

frequently decides her disputes, and places her either high or low in the ranks of her companions.

It is true, she is very seriously and properly corrected when convicted of having done wrong, and an admirable system of morals is promulgated in the school; but the subject I would complain of is, that no means have yet been adopted for making the practice of this system the object of highest importance in our schools. No adequate means have been adopted for testing the generosity, the high-mindedness, the integrity of the children who pursue their education at school, until they leave it at the age of sixteen, when their moral faculties, either for good or for evil, must have attained considerable growth.

Let us single out from any particular seminary a child who has been there from the years of ten to fifteen, and reckon, if it can be reckoned, the pains that have been spent in making that child a proficient in Latin. Have the same pains been spent in making her disinterestedly kind? And yet what man is there in existence who would not rather his wife should be free from selfishness, than be able to read Virgil without the use of a dictionary.

MOTHER'S DEPARTMENT.

Cautions Required in Infant Exercise.

In fine summer weather, a child can scarcely be too much in the open air, if the morning and evening dews and chill be avoided; and therefore the daily exercise out of doors should be gradually and cautiously extended from fifteen or twenty minutes at first, to an hour or two, in proportion as it can be borne. Most infants naturally delight in the open air when sufficiently protected. But in winter and spring much caution is required on account of the great and dangerous susceptibility of cold at that age, when the power of generating heat is, as we have seen, so feeble. This beneficial influence of moderate heat and vigorous effect of cold are exhibited on a large scale in the relative mortality in infancy in temperate and cold climates. Children thrive remarkably well in warm countries, and even during the winter in temperate regions, they die in considerable numbers.

Influenced, then, both by direct experience and by our knowledge of the infant constitution, we ought to be cautious in exposing very young or delicate children to the full force of the cold in winter or spring. After the first month, healthy infants, if properly protected from the weather, may be advantageously taken out in fine days, even in winter; but the best part of the day, and the most sheltered situations and purest air, should be chosen for the purpose. It, notwithstanding every precaution, the child give indications of suffering, or of being depressed by the cold, it will be proper to abstain for a time from sending it out, and to give it the necessary exercise in a large well-aired room.

In fine weather, the child ought to be carried out two or three times in the course of the day, for one, two, or more hours, according to circumstances; but it ought not to be sent out immediately after being fed, nor should it be fed again directly after his return. Regularity in the hours of exercise ought to be observed as much as possible, and the early part of the day to be chosen for the first walk, that every advantage may be taken of the state of the weather. In winter, and during the cold east winds of this climate, the infant should not be longer than an hour at one time in the open air.

When an infant is taken out for exercise, the nurse should be careful never to carry it in a sitting position, during, at least, the first four or five months. If this precaution be neglected, its large and heavy head will be observed to hang over on one side, in such a way as to impede breathing and even swallowing. Huicland mentions a case in which even death was caused by a sudden jerk of the head to one side in a very young infant. The mother ought, therefore, to have a watchful eye over the nurse while exercising the child, unless she feels assured, from knowledge of her character, that implicit confidence can be placed in her. After the fourth or fifth month, the sitting position may be allowed for a few minutes at a time, if the child seems to like it. But when the infant is prematurely carried in this way, even the compression upon the chest, caused by the hand supporting it in front, is not unattended with inconvenience.

In lifting young children, the nurse should be very careful never to lay hold of them by the arms, as is sometimes thoughtlessly done, but always to place the hands, one on each side of

the chest, immediately below the arm-pits. In infancy, the sockets of the joints are so shallow, and the bones so feebly bound down and connected with each other, that dislocation, and even fracture of the collar-bone, may easily be produced by neglecting this rule. For the same reason, it is a bad practice to support a child by one, or even by both arms, when it makes its first attempts to walk. The grand aim which the child has in view is to preserve its equilibrium. If it is partially supported by one arm, the body inclines to one side, and the attitude is rendered most unfavourable to the preservation of its natural balance; and, consequently, the moment the support is in the least relaxed, the child falls over and is caught up with a jerk. Even when held by both arms, the attitude is unnatural, and unfavourable to the speedy attainment of the object. To assist the child, we ought to place one hand on each side of the chest, in such a way as to give the slightest possible support, and to be ready instantly to give more if it lose its balance. When this plan is followed, all the attitudes and efforts of the child are in a natural direction, and success is attained not only sooner, but more safely and gracefully than by an ill-judged support given to one side.

When a child is carried out in the nurse's arms, due caution should be used not to compress either its body or its limbs in any degree, but to allow of perfect freedom in their position. It is important also to change, from time to time, the arm on which the child is carried. If this be not attended to, a natural leaning of the body to one side, and turning of the eyes in one direction, or tendency to squinting, will be induced; whereas a change will be advantageous equally to nurse and infant. This principle is too much neglected in practice.

Great discretion requires to be exercised in the common custom of dandling, swinging, and jolting, very young infants. To a very moderate degree such exercises seem to be agreeable to them, and need not be prohibited; but, in the rough way in which they are sometimes indulged in, they cannot but be prejudicial.

In fine weather, passive exercise in a child's carriage in the open air and over a tolerable road is very salubrious; and, as the infant can be laid at full length and perfectly protected, it is an exercise attended with little fatigue, and quite unobjectionable after the first five or six weeks. But in cold weather it is not so suitable. In general, children are fond of it, but very rapid or rough motion ought to be avoided.

Such are the principles by which exercise ought to be regulated during the first weeks of infancy. But, in proportion as the organization becomes developed, and its capabilities increase, the child begins to show active desires and wishes of its own, which require a corresponding modification in its treatment. At first, the infant seems to have no distinct perception of the existence of external objects; but, after the lapse of some weeks, it gradually learns to distinguish one object from another, and instinctively turns in the direction of a sound or of the light, and gives various other indications of awakening consciousness, dawning intelligence, and increasing strength. Arrived at this stage of its growth, passive exercise will no longer satisfy it; it becomes impatient for the first use of both legs and arms, and to be allowed to move them after its own fashion. To meet this change in its condition, we should take care to remove every impediment in its dress, and to gratify its love of motion to the greatest possible extent consistently with its safety from external injury. In doing so, we may rest assured that the child will not be tempted to continue its activity a moment too long, provided we refrain from exciting it. When tired, it will cease at once, and betake itself to repose.

When a certain degree of strength has been thus acquired, a desire for more extended and independent motion gradually shews itself, which many nurses are in the habit of gratifying by fostering premature attempts at walking. The best way, however, of indulging this new craving, is to place the child on a large carpet, or, in fine dry weather, upon the grass out of doors, and allow it to move and extend its limbs, crawl on all-fours, or tumble about at its own pleasure; putting at the same time a few playthings within its reach. The ordinary long dress of infants is a great impediment to freedom of motion, and it ought, therefore, to be curtailed about the fifth or sixth month, or as soon as the power of self-exercise shews itself. If the weather be cold, a longer and warmer dress can easily be put on when going into the open air, and thus every inconvenience be obviated.

By exercise thus adapted to the state of the system, the infant will be much better strengthened, and learn to walk much sooner, and with a more free and erect carriage, than if prematurely set on its feet and supported either by the arm or by leading