

their moral and intellectual energies are enfeebled; their wealth is diminished; and the *downward* movement thus commenced with them is continued in their posterity until the lower gradations of human life are again reached. The more tender branches of the family will then, perhaps, become entirely extinct, while those who retain sufficient vigor to secure perpetuity, after being mauled and worried by adversity, and compelled to dig and scabble for a living during two or three generations, may again develop their energies, and a second time gradually attain to wealth and eminence, to follow again the same process of deterioration and decline.

But though this is descriptive of the *usual* vicissitudes of family lineage, it by no means indicates a *law* that is necessarily operative in all cases of family descent; and one of the most effectual means of preventing the *downward* fluctuation of families that have attained to wealth and distinction, is the pointing out of the existing causes which render such a decline imminent, and having them distinctly understood so that they may be guarded against. Every wealthy, intelligent, and upright parent who has the least desire that the blessings he enjoys should be perpetuated through a long line of future posterity should take the most scrupulous care to have his children well instructed in all the laws of physiology, hygiene, and phrenology, and practically trained to their observance; and above all, he should teach them, so far as possible, the exercise of a quiet, cheerful and humble spirit that looks to God for the fructification of all their personal aspirations and endeavors. No wealthy parent who is wise, and understands the dangers to which his affluent circumstances are liable to expose his children, will bring them up in luxury and indulgence, or hesitate to subject them to that useful physical toil, and that denial of their appetites and passions, which are absolutely necessary to develop properly, the bodily organization, and to give them a positive vigor and manliness of character to grapple with the difficulties and temptations of life. The parent should early teach his children that his wealth is the price of toil, perseverance and economy, and that not a dollar of it shall ever be entailed upon them if they do not, by their own personal exertions, prudence, economy, and practical self-denial, first show themselves worthy of it.

Let wealthy parents teach their sons Latin, Greek, and the modern languages, and their daughters music, drawing, French, and all other branches of an ornamental education, if they will; but let them never, in any instance, neglect to teach them the structure and laws of their own physical and mental system, and that a sound mind can never exist in a diseased and enfeebled body; and let every necessary appliance of exercise, dietic habit, and abstinence from hurtful practices, be brought into requisition to secure the health and harmonious operations of both body and soul. Then fell consumption will be com-