Educational Department.

READING ALOUD.

This is an accomplishment possessed by so few that a good reader is almost as rare as a man of common-sense. It is greatly to be regretted that so little attention is paid to a branch of education so agreeable, so important, and so useful. Months of time and multitudes of dollars are expended on studies which could be profitably dispensed with altogether, while the cultivation of the ability to read aloud gracefully is very sadly neglected—in fact, is not considered as by any means an important acquisition. A beautiful singer delights a whole assembly, a beautiful reader not only delights but instructs. A fool may sing divinely. But a good reader must possess mind. Let the parents then, whose daughters have no taste for music, no ear for song, but who have hearts and intellects worthy of any man, give them a chance of showing what they are made of, a chance of making their way in the world, of cultivating the habit of reading aloud with care, with grace, with understanding, and thus put it in their power of bearing their part in the entertainment of any company into which they may be thrown.

But it is to the physical benefits to be derived from reading aloud, to which the attention is more particularly called. It is one of those exercises which combines mental and muscular effort, and hence has a double advantage. It is an accomplishment which may be cultivated alone, perhaps better alone than under a teacher, for then, a naturalness of intonation will be acquired from instinct rather than from art; the most that is required being that the person practising should make an effort to command the mind of the author, the sense of the subject.

To read aloud well, a person should not only understand the subject, but should hear his own voice and feel within him that every syllable was distinctly enunciated, while there is an instinct presiding which modulates the voice to the number or distance of the hearers. Every public speaker ought to be able to tell whether he is distinctly heard by the farthest auditor in the room; if he is not, it is from a want of proper judgment and observation.

Reading aloud helps to develope the lungs just as singing does if properly performed. The effect is to induce the drawing of long breaths every once in a while, oftener and deeper than if reading without enunciating. These deep inhalations never fail to develop the capacity of the lungs in direct proportion to their practice.

Common consumption begins uniformly with imperfect, insufficient breathing; it is the characteristic of the disease that the breath becomes shorter and shorter, through weary months, down to the close of life, and whatever counteracts that short breathing, whatever promotes deeper inspirations, is curative to that extent, inevitably and under all circumstances. Let any person make the experiment by reading this page aloud, and in less than three minutes, the instinct of a long breath will show itself. This reading aloud develops a weak voice, and makes it sonorous. It has great efficiency also in making the tones clear and distinct, freeing them from that annoying hoarseness, which the unaccustomed reader exhibits before he has gone over half a page, when he has to stop and hem and clear away, to the confusion of himself, as much as that of the subject.

This loud reading when properly done, has a great agency in edueing vocal power, on the same principle that all muscles are strengthened by exercise, those of the voice-making organs being no exception to the general rule. Hence in many cases absolute silence diminishes the vocal power just as the protracted non-use of the arm of the Hindoo devotee, at length paralyzes it forever.—The general plan in appropriate cases is to read aloud in a conversational tone thrice a day, for a minute or two, or three at a time, increasing a minute every other day, until half an hour is thus spent at a time, thrice a day, which is to be continued until the desired object is accomplished. Managed thus, there is safety and efficiency as a uniform result.

As a means then of health, of averting consumption, of being useful and entertaining in any company; as a means of showing the quality of the mind, let reading aloud be considered an accomplishment more indispensible than that of smattering French, of lisping Italian, of growling Dutch, or dancing cotillions, gallopades, polkas, and quadrilles.

From the practice of a life-time, North and South, I am fully convinced, that the remedies for disease which are of the most universal application, and of the most undeviating efficiency, are rest, warmth, and sleep, with moderate abstinence and exercise. DR. W. W. HALL.

"THE BEST GOVERNMENT IS THAT WHICH GOVERNS LEAST."

BY M. P. C.

