

ly, with measured steps, like so many matrons, they should be encouraged in running and romping at suitable times; and that the motion of their limbs may be unconstrained, their dress should be always loose and easy. For instance, until they are fourteen or fifteen years old, they should be allowed to play in the open air at least six hours every day, when the season and weather will permit. They should be allowed to run, leap, throw the ball, or play at battle-dore as they please. All these exercises call the different muscles into action, strengthen the limbs, and impart a healthy tone to the different organs; the blood circulates freely, the nervous system is invigorated, and the redundant fluids are driven off by perspiration. The most suitable dress is unquestionably that which is called Turkish, consisting of trousers and a short frock; and the covering for the head should be light and cool; a straw hat answers the purpose very well. They should never be confined to their tasks above six hours a-day, and I am confident they will learn more in that time, if properly managed, than they will in twelve, without sufficient exercise. Make it your own case; can you spend even eight hours a-day in study, to any profit? I think not. The mind becomes weary, and then nothing is retained. How then can you suppose that the expanding faculties of children can be constantly exercised for that length of time to advantage? But admit that they can be profitably kept upon the stretch for twelve hours, and that the mental faculties can be fully developed by this means at the age of sixteen, and admit that the faculties can not only be developed, but the mind stored with a vast collection of useful knowledge; what will be the state of the neglected corporeal part, the casket which must contain this polished gem? Why, it will be yet in its infancy, imperfect in its form, and feeble for want of employment; yea more—it will be the seat of disease, and wear the undoubted marks of premature decay. Depend upon it, too much attention is paid to the culture of the minds of children, and too little to that of their bodies. Do not misunderstand me, or suspect me of undervaluing the former, or of overrating the latter. Ger-