

upon the appetite of sensitive people may be left to the imagination. The fact that some things are to be done in private, and that cleaning the nails and picking the teeth are of this sort, seems to be widely forgotten.

Good manners should be taught at home; but in thousands of homes there is nobody to teach them. The duty then devolves upon the *school-teacher*, who ought to be schooled up to the decent and unselfish and respectful amenities of cultivated society. In many cases he is not so schooled, and his example is nearly as harmful as that of the home circle. There seems, then, but one way to secure a correct demeanor, and that is by making it a branch of education. Let us have teachers of manners as well as of mental philosophy. Give us more etiquette and less Greek. Let us be decent if we cannot be deep. Let us be strong in good manners even though weak in book-lore. We will not admit that the engrafting of appropriate discipline in manners and politeness would in any sense lessen the attention to other topics of education. The competent teacher will teach manners not by setting apart hours to consider behaviour, but by a method less palpable. He will, first of all, set the example of goodness. We say goodness, for we are sure ill-manners always imply something bad. The great companion-trait is selfishness, forgetfulness of the rights of others, and of the presence of others, and of the respect which is due to the feelings of all human beings. The genuine teacher, then, will show in his own life how sincerely and generously he respects the feelings of others, the small not less than the great. This example will surely be imitated by the best pupils. Vicious habits—and few habits are more vicious than those which render unhappy the human being with whom we are thrown in chance contact—should be kindly met with a private explanation of their impropriety. If a pupil is seen to scrape his finger nails publicly, he should be told that this act cannot be tolerated in public. If he uses a tooth-pick or carries it in his mouth, he should be assured that well-bred people never do these unpleasant things in the presence of others. If he is seen to spit on the floor, or in any public manner, he should be made to understand that he has done a rude and disgusting thing. If he blows his nose with his fingers, and without the interposition of a handkerchief, he should know he has committed an unpardonable breach of decorum. If he lolls and lounges when he should sit or stand; if he carries his hands in his pockets; if he blows his food, instead of waiting for it to cool; if he conveys from his mouth by the aid of a spoon, or fork or knife, such portions of the food as are unfit to swallow, instead of quietly removing them with his fingers; if he has dirty hands when unemployed; if he hawks and spits and blows his nose when sitting at meals—for we have seen even this disgusting barbarism practised of late; if he spits at all, except very privately; if he tucks his napkin under his chin, instead of holding it in his lap or using it to wipe his mouth or fingers; if he makes himself a nuisance by using tobacco or any other exceedingly dirty substance; if he sits at table with an accumulation of dirt beneath his finger-nails; if he neglects to keep his teeth clean; if, in short, he does anything indecent, uncivil, unclean or impolite, let the error be privately pointed out as often as it occurs, and the result will be, or ought to be, the eradication of the vice. With the young properly instructed in the decencies of refined and cultivated life, we may hope that the American people will one day become as famous for good-breeding and politeness as they are for energy and business capacity.—*Hall's Am. Journal of Health*.

2. WORDS TO THE YOUNG.

We try to speak often and wisely to the young of both sexes, and we are often overjoyed to learn that they appreciate our efforts to interest them. We know that whatever our nation is to become rests with the young; that the future of the country is in their hands. So we seek to make the boys and girls sweet, and pure, and moral, and thoughtful, and intelligent, and find our reward in the fact that the work which we do in this direction will live long after we are gone.

There is not a man alive to-day, who, if he tell the truth, will not say that he has fairly wasted a good deal of time which he might have usefully employed. Young men and young women never or rarely reflect upon these things; but the reflection deepens as years advance. We wish then that we could live life over once more. If this were allowed us, how many errors would we avoid; how many follies would we surely escape; how many noble deeds would we do. At middle age we are just about ready to begin life in earnest. As we stand midway between the cradle and the grave, we begin to wonder and regret that we permitted the days of youth to go by only half enjoyed. For, the truth is, we do not really enjoy time which is misspent. We cannot really say that hours passed in idleness or dissipation are enjoyed. We are never really happy when

we are not gaining something. There is, absolutely, no genuine comfort except in acquisition, and the supremest joy of all is found in the acquisition of useful knowledge.

