

SKETCHES  
OF  
INTELLECTUAL EDUCATION,  
AND  
HINTS ON DOMESTIC ECONOMY,  
ADDRESSED TO  
MOTHERS:  
WITH AN  
APPENDIX,  
CONTAINING  
An Essay on the Instruction of the Poor.

Two volumes in one.

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## PREFACE.

THE writer of the following sketches, aware that the defects of her performance call for a prefatory apology, earnestly hopes, by a simple statement of facts, to obtain the indulgence of her candid reader. Five and thirty years have now elapsed since her ideas on the subject of this work were first committed to paper. These materials were reduced to a regular series, and sent to the editor of a periodical work, about twenty years ago; but, although spoken of in terms of high commendation, they were found too copious for the limits of that publication. They have, since that time, received considerable additions, and have at last been prepared for the press, under the most severe dispensations of domestic affliction; nor could any motive, less powerful than a lively sense of duty, have supported a dejected spirit and enfeebled frame under the labour of completing the undertaking. But in the near view of dissolution, the author of these precepts felt it indispensable to her peace of mind to bequeath this legacy of *experience* to the world, as it might, by the blessing of Providence, become instrumental in rousing the public attention to truths hitherto buried in fatal obscurity.



The situation of the author having afforded her frequent opportunities of observing the mismanagement and perversion of infancy, and also of ascertaining the safest and most infallible measures for preventing or correcting these evils, her conduct would be highly culpable if she did not divest herself of every sinister view, and combat popular prejudices with a zeal proportioned to the magnitude of her object—and she has overcome every feeling of pride and too sensitive delicacy, whenever occasion has been presented of procuring extensive diffusion to remonstrances on errors by which thousands have been deprived of sound constitutions, and the still more precious blessings of unvitiated minds. Care and gentle treatment are essential to health of body and intellectual vigour. Obedience to reasonable commands accustoms a child to habits of self-controul, but a slavish subjection to caprice or needless restraint destroys the clear discrimination of moral truth, perplexes the ideas of right and wrong, and introduces all the odious passions which lead to cunning, suspicion, and malevolence.

It will be found in general, that the most ingenious, amiable, and upright characters, have in their childhood been preserved from all debasing and irritating emotions, and taught to respect the feelings of those around them. Ease of body, and tranquillity of mind, with a considerable degree

of freedom and indulgence, are favourable to every attainment of which the wisest and tenderest parents can wish their children possessed; while, on the contrary, every species of tyranny in infancy, childhood, or youth, not only embitters present existence, but strikes at the root of the most valuable social virtues.

The oppression exercised by one child over another, either at home or at school, renders injustice and gross misrepresentation habitual, so that moral rectitude and conciliating manners are scarcely to be expected in maturer age. As the greatest part of mankind pass a considerable portion of their lives amid scenes of domestic retirement, the author of these volumes humbly trusts she is justifiable in attempting,

“ To raise the virtues, animate the bliss,  
“ And sweeten all the joys of private life.”

*Inverness, (Scot.) May, 1812.*



# INTELLECTUAL EDUCATION.

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## INTRODUCTORY REMARKS.

**P**ARENTS who have been very solicitous to manage their infants according to the deductions of unprejudiced judgment, will have found occasion to forbid proceedings which the nurses were reluctant to forbear, and to enforce the observance of rules they were unwilling to adopt. They must also have discerned emanations of reason, memory, association of ideas, and a susceptibility of habits in an infant not six months old, which would excite the astonishment of those who have not reflected on the subject. The maternal friend who ministers to his wants, is long before this period fondly recognised; he prefers his dry nurse to the rest of the family, yet knows them all; and when a favourite is named, he suddenly turns his eyes towards the door, as if aware he may look for her appearance. If the articles that supply his wants or pleasures are spoken of, he indicates a reference to their use; speak of his hat, and his arms are extended to go out of doors; of his bed, and

his little head is laid upon your bosom. He learns to obey, and copies whatever is often represented; and it is well, if, in the first use of imitative powers, his disposition escapes injury. His maid thinks it amusing to teach him to scold, to menace and to give blows; to fawn, to caress, and to deceive; yet with equal ease she might impart more useful lessons, and few would fail in this service, if duly taught to perform it. Though the child can articulate few words, he understands many; and his application of verbal acquisitions sufficiently demonstrates a capacity for mental illumination. Providing him with steady lights, to direct his active perceptions, may insure the happiness of his future life, and they who have had an opportunity of comparing a child, whose mind has been regulated and whose best feelings have been excited in early infancy, with one who had been habituated to the example of base and unruly passions, can alone know the difference arising from these circumstances. Every analogy in nature points to early culture and restraint. If weeds are suffered to spring up, we look for no luxuriant growth of useful produce from the soil. The pliant seedling assumes whatever form the hand of the gardener shall direct; but in vain will he endeavour to straighten or to bend the tree consolidated

by succeeding years. In the lower creation, "informed with life," the same early facility is remarkable. The wild beast of the desert may be tamed, and habits foreign to his nature superinduced. The timid nestling grows familiar with man; sometimes mimicks his language, and adds new modulation to his native song, but the old bird languishes and dies. The groom and huntsman carefully guard against all bad customs in animals they undertake to train; and even the untutored Arab watches over the first movements of a camel, or a colt, he is preparing for service. If very early tuition is necessary to animals whose sensorium is bounded by invariable instincts, how much more to a rational agent, whose nature modelled by habits, is endowed with capacities that produce increasing good, or of accumulating mischiefs to himself and others; and whose highest virtue and happiness consists in the government of his ardent, complicated, and mutable passions.

Parental assiduity should direct not only the often mistaken means for preserving health, but the measures favourable to moral impressions; yet how shall the inexperienced mother proceed in conducting concerns to which she has been a stranger till called upon for their regulation? and dreadful are the evils which are to be imputed to



her incapacity. The bills of mortality throughout the British empire evince, by the most authentic documents, that of the infants born into the world, one-third are doomed to perish within the first month, and scarcely one-half attain the age of puberty: whilst every newspaper gives instances of crimes and indiscretions that add pungency to natural calamities in all conditions. Those who have most sedulously studied the human frame are convinced, that such a number of deaths and constitutional diseases, in the first stages of life, are chiefly occasioned by mismanagement; and the humanity of several eminent physicians has furnished volumes to recommend a more rational mode of treatment; but prejudice against medical systems deters many mothers from consulting these books, though they would readily listen to the counsels of an aged matron. These considerations have induced us to offer the result of nearly forty years' experience; and perhaps our plain suggestions may relieve the perplexities of a youthful parent removed from all to whom she could apply for information. The penetrating good sense of the mother having detected some dangerous nostrums of the nurse, she suspects the whole of her conduct, but destitute of theoretic or practical knowledge, she must submit to her guidance.

When a physician is called she is in dread lest his prescriptions may be counteracted; and yet conscious of ignorance, she dares not assume the management of her child. Emergencies may also occur when professional attendance cannot be immediately procured, though absolutely necessary, and the wily nurse, or shrewd gossip, must be intrusted.

Our simple and safe remedies may opportunely enable the anxious mother to relieve the sufferer without yielding to the hazardous experiment of quackery; and even in a state of celibacy, a judicious female may snatch from an untimely grave the child of a sister or friend, or some poor dependant. Ladies of rank and fortune devote much time and money to charitable purposes; and would gladly bestow instruction, if well assured they might teach the most beneficial of all arts, the care of infancy, both in respect to health and morals. Nor would the deed of mercy be confined to the immediate objects. A young woman who has seen her little brothers and sisters tenderly cherished, and patiently taught to controul their passions, will follow her mother's method in the nursery of the affluent, in tending and restraining a being at that age when the necessities of all ranks are nearly similar. Thus, the best security for the offspring of

the wealthy will be formed in qualifying the poor to do justice to their own. But however well informed and meritorious a nurse may be, she ought not to be left wholly to her own discretion. All that can constitute private happiness and public prosperity, is included in the lives and virtues of a rising generation; and in the present enlightened times, when experimental knowledge, and the homage justly paid to common sense have exploded so many absurdities, it appears unaccountable that the most momentous trust is for some time, at least, confided to persons who are never esteemed competent for any other charge, in which liberal sentiments and discrimination may be essential. We would not require ladies to perform menial services; but we would entreat and exhort them to minute inspection of their infants. If once induced to give uniform attention for a short time, they will be convinced it is indispensable. Many nurses, no doubt, are faithful, tender, and assiduous; but all mere mortals are liable to errors and negligencies, and a check upon these may save children from all the dreadful miseries of a distempered body and corrupted heart. In general we shall find, that healthful and amiable young persons owe much to parental vigilance; or, in the higher ranks, to a respectable Governess, as the guardian of infant

years. In a state of mediocrity, domestics who have had some education cannot be afforded; therefore, no engagement of business or pleasure can excuse a mother's dereliction of the cares of her nursery. A limited fortune indeed demands the utmost attention to economy; but be it remembered, that, whilst busied by an arrangement where loss or gain cannot materially affect your comforts, the health of your dearest pledge may be irreparably injured. Besides, one fit of sickness will cost more than you can save or gain in the time necessary to guard against pains or perils to your defenceless child; and it should ever be kept in remembrance, that he is utterly unable to intimate unkindness or neglect but by the melancholy consequences. Superintendence during ablu-  
tion, cloathing, feeding, or taking exercise, or going to rest, may deliver him from many sufferings; and if you have daughters, they should be carefully taught to observe your management and treatment on every occasion. By degrees they will be qualified to supply your place occasionally at least; and early initiation in the cares of life will counteract juvenile follies. If ever they become mothers, the knowledge and experience thus acquired will prove an incalculable advantage, nor will they find it any incumbrance, or inconsistent in the least degree with re-

finer and ornamental accomplishments: at all events, it is more desirable to possess a capacity for usefulness, though it should never be called into action, than to be wofully deficient in those matters which are indispensably necessary for securing the comfort and safety of helpless innocence. Men are prepared for high appointments, for professions, and even for the meanest mechanic arts, by certain gradations and progressive attainments. The care of infancy is the inherent office of woman; but as its duties are not known by intuition, they ought to be investigated and ascertained with more precision and solicitude than have hitherto been bestowed on a subject of the deepest interest.

To remedy this defect, and to assist the inexperienced mother in obviating or removing corporeal or mental disorder, is the object of the following Treatise. In it we have attempted to point out a mode which has succeeded in rendering many young persons "sincerely and intentionally" wise, amiable, and virtuous; and we indulge the hope, that judgment will not be passed on these pages until the candid reader has investigated the truths they contain with unbiassed earnestness and diligence. A mother who has been not merely the nurse, but the continual attendant and guide of her family, who by day and by night has watched over the fra-



gile form, has anxiously contemplated the tender mind laid open to every new impression, and the total inability of her darling offspring to avoid evil, whether it come in the shape of personal danger or mental contamination; she who has been unremittingly occupied in ascertaining the most complete corrective for foibles, or the most efficacious remedy for ailments, must have sentiments and perceptions very different indeed from the parent whose attention has been divided and dissipated in the prosecution of other engagements or pursuits; who seldom sees her little ones but when prepared for the interview by artificial good humour and forced smiles, or hears of their transgressions and amiable qualities only through the medium of angry vehemence or interested flattery. Under such circumstances, how little must the parent know of the temper and habits of her children, especially if curbed or impelled by imperious harshness. She may see them every hour, and pry into all their circumstances, but the fear of unwittingly incurring punishment has taught them to dissemble even harmless inclinations; and, in this way, disingenuous arts have become habitual before the passive innocents could clearly distinguish between candour and duplicity. Servants, too, believing they do well *to keep peace in the house*, very readily



go hand in hand with the children in deceiving; and in short, no one is so often duped and baffled as the mother who governs by terror. When debasing severity has commenced with the nurse, has been continued and enforced by the parents; and maintained through every stage of parental instruction, integrity of mind can never be established, and voluntary goodness is unavoidably debarred.

Having considered the ordinary effects of inattention, and of that unreasonable anxiety which excites too great an exercise of authority, we have next to consider the tendency of what is commonly termed indulgence.

Though we cannot but condemn that boundless compliance which nurtures the most unruly passions, and annihilates in the mind every distinction between merit and demerit, we are far from prohibiting harmless enjoyments, however diversified. We detest the weak and cruel idea, that unless we behave morosely, a young creature may be spoiled. Every failing must be reproved, but should be reproved with gentleness, and, as far as may be, changed into the opposite virtue. We lay it down as an axiom, and shall often revert to it, that every thought, word, and deed, approximates to customary evil, or to habitual good in the mind: and since so much depends on habits, we must in

no instance permit mistaken tenderness, or indolence, to sacrifice certain vast and permanent future benefits for present ease or gratification. On this account we should attentively correct the first propensity of mind or movement of body, that could not be approved when the disposition and manners are formed: and, for the same reason, we would deprecate every indulgence that may lead to customary faults, and every degree of rigour which might introduce servility and cunning. Though a child cannot be controlled by reason until he has learnt to affix precise ideas to the words we employ, and to feel the force of arguments, his heart will be sooner alive to virtuous impressions, and his faculties more speedily unfolded by talking to him as a rational creature, than governing by arbitrary command; and they who are conversant with a proper mode of managing children, acquire unbounded influence over them merely by adapting their language to the capacity of their little auditors. Infancy, though apparently helpless, is capable of precious improvements, by training and inuring the mind to religious and moral sentiments, which in that pliant season are soon acquired: whereas much labour and sorrow must be endured to unlearn evil, if once indulged; whilst the time unavoidably consumed in that painful struggle might be

employed to advantage in furthering the progress of education.

If nurses can procure temporary quiet, and constrain the behaviour of their charge, their ultimate object is obtained; but they ought to learn how essentially the future happiness of the child must be affected by the treatment he receives in infancy. We admit that many worthy persons have not enjoyed the blessing of judicious care in the first stage of life; but we will find that, in this case, severe conflicts have been undergone in effacing wrong impressions, and in forming a system of intellectual education for themselves. These instances, therefore, afford still stronger inducements to the affectionate parent to associate in the most unequivocal manner, the ideas of rectitude and innocence with self-enjoyment, and of error and transgression with misery. The perceptions and opinions of an infant are almost entirely at our own disposal, and to preserve them from the mental anguish which ever precedes reformation, what exertion can be deemed too severe? We cannot shield them from the arrows of affliction, but we can secure them from the envenomed stings of guilt and self-reproach, by cultivating in ourselves that species of knowledge which may teach us to shun the baneful consequences of erroneous principles in forming the tender mind. To

be instrumental in assuaging pain, or in relieving inconveniences, or to augment the comforts of a helpless sentient being, is one of the sweetest pleasures that can touch the bosom of humanity; but how much more exquisite the delight in reflecting that our patient superintendence has prevented errors which would have endangered the virtue and felicity of his whole existence. Such performances pre-suppose qualifications that elevate maternal influence and capacity to the most dignified excellence that may belong to a fallible agent. In the eye of reason and philosophy, the merit of guarding against one natural or moral evil, far outweighs the highest accomplishments that administer only to the decoration or pleasures of life.

The pious and upright fare better even in this world than they who give way to violent or insidious passions, and if we are very desirous to save our children from mistakes inimical to secular interests, we must acquaint them with the precepts of moral wisdom, which infallibly lead to soundness and perspicacity in judgment, and will conduct them in safety through intricacies by which the unprincipled are involved in ruin. When every thought, word, and action is sanctified by upright intention, the quicksands of vice and folly will be anxiously shunned; and if the child has learnt to speak the truth in

simplicity, not only in stating facts, but in expressing feelings and opinions. those false estimates, and unreasonable expectations, that occasion imprudent proceedings will seldom frustrate his plans in maturer age. If he has been taught to cherish a facility in receiving satisfaction, admitting always that an endeavour to please entitles his companions to complacency, he will extract the balm of contentment and cheerfulness from circumstances that to a fastidious temper would produce only the corrosive of splenetic scorn. Can it be supposed that these numerous and diversified instructions, thus slightly adverted to, can be afforded by the inexperienced mother without some aid from a digested and systematic scale of duties?



## SIMPLE REMEDIES FOR SLIGHT AILMENTS.

WE enter on this part of our undertaking, formally protesting we are unable to suggest any remedy that may safely supersede medical advice in severe or dubious cases. The diseases of infancy are extremely acute and rapid in their progress, and they are often attended with characteristics which can be distinguished only by an experienced practitioner. Assistance should therefore be obtained on the slightest appearance of danger, and we merely encroach on the physician's province to enable parents to adhere more consistently to his prescriptions, or to act in urgent circumstances where he cannot immediately attend. Some knowledge of the healing art is the surest defence against the impositions of quackery, and the health of an infant may be preserved or restored by the timely use of very simple means, nor can the mal-practices of nurses be detected by a parent who is quite ignorant of these particulars.

The inexperienced mother is generally mightily pleased with celerity in the nurse's mode of clothing the infant; but these rapid movements actually endanger the child's



life, and the utmost gentleness and deliberation must be enjoined. Remaining on the nurse's knee is an uncomfortable posture. Her motions and conversation disturb him, and he is exposed to extremes of cold and heat, or to too much light. During the first week an infant should be always in bed, except when taken up to supply his wants, which must be punctually attended to the moment he awakes, and by this easy expedient, habits of cleanliness may be very early established. It is of the utmost consequence that mothers should satisfy themselves, repeatedly every day, that the child's clothes are all clean and comfortable, and do not in any respect confine his tender frame.

Pins are so apt to lacerate the skin, and occasion dangerous fits of crying, that their place should be supplied by strings. Without great attention from the mother, runners are unsafe, as nurses are apt to draw them too close, and the ligatures, by compressing one part, occasions unnatural enlargement in another, and deformity must be the consequence. Let it be observed, that though a child requires warmth, his clothing must not be so heavy as to oppress or overheat him; and the same rule must direct the nurse when she puts him to bed; the room in which he remains should be large and airy, but moderately warm. All sudden transi-

tions are hazardous, and even in passing from one apartment to another, a chilling blast may give rise to alarming complaints.

