

Family Circle.

TEMPERATURE OF THE NURSERY.

Pure air being provided for, the next condition which calls for consideration is, the due regulation of the *temperature* of the nursery,—a condition which is of importance, because, like the quality of the air, it is in almost constant operation. The atmosphere of the nursery ought, especially during the first few weeks, to be kept comfortably and equally warm, and never allowed to fall below 65°. For the first few days, the temperature may be raised, with propriety to 70°, provided ventilation be duly attended to; but excessive heat and closeness must be rigorously guarded against.

In this country (Scotland) open fire places are in general use in nurseries, and they have the advantage of ensuring a certain degree of ventilation; but they are also the causes of many and serious inconveniences. By the constant rush of heated air up the chimney, currents of cold air from the doors and windows are necessarily produced, and if their position in the nursery is not well arranged, it is almost impossible to prevent the inmates from suffering from the partial chills to which they give rise. In this case, a large screen should be placed behind the door to intercept the current of cold air and diffuse it equally through the room. In winter this is especially necessary, as, every time the door is opened, a column of cold air is admitted quite sufficient to cause illness in a delicate child exposed to its direct influence. Cross draughts of air ought also to be guarded against.

In nurseries, the fire place should be fenced with an iron or wire grating, as the surest protection against accidents, and care should be taken at all times to avoid exposing the infant to the bright glare and heat of a quick fire, and to prevent older children from habitually placing themselves too near it. Blindness, weakness of sight, and convulsions, are sometimes induced by neglect of this precaution; the great delicacy of the infant organization rendering it peculiarly susceptible of injury, even from causes which exercise very little influence upon adults.

But, while *duo caro* is taken to ensure an adequate temperature, every approach to overheating must be scrupulously avoided. When the temperature of the nursery is too high, a degree of excitability and relaxation of the nervous system is induced, which greatly favors the development of the irritable and convulsive diseases of which infancy is already unusually susceptible, and which we have seen to be often the causes of premature death. Another important consideration is, the additional risk incurred by the transition into the cold external air, when the child is taken out for exercise. Of the extent of this risk, there are, unfortunately, abundant proofs, for it has been proved, beyond the possibility of doubt, that in France and other Catholic countries a great number of infants perish in winter from this cause.

As the system always endeavors to accommodate itself to the circumstances in which the individual lives, it is clear that, if a child spends twenty-three hours out of every twenty-four in a heated atmosphere, its own power of generating heat will become proportionally reduced; and, consequently, when it is suddenly exposed, during the twenty-fourth hour, to the colder open air, it is more liable to suffer from the transition than if it had been previously habituated to a mild but not very warm temperature. In this respect it is with children as with grown people, and accordingly we find that those among the latter who live constantly in overheated drawing-rooms and sit nearest the fire, are invariably the greatest grumblers against the cold, and their complaints arise from no better source than attempting to combine, in their own persons, two opposite and incompatible states—They wish to unite the privileges of both a warm and a cold climate, without adapting themselves to either; but, as Nature yields nothing to caprice, they reap their reward in habitual disappointment and suffering. Examples of this kind are frequent occurrence, and I have seen several in which the inconsistency was corrected by a strong appeal to reason, and health and comfort thus thereby restored, where both had long been strangers.—*Combe on the Management of Infancy.*

THE YOUNG MOTHER.

From the British Mother's Magazine.

We have hitherto said little or nothing of the moral training, which forms so important a branch of the young mother's duties. It is true that during the first degree or four months of a child's life little can be done except in its physical education; but we must bear in mind that the bodily health of the child will have an important influence on its mental capabilities, as well as on its temper and disposition. If the physical wants of an infant be regularly attended to, we shall hear few complaints of its being "cross"—the term generally used by ignorant or indolent nurses. When a child is fretful, an immediate examination should be instituted for the cause. If the skin be whole and dry, and the clothes be clean and fit easily, and if neither food, nor drink, nor sleep, be required, it may be well to ascertain whether the room be of a proper temperature. Is it too cold? Remove the babe to the fireside, rub its little hands and feet, toss it and cheer it with cheerful smiles, or hush and soothe it with gentle tones and fond caresses, and you will soon be repaid for your trouble.—

Is it too warm!—Sponge its hands and face with cold water, and wipe it gently with a soft napkin, and carry it into a cooler room where it will not be exposed to currents of cold air, and it will soon cease to fret. But of all the remedies for irritability of which we are cognizant, none can equal out-door exercise; an infant that can enjoy this essential auxiliary to health and happiness will not often be called a "cross child."