If this axiom be to any extent true with regard to political or civil government, much more is it true of Government in the school and in the family. And yet, whatever our theory may be, our practice is to govern much. Between our desire for "order and good government," and our natural love of pre-eminence and authority, we lose sight of the real object to be gained in the school and in the family, namely, self-government. The fact that those under our charge are but miniature men and citizens, destined soon to have control of the state, should constantly remind us, that they need not so much control as self-control. They must learn not *to be governed*, but to govern themselves. And they must learn this from their parents and teachers, or not learn it at all. I said "must learn, not be governed," etc. I do not mean that they may disregard authority; must not learn obedience, prompt, absolute obedience, for this is necessary, and must at all hazards be enforced. But I do not mean that they should not learn to depend on commands and prohibitions regarding what they may or may not do, and should be taught that, as ere long it will be theirs to determine in reference to their conduct in life, with no parent's or teacher's watchful eye or warning voice to approve or encourage them in the right, or deter them in the wrong, they should accustom themselves to consider what is right and proper under the circumstances, and control their conduct by the laws of right and propriety. But to return to our text: "That is the best government which governs least." Reader, let us visit yonder school house for illustration. I have been there once, to learn for myself whether or not there is any foundation for the reputation for good discipline which that school enjoys. Well! shall we pass on? Now, frankly, what do you think of that? Well managed school, is it not? "No!" Why, what's the matter? Don't you call that a quiet, orderly school? "Except the noise Mr. B. makes in keeping them so?" O, he was very still himself to-day; but sometimes, I admit, he is a little noisy. You "didn't see that he did anything in the way of teaching?" He would hardly admit that. He claims that he spends very little time in government; he has only "to speak, very seldom anything more," and does not seem at all conscious of the time spent in such commands as those which you say grated so harshly on your ear, and, I must confess, on mine also. But what struck me most forcibly and painfully too, was the evidently unwilling obedience rendered. That one boy would have contested the matter, *vi et armis*, had he not felt that Mr. B. had entirely too much muscle for him. How much better it would be, nine times out of ten, if he would *request* instead of commanding. There is something in our very nature which uniformly rebels against and resists whatever implies compulsion, yet cheerfully complies with whatever leaves the power of choice, though knowing that a failure to comply would surely be followed by compulsion.

Did you notice how closely he seemed to watch every movement, as if on the lookout for something wrong? and how furtively his pupils glanced at him, as if seeking opportunities to do something they felt he would disapprove? This watching for the slips and failings of children, with that exultant, self-satisfied manner on detecting them, cannot fail to produce the very character against which we would guard. It must beget a disposition to slyness in action, and a feeling that the sin of misconduct lies in detection alone.

But let us go in here; we shall see a state of things entirely different and opposite to that we have just witnessed. * * * * *

Well, what do you think of that? How quiet everything is in there! And yet you saw no attempt at government. Thus it is from day to day, from one month's end to another. I frequently spend an hour there, and always find a cheerful compliance with the teacher's requests. No one, if disposed, would dare to disregard them; for though made with a smile, that quiet, steady look enforces obedience. That principle of human nature, which loves to have its own way, is flattered by the apparent choice, makes a compromise of will and chooses the right. And thus these pupils are truly and surely learning to govern themselves. You see no constraint in their manner. They act with an independence and dignity never observed in that other school.

Did you hear those two or three questions? "John have you nothing to do?" "Yes sir." "Can you afford to be idle?" "No sir." "James, is what you are doing right and proper?" "No sir." And both turned to their appropriate work with apparent good will. Depend upon it, that is the kind of discipline to make reliable, law-abiding citizens.—*New York Teacher.*

From the "Guardian."

NEW BRUNSWICK.

CHAPTER II.

GEOGRAPHY.

6. The *Rivers* running into the Gulf of St. Lawrence are the Restigouche, about 200 miles long, draining with its tributaries the Kedgwick, Metapediac (a large Canadian tributary,) Mistouche, and Upsalquitch, about 400 square miles; the Jacquet, Tattagouche, Nepisiguit, 100 miles long and having a cascade 20 miles up its stream, which falls 140 feet, the Pokemouche, Caraquet, Tracadie, Tabusintac, Miramichi, 215 miles long and 9 broad at its mouth, formed by the North West (called by the Indians Minagua,) and South West Rivers, navigable for 108 miles, and draining—with it tributaries the Renous, Bartholomew, Taxis, Etienne, Cain's Sevogle, &c.—the whole central district. The Kouchibouguac, Kouchibouguacis, Richibucto, Cocagne and Shediac—the last noted for its oysters. Those running into the Bay of Fundy are the Petitcodiac, 100 miles long, receiving the North River, Anagance, &c., the Memramcook, Quoco, Musquash, Magaguadavic, 90 miles long. Digdeguash and St. Croix, emptying the Chiputneticook Lakes, as well as the Schoodic Lakes of Maine—besides the *St. John*, which requires more minute notice. This noble river, the boast of New Brunswick is the second in importance in British America. It is above 450 miles long, navigable for ships 84 miles (to Fredericton,) and in the season for small steamers to Grand Falls (220 miles up,) while boats and canoes can nearly reach its source in the Sugar Loaf Mountains in north-west Maine. Its basin occupies about 17,000,000 acres. Its chief feeders from the east are the St. Francis, Madawaska, navigable for 30 miles, or to Temiscouata Lake, Tobique, about 90 miles long, Keswick, Nashwaak, Becaguimic, Salmon River (with Grand Lake and its outlet the Jemseg,) Washademoak, Belliste, and Kennebecasis—the last 80 miles long. Those on the west are, the Aroostook from Maine—the largest tributary being navigable for boats about 100 miles, Eel River, the Meduxtnakeag, Oromocto, and Nerepis.* There are many islands in the middle and lower course of the river, the largest of which are Long, Mauger's, and Oromocto Islands, and others in the course of the Kennebecasis, the chief of which are Long and Darling's Islands. This last tributary ends in a fine open expanse called with propriety Kennebecasis Bay; being rather a bay than a river. The part of the main river into which this empties is called South Bay, above which is a very wide part called the Long Reach, opening into Belliste Bay, into which the Bellisle empties. At the Grand Falls the stream descends 75 feet, forming, especially when the stream runs high, a most magnificent scene. The ledge of rocks near its mouth forms, however, a great drawback to the advantages of this splendid river.