Exercise must be given by slow gradations. After the first week the child may be kept for a short time on the knee, and then carried about a little in the nurse's arms, almost imperceptibly increasing this gentle motion. Shaking and dancing him up and down on the knee, is apt to strain the back, sicken the stomach, and to irritate or to terrify a young infant. Exercise is absolutely necessary to his health, and it ought to be gradually augmented during the first month. Afterwards he should very seldom sit on the nurse's knee—a posture very unfavourable to his well-being and growth. He must be alternately carried about in her arms, or laid upon a cushion, where his limbs can have full play. In summer he must be placed directly opposite to the light, and, if the rays are powerful, a slight shade should intervene. In winter his feet should be turned to the fire. The nurse must invariably watch over him, speaking and singing for his amusement, and taking him up before he is chilled or uneasy. If his entrance to the world took place in a cold season, he must not be carried out of doors till a succession of mild weather has softened the atmosphere. He should be wrapt up,

and frequently taken all over the house, the windows of spare rooms being previously thrown open. He may then for a short time encounter the external air at noon day, and his walk may be lengthened a little every day. In hot weather, the morning and afternoon are the best for these rambles; but evening damps are at all seasons pernicious. The practice of laying a child on the grass has caused many incurable distempers, and standing with him at open windows and doors ought to be strictly prohibited.

When little ones can run about, their mother will do well to observe they are not often confined to their seats, that the nurses may be spared annoyance from boisterous mirth. They ought to be allowed to run and play as much as they like. These varied motions are necessary to give the humours due impulsion for their course, and distribution must be unequal unless the sinews are in all parts alternately stretched and contracted. Unthinking people admire the regulations of a nurse or governess who compels their charge to be very quiet in the house and when they walk out to go along like files of soldiers. In a public promenade this is decorous, but a more retired situation is better for children, where they may frisk and frolic like the bounding fawn.

Circumstances may deprive a mother of the sweet satisfaction which every well con-

stituted mind experiences in discharging the actual duties of a nurse, but no consideration should prevent her from giving the most minute attention to the management of her infant; and we warn her that it is during the night he will probably suffer most from indifference or unkindness. The nursery should therefore communicate with the mother's bed-chamber; and besides seeing her little one put to bed, she should visit him just before she retires to her room. If he is undressed early he will slumber after that fatigue, and will often be restless during the night. He must be used to regular hours in every particular, and if allowed a short sleep in the forenoon, and after dinner, he may be kept awake during the evening, when all the family are going to bed, is the proper time to commence preparations on his account, and universal stillness will promote his repose; he should be laid on the right side more frequently than on the left. A narrow bed is at all times dangerous and uncomfortable for a young infant.

After the age of four, the time allotted for sleep should be gradually abridged, but the child must be roused in a kind and gentle manner. Roughness might injure his health and temper.

Every part of a child's dress, whether worn by day or by night, although used

only once, should be consigned to the laundress; as without this strict attention to cleanliness, excoriation and eruptions, can hardly be avoided. When the child is teething, the bibs must be changed whenever they become in the least damp, to prevent the saliva from fretting his delicate bosom.

To bathe an infant both morning and evening, while the stomach is empty is indispensably requisite to promote his health and comfort. During the first month, the water should be nearly milk-warm, but if there is no eruption, cough, or feverish disorder, the temperature may be gradually reduced. After gently and carefully drying every part, the whole body and limbs should be rubbed with the warm hand, taking great care not to press too much on the stomach and bowels; and on these parts the friction must be applied in a circular direction. If the cold bath occasions violent crying, the antipathy must not be combated with much perseverance, as it may proceed from sensations we cannot discover till too late to prevent their pernicious effects. The head of an infant is liable to irreparable injury by using a comb. A soft brush very lightly employed is more safe; and the hair should only be long enough to cover the skin.

In feeding infants there are some attentions very important; yet many nurses of



much experience have not adverted to them. A child should be almost in an erect posture when taking food. He should be fed with a small spoon, scarcely half filled, and allowed to swallow one little portion before another is presented to him. Let it be remembered that the utmost care and gentleness are necessary to guard against hurting his gums; which cannot endure the same degree of heat as those of a grown person. After sucking or feeding, he must remain in a quiescent state for at least a quarter of an hour. Nurses are anxious to get the child to take a very abundant supper, but cramming his stomach prevents sleep as certainly as inanition. Never urge a child to receive one spoonful he has rejected. Let him have as much as he will take willingly; but to entice or press him to exceed the cravings of his appetite never fails to derange some operation of nature.

Physicians recommend the mother's first milk as the best medicine, and assuredly the unerring Creator has appointed this aliment as the most suitable to every young animal. Though the milk has not flowed, the child's efforts will seldom fail in drawing it to the lactescent vessels; and it is better, if the patient be too weak to receive it, to delay giving him any nourishment for an hour or two: but after that time has elapsed, if he



cannot have breast milk, its properties must be imitated as nearly as possible, by mixing some soft boiled water with the milk of an ass, a goat, or a cow. One-fourth part of water must be added to ass's milk, which is always to be preferred. One-third part to goat's milk, which is next in quality, and one-half part to the milk of a cow, that had previously calved about ten days, and has been fed on sweet grass or hay. Whatever milk may be used, it should be obtained newly drawn, and very little mixed at once. Two or three tea-spoonfuls, a little warmed, may be given every time the child awakes; and by attending to the former direction, to make the spoon scarcely half full, the nurse may easily avoid wetting his clothes, by which carelessness the chin and bosom are often excoriated. As soon as he can be allowed to suck, all other food should be discontinued; and if there be an abundance of milk, it is the best and only aliment for the first two or three months. If no discharge of the meconium takes place before the child is four hours old, a piece of manna, the size of a hazle nut, should be dissolved in four tea-spoonfuls of soft boiled water, and given by degrees a little warm, at short intervals, till a free operation is promoted.

If there is the least doubt of a full supply of milk, and a better nurse cannot be pro-

cured, the child should have milk and water, mixed as above, frequently offered to him. If he is inclined to take that, or any other nourishment presented to him, no entreaty will be necessary, and it never ought to be used. When milk cannot be had, a tea-spoonful of the yolk of a fresh egg, mixed with four tea-spoonfuls of hot water, is a good substitute. Soup of veal is prepared as follows, and it may be given as a change of food:—

To two English pints of boiling water, allow six ounces of the leanest part of well fed veal, lamb, kid or chicken, sliced thin, and boil them together till the liquor is half consumed, strain it, and, when cold, take off the skum very carefully. Pour the soup from the sediment, and warm a little of it when wanted. When children are troubled with flatulency, a tea-spoonful of carraway seeds boiled in this soup, or in any other food that may be strained off, will be found serviceable. Boys are sometimes afflicted with gravelish pains, which are much relieved by putting in a few sprigs of parsley with the meat intended for soup.

A child's food should be adapted to the state of his bowels, and as general rules are not a sufficient direction for the *inexperienced mother*, we shall enumerate some simple messes that may be procured in all situations.

When aliment of an opening nature is wanted, the soup should be prepared from the heart and lights of a young animal; all the fat must be carefully picked off, and the soup should be clarified as already directed. After clarifying, it may be boiled again with pot barley to a proper consistency for a child three or four months old.

When milk seems to be of a quality too astringent, we have substituted a part, or the whole yolk of a new laid egg in some of the child's messes, according to his age and vigour. It may be used in the following manner:—

Take one ounce of pearl barley, and half an ounce of raisins stoned, cleaned, and cut small. Boil the whole in water till very tender, but not thick. Take the vessel off the fire, and just as the decoction ceases to boil, mix with it the yolk of a new laid egg, well beaten.

Penado may be mixed in the same manner.

Good apples or pears boiled in the skin, to preserve the juice and the pulp, mixed with a little sugar and the yolk of an egg. For drink, take whey and liquorice root water.

One of the best restringents for weak bowels is arrow root, when it can be procured fresh and genuine. It ought to be pre-

pared with soft water, and eaten with ass's milk. Oats shelled and dried, of a light brown colour, and boiled in water till the seeds are tender, and of a thick consistency, and eaten with ass's milk, also counteract a weakness of the bowels.

Rice with millet boiled in water, and mixed in the same manner is an agreeable change.

Penado of the finest wheaten bread that has been four or five days old, and taken with ass's milk is equally proper.

Cow's milk may be prepared so as to have some of the best properties of ass's milk; for that purpose, mix two ounces of finely powdered double refined sugar with an English pint of milk, new from the cow, and stir it over the fire till it boils. When cold, take of all the cream, which is good for culinary purposes. The thin milk may be taken with arrow root, jelly of calf's feet, or hartshorn; or with rice, or any other food of an astringent nature. It may be mixed with toast and water for common drink, or boiled again with dried flour to the thickness of gruel or hasty pudding. The flour may be dried in any common camp oven, which has been well scoured and repeatedly scalded with boiling water. When thoroughly dried, let it be made so hot that the bottom can be touched by the hand without

shrinking. Sift into it the finest flour, about a quarter or an inch deep; make the cover pretty hot, and keep up the same degree of moderate heat ten or twelve minutes. If the flour has not crumbled into grey powder, continue drying it till it assumes that appearance and form.

Another very powerful and safe astringent may be prepared from singed sheep's feet. Cut the flesh of the leg in thin slices, but take no part of the soal, as it is intermixed with particles of fat. To the lean part of four feet, well singed and cleaned, add two English pints of water. When boiled half away, set it to cool, and skim and clarify it as already directed. A child four months old may have a tea-spoonful of this soup every quarter of an hour, giving him half a grain of magnesia every morning and evening till the disorder abates; and observe that the quantity of the absorbent powder, and of the soup, ought to be increased in proportion to the age and strength of the infant.

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#### CHOICE OF A NURSE.

**ALL** hereditary disorders, and especially those of a pulmonary nature, may be communicated to the nursling. If the nurse



has had several children, the flow of milk will be more equal, and her knowledge of duty more complete. Her own child is the best specimen of her qualifications, and if the last is not more than five or six weeks old, it is a great advantage. Good teeth, a florid complexion, cheerfulness, personal neatness, and blameless moral character, are essentials in a nurse. Good milk is of a bluish colour, and rather sweet.

As a safeguard against variolous infection, vaccine inoculation is recommended before the child is six weeks old. It ought to be repeated within the fourth year, and in a few months thereafter inoculation for the small pox would remove all uncertainty.

*Weaning.*—If a child is declining much, without any evident cause, he will probably improve when weaned, and in such a case it should not be delayed: but when circumstances allow it, this privation should be deferred till good weather and long days admit of having the little mourner out of doors. The nurse should not go far from the house, as her charge must have drink every quarter of an hour. Gruel of barley, rice, shelled oats, or oatmeal, or new milk, whey, milk and water, or any simple beverage he formerly preferred, should be used for this purpose. He must also have regular meals to which it is presumed he has

been accustomed, as a preparative to weaning. Any time after the sixth month he may be deprived of the breast, unless teething, or any acute disorder forbids it. If kept out of doors and amused during the day, with the addition of as much exercise as he can bear, he will not be very troublesome at night. When he awakes, some nourishing drink should be given, but no food. The desire of food during the night time, is a habit unfavourable to cleanliness and rest, and an early breakfast and late supper will soon remove every wish for it: all soporifics, wine, or spirits, are improper.

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#### REMEDIES FOR SLIGHT AILMENTS.

**GRIPES** are generally occasioned by retention of the meconium, cold, or improper food. Rubbing the body in a circular direction with the warm hand will relieve a slight attack; but if it is very violent, and attended with signs of loathing, or thrush on the tongue, dissolve one grain of emetic tartar in two table spoonfuls of warm water, shake the phial, and give half a tea-spoonful every five minutes till it acts as a gentle vomit. Or if there are no signs of loathing or fever, mix eighteen grains of Turkey rhubarb with

eighteen grains of magnesia; divide it into twelve doses, and give one every evening and morning; these powders will generally cure a slight attack, without the necessity of giving an emetic.

*The Thrush.*—After the second day, an infant's mouth should be often examined, as the curd like ulcers are soon cured if attended to on their first appearance. A grain of magnesia given in the morning and evening, will remove the complaint in its earliest stage. If in two days, however, this remedy does not produce amendment, infuse half a handful of red rose leaves in a tea cupful of boiling water, strain it off, and add a little fine honey. Cut your nail close on the first finger of the right hand, cover your finger with a piece of fine linen rag, dip it in the gargle, and gently touch the mouth and tongue twice every day, continuing to give magnesia till all the white ulcers have disappeared.

*Jaundice.*—This disease may be known from the Gum by the nails and eyes being tinged with yellow. Mix two grains of calomel, with four grains of rhubarb, divide it into four doses, and give one every evening, keeping the infant from cold air. If the discolouration of the skin still continues, mix four grains of ipacacuanah with two table spoonfuls of water, and give half a tea-spoon-

ful every five minutes, till it operates as an emetic; administer this early in the evening, and at bed-time immerse the child up to the neck in warm water for five minutes. Wrap him up warmly, and lay him for sleep. Jaundice is one of the numerous diseases occasioned by giving bread, rich milk, wine spiceries, or any solid or strong food to infants before the second month has elapsed.

Convulsions are so frequently the consequence of tight clothing, that the first object ought to be the inspection of the infant's dress. If the teeth be shut, take ten drops of the spirit of hartshorn, and mix them with half a table spoonful of water—moisten a piece of linen rag with it, and apply it to the pit of the stomach. When it can be taken into the mouth, add three drops of hartshorn to a tea-spoonful of water—give one half—and when it is swallowed, give the other. When the fit is over, the wet cloth may be taken from the body. If it appears that the stomach is overloaded, give a grain of emetic tartar, as already mentioned, but if the child be of a full habit, and the countenance flushed with indications of fever, it is requisite to apply a leech to each foot, and as soon as they have done, the feet and legs must be immersed in warm water. If a laxative is required, three tea-spoonfuls of castor oil, with an equal quan-

tity of warm water, and half a tea-spoonful of manna must be administered by degrees, till it operates freely. If an astringent be necessary, half a grain of magnesia may be given every two hours till the violence of the bowel disorder is abated.

*Eruptions.*—Children who are kept thoroughly clean, and guarded from infections, are seldom troubled with this offensive and distressing complaint. They ought to be confined to one cleanly domestic; and in situations where there is every reason to fear contagion, no other person should be allowed to handle the child. Outward applications are dangerous. Cleanliness, the warm bath; and keeping the body gently open with magnesia, are the only remedies in ordinary cases: but where there are many pustules, or boils, on the skin, washing with warm water will not suffice. Immersion for half an hour will then be necessary; but a very young infant cannot undergo such treatment in continuation. In about ten minutes, the water, which has been only milk-warm, will become too cold, and the child will grow impatient. He must then be taken out, wrapped in a soft linen cloth, and by giving him the never failing cordial, he will probably sleep upon the breast. Have water ready to repeat the immersion as soon as he awakes, and when he tires, take him out



as before. This being done every morning and night, will take off the inflammation, appease the itching and effect a cure. The parts that have lost the skin must be dressed with a little Turner's cerate, mixed with sallad oil, to prevent the clothes from sticking to the sores. These are operations to which the mother must constantly attend.

Eruptions on the body often terminates in troublesome sores on the head, which must be washed twice in the day with equal parts of hot water and brandy. Let the sores be dressed with Turner's cerate. spread this on a linen rag. The body, at the same time, must be kept open with magnesia.

On the least appearance of glazing or redness, foment the irritated skin with warm water, to which a seventh part of brandy has been added, and when gently dried, sprinkle some finely powdered white lead on it. Wind in the stomach is generally removed by friction before the fire, but if it induces great pain, or violent hiccup, three drops of the spirit of hartshorn in a teaspoonful of water, given in two different divisions, will dispel the flatulency.

Observe that in all the doses, we mention the least quantity for a young infant, but more may be added in proportion to age, or strength of constitution.

Sore eyes are often the effect of cold, or being exposed to wind, or to a strong light. To cure inflamed eyes or eye-lids, they must be fomented with hot water and milk. Take two pieces of old linen, large enough when twice doubled, to cover both eyes. Dip it in the hot liquid, press the moisture well from it, and if <sup>by</sup> your own cheek can bear the heat easily, lay it over the child's eye-lids. Remove it when it begins to cool, and apply the other rag. Keep the milk and water hot, and continue the fomentation ten minutes, thrice in the day. Weakness of the eyes, without inflammation may be remedied by cold ablution, with one part of brandy, or vinegar, added to six parts of water, and applied with two pieces of linen as above, with this difference however, that the warm application must be changed when it begins to cool, and the rigid remedy must be shifted when the cold is diminished.

Squinting is often the consequence of oblique lights, and whether in bed or in the nurse's arms, a child should be so placed that the luminous rays may come with equal influence on both eyes. This habit is frequently caught from the nurse, and it is a defect which ought to be an insuperable objection to her admission in the nursery.

Teething is seldom severe upon well-managed infants. Providence has granted to mothers the invaluable privilege of preventing or mitigating sufferings incident to their offspring; and on a review of the numerous attentions that are requisite, it must be apparent that cares so complicated, however easily afforded, demand the interested and steady superintendence of a parent. The most sensible, affectionate, and anxious nurse through ignorance, defect of memory, or misapprehension, may commit mistakes irreparable by all the resources of medical ability. The Physician can only prescribe; he has neither time nor opportunity to enforce measures against mismanagement. Extreme distrust of their own judgment, and too great a reliance on the confident pretensions of a nurse, are fatal errors of *inexperienced mothers*, but their inspection may do good, and can do no harm. It will at least improve their own knowledge. If with the usual symptoms of teething there are feverish heats, starting, drowsiness, or spasms, four drops of sweet spirit of nitre, and two of hartshorn, must be given every two hours till the dose has been thrice repeated. The drops may be given in liquorice-root water, or in any other harmless liquid. The feet and legs must be bathed in warm water, and the gums gently rubbed with a little fine

honey; and if the face be much flushed, leeching the feet will be necessary. If the stomach seems to be disordered, a gentle emetic may be given; an excessive discharge however, from the bowels, must be counteracted by giving half a grain of magnesia every hour, and if the body be in a costive state, castor oil and manna must be administered. We have already given directions for the manner in which these remedies are to be used.

When children are indisposed, losing their teeth, and getting the new set, the same mode of treatment must be adopted.

*Rickets* seldom appear till after the seventh month. Enlargements of the head, the joints, and belly, are soon followed by loss of flesh, and unnatural gravity of aspect; gentle emetics, and keeping the body a little open by small doses of rhubarb, are the first means of cure. Friction applied all over the body, three or four times daily, is also a remedy not to be neglected, and the spine should, at same time, be anointed with spirit of wine, strongly impregnated with camphor. If the child be too young to eat meat, it must be cut in slices, to be held in his hand, that he may constantly suck the juices.