With the infant there is more danger of attempting to teach too much than too little, for the mother is often anxious to make her darling quite a prodigy. An infant of six months old may be taught the names of many objects connected with its happiness; it will be well to point to its food, for instance, and to repeat the name you give it frequently, so that when it is impatient for its appearance the promise of it by name may tend to produce quietness. Teach your babe to point to persons and objects when you repeat the names of them; this will practise its sight, as well as accustom it to habits of observation. Pieces of unpainted wood may be given to it, which will produce the same effect. It is interesting to watch the knowing looks, and grave countenance, of an infant while examining any new object; the sight, the feeling, the taste, and, for aught we know, the reasoning powers are all at work; never disturb a child thus employed, it is exercising the power of attention.

FAITHFUL PARENTAL TRAINING.

Faithful parental training has everywhere, in every age, been blessed to the salvation of children. The exceptions are too few to impair the general statement. I will not assume that in every instance of failure, there has been some radical defect on the part of parents. The fault may have been in others. Influences may assail a child unknown to the parent, and infuse into his mind a poison which no subsequent efforts of the parent can counteract. This however, does not weaken our general position. It only shows us how exceedingly difficult it is to carry out a perfect system of education. Suffice it to say, that those who have made some approach to it, have been amply and gloriously rewarded. It were needless to adduce instances. We might as well attempt to recite the history of the whole church. By far the greater portion of the piety that is or ever has been in the world, may be ascribed, under God, to parental instruction and influence. Other means may have conduced to its development and growth, but the seed was deposited far back in the nursery, amidst the prayers and tears of pious parents.—*Selected.*

TO PARENTS—EARLY IMPRESSIONS.

It is related of Lord Loughborough, a Scotch nobleman in the time of George III., that to eradicate his accent he studied under a master. He conquered his defect, but in his old age, his Scotchisms, his vernacular tongue and his accent all returned.

Alexander the Great, in early life, was distinguished for the rudeness and coarseness of his manners. By the skill of his tutor, Aristotle, he was enabled to overcome these; but towards the close of his life they returned again with all their original force.

I have read of a devoted Christian, who was laid upon a bed of sickness. In moments of delirium he shocked and astonished his friends by the profaneness of his language. Upon his recovery, he explained the mystery by assuring his friends that such was his practice in early life. He long ago had abandoned the practice yet, so imperishable are impressions made up on the fresh and unoccupied minds of youth, that the strains of his youthful crimes were still upon his spirit.

The name of Voltaire will live while genius is respected and vice abhorred. His hatred of the Divine Redeemer was equalled only by his wickedness. It was his boast, that it took twelve men to write up the Christian religion, and he would prove that one man could write it down. It is not as generally known that how early an age the seeds were sown that ripened into such a pernicious harvest. At the age of five years, he committed to memory an infidel poem; its influence upon him was never lost. It led him to employ splendid talents in warring with the best good of his race, and to waste the energies of a brilliant mind in reviling the truth of God. It earned for him a life of infamy, a death without hope, and an eternity of despair.

CHILDREN'S PLAYS.

I Love to see children happy; and when they have been good and diligent, and returning home from school, meet their cousins and young friends, who can object to their playing together? I am sure I do not. Yet as I have observed sometimes that even in play children lose all their pleasure, I shall give them a few rules, which they will do well to mind:

1. Try to please and be pleased.
2. Do not be offended at trifles.
3. Avoid all mischief.
4. Do not be selfish.
5. Never try to tease.
6. Be ready to leave your play when called from it.

Geographic and Historical.

ENGLAND.

