

ment. These are mental tonics which have no equivalents. The boy will soon tire or weary sawing wood or weeding flower-beds; but let him play fox and hounds, or football, and his energy is almost tireless. The girl sees no pleasure in practising on a piano at her lessons, or washing dishes in the kitchen, but let her dance from evening till morning, or roam the woods at a picnic, or go a boating, and her endurance is a matter of astonishment. Pleasure goes with the exercise, thus it is nature's stimulant and invigorator. When such boys and girls are approaching adolescence it is well to find out their natural bent of mind, and having done so, to lead the superabundant energy in the direction of well-liked and well-directed technical, professional, or mechanical pursuits. This is the critical time when a proper choice of occupation may mean pleasure in its pursuit, or a life-long drudgery in unnatural and unpalatable employment. Brain work is needful and healthful. It is a law of nature that activity is necessary to health, but it must be exercised in accordance with the laws of health. We are violating rightful conditions. Over-pressure, undue anxiety, violent passion, worry without needful rest and fresh air, always mean a premature wearing out of the machine. A brain under such disadvantages is heavily handicapped in the hot race of life.

"Education should be conducted somewhat as follows, viz. :—

- "1. No teaching beyond object lessons up to six years of age.
- "2. Object lessons with reading and writing up to nine years of age.
- "3. Reading, writing and arithmetic, in its four primary divisions, and geography up to twelve years of age.
- "4. The preceding, with primary arithmetic, history and grammar up to fifteen years of age.
- "5. From this age such studies as will assist the girl in feminine duties and the boy to some definite employment or profession.
- "6. No studies in the evening until after fifteen years of age.
- "7. Three hours daily of school time up to nine years of age, four hours to twelve, and six hours until fifteen years of age.
- "8. After fifteen years of age studies to be intermingled with congenial and useful mechanical work. This to apply to both sexes."—(Dr. D. Clark's *Health in relation to Education*.)