Chicken, pigeon, partridge, veal, lamb, kid, or rabbit, broiled on an iron plate, without butter, will afford nutriment of easy digestion.

He may also have hartshorn, or calves' feet jelly, arrow root, rice, millet, sago, salop, light puddings, or a fresh egg. He may have two or three table-spoonfuls of wine mixed with his diet in the course of each day, when free from fever.

*Croup* — This violent and rapid disease begins with pains in the throat under the chin, attended with hoarseness and a croaking noise. The application of leeches on the part affected should be succeeded by an emetic, whenever the leeches quit their hold; and if these means do not afford considerable relief, a blister must be laid over the orifices as soon as they cease to bleed. If the discharge from the blister fails in abating the symptoms, there is reason to conclude that the croup is spasmodic, and assafoetida, must be used. A piece, about the size of a nutmeg, dissolved in a tea-cupful of peppermint water may be given in the proportion of half a table spoonful every hour, if the stomach can retain it. If you have no solid assafoetida, six or eight drops of the tincture may be given at like intervals. In early infancy, a cough, wheezing, and difficult breathing, are often contracted by sudden transitions from heat to cold; emetics and laxatives, as prescribed for disorders of the stomach and bowels, will palliate the disease, but in cases where fever is indicated,



a plaster of Burgundy pitch placed between the shoulders, or a leech applied to the chest, will be necessary. To relieve the itching caused by the plaster, it must be taken off twice in the week, the part bathed with warm water and milk, and dried gently. After wiping the plaster and heating it a little, let it be replaced.

**WORMS.**—Every complaint not well understood by pretenders to medical skill, is imputed to worms, and much injury has arisen by giving cathartics and bitters, in consequence of an erroneous impression. When there is reason to believe the disease really exists, give half a tea-spoonful of the flour of sulphur in the evening, and at night, three tea-spoonfuls of castor oil, twice in the week. This will answer the purpose of more pompous remedies.

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#### PRESENCE OF MIND, AND RESOURCES IN CASUALTIES.

**PRESENCE** of mind or self-possession, ought to be cultivated from early youth, by persevering endeavours to teach our children to govern their feelings, and with composure to make exertions in cases of sudden alarm. This is so important, that danger may be averted, or distress alleviated, by a mother's

fortitude and prompt resources; but it is needless to expatiate on self-evident advantages. Whatever may be the nature of the casualty, the patient should be instantaneously undressed, but with great caution and tenderness. He will, however, bear these movements better than after the part has begun to swell and inflame. Even the extent of the injury, perhaps cannot be fully ascertained till all the clothing has been removed. Whilst this is going forward, the bed on which the sufferer is to remain should be made up with clean linens, and in the most convenient manner. A distinct messenger must also be dispatched for the doctor, if he lives near; but if at some distance, all the information ought to be given accurately on paper, and in the mean time, some relief for the patient must be devised.

When a fracture appears to have happened, our first care should be to replace the bones. If the skin has been lacerated, caddis, or old linen scraped, and dipped in salad oil, must be applied. Spread some white ointment on stiff linen, or stout white paper, which must be laid over the wound, and fixed with a broad but not tight bandage. To retard the swelling, cloths, wrung out of warm milk and water must be applied, changing them as they cool, until we can prepare fomentations of chamomile flowers, or ground malt; which

must be used between two folds of flannel. These applications will allay the pain, and prevent a high degree of inflammation, till surgical assistance can be obtained.

If the swelling, induced by dislocation, can be reduced without much difficulty, it is proper to endeavour to return the bone to its proper situation, but as an awkward operator may augment the injury, he ought to desist, if he does not succeed in a short time; and in that unfortunate case, all that can be done is to use fomentations, as already directed for a fractured limb. These warm softening applications will give ease, and retard the swelling. If the joint has been reduced, we have only to place the limb in an easy posture, and to apply a cloth dipped in Goulard, or vinegar and water, but all attempts to bandage the parts might be injurious.

A sprain only requires to lay the sufferer in bed as comfortable as circumstances may admit, and every quarter of an hour to rub the part with equal proportions of vinegar and water, applying also cloths wrung out of that mixture: friction helps to contract the the elongated sinews.

Burning and scalding are accidents so common, and attended with such extreme suffering, that we are happy to take this opportunity to diffuse the knowledge of a sim-

ple and ever ready means of relief. This is the only casualty in which it would be improper to bestow a moment of time to undress the patient. The clothes must be cooled by throwing upon them a copious stream of any simple cold liquid. Water is most effectual, but if milk or whey can be more immediately obtained in large quantities, we must drench with the cooling liquors every part that has been affected with the hot water. Vinegar, wine, spirits, or beer, may be used if there be no excoriation, but the least injury to the skin would make these pungent liquors dangerous. As soon as water can be procured, it must be employed profusely. If the part can be completely immersed, the effect will be more speedy, and the degree of cold may be continued by frequently adding water fresh from the spring. At the end of one hour we may try if the pain be quite removed, but on the least return of uneasiness, recourse must be had to the cold water. If the injured part cannot be placed in a vessel containing this cooling fluid, cloths wrung out of it must be used. A single fold of linen dipped in water must be first applied but not removed, as it is intended to exclude the air; a large cloth, however, must be laid over the single fold, and changed as often as it becomes in the least degree warm.

It consists with our knowledge, that two children, dreadfully burned by boiling water,



were cured by the application of the cold bath—in the one instance, by water, and in the other, by whey. These facts are so important, that they cannot be too widely diffused, and the value of the discovery cannot be too strongly impressed on public attention. We, therefore, deem ourselves fortunate in being able to say, that in every case where the remedy has been applied, it has proved effectual, and is now generally resorted to by medical practitioners, and the more intelligent members of the community.

Several remarkable proofs of the benefits attending the use of hot water and milk, as a fomentation, have occurred in the course of our own experience. We have known a suppuration in the breast, which threatened to fall upon the lungs, brought to discharge, by applying cloths wrung out of hot water and milk, keeping up an equal heat, and persevering for some hours.

In blows and in wounds which had enflamed, and in large abscesses; we have found immersion in hot water and milk to procure a discharge and speedy cure; but we must continue this remedy for some hours, and use the liquid as warm as the patient can bear without uneasiness. As few can have a surgeon to dress their sores so often as requisite, it may be of some advantage to an *inexperienced mother* to know how she may



give them the necessary attention. In some parts, such as the points of the fingers, the skin is so thick as not to give way, and the offending matter, having no vent, augments the inflammation. Few have courage to attempt the use of the lancet, but a common fine darning needle will answer the purpose. Keeping as near the surface as possible, run the needle across the part in which the matter fluctuates. Cut out the needle with a pair of sharp scissars, and again soak the sore for five minutes, dry it, and apply basilicon ointment, spread thin on a linen rag. The sore must be soaked in hot water and milk, morning and evening, and dressed in the same manner, carefully cutting off all loose skin, as it prevents healing if allowed to remain.

If there be any appearance of fungus, or proud flesh, (as it is called,) a light sprinkling of allum which has been burnt, or rather boiled on an iron plate, or touching the tumid part with blue vitriol, may be necessary. If the sore still does not heal kindly, we must use camphorated spirit of wine; after washing and gently drying the orifice, a linen rag in three or four folds may be dipped in camphorated spirit of wine; and laid over the sore for ten minutes, then dress it as usual with basilicon ointment. Chilblains might be generally checked by applying to the part, whenever it begins to be

affected, common flour of mustard moistened with strong spirits. If chilblains break and suppurate, they must be treated in every respect as we have directed for a common sore, except that instead of basilicon, white lead ointment must be used, and the camphorated spirits of wine, not only employed as a wash, but flannel soaked with them must be laid over the dressing.

When a sore seems to be quite clean and disposed to heal, the discharge becomes thick, and Turner's cerate, or white lead ointment, is better than basilicon to cicatrize the part.



#### PREVENTION OF DISEASES.

A QUIET apartment, moderate warmth, and diluting drinks, would often check the progress of fatal diseases. If resorted to in time, these remedies might remove dangerous colds and fevers, and mothers should acquaint themselves with the state of a healthy pulse, that when the blood has an impulsion too violent, they may employ simple means to abate the stricture of the vessels. We by no means recommend confining a child to bed unless pain, loathing, or extreme lassitude disposes him to a recumbent posture. If he be compelled to

seek his pillow, his mind will be ruffled and he may catch more cold or exasperate the fever by restlessness. A very sagacious and successful practitioner has declared the whole healing art to consist in discerning, and co-operating with, the efforts of nature. He preferred confining his patients to their chambers, as in case the disease might prove lingering, prematurely betaking themselves to bed would certainly occasion a cruel aggravation of suffering. The parts on which the body must rest cannot be preserved from injury during long confinement, therefore this considerate and humane physician delayed that measure by every palliative remedy.

A retired and warm apartment and the soothing attendance of a kind parent, or friend, with permission to recline when he wishes for it, will often prevent the necessity of going to bed, which, however should not be objected to, if it be the child's desire. His own sensations ought to be our rule, but whether he may sit up, recline occasionally, or undress and go to bed, he ought to be kept quiet, and allowed, or rather advised to drink plentifully of any simple warm liquid, as whey, milk and water, tamarind, or apple tea, currant jelly dissolved in water, lemonade, or gruel of shelled oats, barley or rice in which liquorice root has been boiled.

When a patient must be confined to bed, the utmost attention should be bestowed to save the skin from irritation. The linens must be always smoothed, and the crumbs of his food very carefully taken away. These means, and frequently changing his posture, with the help of scrupulous cleanliness, may retard a suffering, one of the most severe that is incident to the bed of sickness.



#### PRECAUTIONS AGAINST INFECTION.

ON the first symptom of fever, the patient must be separated from the rest of the family, except his mother, and the necessary attendants, who ought also to keep themselves at a distance from all the rest. Linens of every description must be changed daily, and the blankets once in three or four days. Every article must be instantaneously soaked in cold water, out of doors. Aromatic vinegar, sal volatile, camphor, or any strong scent that does not distress the sufferer must also be used. These precautions and the admission of fresh air, will probably prevent the disease from spreading. The rich, for their own sake, and in mercy to the poor, should teach them, and furnish the means for such antidotes, and precautions.

They ought likewise to be strongly dissuaded from troublesome officiousness to their sick neighbours, by which the patient is disturbed, and the distemper communicated around. Sunday being most convenient, they often visit the diseased or afflicted before sermon, go to church with the miasm in their clothes, and probably many are affected. Children being the most liable to catch disorders, ought not to be permitted to go to places of worship where epidemics prevail. In Berlin, and in some other parts of Germany, houses are erected for the reception of dead bodies, as a measure calculated to prevent infection, by removing from the crowded dwellings of the poor, the risk of suffering from pestiferous exhalations. A certain sum is paid per night until the body be committed to the earth; but to induce the indigent to avail themselves of this advantage, it must be afforded gratis, and its benefits to all who may be within reach of the contagion are obvious. Another important object is also secured by effectual guarding against the most dreadful of deaths, premature inhumation. At the foreign institutions a watchman is continually in waiting to warn the medical attendants, who are at all times prepared to use every means to restore vitality.

We are very desirous to circulate some advice to the inferior classes of people on



on the subject of infantine management; but until the errors that may have been here committed are suggested by impartial criticism, we have deemed it prudent to delay the undertaking. Instruction should be very explicit and correct, when offered to those who perhaps may not have access to be informed of emendations. The most important interests of all ranks may be injured or promoted by a work of that nature, as the nursery maid generally adopts the usages peculiar to her native **COTTAGE**; *and unless* the mother is incessantly present by day and night, it will be impossible to guard against the consequences of these early prejudices.



#### FIRST IMPRESSIONS, TEMPER, AND OBEDIENCE.

**THE** impressions received when all objects are new, and striking from the effect of novelty, seem so interwoven with the feeling and powers of the mind, as seldom to be eradicated by the admonitory or coercive endeavours of the most anxious parent. Nor are the active volitions of mature understanding always successful in correcting the distorted or defective images which have been stamped on the minds of infants. It

should, therefore, be our first care to convey them in just form, colouring, and proportion. The general rules for this purpose are neither troublesome or difficult; whilst their due application may prevent much severe and ineffectual labour. We would be astonished to find these interesting truths so frequently overlooked, did we not know, that the first stage of life is commonly managed by the nurse, who thinks only of keeping her charge quiet, without regarding the consequences. We must warn, however, the *inexperienced mother*, that very serious are the effects depending on first impressions; but the means employed to regulate them, and to insure the child's happiness in after life, will soon appear to the nurse more practicable and easy than her own method.

Custom is justly said to be a second nature—and if parents would use its influence from the first moment that reason dawns, they would rarely be disappointed in making their offspring all they could reasonably desire. We are so convinced of the force with which a nurse's exterior appearance affects the child, that no person of common sense will employ a woman who squints, winks, snuffs up the air, keeps her mouth awry, or has any peculiarity in attitude or deportment. Let us apply this es-

tablished rule to mental habits, and never  
 expose an infant to the sympathetic effect of  
 rage or peevishness, nor to that habitual irri-  
 tation and discontent which arises from the  
 indolence of an attendant who omits to sup-  
 ply wants, or to remove inconveniencies.  
 The present evil is, in this case, the least, for  
 the little one will outgrow helplessness, but  
 a fretful temper may become rooted and in-  
 curable. If a child be kept clean and com-  
 fortable, and the functions of nature be re-  
 gular, his clothes quite easy, and sufficient  
 nourishment, amusement, and motion, be  
 given to him by the nurse, he will seldom cry  
 immoderately, except from real distress. But  
 if she treats him with violence, or grumbles on  
 account of the trouble she must undergo, he  
 will imbibe her ill humour. She ought, there-  
 fore, to be made sensible, that by cheerful  
 and patient attention, much annoyance may  
 be saved to herself. If her charge appears  
 very uneasy, or screams as if in pain, she  
 ought to inform his mother, and immediate-  
 ly to loosen his dress, and examine every  
 part, to ascertain whether he has received  
 any external injury. Kind, soothing, and  
 gentle motion must be employed to quiet  
 him; but she should be taught invariably to  
 abstain from bribing him to peace, by put-  
 ting play things into his hands. If she in-  
 dulges him in that habit, he will soon learn

to cry from a wayward desire for novelties. We hope we shall not be conceived to mean that all the wishes of an infant are to be thwarted. We would not willingly vex a child at any age. Things improper or unsafe must be kept out of his view; and such gratifications as are suitable, if he asks them in good humour, should be granted immediately. But he must never experience our pity or compliance in consequence of vehemence or surly importunity. The moment children discover that tears and murmurs have no effect, they become manageable, and acquire a habitual command over themselves. As soon as a child can understand, and even before he is capable of profiting by expostulation, we must fix his attention by talking to him, bidding him remember that he will never gain his desire by ill humour—but no angry emotion should be betrayed, as it would contradict our own precepts, and inflame his rage by bad example. We have often considered with inexpressible concern the severity of the pain inflicted on infants from mistaken zeal for their welfare. Let his mother, therefore, explain to the nurse that she will succeed better at that time, and may prevent many subsequent faults by mild treatment. By speaking in a serious tone she will engage his attention and touch his feelings; and as he is neither irritated nor terrified, if



he be free from pain, he will listen in silence. Boundless indulgence on the one hand, and undue severity on the other, are both equally injurious. Even in early infancy the least appearance of a propensity to evil must be checked; but if the feelings have not been blunted by harsh measures, a gentle rebuke will be sufficient.

No error can be more baneful, than managing infants by petty deceptions; or the common practice of scolding an elder brother or sister, or beating some object, animate, or inanimate, for the child's faults. Such conduct absolutely teaches him, when he becomes older, to deviate from truth, and to blame others, when he alone is culpable. Another frequent and most reprehensible frolick to please a child is not less corrupting: his nurse pretends to steal or run away with some nice thing for her darling, who very probably, as soon as he can, will take the same liberty. We may easily convince a sensible woman that all this is improper, and that her charge should not see or hear any thing which it would be wrong to imitate.

Let it be remembered, that it is our duty not only to preserve him from bad examples and impressions, but also to keep forbidden gratifications, and opportunities of transgressing, out of his way; for it is by excluding temptation that instruction can



prove effectual, or that habits of rectitude are to be introduced and confirmed in early age. If the child should seize an occasion to pilfer even a bit of sugar, he must be deprived of it, with manifest signs of horror on our part; and all his rogueish arts to make a joke of the transgression must be repulsed with a solemn countenance. He should be made to understand that we are ashamed and afflicted to find he has taken any thing that was not his own; and that God, who see and knows all things, is displeased by such injustice. The little culprit should likewise be taught to kneel down and implore pardon from the Father of mercies.

The command of his temper, and the practice of integrity are the first steps in our system of "INTELLECTUAL EDUCATION;" we have, therefore, illustrated more fully than would otherwise have been necessary, the means which have appeared to us as best calculated for introducing and confirming those virtues, and we shall afford similar explanations as often as may be consistent with the original plan of this work.

We can affirm from undubitable and repeated experience, that there is little trouble with infants who have never been misled by silly compliances, or bad example, never exasperated, nor severely overawed; but

managed by gentle firmness, checking every impropriety in its first appearance. "Consider well what you are doing, my dear; this is worse than childish. A fool, or a monkey does mischief, but good children can divert themselves without plaguing any one, or spoiling the smallest article. Ask leave before you touch things, and you will seldom do amiss." The habit of asking permission, is equivalent to seeking advice in advanced years; and to this we impute the good qualities of some young persons, who, with all the naivete of childhood, and all the vivacity of hearts that never felt distress, amused themselves without incommoding older people. Continually under their mother's eye, and following her when going about her extensive concerns, the change from one place to another afforded exercise and diversion, and when at work she allowed them full liberty to play beside her, and to take chairs, or any furniture that would not be injured in their sports, but each was returned in safety to its proper place. To admonish and reprove was sometimes necessary, but neither invective nor chastisement was used—and at the age of seven or eight, there was seldom occasion for a rebuke. How comfortable, how beneficial is this method of management, when compared with that of 166

tering the passions in the first months of life, and then, by imperious prohibitions and commands, to make the poor infant cross, sly, and abject. No sooner do locomotive forms enable a child to reach the objects of his desire, than he is scolded and punished for putting them in disorder; but his attendant gives no intelligible rule to keep him from these offences; and as harmless employment for his activity has not been furnished, he torments her and the elder children; and mamma, prepossessed by their complaints, joins in the general tyranny. Some one is always scolding or chastising him, and his mind is soured or inflamed by feeling himself the object of general disapprobation. The voice of kindness never taught him to know right from wrong—his instruction has always been accompanied with painful associations—whatever, therefore, bears the semblance of an advice or a lesson is hateful. His plan of education is compulsory, and he is made wretched, perhaps worthless, by the means which are intended for his improvement.