From the report in the Boston Journal of R. W. Emerson's Lecture before the Merchant Library Association, on England, we take the following statements, which afford a glimpse of English men and manners:

The shortest distance between Boston and Liverpool is 2850 miles, and it is this course that the steamers take. But a ship usually makes the distance 3000 or more miles. The masters carry everything that the ship will bear, studding sails aloft and aloft, and by the straightest steering endeavor not to lose a rod of the sailing distance. In one week our ship made 1157 miles.

Mr Emerson spoke of the phosphorescent light so often observed at sea, and which is so bright at times as to enable a person to read by it. The little animals which cause this light, when taken from the water, the mate assured him, were shaped like Carolina potatoes. A lum for sea life Mr Emerson declares is like the taste for olives and tomatoes.

The lecturer next spoke of the party which were his fellow cabin passengers, he said it was called an interesting one, perhaps for no better reason than that it included nine children, but these served to amuse an idle hour. The cabin was furnished with the railroad literatures of the day, Dumas, Dickens, Sue, &c. In due time, 15 days according to the captain, but 16 according to Mr Emerson, the ship was off the Irish coast and then how English every thing was!

The lecturer now came to his theme and proceeded to point out what were the elements of that power which the English now hold, and have held for centuries. After looking at her manufactures, scattered all over the land, her commerce, her agriculture, her arts, and witnessing the stupendous results which have been brought out, one is convinced that if he would see the best development of common sense, (the standard sense) he must go to England to witness it. The land, in every part so like a garden, shows the triumph of labor; the fields look as if finished with the pencil, not the plough. Every arable spot has been cultivated, and everything turned to the best possible use. England, indeed, is a huge mill, a grand hotel, where everything is provided to one's mind. On the railroad we ride twice as fast, and with one half the shaking, that we do upon our roads. All England is a machine, everybody moves on a railway—an Englishman never touches the ground. England has the best working class in the world; it is never hot or cold; their winter days are like our November days in the early part of the month. The only drawback which Mr Emerson mentioned was the dark grey color of the sky, which renders day and night too nearly alike, and makes it painful at times to read and write; to this must be added the dark, dense smoke of many of the manufacturing towns, this smoke pervading and completely enveloping, at times, every surrounding object.

England has all the materials for a working country—iron, coal, &c., excepting wood, so that it is estimated that not more than 3 or 4 per cent of the population is idle.

The Englishman enjoys great health and vigor of body. They are larger than Americans. One hundred Englishmen taken at random would probably weigh one quarter more than the same number of Americans selected in the same manner, and yet the skeleton is said not to weigh more. The Englishman is round, plump, sound, and full, and presents a stout, respectable and good fatherly figure. The women even have thickset forms and seldom a tall, spare Englishman is seen. The figures of the days of chivalry, carved in stone, some of them 900 years old, which adorn the churches all over England, present the same types which characterize the present race. Enjoying vigorous health, they last well, and their animal powers are perfectly developed. They are great eaters and claim that a good supply of food is absolutely necessary to health. They have more constitutional energy and vigor than we have. Like their horses they have mettle and bottom. *Pluck* is the National characteristic—the cabinman, the porter, the nobleman, the Bishop, and even the women have it; the press runs over with it. An Englishman speaks with his whole body—his elocution is stonacly—an American's is labial. He may growl at the petty annoyances of a hotel, but he has abundance of self command. But the "axes of his eyes are united to his back bone, and only move with his trunk." Whoever else may fail the Englishman will not. He has existed for a thousand years and will continue to exist as his character possesses as much energy as ever.

London and England now are in full growth. Birkenhead, opposite Liverpool, grows as fast as South Boston, or Brooklyn opposite New York. London is enlarging at an alarming rate, even to the swallowing up of Middlesex. The British Museum is not yet arranged; London University is growing as rapidly as one of our mushroom Western Colleges. Every thing in England betokens life. To be sure the Englishman does not build castles and abbeys, but what the nineteenth century demands, he builds docks, wharves, warehouses, &c., without number. The land and climate are favorable to the pro-

duction and preservation of good men. Mr. Emerson said that in his addresses while in England, he had been accustomed to erase those passages which he had written and spoken so often here touching the feeble and sickly aspect of poor mortals, such an effect had the fine physique of the Englishman produced upon him. In all that the Englishman does, even to the noise of clearing his throat, he gives evidence of strength. It is not the fault for faint-hearted.