7. *Lakes.*—The Oromocto, Magaguadavic, Nepisiguit, and Tobique rivers, beside others of less note, drain lakes of the same name. Grand Lake, 30 miles long, drained by the Jemseg, is the largest in the Province. Beside these are Loch Lomond, Lake Eutopia, drained by the Magaguadavic, Lake George, drained by the Pokiok, Eel Lake, drained by Eel River, Bear Lake, Shemogue Lake, &c.

8. The *Climate* is severe but healthy. Fogs, which, however, extend but a short distance inland, prevail on the south coast chiefly in the summer. The climate is most excessive in the inland parts. Thus the thermometer at St. John ranges from 18 ° below to 88 ° above zero, and at Richibucto from 20 ° below to 90 ° above; while at Fredericton the variation extends from 24 ° below to 95 ° above that point. The mean temperature of the year for the Province is 44 °. The snow is light and dry, and the frost by penetrating so far into the ground, helps the ploughing greatly, and has also tended to clear the ground by raising boulders to the surface—sometimes from a depth of two or three feet. The snow usually covers the ground from the middle of November to the end of April. The spring is short and moist, with much unpleasant weather; the summer hot; the winter cold and dry; the autumn, called "the fall," the most delightful time of year. On the whole the climate is equal to that of central Europe, and average length of life good, and the fever and ague of Canada unknown. Consumption is more common than formerly, according to some—but this wants authentication.

The chief *native animals* are the bear, wolf, fox, elk, caribou, red deer, beaver, otter, mink, musk-rat, marten, lynx, racoon, porcupine, ermine, and northern hare—all becoming rarer as settlers advance further into the forest. Although much wanton waste of the game occurred among the early settlers, the compact forests in the interior will probably serve as preserves for some time to come. A similar remark applies to the forests themselves. It is remarkable that the fallow deer first appeared in 1818, in connection with the wolf which latter was not seen in Nova Scotia till 1845. It is supposed that the wolves drove the deer east into these provinces. Of *birds* there are the wild goose, wild ducks in great variety, snipe, wood-grouse, woodcock, plover, in immense variety, and occasionally the passenger pigeon. *Insects*, chiefly the mosquito and black fly, are numerous and troublesome in summer.

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* Besides these tributaries running in New Brunswick, the Black River, Allagash, draining Heron and Chamberlain Lakes, and the Fish River draining the Eagle Lakes, run into it from Maine, besides many smaller ones.

THE SWING AS A CURE FOR CONSUMPTION.—Dr. L. Long, of Holyoke, in a letter to the *Springfield Republican*, recommends the gymnastic swing as a preventative and cure of pulmonary disease. He says:—"In the suspending of the body by the hands, by means of a strong rope or chain, fastened to a beam at one end, and at the other a stick three feet long, convenient to grasp with the hands. The rope should be fastened to the centre of the stick, which should hang six or eight inches above the head. Let a person grasp this stick, with the hands two or three feet apart, and swing very moderately, at first—perhaps only bear the weight, if very weak, and gradually increase as the muscles gain strength from the exercise, until it may be freely used from three to five times daily. The connection of the arms with the body (with the exception of the clavicle with the sternum or breast-bone) being a muscular attachment to the ribs, the effect of this exercise is to elevate the ribs and enlarge the chest; and as nature allows no vacuum, the lungs expand to fill the cavity, increasing the volume of air—the natural purifier of blood, and preventing congestion or the deposit of tuberculous matter. I have prescribed the above for all cases of hemorrhage of the lungs and threatened consumption, for 35 years, and have been able to increase the measure of the chest from two to four inches within a few months, and always with good results. But, especially, as a preventive, I would recommend this exercise."

HINTS TO HOUSEWIVES.