A short maxim to counteract improper propensities, and to produce resolute self-government, would prevent the miseries he endures from unprofitable chiding and correction, and by teaching him to revert to a simple principle which he is able to com-

prehend, the subsequent woes that may be avoided are beyond the reach of ordinary calculation. Education can guard against, or diminish almost all the evils of life; and as no obstacle to virtue can be insuperable, but by the choice of the individual, it must be our endeavour to give distinct perceptions for influencing the young mind to seek within itself for the motives of action.

Some children have an intuitive sense of propriety, but, unassisted by moral principles, this soundness of understanding, though it may preserve them from flagrant offences, will never rise above mere selfish wisdom. It is by exalting and refining the motives of action that a pious parent not only enhances the deserts, but promotes the truest happiness of her family; and in the discharge of her duty she must prepare herself to meet with almost daily occasion for the exercise of all her powers; for there is constantly some weakness to fortify, some extreme to moderate, and some defect to supply. Regardless of this momentous trust, what right has she to look for acceptance with that Almighty Being who is all-sufficient to keep neglected children in innocence, but how shall a mother account for the breach of those sacred engagements which she came under by her marriage vow? Though her sons and daughters should

prove eminently meritorious, yet conscious of negligence, she can never experience that exquisite delight which more than repays successful instruction. If her children be undutiful and profligate, which is likely to be the case, where indolent ease, sordid cares, or fleeting pleasures have deprived infancy of due superintendance, what misery can equal the compunctions of a mother, who is self-condemned as accessory to the ruin of her offspring. Repentance may propitiate extreme misery, but agonising regrets must ever corrode the mind of that parent who unhappily has either her own supineness or rigour to blame for the aberrations of her children; or who feels a secret reproach in beholding excellence which she has not contributed to produce. Every well directed endeavour to produce moral improvement, must be attended with advantages not less durable than valuable; and the evils from which both the parents and children may be exempted, are beyond calculation.

A young woman who has hardly ever estimated her own powers, will shrink with apprehension from a charge of such magnitude; but impelled by the most solemn ties—and urged by the most cogent claims in nature—she will, if earnestly desirous to fulfil these obligations, find herself enabled to impress the infant heart with virtues she had



never before particularly cultivated, and speedily rise to attainments with which she had formerly little acquaintance. Let her, therefore, constantly keep in mind, that the same course of duty must fit her child for comfort and respectability on earth, and for the happiness of endless ages; and that to remove every obstacle to the growth and perfection of virtue, with the least interruption to juvenile enjoyments, is the noblest exercise of female tenderness. All the resources of philosophy, and all the investigations of science, cannot afford so much true and comprehensive wisdom as this union of temporal and eternal interests. The vivid sensibility of a fond mother, whilst it awakens many fears for failures on her part, will also animate her to encounter its difficulties. She will scrutinize her own disposition and opinions, and correct herself with candour and firmness, that she may be prepared to transfuse her best qualities into the susceptible hearts of her children. To establish her precepts, she will practise the most strict self-government, and always keep in view that every deviation from reason and justice has a tendency to injure the temper, the integrity and intellect of the object of her solicitude. If he shall see her in a passion, her violence will be imitated; if he shall be terrified he will speedily attempt to deceive. On this

account the conduct of his nurse, his governess, or preceptors, ought to be equally circumspect. The habit of instantly seizing every opportunity that presents itself, will lead a mother, without any fatiguing effort, to communicate truths of the highest importance, whilst her children playfully surround her in the bed-room or dressing-room; or when admitted as companions in her parlour and drawing-room, or at table, or in her walks. A child will at times give trouble to whosoever takes a deep interest in his behalf during the most helpless and intractable stage of his existence. It is therefore the more necessary for his mother to *lend* her patient and judicious aid in bringing him to order, without injuring the finest shades in his disposition; and when little ones have lost their infantine simplicity, and have not yet attained a distinct sense of right and wrong, or habits of decorum, it will often try the parent's self-command, to suppress emotions that ought not, on any account, to be betrayed, as they will excite corresponding feelings in the ductile mind. Our radical mistake seems to be, that we judge, by ourselves, of a young creature as yet totally uninstructed. But unless we endeavour to enter into his contracted and defective notions, his mistakes and misapprehensions, we can neither restrain his temper, nor im-

press his mind with principles that would save ourselves the painful labour of struggling with evil habits.

There is no mother but may find sufficient leisure to perform a duty so indispensably necessary—to secure that purity of heart which gives rise to every virtue, and without which no virtue can exist.

Even she, whose household affairs demand a large proportion of her time, may have her child led, or carried from place to place, as her different concerns may require her presence; and a few minutes devoted to reproof or admonition, will hardly interrupt any occupation in which she can be engaged. It is by short and sententious hints that impressions are most effectually made; and many uncouth gestures, vulgar phrases, and faults more fatally injurious, may be guarded against by these attentions. Let a mother set her heart on bestowing them, and she will find no difficulty in accomplishing the object of her views. In a smaller or greater degree, all parents endeavour to correct the failings of their children when they cease to be playthings: and we earnestly entreat, that it may be calculated how much easier it is to prevent than to cure bad customs, and how much more pleasant to give and to receive instructions, than to apply correction. By incessantly attending to the nurse's

management, and commencing our cares so as literally "to teach the young idea how to shoot," we shall escape from many disquietudes occasioned by the disobedience and mischievous pranks of boys and girls, who ought to be models of goodness. Mismanaged children, as they advance in age, will corrupt their juniors; and though practice has improved a mother's method, yet if the first child is headstrong, or deceitful, he will counteract her best endeavours; and we need hardly suggest to her, that a few months or years, devoted to infantine management, is less laborious than a continual warfare with turbulent or base passions. We have seen all the satisfaction derived from talents, acquirements, and accomplishments, utterly overwhelmed by solicitude and suspicions regarding a young person's behaviour when out of sight. On the other hand, we have experienced the blessed effect of pure morals in adorning native gifts and elegant attainments, and in raising the possessor not only in the estimation of the good and wise, but in the opinion of those who could not define in what the secret charm of unaffected virtue and propriety of demeanor consisted.

If the first child of a family has been taught a just sense of right and wrong, he will impart it to the rest both by word and deed; and though no parent will solely trust

to the conversation and example of a child for instructing the younger branches, yet his auxiliary aid is of considerable importance. He who has ever governed himself by a regard to duty, will be capable of giving advice, when those who aim no higher than to avoid reproof and punishment, must be unfit to judge for themselves. The well instructed child will conduct himself irreproachably, when the neglected youth is the cause of constant anxiety to his friends. The most amiable boys or girls require to have their principles sustained and confirmed, by our attending to point out those errors to which in childhood and in maturer age all mankind are liable: but it is the rich recompence of parents who furnish the opening mind with motives of moral action, that before the term of pupilage is completed, they are their own strict monitors, though the curb of authority should not always restrain them. No exertion or privation requisite for preventing bad habits can be so severe as the afflictions which these bad habits may occasion. To mention only the painful apprehension produced in the minds of their parents, by doubts of the rectitude and the dread of the misconduct of young persons whom their own judgment should deter from transgression. Or let us but for a moment compare the most unabating care



of infancy with that fruitless anguish arising from the degrading marriage of a daughter, or the extravagance or dissolute manners of a son. We speak not of errors that entail disgrace; yet these, and all the woes originating from the misconduct of our offspring, may be avoided by the indelible impressions which might be made on the mind, by early lessons of virtue and wisdom. Farther instruction is unquestionably requisite. Youth is beset with snares, and at that critical age the suggestions of faithful friends are invaluable; and if confidence has been invited by endearing affability in tender years, no reserve will be devised. How advantageous must it be, to girls especially, to reveal all their wishes to the maternal adviser who is most interested in their welfare. We do not exaggerate in saying, that upon assiduous care in forming early habits, we must found our hopes of solid happiness for ourselves and for our family in after life. The first five years have hardly elapsed when the child is sent to school, or is committed to private tuition; and as time rolls on, the intervals of separation are more frequent, and of longer duration. Let mothers, therefore, improve those hours when the little ones are under their immediate government, to give decided ascendancy to propensities that are to ensure, not temporary benefits or momentary eleva-

tion, but all that can lead to peace and honour in this world, and prepare the soul for an inevitable change to regions unexplored by the ken of human beings. The happy pupils of reason, religion, and virtue, whose early impressions have been established into habits, as they advance to maturity, are disposed to pursue the most laudable conduct, as if by spontaneous impulse. Out of the fulness of pure sentiments good actions will arise with ease and promptitude; and how blessed are the parents who behold these consequences arising from their wise vigilance, when contrasted with those who live in dread or suffer from wicked and shameful misdemeanours! Let her who bemoans the misery arising from her children's faults attempt to declare what sacrifices she would *now* undergo for *their* reformation. It is easy, very easy, so to train little infants as to render them docile, ingenuous, and steady to the dictates of rectitude; but if the foibles that oppose these qualities have been growing upon them for two or three years, they can hardly be overcome until the young person is capable of strenuous efforts to conquer bad habits; and before that period arrives he may be often involved in disgrace and anguish, which the care of his parents might have prevented. Whenever a child can pay attention to all that passes around

him, it may safely be affirmed that his temper and disposition are beginning to be formed. From this moment, therefore, we should anxiously preserve him from all evil example. By firm yet gentle controul he should be trained to obedience, and by giving up the indulgence of her feelings in familiar fondling, and treating him with so much reserve as may secure to her the power of restraining his passions, a mother may render filial reverence coeval with the earliest traces of memory. But she must carefully avoid the least stretch of authority that might tempt him to duplicity; for if fear shall become his ruling passion, integrity cannot subsist, and anxiety to escape blame and punishment will mingle disguise and artifice with every word and action. Harsh treatment *spoils* the temper and enfeebles the mind, by repressing the proper spirit so necessary in transactions of any consequence in manhood; or if the portion bestowed by nature has been very ample, frequent irritation will promote a violent or peevish tendency, which may render the ties betwixt parent and child, or any intimate connexion, a galling yoke. That hasty interchange of angry expressions by which the most valuable friendships are dissolved, that haughtiness which prevents reconciliation when differences arise, and those looks and words

that lead to the decisions of false honour, are often, on one side, the consequence of ill-managed infancy. How careful, therefore should a mother be, not to let a boy feel those violent passions that may hereafter render him the victim or perpetrator of horrid murder! What discomfort to a husband, to children, and dependents! What interruptions to social intercourse may be avoided by bringing up girls to habitual mildness!

If the child has been left almost entirely to his nurse's government, his mother must look for trials of patience when she takes him under her own management. If it has been his misfortune to acquire bad habits, we must gradually effect amendment. We must not ruffle, confound or frighten him; but mildly teach him first to comprehend, and then to perform our injunctions. We are not to expect from wrath or coaxing, nor even from the most judicious treatment, that we shall speedily infuse wisdom into a mind that has not one distinct notion. We must bear with and assist mental infirmity as we would sustain the tottering footsteps, when first the limbs attempt their office. The least error committed in infancy, childhood, or youth, should be the subject of animadversion; but it will frequently require much pains to make a young child understand

why he is rebuked, or how he is to amend his former conduct. If our counsels can be brought to a level with his apprehension and feelings, we shall in time convert roughness, pertinacity, and deceit, into gentleness, obedience, and ingenuousness. This happy change cannot be sudden, nor should we allow ourselves to be discouraged or impatient. If the child has learnt bad customs, he is the sufferer, and we who should have taken better measures for his government are in fault, and all the atonement we can make is to have recourse to the least distressing corrections. Timid infancy can hardly resist the suggestions of terror to hide offences if possible, and though severity should extort confession or promise of strict obedience to our injunctions, it implants no principle to hinder the child from committing a similar fault in our absence.

They who know least of infantine management are generally the most tenacious and arbitrary in subjugating a rebellious spirit. Time and calm resolution will more thoroughly overcome it; and we may observe in some instances, that though the elder children have been treated with rigour, experience has taught the parents more lenity, and they succeed better in the tuition of the last than in the first part of their family. Young couples have perhaps vague



and undefined ideas of filial duty, and do not always reflect, that to secure comfort to themselves, or real benefit to their children, obedience must flow from proper motives.

That homage to the superior wisdom of a parent which constitutes awe, is a salutary feeling to keep the volatile disposition of children within due bounds; but it differs essentially from fear, an abject restraint which paralyzes every noble energy of the mind. Indeed it is impossible exactly to foresee the result of any mode that may be adopted to impress the human mind; but it is unquestionable that whatever tends to debase or to harden, though it may excite or restrain in single instances, can have no good effect in regulating the conduct in general. It is difficult to say whether there is more injustice, cruelty, or folly in permitting children to acquire bad habits than in correcting them with impatience. The capricious whimsies of a young babe are thoughtlessly indulged, and these privileges are often withdrawn without consideration respecting his feelings. It would be much kinder and wiser to have always accustomed him to gentle restraint, whereby his checked and restrained desires would be more subject to reason in every stage of life.

If an infant is greatly agitated, from whatever cause, time must be granted to conquer his feelings; and speaking to him, as we have already mentioned, in an authoritative, yet friendly voice, will gradually compose his mind. All who have paid any attention to their own emotions, must know that these emotions are not to be checked instantaneously; and if this is admitted in regard to ourselves, how gentle and patient should we be towards a child under such circumstances. Indeed, there is danger, lest by suddenly and violently urging him to submission, you should deprive him of the power of self-control, and render him outrageous. If we are sure he is not in bad health, it would be wrong when he is cross to offer him amusements. Let him vent his sorrows, which, however trivial, or imaginary, he is unable in a moment to restrain; and if we disregard his cries, they will soon cease. If he can suppress complaints, the love of liberty will soon banish them.

People who are really kind-hearted are sometimes inconsiderately the cause of exposing children to the influence of frantic rage: but if it be true that the disposition is chiefly formed by habit, to excite any bad passion in the flexible mind, by subjecting it to these agitations, is a step towards a common fault, and the power to oppose it

is diminished. Servants who are very tender so far as relates to personal comforts, have no scruple in irritating the feelings of their charge. We have seen an infant driven almost to frenzy by mockery; and if these paroxysms are frequent, all self-command will consequently be lost. Teazing and derision will embitter the best temper, and are more intolerable to a sensible spirit than pain, or any other trial of juvenile fortitude. Elder children are apt to impair the comfort, and injure the temper of little ones by this practice; but it must be peremptorily interdicted. They must be told it is cruel and mean-spirited to annoy those who are unable to defend themselves. And to remove all causes for discord, to prevent and to reconcile differences, must be the constant study of those who manage children. If they have been taught the golden rule, and daily occasions have been embraced to bring its dictates home to their "business and bosoms," they will not be apt to commit selfish injustice: but we must give both example and precept in dealing justly, by showing no partiality. The merits of children are nearly equal, if regarded without prejudice. If there is a natural defect, it claims our pity—if an obstinate fault disgusts us, it is probably owing to our mismanagement, and equity demands that the

means to cure it shall be tenderly adopted. Preference to the disposition most congenial to our own, or to remarkably engaging qualities, is perhaps unavoidable; but these feelings must not interfere with the claims of justice—and though the child who is less favoured may prudently bury his sorrows in his own bosom, they must be deep and discouraging.

Jealousies and dissensions will arise among children, unless they are treated with equal indulgence; and the parent must answer to the Judge of all the earth for the sorrows her partiality has occasioned. A family cannot prosper without concord, which in a great measure depends on a mother's management. One child must not be praised at the expense of another, and no invidious comparisons must be drawn. All complaints of each other should be disallowed—all exulting in conscious superiority ought to be checked by mortifying rebukes—and children must never be made the agents of opprobrium, by allowing them to scoff at one who happens to be a delinquent. This practice destroys affliction, impairs the feeling of shame, and gives rise to resentment, retaliation, and insensibility of heart. They should be instructed to feel for one another when in disgrace, and they should not be prohibited from interceding.

If any misfortune of mind or body lays a child under disadvantages, our strict attention should place him on a level with the rest of his companions; nor will it create jealousy if no improper indulgence has spoiled the child's temper. Even in the event of a weakly constitution, self-command must be inculcated; for no creature has such numerous discontents as a child, who, from his sickly state of body, has been always allowed to give way to unreasonable fancies; and the rest of the family, whose natural pity would have inclined them to go great lengths for his accommodation will be teased into dislike. We have known children consoled under great infirmity by parental fondness, yet gently denied every improper liberty; and we have also known feeble intellect invigorated, and in process of time made to appear respectable by the prudent and amiable delicacy of a mother. Whatever may be the imperfections or faults of our children, it is foolish and barbarous to expose them. The weakness or transgression of a child ten years old, will be remembered at twenty, though amendment has been effected. This must be baneful to girls, nor will boys quite escape unfavourable recollections. It ought to be often held out to themselves to induce to cir-



cumspection, and it should seal the lips of impatient parents who upbraid their young people before strangers.

A child who has been separated from the rest, from being unused to competitors, or to the family modes, may, on his return appear unaccommodating, or peculiar; but his mother should lead the rest, by frank cordiality, to overcome bashfulness, or sullen reserve in the stranger. Even rugged tempers are softened by endearment, but coldness and derision would drive the isolated child to indifference.



#### INGENUOUSNESS, TRUTH & RECTITUDE.

TO those who bear the sacred name of parent, with corresponding sensations, no means will appear irksome, or tedious, if they lead to effectual caution, and improved dispositions. Severe measures are employed with painful reluctance in hopes of benefiting the objects of our anxious care; but we solemnly forewarn the *inexperienced mother*, that when home is rendered uncomfortable, the youthful heart will open itself to other attachments, and take refuge in expedients that may undermine the very basis of all virtue, ingenuosness, candour, and rectitude. Infants are soon estranged

from their natural protectors when they regard them with fear; and ignorance of the true nature of good and evil, with the dread of incurring penalties, makes them disguise even innocent propensities. In this manner falsehoods and deceptions arise in quick succession, to the total subversion of truth and probity, long before the child has one distinct idea of duty or crimes.