One thing is very noticeable among the people, and this is, their total neglect of each other. Each man shaves, dresses, eats, walks, and runs just as he pleases, and his neighbour pays no attention to him, so long as he is not interfered with: and this is not because Englishmen are trained to neglect, but because each man is trained to mind his own business.

It would be an act of great rudeness to speak without an introduction. An Englishman's name handed to you on a card is viewed as an act of friendship. It is no wonder that this rigor astonishes the Frenchmen, who make the English a subject for constant railery.

It is very certain that the Englishman has so much confidence in the power of his nation, that he cares very little about any other. Swedenborg, who visited England frequently during the last century, and an Italian author, who wrote in 1500, were both quoted in this connection. The Englishman is handsome, and has always been so. If a handsome foreigner comes among them the people declare it is a pity that he is not an Englishman. This arrogance is his birthright. High praise is to tell you it is "so English" in character; and the highest praise is to say to an acquaintance, "I should not know you from an Englishman." Now this pride is admirable in some respects.

The English surpass all others in general culture—none are so harmoniously developed. They are quick to perceive any meanness in an individual.

The steady balance of the qualities of their nature is the great secret of their success. Steadiness is their great characteristic. Cromwell afforded an admirable example at Winchester, and created livings for 70 scholars. He also created 70 livings for fellows at College.

When Mr. Emerson was in England he visited the College and was informed that the livings still maintain the 70 fellows, and this after 500 years have rolled away. A Hospital was endowed at St. Cross centuries ago, provision being made that any wayfarer who asked should be provided with a pot of beer and a piece of bread. Mr. Emerson as he passed the hospital on his way from Stonehenge, asked and received his pot of beer and piece of bread without charge, and this when the founder had been dead 700 years.

The Duke of Wellington, who stands as a type of the nation, is an inoument of steadiness, honesty and veracity. Their leather lies in the vast seven years. At Roger's cutlery establishment, the lecturer was informed that there was no luck about steel—out of a thousand knife blades there would be no difference. The characteristic of their work is, that no more should be attempted than can be done.

The American has more versatility, and more apprehensiveness, perhaps, but looks to the future; the Englishman looks to the past. The English, the lecturer pronounced to be good men who feared God, and whose regard for truth and honesty was conspicuous in all classes, from the Chartist to the Duke. A merchant of thirty years in London, but who was born in this country, told Mr. Emerson that he had never once been cheated in all that time.

A proper introduction will secure the kindest and most liberal hospitality from the people.—The nation though brave, is quiet and peaceable. With 1200 young men, the very flower of the aristocracy, at Oxford, there is never a duel; with 1700 at Cambridge, the same may be said.

INVENTION OF GEOMETRY.—The study of geometry among the Egyptians owed its origin to necessity; for the river Nile being swelled with the showers falling in Ethiopia, and thence annually overflowing the country of Egypt, and by its violence overturning all the marks they had to distinguish their lands, made it necessary for them, upon every abatement of the flood, to survey their lands, to find out every one his own by the quantity of the ground upon the survey; the necessity of which put them upon a more diligent inquiry into that study, that thereby they might attain to some exactness in that which was to be of such necessary, constant, and perpetual use. Thence we find the invention of geometry particularly attributed by Herodotus, Diodorus, Strabo, and others, to the Egyptians.—*Stillingsfleet's Origine's Sacra*

RUSSIAN STATISTICS.—According to the Almanac for 1848, published by the Academy of St. Petersburg, Russia, in Europe, contains a surface of 90,117 square miles, with a population of 54,092,000 individuals; the kingdom of Poland, an extent of 2,320 square miles, with 4,850,000 inhabitants; and the Grand Duchy of Finland, 6844 square miles, with 1,547,702 inhabitants. The population of St. Petersburg amounts to 443,000 inhabitants. In 1816, the mines of the empire produced 1,670 pounds of gold, 1 pound of platinum, and 1,97 of silver.