Our young friends will find it vastly more agreeable to look back upon the accomplishment of some useful end, than to take in by a backward glance only time and opportunities thrown away. If every young man and young woman would determine that they will accomplish something in life, the world would move forward with wonderful strides towards all good and great ends. If each boy of 18 would say, "I will master a science or a business before I am 25," what a world we should have about us? Many a young man will read these words and will say: "I cannot be great. I cannot master anything. I do not know how to begin."

Let us tell you. Begin by mastering yourself. Begin by being superior to the ridicule of others. Begin by the fixed resolution—a resolution which you need not utter, but which you must act upon nevertheless—that you will not smoke filthy tobacco, or put it in your mouth, or touch it, any more than you would any other dangerous and offensive thing. Then declare that you will never touch or taste certain other poisons such as arsenic, brandy, strychnine, wine, prussic-acid, beer, and the like. Some of the poisons which we have named you will not be likely to use; others you will be tempted to employ. The ones which you are tempted to use you should avoid more carefully than the rest. The ones which you are not likely to be urged to swallow, are no more dangerous than the more fashionable ones; but you are not likely to see them as often, and so will probably escape their injurious effects.

You may say that others use some of the poisons which we have spoken of, and live through it. Of course this is true; but you are a sensible young person—would you care to read this journal if you were not?—and you do not wish to imitate the dangerous practices of any man or woman. You have noticed that these poisons do not always kill, of course. This is merely because the dose taken has not been large enough. There is no disputing the fact that they are all poisons. All the opium and all the alcohol in the world never yet made a single pound of solid, honest flesh.

A young man can do great things, in any direction, if he will but set about it with determination, and industry, and patience. No young man of any sort of character will feel willing to be forever behind in the race for position, and honour and knowledge. He would prefer to lead and not to be led. If he desires to lead he can do so. It rests absolutely with him to determine the position which he is to occupy. Earnest endeavour and a right purpose, good habits, good morals, and good health, clean hands and a pure heart—these are the essentials; with these all things are possible.

3. A WORD TO BOYS.

Parents should, by repeated admonitions and friendly advice, strive to instil into the minds of their boys the idea, that no matter what their antecedents have been, no matter what their present condition is, their future is to a great extent within their own control—that in a young and flourishing country like Canada, where there is freedom for all, with ample scope for everybody's talents and ambitions, and where true merit is the talisman of success, there is a bright prospect before every youth who starts out in life guided and governed by sound principles and honest intentions. The facilities for securing the untold advantages of education are nowhere else so good or abundant; there is, therefore, no excuse for that Ontario boy who grows to man's estate in this country and yet must plead ignorance. Better Common Schools are not to be found in the world, and they are open to every one, without distinction of class, creed or colour. The especial importance of possessing at least a groundwork on which to rear the structure of life and success, is not to be over-estimated, and no better foundation exists than that furnished by the solid rock which can be hewn out of the rich quarry of a good English education. The base may be rugged and less shining than the builder would like, but it is there, come what will, and, as time passes, may be polished to correspond with the more showy edifice as it rises symmetrical with the advantages the occupant may possess in after-life to adorn and beautify it. We dwell upon the necessity which every youth is under to store his mind with all the sound and honest knowledge that he can grasp. No better indication, perhaps, exists of the future a boy intends to carve out for himself than is afforded by his efforts to secure every particle of education he can. That lad who thirsts after information, and has parental or friendly advice to guide him into the true paths, may be esteemed as being already on the high road to success, if not to fame, for in no respect is that prognosticating proverb, that "the boy is father to the man," more true than in this. Every boy has or should have an innate ambition to become something better than he is, but he may rest content that his efforts will be hampered,