The only guard for innocence in the early stages of life is to exclude temptation, as every separate offence, by abating repugnance to evil, approximates to habitual baseness. Forbidden gratifications, and opportunities to transgress should not be in the power of children; and if we suspect a child he must not be interrogated, as it might ensnare him to deny, or misrepresent the fact. Let parents remember, that our humane laws require no offender to condemn himself, and if delinquency is too manifest to be overlooked, the expression of grief and horror will prove more effectual than wrath and chastisement, to awaken a touching sense of remorse.

Human nature is so prone to error, that the least approach is to be dreaded; and by playful signs of approbation, to encourage lisping prattlers to feign ignorance when they know how to express a sentence, may eventually lead to culpable impositions, By

gravely making them repeat it till they pronounce the word aright, the attempt to deceive will be checked: and they will besides sooner learn to articulate distinctly.

There are numberless ways to divert and please a child without countenancing his failings; and much fondling, or a profusion of endearing phrases is dangerous after he has begun to notice circumstances minutely. He will repeat these kind words and actions by rote for some time; but when he shall have discovered that we are pleased, he will soon resort to them as flattery. Fawning must be gently discouraged; as far from maturing affection, it substitutes designing semblance in place of genuine feeling. We may put a stop to these affected endearments by saying, "if you love me, you will wish to make me happy; and you can only make me happy by being a good child."

To remove all temptations to artifice or ambiguity, let a child have no cause to be afraid of coming to the point at once in every request. Not only plain dealing, but obedience may be superinduced by this liberty; for he may be taught to make it a point of honour to give up his inclination, if he finds that we cannot approve of it. We can never be at loss for opportunities to convince him that self-denial will upon the whole promote his happiness; and to show him that can-

dour and honesty are the "best policy." Every advantage gained by low arts may be represented as degrading, and attended with secret anxiety; and these wholesome truths, when deeply imbibed, become a firm foundation for upright and rational conduct.

Infants, who are perfectly ingenuous, are sometimes too communicative; but it is dangerous to curb this foible till the mind can make some clear distinctions. They should hear or see nothing unfit for repetition, and their candour must not be perplexed; for if their parents reprove them for rehearsing what is in itself a fact, the remonstrance of a servant will easily persuade them to artful concealments.

Tale-bearing as it is commonly called, is a habit pregnant with degrading consequences, as it seldom fails to produce censoriousness and falsehood; and we may limit even a young child's communications, so far as to hinder him from accusing any one. "That you must not speak to the disadvantage of the meanest creature," is a rule that does not contradict the foregoing observations.

The *inexperienced mother* can hardly beware of the manifold snares which environ her little ones, if she is not at pains to prevent the enquiries and pretended secrets, by which a detestable inquisitiveness is some-

times excited to answer the puposes of an insidious domestic. By listening at *doors*, peeping into letters, and other mean devices, a child is taught to purloin intelligence, and probably hereafter, to be a pest to society. Infants must be allowed to speak the truth, but they must also be taught the utmost abhorrence of all indirect means of satisfying their curiosity; but we should not suggest the idea, unless we discover that they have been guilty of such practices. As soon as they can understand that it is ill-bred and foolish to chatter about their own concerns, or the affairs of others, they must be made to avoid it. A reasonable steady attention will not give rise to perpetual dictates and inhibitions which unfit a young person to act with self-possession and discrimination. Temptations may be kept out of a child's way, and foibles may be restrained without letting him perceive much of our solicitude. Let him see that we believe him capable of good conduct, and he will respect himself. As infantine follies subside, let him gradually receive marks of confidence in his honour and secrecy, treating him as a friend and companion, and he will make returns of frankness, unconscious of any reservation that might endanger his safety. His sense of rectitude and propriety will withhold him from actions he would blush to own; and



encouraged by candour and gentleness, he will apply to us to prevent the consequences of venial errors. The unspeakable advantage of interesting children in our concerns, and discussing with them such points as are proper to be laid before them, can only be known to those who have had the happiness of profiting by the acute, but respectful suggestions of filial counsel, and have enjoyed the internal delight of seeing the lively girl, and animated youth, improved by the exercise of their judgment. It will be found very useful to keep in view that the period is not very distant when our children are to act with perfect independence, and that they may greatly surpass us in worth, in ability, and in every honourable distinction. This deference will help to govern our own humours, dispose us to render obedience pleasant, promoting mutual affection, placid and substantial enjoyments.

In families of rank and opulence, where multiplied engagements encroach on parental cares, an experienced governess ought to form the disposition and first habits of those who are to become leading members of the community. In a few solar revolutions no expense will be spared for masters to teach accomplishments that may be deemed fashionable; but it is at least of equal importance to preserve health, and to shield children

from that harsh or inconsistent management which so sadly perverts the infant mind. The governess will doubtless guard against bad customs, and instil lessons of virtue, which, with all first impressions, ought to be received through the medium of cultivated intellect; but after the utmost care to store the mind with moral perceptions, the watchful superintendent must aid a young novice in establishing habits of acting up to his own convictions, by removing all occasions of offence. Infants are too weak to resist temptation and opportunity, and, as we formerly observed, since habits are the result of repeated sensations, the utmost care to prevent transgression is well bestowed.

Where there are several nurses, an enlightened superior is yet more necessary; not only to counteract the disadvantage of copying unpolished manners and language, but likewise to prevent the attendants from setting the children at variance, by each extolling her own favourite, and depreciating the rest. All the encomiums are generally on beauty, vivacity, or on neatness of dress; and though no harm be intended, much is often occasioned by engendering envy, vanity and strife.

The pain and fever which attend the cutting of the double teeth, and changing the others, unhinge without confining children,

and makes them drowsy, listless, or fretful, when difficulties occur in their tasks. We must not be too quicksighted in observing these foibles, and more exercise and relaxation are necessary than when they are in full health. Our sympathy, however, is not to be intimidated, as it might tempt the children to exaggerate their sufferings; and when they are really indisposed, it will be proper to tell them, that for the sake of truth, and to enable us to employ proper remedies, they must state the symptoms exactly.

As about this time they ought to have some charge of their ordinary dress and necessaries, when they are uneasy, without being seriously ill, they may be diverted whilst usefully and actively employed in arranging their drawers, giving and receiving their clothes from the laundress, or assisting the younger children in these performances.— They should learn that their parents are delighted to observe punctuality in these lesser points, as neglecting them would gradually lead to failure in higher duty: and they should be often reminded that small faults generally entice a child to commit greater.

They should also be made to know, that all they are permitted to use, is the property of their parents, and that honour demands them to manage it carefully; and that even if it were their own, it would be sinful to spoil

the most trifling article, as it may be useful to poor people. These admonitions are more effectual to induce care and attention, than incitements arising from selfish and sordid motives.

Parents object to bring little ones to table as simple diet is best for them; but the erring kindness of servants will convey to them a more abundant share of *good things* than a prudent mother would allow. A child's integrity may be saved, and his stomach preserved from injury, by giving him a small portion of the luxuries that cover the parental board; and besides, his manners must be improved by admission there. If the delicacies are first given, he will not be tempted to excess in finishing his dinner with plain food, of which he should be allowed as much as his appetite requires. But we cannot approve of compelling him to eat of any dish he dislikes. If necessity should constrain him to make a meal of that particular food, his antipathy will give way to the urgency of circumstances.

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#### RELIGIOUS INSTRUCTION THE BASIS OF MORAL RECTITUDE.

**INTELLECTUAL** improvement includes the whole term of existence. In childhood, we endeavour to form dispositions

and habits for youth. In youth, it is our object to qualify our pupil for maturity. In every stage, to fix our thoughts on the preparation for eternity, is the only infallible guide for instruction. The mother, as she clasps her smiling babe, should resolve to keep steadfastly in mind, that he is the undoubted heir of immortality, and to give him an early and exalted sense of his glorious destination. This belief firmly established, will add a grace and refinement to his ordinary actions. Godliness is indeed profitable above all things. Besides insuring eternal bliss, it is the copious fountain of virtues, the most conducive to our present welfare, and makes a child attentive to the comfort of all with whom he is connected. He who, from his remotest recollection, has loved and adored his Heavenly Father, will prove affectionate and submissive to his earthly parents, and obedient to his instructors. As he advances in age, untainted by vicious propensities, he will apply with vigour and diligence to every virtuous pursuit. If he fails in his endeavours, he will not fail through misconduct—and if he succeeds, he will prosper with honour to himself, and unalloyed satisfaction to his friends. The best concerted schemes often disappoint us in the aggrandisement they have promised; but the esteem due to genuine worth, and the heartfelt peace



inspired by conscious rectitude, no external misfortunes can destroy.

If any motive can make a young person truly faithful, and strict in the performance of all his duties and relations in life, it must be the reference to a Divine Superintendent and the prospect of certain responsibility.—These convictions may be imparted without formal lectures, which are usually so irksome to children, that impatience prevents any impression on the mind; but every mental faculty, and moral feeling may be quickened and improved by giving a cheerful and ingenious turn to remarks on common events. These daily occurrences afford the most suitable lesson to affect young minds with the delineations of the true and attractive charms of virtue, or to expose the deformity and egregious folly of vice. The grand *arcana* of instruction are to combine with it some familiar and agreeable associations; and we may oppose a darling passion indirectly and pleasantly, by pointing out its consequences in others, so as to engage a child's own sensibility and understanding to resist its seductions. But the most efficacious means to guard against, or to reclaim from error, is to accustom our pupil to nightly self-examination. It will teach him to reverence his own heart, and to shun offences which he knows must soon be the cause of self-reproach and disapprobation.

All is novelty to infants—and in tracing and explaining the beneficent activity of the great Author of nature, we may inspire them with a desire to imitate his goodness. The Almighty is not to be represented as distant—but as ever near, ever observant of the child's conduct, and ever bestowing mercies. We should also infuse into them the hope of spending eternity in the presence of unblemished holiness, and lead them to consider how carefully they should avoid a thought, word, or deed, unworthy of such a privilege. It is by this deep and habitual sense of the soul's pre-eminence over the body, that they will perceive a clear distinction between good and evil, when their minds are able to grasp these ideas—and we, by whom they are communicated, must so affect our own hearts, as to give the force of truth to our exhortations. When we contemplate all within us and about us, we must feel and discern that endless life is intimated by incontestable proofs. The bare idea of eternity is too immense, too stupendous to be entertained, except by a spirit conscious of inherent claims to that bright reversion. Powers and capacities formed for continual increase, and endless expansion, cannot be limited by our three-score and ten years—and the wonderful effects of immaterial spirit, which, even in this imperfect state, has

a separate and independent capacity for action, may confirm our faith in the promises of eternal life, exhibited in the word of God. This assurance of hope ought to awaken a steadfast zeal to secure for ourselves, and for our offspring, an inheritance without which existence would be a curse, and old age, to reflecting minds, a series of miserable despondency. Every means by which pleasure is communicated to the senses must fail; but religion presents an exhilarating cordial, when all other delights are successively deserting us. With what grateful homage will the aged invalid recal to mind the instructions of an affectionate parent, who led him to lay up treasure in those regions of glory to which he is hastening. Riches may purchase accommodations and mercenary attendance, but they cannot procure release from pain, nor reconcile us to the irresistible encroachments of decrepitude and disease. It is the exclusive excellence of consistent piety, to rise superior to mortal infirmities.

An infant should be accustomed to stated periods of intercourse with his Creator, as soon as he can articulate a few devotional expressions; and these ought to be adapted as much as possible to his youthful apprehension—we will only puzzle and weary him by dictating terms, which to his feeble

understanding, would seem as an unknown language. There will be more sincere worship in a simple short prayer, than in diffuse and amplified petitions, even if the child could fully comprehend their meaning. It is dangerous to encourage *lip service*; and to induce him to suppose that he *shall be heard for much speaking*. We must inculcate the necessity of accompanying every word by the deepest attention, reverence and fervour; and the young mind can command these exertions but for a short space of time.

The idea of an invisible, but powerful protector, seems congenial to the feelings of infancy: and is so effectual, that the omniscience and the omnipresence of the Almighty may be employed both as a restraint from evil, and as an encouragement to obey his commands. Far from lessening the gaiety of heart so engaging in youth, the blameless conduct resulting from a reference to the divine inspection, cheers the spirits by exempting a child from the sorrows, disquietudes, and sufferings inseparable from transgression. Accustomed "to feel the present Deity," he will seldom fall into boisterous excesses, or debasing arts; and he will submit to controul, to compulsory exertion, sickness, or pain, with fortitude and meekness, never to be found where there is no soothing hope, or sense of duty. In every

circumstance and situation, this is a principle of potent efficacy, to prevent those errors, by which the advantages of natural talents, liberal education, and the fond hopes of parents, are lamentably frustrated. A steady belief in the all-seeing God, is an awe which no darkness, change of place, or distance, can remove—and it restrains, without depressing youthful minds, if love of the supreme Benefactor has been properly instilled. God is to be represented as not only great and glorious, but as infinitely amiable and gracious. We are equally to exclude extravagant enthusiasm, and slavish superstitious fear from the sentiments we seek to inspire. For, to warm the affections, without enlightening and satisfying the understanding, can never produce operative and genuine piety. The indissoluble connexion between religion and moral rectitude must ever be maintained. *If ye love God, ye will avoid evil and do good;*—a maxim which ought to be inculcated on the mind from the earliest capacity to retain impressions.

Every improvement in opinions, or practice, depends on convincing children that religion is friendly to all innocent enjoyments. To disfigure her august and lovely form with the sable garb of gloom and austerity, shows little acquaintance with her true spirit, or with the human heart.



If Sabbath-day duties are made sad and burthensome, a child's own feelings will contradict our assertions, that to be good, is to be happy. We may edify without dejecting, we may amuse by scripture stories and hymns, such as can be understood by our infantine auditors, and we may deeply interest by representations of that state which eye hath not seen, but which imagination is eager to conceive. The difficulty will be to find words by which accurate ideas may be conveyed. We must encourage our pupils to ask explanations; and by placing the same thoughts in different points of view, we may at least engage an assiduous attention, which in time must improve them in knowledge.

When the reasoning powers are in some measure commensurate to the subject, the doctrines of the Christian religion are to be gradually and clearly unfolded—but until the mind be able to examine proofs, it would be improper to give the least intimation that proofs are to be demanded. When we think a young person can weigh and attend to them, we ought previously to prepare ourselves so as to lay open the most complete and irrefragable testimony. Christianity, established on the firm foundation of convincing evidence, will soften, enlarge, and illuminate the heart, and give life and spirit to

duties the most discouraging and opposite to their passions and interests. No parent has ever repented bestowing such instructions, but numbers have bewailed the omission when too late.

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### MATERNAL TUITION.

IT is good for an infant to be unable to recollect when a whole day passed without employment. The habit of patient application is in itself of vast consequence, and by commencing early, a sure, though gradual progress is attainable, without disgusting our pupil by compulsory exertions. A parent, or a governess, who has guided the first movements of reason, has peculiar facilities for fixing a child's attention. He should be prepared for study, by telling him some of the many diverting, or touching events, that are to be found in books; and when he is very anxious for such entertainment, we may put off the relation for some time, adding, "how fortunate are the children who can furnish themselves with such pretty stories—you should make haste and learn to read." A little girl, or boy, perhaps hears an excursion proposed, in which the elder children are to partake. They naturally entreat to go likewise, and we have another oppor

tunity of inculcating the advantages of instruction, by replying, "you are not yet prepared—but you may hasten the period for such indulgence. Learn to read fluently; and to remember and compare the things and circumstances mentioned in books, with those you may meet when you go from home. You will then have much greater pleasure in new sights, and I shall have no cause to be ashamed of your ignorance." Here are powerful motives; the hope of enjoyment in travelling, and the fear of incurring contempt. If we can but awaken in the mind a deep felt desire for information, and preserve a moderate degree of ardour in the pursuit, the pupil will, in due time, learn to make inquiries and distinctions. In process of time he will contract a liking for the volumes that assist him in these intellectual operations, if the preceptor shall take care not to disgust him by making it a wearisome task. When averse to his lesson, instead of using the rod, which only increases the dislike, let the book be laid aside, saying, "amusement is the reward of diligence, and since you are idle, you must keep your seat." He will soon consider this a greater evil than his task, which must be withheld until he asks it as a favour. We have known little ones happily unspoiled by super-abundant caresses, or extravagant prai-

ses, for trivial performances, take great pleasure in their initiatory studies, merely to obtain their mother's approbation. Walking with her, or seated in her lap in the twilight when they could not so well divert themselves, they learnt to put letters together; and these sounds being familiar to their ear, it soon became easy to form syllables on the book. Slight circumstances may be converted into much use in managing young scholars. If a child is remarkably dull, an elder brother, or sister, should help him to prepare the portion he is to read, and when he comes to go over it as a lesson, he will deserve to be commended, which will encourage perseverance.

It is certainly incumbent on the teacher to make the most of time; but over-anxiety retards the progress of education. Lessons to a beginner should be short, though frequent; and gradually increased, as difficulties yield to practice. Helping him to observe a few amusing particulars, will render study interesting; as for instance, to find out the changes made by adding one or more letters as in old, older; cold, coldness; scold, scolding, &c. Ten minutes of animated and frequent exertion will do more to improve a Tyro than hours of drawling and regardless poring over pages; and we must take care to allow no bad habits in pronunciation, ges-

tures, or attitudes. They may be prevented with little trouble, but to cure them, when once acquired, would be a laborious endeavour. When tempted to give way to our own indolence, or the child's solicitations, for a lengthened term for play, let us look forward to futurity; to the greater hardships arising from inert and trifling habits; and let us turn *his* attention to the happy effects of the time already spent in learning what appeared at first a distasteful drudgery. After all, we must not be too eager to extort great efforts, that we may neither endanger health, wear out the spirits; nor create disgust, by prolonging tasks beyond the power of voluntary exertions. When a very young pupil seems drowsy, we should find him some active employment for a few minutes, without imposing it as a task, and he will become fresh and gay. This will promote his improvement more speedily than chastisement and harsh expressions, which make children detest their books. An older pupil should be kindly and cheerfully exhorted to resist lassitude; and by saying that "all good children strive to overcome every inclination which opposes duty."

We must habituate our pupils to complete their attempts in the best manner of which they are capable; and the surest preventive of carelessness is to oblige them to repeat



the task, till due diligence results from the execution. Triflers ought to have a limited, but sufficient time for each employment, and our requisitions should be moderate, but peremptory. Children soon discover irresolution in their rulers, and are consequently more remiss in their application. They ought to be taught to set a high value on time; to consider that it cannot be recalled, and that there is but a limited portion of that precious possession for all they have to perform. "These sentiments are infinitely preferable to a spirit of emulation, which often pours poison into the heart, whilst it improves the head."

