Bodily exercise in early life.—To fetter the active motions of children, as soon as they have acquired the use of their limbs, is a barbarous opposition to nature; and to do so under a pretence of improving their minds and manners, is an insult to common sense. It may, indeed, be the way to train up enervated puppets, or short-lived prodigies of learning; but never to form healthy, well-informed, and accomplished men and women. Every feeling individual must behold, with heart-felt concern, poor little puny creatures, of eight, ten, or twelve years of age, exhibited by their silly parents as proficients in learning, or as distinguished for their early proficiency in languages, elocution, music, drawing, or even some frivolous acquirement. The strength of the mind as well as of the body is exhausted, and the natural growth of both is checked by such untimely exertions. We are far from discouraging the early introduction of youth into the sweet and even moralizing society of the Muses and the Graces; but we would have them pay their court also to the Goddess of Health, and spend a considerable portion of their time, during the above period at least, in innocent and enlivening sports and gambols.

Hints to Mothers.—Parents, and especially mothers, should be aware that the natural effect of the extreme heat of the season, and of teething, separate, or conjoined, is feverish disturbance, diminished appetite, and impaired digestion in their children. They ought also to know that whatever deviation is made from extreme simplicity and regularity of the diet of these young beings, will necessarily aggravate their restlessness and sufferings. All the trash of fruit, cakes, and pastry of any kind; coffee or any beverage except pure water, or toast water, ought to be sedulously withheld. The question at this time is not what is agreeable at the moment to the child, or chimes in with the oftentime silly fondness of the mamma, but what will be most likely to guard it from an attack of summer complaint, and in fact to save its life. To preserve coolness of the skin by light and loose dress; bathing twice daily, in luke-warm water, or even cold water, if the skin be hot and dry; regular airing out of deers, in the morning, and on the approach of evening; the bed-room well ventilated, but the air so admitted that it shall not blow directly on or over the bed, are among the additional means of prevention.

Hints to Mechanics and Workmen.—If you would avoid the diseases which your particular trades and work are liable to produce, attend to the following hints.

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pure water.

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Be particular

Be particular ing of your hand of your whole be brushing the hai Always have that you shall as

Take a short the evening town al posture, by street by a walk where

If confined in of milk and brea ought to be used without coffee, a ought not to be a

Unseasonable a tiguing walk, or coat or outer gas and then sit dow air, in the eveni

To drink, after water; or to the draught of clear some time to the

To eat much of is unripe, especial consequences are for spirits and was