

natures, if not identical, are strictly parallel. The broad rules applicable in one case are applicable in the other, and success in education can only be attained when it is adapted to the one common human nature.

Education in health would be best attained by giving prominence to the following subjects: First, the practical study of natural science, including sketching from nature. Second, the practical study of hygiene, which would include the structure and management of houses and households. Third, the direct training of the bodily powers in precision, agility, and strength.

1. The importance of the practical study of natural science in the education of youth can hardly be too strongly urged. The love of nature when strengthened by a knowledge of nature gives occupation, amusement, mental and physical development of the best kind; it is an antidote to the morbid influences of fashion and dissipation; it hinders the premature development of function; it furnishes a basis of intellectual companionship between the sexes, and would prove invaluable to a mother in the education of her children. The power of habits formed in children by their parents are second only to the original type of constitution, and often overpower even the original tendencies; these habits are nevertheless formed by the silent working of influences, hour by hour and day by day, that are invisible and cannot be measured, that seem valueless, taking item by item in the long