We would again and again beseech parents and teachers not to discourage dull and diffident scholars. A little more time and assiduity will enable them to accomplish the most valuable ends of study—if the mind be not depressed, they may, perhaps, outstrip at the end of their career, the more lively genius, who at school regarded their laborious efforts with disdain. It will be said, the boy soon forgets his alarm or sorrow: true, but not till he gets out of school. The mist of fear obscures and weighs down his powers at the very critical moment when he stands most in need of their support.

Before any book is put into the hands of children, its tendency should be scrupulous-

ly scanned; for they never ought to read any sentiment that may not be adopted as a principle of conduct. Pompous descriptions of splendour and decoration, or any suggestion that diminishes the value, or disturbs the contentment found in humble utility, leads to affected sensibility, or ostentatious benevolence; or whatever is unfavourable to simplicity of heart and manners, ought never to be admitted. We cannot approve of fables for very young children. They are incapable of drawing moral inferences; and the accounts of reasoning animals, and speaking plants, incline them to credulity, or at least to confound their ideas. And, perhaps, it may excite some fertile imagination to embellish a recital of common incidents. Fictitious representations should be withheld from them till experience has taught the juvenile mind to distinguish between facts and fancied relations. Simple narratives of good moral tendency, which are entirely probable in real life, evince the danger of bad passions, and the blessings resulting from worthy principles and conduct, are the only species of tales with which they may safely be made acquainted. The youthful mind is prone to what is marvellous, and we must carefully correct this propensity. It is a sacred duty, that to all the inquiries of children, answers are to be returned with the strict-

est veracity, and in terms the most easy to be understood. Superior abilities, and superior worth are attained only by strict adherence to truth in knowledge, sentiment, and communication; and we must not suffer children to hear or read what might subject us to the risk of being detected by them in evading or abusing their curiosity. A little girl happening to pay a visit with her parents, met with a book of Fables in the drawing-room, and with much labour and difficulty read a page or two. Her astonishment in reading of frogs having spoken to boys, was expressed with an ingenuity very amusing to the company; but their remarks occasioned much difficulty to her mother in preventing the child from discovering that untruths were put together to divert little girls. She had not yet arrived at an age to distinguish between invention and falsehood, and her genius was too penetrating to be easily satisfied. Her remarks may be given hereafter, and in the mean time, it will be sufficient to observe, that we may find in books of geography, and natural history, particulars that ought to be known and remembered, capable of raising as much wonder and admiration as a young heart can contain. A selection of this kind for the nursery would be very entertaining for the maids, and make deep impressions on little

ones, when read or rehearsed to them. Parents, by relating these informations, have it in their power to make children more distinctly acquainted with each circumstance, and to call to their recollection what each country produces, and what particular object, either natural or artificial, are to be found in it. This would be an easy and pleasant amusement for their earliest years; and it might prevent many silly and illiberal prejudices arising from ignorance.

We have enabled beginners to read amusing books, by giving lessons with an elder child, who was capable of reading or spelling the most difficult words, and much artless emulation appeared in the infant, who was thus stimulated to attempt what seemed so easy to a brother, or sister, only a year or two farther advanced in life. It would be a vast improvement to collect all words that exceed one syllable, and to place them properly divided at the commencement of the chapter, with a glossary couched in the most simple terms. This would afford more assistance to the scholar, than separating the parts as they occur in the book; for children who are accustomed to have the syllables divided, are quite at a loss, when they meet them otherwise joined. Emphasis, and punctuation must be taught from a subject

with which the child is well acquainted, for if he has not been previously familiarised with it, his feelings and understanding cannot second our instruction.

The lessons in **Mr. Lindley Murray's** spelling book, are admirably suited for this purpose; and indeed, we have seen no elementary volume which in so small a compass unites so great advantages. From the same judicious friend, an abridgment of the **Old and New Testament** would be an invaluable service to the rising generation. It is a great error in many stories intended for infants, to describe the arts and transgressions of bad children. They ought not to hear of lying, deceit, fraud, artifice, dishonesty, or any other wickedness, further than what cannot be avoided in their intercourse with the world. We must also give to religion and virtue, the most engaging aspect. No painful feeling should be associated with these sentiments, which are often deeply injured by making attendance on public worship burthensome. If an infant be made to read the bible as a toilsome task, before he can proceed with fluency, and if he be required to commit to memory certain extracts from the sacred volume, which he does not understand, and cannot accomplish without severe exertion—if he be punished on **Monday** for deficiency in



the task required—if he be taken to church before he can sit there quietly, and be chastised for restlessness—can it be possible for him to love precepts and performances so distressing? The parent defeats her own aim which might be effectually promoted by reading to him, and explaining the holy scriptures, so far as he could understand the subject. He can receive no benefit by going through the chapters before he is able to put words together, and he contracts a dislike to any book perhaps, which has cost so much painful study. The exertion of mental faculties in a child can only be encouraged by mingling entertainment with intelligence, and testifying a high respect for useful knowledge. If his mind be filled with profound veneration for the church, as God's house, "where people meet to implore his blessing and direction," and if he be not brought there until he has acquired self-command to comport himself with decorum; he would perhaps, through life, cling steadily to the pleasing and edifying lessons of his infant years. In assisting the operations of the tender mind, either on sensible objects or upon religious and moral truths, the first principles are to be explained in a few simple words, leaving the child to reflect upon them; for by introducing many ideas, we shall confuse and distract his attention. After

some time we should encourage him to tell us his own sentiments, and we may proceed to show him the changes made by human art and industry on material substances, or the connexion of one virtue with another, and with his own happiness, so as to excite the use of his understanding in the pursuit of information. We have known Sunday regarded as a day of peculiar enjoyment, because the mother had more leisure to converse with her family. She did not, however, confine herself entirely to evangelical instruction; but as far as her ability extended, the works of nature and the inventions of man, in the whole circle of science, were made subservient to piety and moral improvement, inciting the ardent spirit to carry some accession of knowledge and goodness into each succeeding week. This plan had a much better effect upon the heart and understanding than long chapters, psalms, and hymns, committed to the memory, with weariness and disgust, and without affixing accurate ideas to the words repeated. The short portion allotted will be cheerfully learned, when the child knows it may be easily performed; and a mother who has not much time on week days, should make it a rule to converse with her children on the day of rest. She cannot comply with the sacred institution more effectually than by infusing

into the minds of her offspring some useful knowledge connected with serious duties; and all her endeavours to inculcate human wisdom, and to qualify her charge for worldly pursuits, may be assisted by a constant reference to the great duties of life.

In learning geography, children may be made to perceive the Divine wisdom, power, and goodness; though to a little child, this study is to be offered merely as an amusement. On the maps and globe, places may be distinguished with as much ease as one letter from another in the alphabet; and elder brothers and sisters may recapitulate that knowledge which they have early acquired to much advantage, in making the infant acquainted with the capital cities, rivers, mountains, and productions of different countries. There will still be much to learn; but when certain particulars are deeply impressed on the memory, further attainments are more distinct and pleasant: and in every branch of education, it is better to know a little accurately, than to have many crude notions, and superficial informations.

Learning a chronological table of the most remarkable eras and events, will furnish precise recollections on which the mind may rest in the study of history. In reading history, a reference to maps, and to biography, will make many particulars more interest-

ing. The same method should be observed with regard to newspapers, which all young people ought to peruse with great attention. Where a family reads sociably, and converse on the different topics, very valuable improvement is derived, and even little children receive great benefit.

Expertness in calculation is early acquired, if arithmetic be attempted in due time, and there is no branch of instruction of greater utility. We have observed numeration to be the most puzzling of all simple rules, and we therefore, generally commenced with addition. We have also found the study to prove less tiresome to children, by bringing them quickly forward to reduction, and giving lessons in each of the preceding rules. Their connexion and dependence is more readily understood in this manner than by continuing long upon the same section. In beginning addition, the sums should be formed only of the first figures, and when 6, 7, 8, 9, are added, these highest numbers should be placed at the bottom. To render education less laborious is to increase the happiness of many years in life; and to be the means of preventing mental anguish and bodily suffering, without reducing the amount of useful acquisitions, is worthy of the most sublime philanthropy; especially when we take into the account that severity may de-



base and harden, but can neither invigorate nor illumine the infantile mind. Although application may perhaps be extorted, and any mode of treatment may not entirely destroy the superiority of a highly gifted and well constituted mind, still, on the average, that exertion which is most free and cheerful, will always be the most successful. Health, vivacity and candour, must not be risked to hasten proficiency a year or two; and we may safely assert, that violent and depressing measures will not essentially promote that object. Coercion will fix the volatile, and rouse the indolent; but, by beginning early, a constant and regular attention may become so habitual, as to render harsh compulsion unnecessary. We are convinced it is highly detrimental to solidity of judgment, and to purity of morals, to emancipate a youth from school at a very early period. He must possess unusual sedateness if he escapes self-conceit in attributing his attainments to superior powers of intellect, and superabundant leisure will lay him open to many temptations. Happy would it be for some tall boys who have completed the ordinary course of classical studies, to be confined to the business of the school-room, in making themselves acquainted with English literature.



Rules of grammar must be learned by rote; but a child will not comprehend them unless he be taught their use in conversation by frequently asking him the parts of speech in any sentence he may have occasion to express. We must not be angry, though he cannot, without frequent explanations, enter into our meaning. The spirit of investigation which causes him to hesitate, and to seek for farther definitions in every instance, should be encouraged, and by placing the subject before him in different lights, some ray will at length be elicited from the point where it is most wanted.

It is very injudicious to make needlework, knitting, and other feminine employment, a sad and burthensome task; for with the utmost tenderness in the teacher, the little girl has many painful struggles ere she can be expert. We should excite a wish to excel, and be useful, and accustom the child to be busy, whilst at work, to perform it with neatness, and then to take some diversion. Her own little implements of industry should be entrusted to her care, and until she has got the habit of laying them up properly, we should require her to show us daily how she disposes of them, as it will teach her to exactness in matters of more consequence.

We have already observed how much elder children may be benefitted by assisting to teach the younger; and in every branch of education, the eldest of a family may improve himself, and instruct the others, according to Mr. Lancaster's excellent method. Let the children be seated according to ages; the eldest gives out a small portion to be repeated audibly by the next, proceeding till they all have recited it; and then another till the whole be learnt.

Lessons in reading may be prepared in the same manner; and the parents ought to attend that the little ones be prevented from trifling, and the elder restrained from domineering. To allow a right of controul to one child over another always creates dissension; and there is usually some contrariety where many have the management, which perplexes and frets young children.

The most experienced and amiable instructor stands much in need of self-vigilance; and if at any time our emotions be too keenly uttered, we should at least make a pause to allow the pupil time to collect the ideas which our impatience has dissipated. Attention must be quickened and arrested, and a refractory, presumptuous, or inconsiderate disposition must be checked; but this may be effected without severity. The exhausted feelings of a child who has

been often subjected to reproof and punishment are ill calculated for intellectual exercise; and if he remains sensitive under inflictions, his mind loses much of that vigour which enables it to rise above difficulties. We have no doubt that it is a sincere, though very erroneous solicitude for the child's welfare which makes the mother undertake penal discipline in the course of education; but let her make the experiment of conveying the lessons as a benign instructress, and besides sparing herself the dreadful pain of torturing a creature who can neither resist or expostulate, she will find in the child more speedy improvement, and many moral advantages. A mode of influence which excites the best feelings and faculties of the mind, must be attended with superior benefits; and we appeal—not to those whose youthful fervour and anxiety now misleads them—but to the aged and ingenuous matron, who calmly looks back on her own management of beloved children, some of whom, perhaps, did not live to reap the fruits of learning so dearly purchased. We appeal to the experienced mother, whether her own conscience does not acknowledge that penalties and punishments have at times been inflicted, when patient teaching might have had at least equal efficacy.

Severity, confounding the dim apprehensions of children, is so repulsive to the efforts of genius in embryo, that it operates to weaken and to retard, if not to destroy its powers; and we have wondered that the natural tenderness and justice of maternal hearts did not suggest this plea. A very young pupil may be gradually induced to comprehend, that he and all his fellow-beings rise to higher degrees of happiness in consequence of their own exertions—that on the employment of youthful years depend the pleasures and prosperity of advanced age and the felicity of an endless state of retribution.

They may be led to compare former ignorance and imbecility with the satisfaction and benefit derived from more illumined intellect; and heedlessness, or pertinacity may be corrected by limited confinement in our presence. This answers every salutary purpose to be expected from chastisement; with the further advantage of disposing the child to all the reflection of which he is capable; and it preserves the parent from many acts of overstrained authority, which, at a future period, might be remembered with compunction. When Pericles, the Legislator of Athens, was on his death-bed, his friends believing him insensible to their lamentations, were bewailing their loss, and recounting his



great actions—"you forget, said the expiring Chief, my greatest boast—it is thus—that I never made a citizen of Athens wear mourning." In the narrow sphere of parental or preceptorial power, what a consoling reflection that we have never made a child shed a tear which due self controul should have prevented! The heart feels in its inmost recesses the acknowledgments of a beloved child, departing from this world, and imploring blessings on the parent who never caused one moment's uneasiness that could have been spared.

When our family are all in health around us, we can but faintly conceive the full force of these sentiments; but when any of those dear ties are rent from the agonized bosom, a word, a look, will be recollected with poignant regret, or unspeakable comfort.

Volatile or impetuous children ought to be educated under the immediate superintendence of their parents; to guard them against errors they want sufficient foresight to avoid and which, if often repeated, would become habitual. This inconsiderateness is a natural misfortune, or the consequence of mismanagement. In either case it is most pitiable, and parents ought patiently to make best of it—as they hope for mercy at the tribunal of unerring justice.



At a public school, such a child would be incessantly falling into difficulties, and many have become wretched reprobates from the effects of extreme rigour, whom moderation and instruction might have in time led to amendment. As iron is hardened by repeated strokes, so are the feelings of the human mind fatally blunted by successive pangs—especially if attended by degrading circumstances; and children that are often punished are apt to lose that self-respect which is the source of laudable conduct.

Exquisite sensibility is the greatest misfortune to the offspring of severe and unrelenting people; under gentle sway it might expand into superior talents and virtues, but it has seldom coolness, or resolution to withstand the rude shocks of rigorous treatment. We believe this may in some measure account for the union of great defects, and very amiable features in the same character, whose mind like the mechanism of a fine timepiece, has been overstrained and deranged in some of its parts by violence—a mode of management which can hardly do good, and frequently creates a perverse dislike to employment, and to salutary restraints.

## REWARDS CALCULATED FOR MORAL IMPROVEMENT.

**GRATUITIES**, rewards, and penalties, are powerful, but transient incitements, and temporary ends, must give place to durable advantages. The ultimate tendency of partial inducements is so uncertain, that rewards and penalties ought to be distributed with a very sparing hand. No motive but a desire to do what is right should be often presented to children. These views lose much of their influence when mecenary hopes are often fostered; and the grief or displeasure of an anxious mother, or of an attentive father, will but slightly affect a heart pre-occupied by terrors, or rendered callous from frequent struggles to sustain them. People who do not consider that the feelings and sentiments of the mind are the only consistent springs of action, treat infants as automaton, whose exterior movements alone are to be regarded, but they should reflect that the means employed to produce these actions become grafted in the disposition, and unless reason be mingled with restrictions so as to leave free scope to the mental faculties, the child can have no determinate rule of conduct. Rigid authority takes away all the pleasure of duty, and

we seldom perform well, or consistently, any thing which is regarded as a sacrifice to necessity. Many of the bribes, rewards and penalties, resorted to in the nursery, have given rise to principles radically vicious.

It will, perhaps, be very difficult to prevent servants from inflicting punishments, or promising bribes—but every possible means should be employed to withhold from them a power of which even parents do not always make the best use. Toys, sweetmeats, and trinkets, ought not to be given as tokens of approbation. They should never be mentioned, but as things of course, and in such a manner as to evince the insignificance of such trifles. Children make rapid and decided deductions from the words and actions of those whom they regard with peculiar veneration, and though they are not always to be paid with empty words, they never should be bribed by the promise of trivial and useless rewards. When substantial proofs of satisfaction in their conduct are given, they should consist of books or materials necessary for their different studies and employments; which will tend to associate the ideas of diligence, perseverance, and well earned applause—nor will it be difficult to dispose them to prefer the good opinion of their parents before all other considerations. To strengthen this influence, the distribution of

premiums or penalties should centre in the father and mother alone, and the nurse should be strictly forbidden to encroach on this privilege. She may express commendation or displeasure, and remind her charge that she must strictly represent their behaviour, which should be frequently inquired into during the course of the day, and in approving or rebuking they must be taught that "to be happy they must be good." The great variety of toys bestowed, and the immoderate pains employed in amusing infants in the first stage of life makes the commencement of application to lessons intolerable.

A babe must doubtless be entertained; but if we take care to preserve unvitiated a taste for simple diversions, a few rattling toys will please him in the first stage of infancy, and when he can understand more rational pastimes, the coloured prints in a little book may delightfully engage his attention. By degrees a systematic arrangement may be adopted; and besides prepossessing him in favour of books, by associating pleasure with learning, he may receive useful information.

We knew a girl who, at four years of age, could give many particulars in the Histories of England and Scotland, which she had learnt in this manner; and a juvenile library afforded more gratification to her, and to her brothers, than a toy-shop supplies to the



creatures who break their play-things, or tire of them two or three times in a week. We earnestly wish to see due improvement in this department of juvenile edification and amusement; and though little knowledge accrues from these early lessons—that little is still some acquisition, and is infinitely preferable to a restless desire for novelties.

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#### SERVANTS, PRIDE, HUMILITY, AND HUMANITY.

**ALL** parents will recoil at the supposition of allowing inhumanity, injustice, or despotism, to have an ascendant over the minds of their children; but these odious propensities will augment daily, if children be allowed to behave with haughtiness, or incivility, towards their inferiors. They should learn that the rich and poor, have all one great Master in Heaven, who is no respecter of persons—that they ought to treat the domestics as they should wish to be treated themselves, and that to these humble friends they have been indebted for their greatest accommodations. If they be ill, and the complaint be not infectious, the little charge should repay their services, by waiting upon them; and, indeed, all young persons ought to know the duties of a sick nurse, so far as to



be able to direct the mercenary attendants in the performance of that office. In how many situations are young students, and naval and military officers, almost solely left to the care of each other, and how few females are there who pass through life without occasions to call forth their best ability in behalf of suffering parents, or friends.