VESSELS intended to contain liquid of a higher temperature than the surrounding medium, and to keep that liquid as long as possible at the highest temperature, should be constructed of materials which are the worst radiators of heat. Thus, tea urns and teapots are best adapted for their purpose when constructed of polished metal, and worst when constructed of black porcelain. A black porcelain tea pot is the worst conceivable material for that vessel, for both its materials and color are good radiators of heat, and the liquid contained in it cools with the greatest possible rapidity. On the other hand, a bright metal teapot is best adapted for the purpose, because it is the worst radiator of heat, and therefore cools as slowly as possible. A polished silver or brass tea urn is better adapted to retain the heat of the water, than one of a dull brown color, such as is most commonly used. A tin kettle retains the heat of water boiled in it more effectualy if it be kept clean and polished, than if it be allowed to collect the smoke and soot to which it is exposed from the action of the fire. When coated with this, its surface becomes rough and black, and is a powerful radiator of heat. A set of polished fire irons may remain for a long time in front of a hot fire, without receiving from it any increase of temperature beyond that of the chamber, because the heat radiated by the fire is all reflected by the polished surface of the irons, and none of it is absorbed; but if a set of rough, unpolished irons were similarly placed, they would become speedily so hot, that they could not be used without inconvenience. The polish of the fire irons is, therefore, not merely a matter of ornament, but of use and convenience. The rough, unpolished poker, sometimes used in a kitchen, becomes speedily so hot that it cannot be held without pain. A close stove, intended to warm apartments, should not have a polished surface, for in that case it is one of the worst radiator of heat, and nothing could be contrived less fit for the purpose to which it is applied. On the other hand, a rough, unpolished surface of cast iron, is favorable to radiation, and a fire in such a stove will always produce a most powerful effect.—*Dr. Hardner on Heat.*

SUPERPHOSPHATE OF LIME FOR TREES.—Phosphoric acid has a mysterious influence on the development of roots, causing plants to throw them out vigorously. The most convenient way of employing this substance is in the form of superphosphate of lime—that is, a mixture of oil of vitriol and burnt bones. This compound, rich in the acid in a soluble state, mixed with a little dry mold, will be found a fertiliser of great use in transplanting trees. But it must be used in moderation, for plants, like animals, may be injured as much by over feeding as by starvation.—*Scientific American.*

THE ENGLISH COTTON TRADE.—According to a circular of Mr. Charles Oldham, of Manchester, the aggregate exports to China of plain and printed calicoes in 1859, compared with those five years back show an increase of 480 per cent, and of cotton yarn 377 per cent. Of the total export of plain and printed calicoes from the United Kingdom last year more than half was sent to India and China. The estimated cotton crop of the United States, although the largest on record—4,250,000 to 4,500,000—will not, it is said, be more than sufficient to keep all the mills, including those now being erected, in working operation. Assuming that Great Britain has imported from the United States the last two years 4,000,000 bags of 4 cwt. each, the planters will have gained, at 3d per lb profit, the sum of £22,500,000 sterling from this country alone.

THE SAVINGS BANKS OF ENGLAND.—According to special returns, recently published, there were in Great Britain, the 20th of November, 1858, 606 savings banks with 1256 paid and 621 unpaid officers. The security given by the unpaid officers was £381,820; by the paid £356,530; number of accounts 1,398,886; total amount due depositors was £35,757, 455, or $178,757,225, of which over £35,000,000 was invested with the Commissioners of the National Debt. The average rate of interest paid depositors was only £2 8s. 10d. per cent. The rate per cent, per annum on the capital of the banks, for expenses of management, was 6s 9d. The total number of annuities granted from the commencement was 11,244, and annual amount thereof £188,918; annual number of receipts from depositors, up to Nov. 20, 1,598,250; annual number of payments to depositors 825,129; average amount of receipts from depositors for the year, £4 18s. 9d.; average paymen s during the same period £9 10s. The salaries of the secretaries and clerks vary from $800 downward, per annum. Total amount annually paid for salaries and allowances of officers £88,184.—*Montreal Witness.*

CULTIVATION OF COTTON IN INDIA.—On Wednesday at a meeting of the Manchester Cotton Supply Association, a paper was read by Mr. P. Smollett, M. P. for Dumburton, on "Cotton supplies from India, the Government monopoly of the soil the true cause of the comparative sterility of Southern and Western India." The improvement of India cotton could, he said, only be achieved by the application of capital and private enterprise, for it was impossible that acres squatting on the soil, cultivating patches for a bare subsistence, could find means to procure improved varieties of seed, or expend their time in devising plans for the better cleaning of cotton, so as to render it more suitable for the European market. The supply of cotton, and also of flax is now eagerly discussed in all commercial circles, and is daily assuming a more commercial aspect.—*Ib*