle much used, if used carefully, will become larger and fuller and stronger. By keeping the shoulders well back and the head erect, during all these exercises, the chest will expand, and the breathing naturally become freer and fuller. The mother must take care that the dress both of boys and girls should be so fashioned as never to impede any motion of the limbs, and especially not to compress the regions of breathing or of digestion.

There is no reason why boys, as well as girls, should not be taught all the arts which may pleasantly occupy the hands, such as knitting, netting, sewing, crotchetting. All such things will give them the ready use of their fingers, and will, at the same time, be exercising their powers of attention, and thus developing and exercising their brain. (2)

To aid in exercising the skill in contrivance, sets of paper and wooden models, geometrical and building, and a variety of others, may be introduced, which will entertain, occupy, and instruct the children. And it will be well and pleasant for the mother to enable the

child to use the proper names and words in speaking of all these things. It would be very easy to enlarge upon this subject, but enough has been said to indicate the course to be taken with other things. I wish, however, before passing from the children at home, to say something to their mother.

My dear lady, I have been suggesting a few thoughts upon things which are often considered of little consequence, but which really are of the very highest, as they concern the future health and welfare of your children. But these are really of transient import, in comparison with another, which is of infinite consequence. You are forming the CHARACTER of your child. You are deciding whether he shall be, so far as depends on you, a noble creature, full of high, pure, wise, and benevolent purposes, happy and giving happiness, or a cold, low, frivolous, selfish being, seeking his own advancement, and indifferent to all about him. Which of these forms of character he shall assume depends, I repeat it, very much, almost entirely, upon your teaching and influence. Whatever you would have him be, you must be yourself. For a model, for a perfect guide, you have not far to seek. You have it in the character and teachings of Jesus Christ. The great question with you is, Shall I be a Christian, renouncing all selfishness, and living for my children? or shall I live a low, selfish life, seeking my own present indulgence, and content to live as the poorest worldling about me lives? Shall I live for my children, or shall I sacrifice them and live for the selfish, frivolous world about me?—*New England Journal of Education.*

### Exercise.

The natural force of the muscular system requires to be maintained by constant and regular *exercise*. If all the muscles, or those of any particular part, be allowed to remain for a long time unused, they diminish in size, grow softer, and finally become sluggish and debilitated. By use and exercise, on the contrary, they maintain their vigor, continue plump and firm to the touch, and retain all the characters of a healthy organization. It is very important, therefore, that the muscles should be trained and exercised by sufficient daily use. Too much confinement by sedentary occupations, in study, or by simple indulgence in indolent habits, will certainly impair the strength of the body and injuriously affect the health. Every one who is in a healthy condition should provide for the free use of the muscles by at least two hours' exercise each day; and this exercise can not be neglected with impunity, any more than the due provision of clothing and food.

The muscular exercise of the body, in order to produce its proper effect, should be *regular and moderate in degree*. It will not do for any person to remain inactive during the greater part of the week, and then take an excessive amount of exercise on a single day. An unnatural deficiency of this kind cannot be compensated by an occasional excess. It is only a uniform and healthy action of the parts which stimulates the muscles, and provides for their nourishment and growth. Exercise which is so violent and long-continued as to produce exhaustion or unnatural fatigue is an injury instead of an advantage, and creates a waste and expenditure of the muscular force instead of its healthy increase.

Walking is therefore one of the most useful kinds of exercise, since it calls into easy and moderate action nearly all the muscles of the body, and may be continued for a long time without fatigue. Riding on horseback is also exceedingly efficacious, particularly as it is accom-

(2) It would be a good thing if all young men were taught some lady-work to occupy their hands, so that they might join in conversation and be agreeable without the awkwardness of being idle.