A domineering temper is easily checked in a young child, by showing him his own helpless and dependent state; and if we are careful to prevent birth, fortune, beauty, or grandeur, from being talked of in his hearing, as if they conferred merit on the possessor, pride, and vanity, will seldom infest the heart.

Inhumanity is unnatural. It is the consequence of bad example. If children use animals with cruelty, or suffer themselves from harshness—if the nurse, with a loud burst of laughter, shall call upon her charge to observe the quaking limbs and nodding head of the aged mendicant, or the odd gestures of the idiot, or madman, he will soon come to deride infirmity, and to scoff at, and teaze a creature labouring under the most deplorable calamity, if any thing in his appearance can give rise to ludicrous ideas. A feeling mind can never be disposed to view the wreck of intellect as a source of amusement, and there is nothing more detestable in human nature, than the propen-

sity to augment that misfortune by derision. Children should be led not only to pity every species of distress, but to make active exertions for its relief. With these notions they will never affect the false and despicably selfish sensibility, which flies from the sight of pain or sorrow.

It is usual for parents to place infants for some years under the government of nurses, and then to insist that all familiarity with inferiors should cease. It would be more rational to have our little ones chiefly under our own influence, and so to gain their confidence, as to leave no room for regretting an intercourse so soon to be terminated.

As a baby in nursing will imitate the manners most frequently presented to him, we should afford the models that may be most advantageous—and in preventing a child from passing much time in the nursery, or from going to the servants' hall, or kitchen, reasons, must not be assigned, which may insinuate a dislike, a disdain, or a distrust, of the inmates—it may suffice to mention the risk of accidents by fire, by scalding water, knives &c. besides the interruption to occupations in which the servants may be engaged. By making infants easy and happy, and entering into their amusements, they will have no desire to quit our apartments, where at least they will be safe: and

though parents do not always remember that the eye and the ear of infancy transmit impressions to the mind, still less caution is to be expected where there is no acquaintance with refinement. A taste for low or vicious pleasures is communicated by uncultivated associates, whether in a superior or servile condition, and though parental prudence may for a time suppress it, the right of acting independently will discover the latent evil. Let not the *inexperienced mother* trust implicitly to appearances. Could she remove the veil which sometimes conceals the true state of her children when out of her sight, and look forward to remove consequences, she would be struck with horror. This page perhaps may be perused by a matron who can yet recollect the terrors denounced, to make her exact in repeating the false tale which was to gloss over misdemeanors, or how punished if detection arose from childish simplicity: those only who have known the perplexities of transgression, the agonies of compunction, and have witnessed the painful struggles young people undergo when better instruction, or some blessed incident has awakened a sense of remorse—those only I say, can know the full value of maternal care which provides against infantine perversion. Much eloquence has been nobly

devoted to the cause of African emancipation: and we earnestly hope our humble, but true remonstrances, may excite some of these able advocates to point out in more impressive language, in what manner parents may deliver their beloved pledges from the worst of slavery, the thralldom of fear, and of evil. The most exalted station does not place mothers above this duty, as all the immunities pertaining to rank and fortune cannot exempt their offspring from the frailties, follies, and consequent sufferings of our common nature. Even the care of a deputy the most completely qualified, will not wholly satisfy her who has attentively considered the numerous impediments to the personal and mental security of her children; she will "feel all the parent rising in her heart" at the bare possibility of ills so terrible; and she will often engage her infants in "full free converse," by which, without intention of tale-bearing, they will divulge any impropriety they have seen or heard; and the servants, aware of such artless communications, will endeavour to avoid any word or deed that might be disapproved. Far be it from us to insinuate that such motives influence all domestics. There are numbers whose sincere goodness and fidelity, established on the immovable rock of religious principle, would not

for worlds mislead their charge; but in an affair of such importance, all possible miscarriages are to be obviated, and it ought to make mothers conscientiously scrupulous in giving to, or receiving recommendations for persons whose conduct involves the dearest comfort of families. Encouraging kindness and liberal remuneration is due to these humble but beneficial friends; yet implicit confidence can be of no real service to them, and it may be very hurtful to our children. With the best intentions they may commit fatal errors; nor should a parent, by yielding to the nurse the sole government of her infant, allow herself to be superseded in the dependence and affiance by which he is to be formed for every duty. To wound the feelings of a worthy domestic by distrust, would be cruel and injudicious; but the delicacy with which her proceedings are regulated, and her good sense, will make her willing to submit to restrictions—and the mistress of a family should never relinquish by disuse her right to direct her own affairs, more especially all that concerns the management of her children.

Nurses when engaged ought to be informed, that if they give immediate notice when an accident happens, no blame will be attached to them; and if they fulfil this condition, we must take care they have no cause



for regret. Many infants, who now labour under incurable deformity, might have been saved from that misfortune by timely surgical aid. If we blame children themselves when they are hurt, they will be tempted to conceal an accident till perhaps it is too late for a remedy. They ought to be encouraged to apply to us in every disaster, or distress, which may prove a safeguard for their person and morals; but they cannot have courage to be always open and sincere, if we give them cause to repent of their sincerity.

A servant who would on no account take liberties with her master's property, will not hesitate to bring his child to a house where he may be exposed to contagious disease; and in towns, numberless infant lives have been lost by this temerity. Many afflicting events and accidents might be avoided, by an agreement of families in the same street to depute two or three members by turns to accompany the children in their walks and in going to, and from school; and a league of affection and duty for the safety of human beings would be at least more wise and honourable than an association for the preservation of game, or for any other intention pleasure or interest.

Commiseration and bounty are virtues of the earliest growth—but to give these feelings a right direction, they must be exercised in

good deeds, which require some effort. Children may be taught to take care of shoes, and suits of clothes, that when they are past their use they may relieve with them the wants of poor little boys and girls, who have only such charitable supplies to defend them from the cold. Or little masters and misses may give up gratifications and amusements for the sake of dedicating to this purpose the money which these indulgencies might have required, and it will have a much better effect on their character than large pecuniary gifts obtained from parental liberality, and distributed without trouble or reflection.

Immoderate puerile fondness for the lower creation is to be discouraged; but neglect, or maltreatment must be seriously reprov'd; and if often repeated, the favourite animal should be transferred to the care of a more humane and considerate child.

The enormity of killing, or hurting the most despicable reptile, or of robbing birds' nests, and of enslaving the free tenants of the air, should be reprehended in the most affecting strain; but a bird rendered helpless by captivity may be accepted, and tenderly cared for. Sights of pain and horror—the agonies of dissolution in animals that are deprived of life for our subsistence, or the unrelenting severity with which they are sometimes trained for our amusement, if ren-

dered familiar to children, will certainly blunt the amiable sensibility of their nature, and ought to be withheld from their observation.



**LOQUACITY, TACITURNITY, CONFIDENCE,  
AND BASHFULNESS.**

**TO** counteract all extremes ought to be one great object of education, and as taciturnity is a very obstinate defect, it requires to be opposed in its first symptoms. Loquacity may be moderated by paying no attention to the prattling child; but to enable dullness to express ideas, and to prevail over diffidence to violate itself, demands very judicious, unremitting, and tender management. We must begin by tracing the origin of the infirmity, and if it seems to proceed from bashfulness, the remedy may be found in setting the child at ease, and encouraging him to rely upon his own judgment. We must talk to him in a free and kind manner; and if he makes no reply, tell him what should be said, mildly urging him to repeat the words. He should likewise be frequently introduced into the company of intimate acquaintances, who will take the friendly trouble of joining in our endeavours. He must gradually mix with larger circles, for bash-

fulness can only be cured by frequent intercourse with strangers.

If there be any external impediment to speech, professional advice should be obtained without delay; for in such cases surgical operations generally succeed best in infancy; and when the child attempts to use the organs of articulation he should be directed to speak a few words deliberately, and quickness of utterance by degrees, according to the facility he attains from frequent practice. Some simple and diverting poetical lines committed to memory, and recited often with care and attention, will essentially promote his improvement.

Excessive diffidence is often mistaken for an indication of mental weakness; but even considerable deficiency may be remedied by timely care. It will be necessary to engage the child in frequent conversation, to discover in what respect his intellect is disordered, or feeble, and the rest of the family ought to be strictly prohibited from laughing at his absurdities, which would quite discourage a shy temper, or excite a rattling young creature to greater volubility.

If a child has so much sense as to be silent, great hope of improvement may be entertained, unless his manners betray downright idiotism—but at all events, a mother will be acquitted by her own conscience

if she employ every means to arrange and expand his ideas. Too rapid diffusion might however, involve them in obscurity. We must, for some time, talk to him only on the most common topics, correcting misapprehensions, supplying necessary information, and often recapitulating the same subject. This is a melancholy duty, but a very small share of success will repay the trouble; and we have known strong symptoms of imbecility so far removed by maternal care, as to render the child respectable and amiable, though not brilliant in society.

We lament to say we have also known a few instances in others, whose defects in early age were not more apparent than those; but by negligence, or rebukes and punishments for silliness, at times too keenly felt, and for improprieties which, without assistance, they were unable to rectify—with the deepest commiseration, we have beheld the blameless unfortunate youth sinking into a total deprivation of mental energy. In the first example, the faculties were developed and invigorated by fostering affection; in the latter, unaided by a more efficient power to draw forth and to sustain them, every day produced some cause to hasten their decay.

Defective intellect is sometimes accompanied by irrational merriment, restlessness,



and loquacity; and if this is attended to in the first or second year, it may be in a great measure restrained. Severity will introduce low arts, but the invariable influence of a kind, patient, and attentive director, by the mere mechanical force of habit, will improve the behaviour. The follies of such a child should be treated with uniform gravity; to laugh, or even to deride him, would inflame him to farther extravagancies, but a sorrowful rebuke will hardly fail to abate his mirth; and even younger brothers and sisters may be taught to follow this method. It is almost superfluous to add, that in these circumstances, mothers may perceive how much depends on their close inspection, during the years of infancy.

We are apt to err greatly in regard to reserved children, who are often little attended to, whilst the bold and vivacious, whose exuberant flow of spirits might be the better of some abatement, are treated with caresses and smiles of approbation.

Those who are too delicate to push themselves forward, ought to be brought into that notice which would convert bashfulness into graceful modesty. The arrogance of a confident child must be repressed by cold reserve, nor should genius, sprightliness, humour, or any talent, induce us to give way to a presumptuous or volatile disposition.

The missile shafts of ridicule are sometimes successfully aimed against these enemies to propriety, which arise from vanity, egotism and affectation: but they must be directed by a strong and unerring hand. Derision will exasperate and harden, rather than correct mistakes, unless it be softened by delicacy, and it is always improperly applied against awkwardness, or shyness, as it only adds to the painful sensibility from which these foibles proceed.

Young people ought to be encouraged to unrestrained conversation with their parents: if denied this liberty, and only used to chatter with companions of their own age, they cannot have just notions of colloquial intercourse, and will be defective in the style of their language, or in modesty, freedom, or discretion; all of which may be acquired by a habit of weighing their own opinions, and communicating them to those who have the kindness and judgment to explain what is right. By talking with the instructors, who live only to promote their advantage, they will learn to contribute their share of the entertainment, without encroaching on others, or betraying the disgust which an unpleasant companion may excite—they will learn to detest detraction or unqualified praise, and to state every circumstance they mention in a fair, temperate, and perspicuous manner.

It is of great consequence to attain that self-dependence which may set them at ease with their superiors, as without a high sense of honour and propriety, bashfulness will drive a youth to take refuge in low company in which alone he feels self-possession, and cheerfulness; and with the finest talents, accomplishments and qualities, the too diffident young man will not be engaging; and he will lose the opportunity when a seasonable and modest display of ability might lead him to fame and fortune.

The successful labours of Mr. Braidwood, Mr. Joseph Watson, the Abbe L'Epee, and others, have proved beyond question, that the deaf and dumb are susceptible of instruction; but the expense precludes numbers from receiving it at the public institution. But much may be done at home by patient attention. As soon as it is ascertained that an infant wants the sense of hearing, his mother should provide herself with large printing types and ink; and on pieces of white stiff pasteboard, let her impress the names of the most familiar objects that consist of few letters, increasing the vocabulary, and taking longer words as the infant improves. She cannot begin too early to call his attention to these lessons. The habit of looking at them and observing their reference to the article pointed out, is of vast ad-

vantage in the exercise of intellect, and as communications are made only by the eye, or the touch, the pupil's concentrated attention will soon prove effectual. They who wish to enter deeply into this subject under the guidance of an able professor, may consult Mr. Joseph Watson's work, or the Abbe L'Epee on "the method of educating the deaf and dumb;" but to assist a plain understanding we shall lay down some easy rules. We believe this to be the first attempt to impart the faculty of speech to young infants who are deprived of aid from the ear, but we are assured of its practicability; and when the organs are most flexible, their use undoubtedly may most readily be acquired. Suppose we wish the child to read "eye," the word is to be shown to him, directing his finger to his eye, or our own, and trying to make him imitate the motion of our lips in pronouncing it. When he is able to pick out the card on which eye is printed, we are to show him the letters E Y E separately, and placing them together, to cause him to comprehend that they are the same with the word he was accustomed to see.—

When he has learnt a few words, they are to be shown to him repeatedly every day in the manner which we have described, and the same effort to articulate is to be excited. When he seems to know them in

separate letters, the cards are to be shuffled, and pointed out to the eye, the ear, the nose, a bed, a box, &c. &c. we are to ask him to show the corresponding name, and to pronounce each as they occur. The printed verbs are to be explained also in separate letters, and showing him the action they imply, as to eat, *by eating*; to drink, *by drinking*; to sit, *by sitting*; &c. "Give me your hand" is to be explained by repeating it with a pause between each word, exciting the infant to express them after us, and showing him to extend his hand.

Every action must be illustrated in the same manner, and he must be taught to pronounce all the syllables addressed to him.—His nurse should almost incessantly induce him to articulate words. If this be done in a playful and cheerful manner, it will afford both amusement and instruction, and promote the effect of those lessons in reading daily given by his mother at short intervals.

As soon as he is able to use his limbs he should receive lessons in dancing, to vary his occupations, and a slate and pencil should be given him, with a copy to teach him to form the letters. The science of numbers may be taught him in the manner by which he learnt to know the names of different articles, but when he is required to say one, he must have one counter presented to him, when he



is to pronounce two, two counters, and so on, and he may at the same time learn that the corresponding figures traced on his slate are to express the same quantities. To diversify his amusements, drawing should be taught him. Other tasks added to these already mentioned should very soon be the employment of girls—and either sex, by these early cares, will be prepared for a public education; besides, that they prevent much of the ill temper by which deaf and dumb children distress their parents, for want of having their attention agreeably engaged.



#### COURAGE, FORTITUDE & CHEERFULNESS.

A sound imagination is a blessing next in degree to a clear conscience and a healthy constitution, and when parents discover puerile terrors, they ought to spare no pains in eradicating all belief in supernatural agency; but it would be more effectual and easy to prevent children from hearing of ghosts and witches, for unless gifted with superlative strength of mind, it is scarce possible for them wholly to emerge from the cloud of superstitious prejudice instilled into them with the first consciousness of dangers.—When a child has had the misfortune to be enslaved by these terrors, to combat them

by authority under any form can be of little use, as constraint has no power over the mind, though it may enforce external performances. Good humoured derision may expose the absurdity of fears so ridiculous and irrational, and induce the child to voluntary endeavours to banish them: but a lively sense of the Divine omnipresence, and trust in Almighty goodness, is the only effectual remedy for a weakness which often prevails over the convictions of reason. "The Lord is my light and my salvation, whom shall I fear? The Lord is the strength of my life, of whom shall I be afraid?" No exhortation or argument can inspire confidence and peace, compared with the sentiments conveyed by these words, and the susceptibility of a youthful heart is peculiarly fitted to feel comfort in the belief that neither solitude nor darkness are excluded from the presence and protection of the great Being "whose mercies are over all his works."

A youth who has been preserved from enervating apprehension either of spirits, or of severe afflictions—who has learned to govern, not to disguise his feelings—who has always dared to appear *such as he really is*—who has imbibed an independent and animated sense of honour, will never fail in manly intrepidity.

Dishonour will appear to him far more terrible than death; and if he has been taught that death itself is the passport to endless glory, his valour will be sustained by the clearest dictates of reason. He may be prevented from mistaking a quarrelsome temper for personal courage, by convincing him, that it is the part of a bully to seek rencounters, because he knows himself to be equal to the combat; and that it is a mean and dastardly spirit which provokes contention, from a consciousness of superior bodily strength.

Equestrian attempts, the use of fire arms, or swimming, are seldom attended with danger except in clandestine enterprizes. Let the parent, the tutor, or the friend, give good-humoured liberty and attendance, and youthful eagerness to brave dangers may be moderately and cautiously indulged.

The frequency of accidents in maritime excursions induces us to suggest that all children should be informed that the sinking of the body in water is occasioned by raising the arms. If they shall be kept down and constantly moved, the head will rise above the surface, and if the motion of walking is imitated by the legs, the shoulders will be elevated beyond the level of the fluid.

Boyish pugilism is but animal instinct, bordering on brutality—true valour is intellectual, and every difficulty in education ought to be represented as an opportunity to exercise it.

Strenuous efforts in any laborious performance will be more cheerfully endured when considered as the legitimate results of a quality so dearly prized by all boys in themselves and others. Artificial hardships, which some fanciful parents have invented, to prove and to confirm resolution, we should hold in abhorrence as a deviation from the straight path of integrity; besides, when children have once detected their rulers in sporting with their feelings, there is an end to all confidence.

They ought, however, to be taught, that natural evils arising from the visitations of Providence are to be improved as occasions for exercising their strength of mind; and in the form of self-possession and passive fortitude, this heroism is equally appropriate to the feminine character. Both sexes ought to learn, even in infancy, to endure inconvenience, disappointment, losses, sickness, pain, or any ill, without impatient complaints, or seeking commiseration further than to obtain the requisite aid in using means to remove the cause; and when accidents happen, the parent or nurse ought not to betray

emotion, or to offer fond condolence, which generally tempts the little creature to practise upon our feelings, and to fancy himself a personage of great importance. Assistance should always be immediately and cheerfully afforded; but if endeavours for their relief should be unsuccessful, they must be exhorted to bear distress without mean importunity for unavailing pity. Expressions of extraordinary sympathy generally increase this weakness—we should rather assure them that though we feel for their sufferings, and would be happy to afford any alleviation, there are children who undergo much more without a murmur.

A child who has symptoms of illness must be cared for without delay; but it will be necessary to conceal our alarm or solicitude. Apprehension is powerful, and the fatuity of parental fondness sometimes makes children imagine themselves much worse than they really are, which must certainly impede the progress of their recovery.

Though unerring wisdom has denied to us the power of preventing many evils, the means of mitigating our children's suffering is placed within our reach. The energetic breast of fortitude will be sufficient for its own defence or deliverance, when inert or too sensitive minds are bereft of all resource.



We should teach our pupils that supine and helpless acquiescence is neither wise nor amiable: that it is incumbent on them to employ all lawful means to repair disasters, and to better their condition; but having discharged that duty, to submit to the will of God, who knows best our true advantage.

There is a correct line between cheerfulness, the sun-beam of the soul, which throws on all objects and events the most favourable aspect, and between the effervescence of giddy mirth, incapable of consistency or caution. Cheerfulness is so essential to the enjoyment of life, that a saturnine complexion of mind ought to be carefully counteracted. A dull child, besides being furnished with a gay and active nurse, should have lively companions; and his parents, treating him with great gentleness, should encourage him to join in the playful gambols which they may invent. When he ceases to be an infant, artificial amusements must be gradually withdrawn as they would be detrimental, by giving a habit of dependence on the recurrence of incidents to exhilarate his spirits. Languor is often the consequence of idleness, or of ill arranged employment. When attention seems exhausted by one study, the change to another will rouse the mind, and if that does not succeed, active exertions must be allowed. Dancing and

fencing are ready resources for boys, and domestic duties supply an agreeable diversity of feminine occupation.

Young people who have been born to a small share of fortune's favours, may be reconciled to their lot, by learning to estimate the advantages of escaping the heavy taxes imposed on her minions. The temperate board is an antidote against many excruciating maladies; and the girl who adjusts her own simple toilet, in being denied the gaudy trappings of magnificence, is more at ease than the votary of fashion, harassed by unfaithful, insolent, or awkward attendants. Let children be so instructed as deeply to consider that happiness has its seat in the mind, and depends almost entirely upon themselves. They should be often reminded that those who trust in God, and are convinced he orders all for the best, and who are conscious of humble, but sincere endeavours to perform their duty may be sick or sorrowful, but they cannot be unhappy; and the brightest zenith of prosperity may be clouded by unruly passions. In giving lessons of fortitude, the situation of the pupil must be considered; and whatever trials seem most incident to their journey through this vale of tears, must be intimated in such a manner as may prepare the child to act with inflexible rectitude.

## TOYS AND RECREATIONS.

**THE** poisonous ingredients in painted toys should be frequently mentioned in newspapers, and popular works, that the knowledge may descend to the poorer classes. At a fair the honest labourer spends part of his hard earnings to purchase a gaudy doll, or glaring rattle, little aware that these gifts of fondness may prove injurious; but they are far more pernicious to the poor man's child than to the descendant of a wealthy house. The latter has a coral and splendid bells to engage his attention, and a constant attendant to prevent him from daubing his clothes with paint; but the former has the toy suspended to his waist, and frequently no amusement but what he derives from it. Coral is unfit for rubbing the gums of a child, and we have even heard of great injury occasioned by its being broken, and not adverted to till the mouth had been cut by the sharp fragment. A piece of liquorice root, or even a piece of light wood, well polished, in the usual shape given to coral for a gum stick, is perfectly safe, and lighter for the hand of a babe than coral.

A few simple articles capable of various combinations might afford entertainment to children unalloyed by grief for the destruc-

tion of a pretty plaything. Small pieces of the lightest wood, in the shape of bricks, with mattocks, hand barrows, &c. of the same materials, are fit recreation within or out of doors, and building is an amusement of which children are not apt to tire.

Wood cut into the form of bricks is preferable to any ponderous material, in case of slipping on the little architect's feet. This was our opinion and practice long before Miss Edgeworth's *excellent* treatise was published. Several coincidences with her sentiments, and with those of other celebrated writers, evince how invariably the same lights are presented to all who consult nature and common sense, whatever disparity there may be betwixt their abilities and ours.

Where we have borrowed from these luminaries, it is marked by a quotation, in so much as memory has served us, and we are far from presuming to compare our humble labours to theirs, in which amusing, ingenious, and beautiful decoration are calculated for the meridian of high life and cultivated intellect. To the wreath appropriated to literary merits we make no pretension, but a simple book of receipts, directing the proportion and mixture of ingredients for domestic use, is as serviceable in its own place, as the profound researches of the philoso-

pher to analyze productions of various climates. Where no extraneous ornament distracts her attention, the housewife will at once comprehend the process she has to conduct; and the guardian of infancy will find here no more than plain maxims that may assist, but cannot perplex her understanding.

When the weather permits, the open air is most conducive to health and cheerfulness, and if they can have an inclosure within view of their mother's window, it will be attended with many good effects. The ground should be cleared from stones, stumps of underwood or whatever might lacerate in case of a fall. Boys have great pleasure in wrestling, and if, care is taken to separate them on the first appearance of irritation, their desire for athletic combats will constrain them to command of temper; an attainment which ought to be cherished by precept, example, and habit. Love of play should not be discouraged. The same eagerness of pursuit, under proper management, may be converted into ardour for learning, and useful activity. Playing at hand-ball, and bounding with the skipping-rope, are diversions of first rate excellence when young people are confined to the house; and girls may also be taught to use them, which will facilitate a graceful agility very useful in dancing. Walking



nimbly, and running on tiptoe with the knees straight, and the whole body, head, and limbs, in easy positions, is likewise a good introduction for the pupils of Terpsichore.

These are the only amusements in which the parent or governess should assume the direction; and though the nurse may participate, she ought not to be the inventor of the childrens' plays. If elder people undertake it, the children will grow listless, or insatiable for variety. So far as may consist with due regard to their safety and necessities, it is good for them to be thrown on their own resources, and to learn that it is contemptible helplessness to depend on others, when they are able to serve themselves.



#### GOOD MANNERS AND COMPANY.

MANY errors pointed out here are little known in the elevated and middle ranks of society; but if we descend a degree, we shall find mistakes originating from the sacrifice of remote and permanent advantages to present convenience. To the numerous, respectable, and worthy classes, who are too much engrossed in the active performance of duties to spare time for the perusal of voluminous and abstracted works, our slight

notices are peculiarly dedicated; and we would beg leave to call their attention to the consequences of excluding their little ones from social parties. Many of the accidents that have plunged families into depths of irretrievable sorrow, have taken place when the nurses were called away by unusual preparations and attendance, or seizing the opportunity of their mistress being engaged by attending to their own business or amusements, have left the poor infants free from restraint, to rush into danger.

Children may be fitted, by early attention, to appear in company without discredit to their education, by vulgar, awkward, or rude behaviour. Let them be daily taken to table, taught all due observances to their parents, and to each other, and they will be quiet in the parlour, or drawing-room, and give no disturbance, though admitted to a side table. Young people who have at all times been accustomed to take a kind interest in each other's conduct, will be able in their mother's sight to manage the little one's and the hints they give not as arrogated superiority, but with conciliating mildness, will prevent many omissions or offences, though in the nursery such rules might be quite forgotten in unbounded merriment.

Were no other advantage to accrue but exemption from the pains and penalties of

conscious deficiency, the forms of politeness should be made familiar at a very early age, by seeing and conversing with strangers. They who have been denied that benefit in childhood, are absolutely unhappy when they must exhibit themselves before a numerous assemblage of new faces. They are alarmed and distressed when spoken to, or obliged to make the most common movement; and it is ten to one but some absurdity puts their friends out of countenance. Yet so mighty is the power of custom, that they who mingle frequently with their fellow-creatures, however superior in station, age, or ability, are as little affected by their presence, as by the daily sight of a gallery of portraits. But we are not to rest in a mere mechanical set of formalities, or ceremonies. A young person may be well bred, and neither attractive nor interesting; amenity of manners to be really engaging, must proceed from candour and sweetness of disposition; from sensibility and passions so poised and regulated as to make all due allowance for the rights of others; for without these emanations of mind, exterior polish has no powerful charm. Selfish, vain, or irascible emotions cannot be wholly disguised by the glare of fashionable graces; and where there is a constant effort to conceal bad passions, that discriminating acuteness which, at one glance, com-

prehends the exact point of respect, or condescension, will be a tardy acquisition. The young person who desires no more attention than he can justly claim, and who has a well grounded self-approbation, will take his place in company with modest, but dignified propriety, equally remote from presumption or fawning—but the ungoverned spirit appearing through the varnish of artificial suavity will often excite disgust and displeasure.

Though conversation not very edifying may take place in the drawing-room, the same perversion haunts the nursery, with this addition that the parent does not hear, and cannot therefore counteract it.

All who address themselves to youth should conscientiously abstain from exciting any idea, that ought not to influence the subsequent conduct. This infallible rule would prevent encomiums on the beauty, sprightliness, or elegance of a little creature who, perhaps, till that ill-fated moment, had been carefully preserved from temptations which might lead to self-conceit. Gentlemen also from true humanity should refrain from making a feigned love to pretty little puppets, to trifle away a short space of time, but which leaves traces in the active imagination sadly unfavourable to circumspection in advancing years.

Mothers cannot always prevent these follies, but they must be very guarded with respect to their own intimations, lest they should enkindle a desire for finery and for admiration, or substitute the impulse of passion for the guidance of reason. Whoever would induce a child to personal attention, let her urge plain facts—that stooping is prejudicial to health, that careless walking distorts the joints and makes the limbs less serviceable, that neatness in dress is the external sign of mental purity and harmony; that care of the teeth will keep them sound, and that covering the face against the effects of the dazzling sun-beams, protects the sight. When motives perfective of virtue cannot be supplied, we must at least give such as do not oppose her interests; but to promise an admirer, a husband, a fine trinket, or fruit, or sweetmeats, as the reward of good conduct, is to sink all the better feelings in frivolity.



#### ILL CONSEQUENCES OF AUSTERITY AND RIGOUR.

**INDEPENDENCE** of mind is a quality of the highest and most just repute among mankind; and it is indeed the source, the guardian, and the stay of veracity, of



consistency, and of every grace that can elevate sentiment or sustain exertion. This erect principle, attempered with modesty in early years, is a sure presage of wisdom and goodness throughout life. A discerning eye will soon distinguish between it, and the effrontery of a bold ill-tempered child, who may be quite unconcerned in his address, though devoid of that amiable stability which is founded on a clear perception of the line of duty, and a steady purpose in pursuing it. But nobleness of spirit is not to be expected when infancy has been fettered and crushed by severe treatment, which invariably produces servile and equivocal conduct. According to the code of nursery laws, to give trouble is the greatest of crimes, and the next in turpitude is to falsify or impose. Yet this same inflexible assessor of truth governs her charge by innumerable ill-disguised deceptions, which he soon suspects, finds out, and will certainly try to imitate and countermine. Nor will repeated punishments outweigh the influence of example. No impression short of moral principles can establish integrity; and fear is destructive of that self-determined rectitude which ought to be nurtured with the most anxious care. It is unreasonable to look for pure and generous motives, whilst all strength of mind is spent in oppo-

sing endurance to what, in the sufferer's opinion at least, is cruelty; and the mind wound up to high resentment feels more distress than guilt. We have never seen an infant lavishing caresses on his nurse, particularly attentive to keep his clothes clean, and astonishingly well bred, but it has recalled feelings with which we have beheld the unnatural performances of animals trained to divert the thoughtless populace.

When the course of discipline which led to these antic evolutions is remembered, pity and horror succeed admiration. "What!" will a fine lady exclaim, "shall the nurse allow my boy to rumple, and soil, and tear his dress? Am I to be shocked by his savage or sheepish awkwardness? He fawns upon his nurse, because she loves him dearly, and is very good." We would entreat her to believe a person who can have no interest in deceiving her, that the simplicity of little ones who have been treated with gentleness, and never taught to assume, or to hide any feeling, will not admit of very strong expressions of fondness, unless during the transient effusion of joy, or thankfulness for some gratification. If a nurse, by mild authority, has worked upon her charge to be prematurely careful and polite, he will not be so familiar as almost to stifle her with embraces. When a child behaves so,

he is acting a part which has been painfully imposed on him, and he supports it through terror. Were the evil to end here, it might be tolerable, though we think it highly criminal in a mother to permit her child to undergo the least hardship which she can prevent; but how enormous is the barbarity and the guilt when we add to present discomfort its consequences in giving habits of dissimulation.

Even faithful and affectionate domestics may treat children harshly. They were themselves instructed in these methods, and Soloman hath said, "*he that spareth the rod hateth the child.*" To this axiom many nursery maids pay the most strict obedience, and no argument can convince them that they can exceed in these proofs of regard. Nothing will prevent it but having the nursery so near as that sounds transmitted from thence shall reach the auditory nerves of their natural protectors.

A lady of high rank and distinguished talents, now living, could bear testimony of her own sufferings, during six years, from a servant whose respectable character was never called in question, but her zeal to save herself trouble, by making the young ladies *faultless*, induced her to inflict severe correction when sent out with them to walk, and terror prevented them from complaining

until it was accidentally divulged: nor is this a singular instance. The mother, or the faithful governess, must be very vigilant to prevent oppression or deception, both of which will always augment the child's imbecility. When the temper is soured by harsh treatment, and the heart perplexed by discovering or suspecting that the attendant governs by artifice, very fatal perversion must ensue. We hope few mothers will feel this censure applicable to their own management; if so, they have great cause for repentance, because they have been teaching the most degrading of vices to their offspring. Let her who is conscious she has cheated, or rather attempted to cheat her children into obedience, resolve to do so no more. She may assure herself that they will see through her devices; and unless she desists, she will render them insincere, and perhaps dishonest. There is no need of *mummery* in the treatment of infants, for it never succeeds. We may engage their own feelings, and by reason strive to correct foibles, and incline them to self-denials as free agents, by showing them that it is all for their own advantage. A peremptory command may be expressed without passion, and we may suddenly check a dangerous attempt without violence. It is very pernicious to view all foibles and offences in the

worst light, or to be continually chiding.— Trivial faults are to be noticed merely by advising the child to beware of the “diminutive chains of habit;” and be it remembered, that moderation and delicacy are peculiarly necessary in the treatment of the most richly gifted minds. The susceptibility which, under mild restraints and uniform vigilance, will strongly attach itself to all that is lovely and laudable, is also prone to vicious excesses on the one hand, and cannot bear discouraging restrictions on the other. We must, therefore, take care, when we set ourselves to suppress one evil, not to give rise to another, by introducing slavish dread, and bringing integrity to a test too severe; that we do not deprive the timid of the little energy they possess, or urge the bold to indifference, perhaps to desperation, by rendering them insensible to reproof, an extreme which has often made rogues and dunces when the misjudging instructor was full of fiery zeal for morality and erudition. Like all the grown up sons and daughters of Adam, those in early life are the sport of many irregular desires, which they must be aided to resist and to subdue; but with these cogent injunctions, we must mingle the superior force of reason, even in infancy, not only to give a habit of attention to the “voice within,” but as the understanding and



the feelings of right and wrong are strengthened by daily opportunities, to call them in to exercise.

Even where the impulse of fear is most decisive, it is but momentary; for as it implants no durable conviction, and no moral principle, the subjects of terror run into licentiousness whenever their awful superior is absent. It is even proverbial that children who have been accustomed to harsh treatment, when absent from their parents, are "like birds out of a cage;" whilst those who have never been compelled to renounce, or to disguise their sentiments; have no propensity to disingenuous or inconsistent behaviour. A confession wrung from the heart of a father on being informed that one of his daughters had made a marriage below the dignity of her family, has been often recollected by us with a firm resolution to shun his error—"This is the consequence of my own severity, and I may expect all my girls to deceive me—though they have been always under my roof, they are strangers to me—I know only their faces—for they could hardly speak plain when stern austerity filled their little bosoms with fear, and taught them to hide every wish from their mother and me. Even now, when we would induce them to be free with us, they cannot wholly overcome early impressions, and I be-

lieve they appear to us, and to others, in very different characters."

When young creatures are driven to crafty concealments, the foundation of every virtue must be sapped and destroyed. The natural abhorrence of blame and dread of punishment being very powerful in the mind of a child, we must take special care not to oppose these irresistible feelings to the principles of veracity. Truth is not only the basis of all good qualities, but the shield from inconveniences and dangers. Where there is nothing to hide, nothing to find out, we escape from innumerable faults and inquietudes in domestic life. The assiance and frankness of young people who are on easy terms with their parents, dispose them to seek advice in every difficulty, and they are consequently warned to avoid many entanglements.

Another great disadvantage attending severe measures is, that parents involuntarily trust to the effects of chastisements, and are deficient in that uniform superintendance and mild restraint which alone can form the habits of infancy: so that upon the whole, children who are at times subjected to violence, obtain more pernicious indulgences, and take more dangerous liberties than those who are moderately curbed and gently instructed. The keen temper that transports

to harsh extremes is often accompanied by intense affections, and when anger has subsided, the father or mother is sorry for having gone so far; too much license succeeds, till another fault originating, perhaps, in parental negligence, draws upon the child another unprofitable punishment. Many excellent characters have been formed under severe discipline both at home and at school; but minds happily constituted will overcome every obstacle unless exposed to the most depraved example, and their own native powers, at a future period, will enable them to rectify the errors of education: but why thus invade the peace, and hazard the integrity of a child, when every valuable end may be accomplished by kind and encouraging treatment.

These means, corroborated by assiduous instruction, are infallible; but rules of conduct, or studies enforced by the rod, often prove abortive; for the spirit of contradiction, so prevalent in children who have been long irritated by harsh controul, induces them to seize the first opportunity to act in opposition, regardless of consequences. We have heard parents defend their rigorous management as tending to fortify the spirit against unavoidable trials through life; but inspired wisdom, common sense, and common ho-

nesty forbid us to do evil that good may result from it.

The hardness of a heart accustomed to rough treatment can never sustain other sufferings with resolution so firm, or resignation so sincere, as religious fortitude bestows. Where the Most High sees fit to make trial of the patience of his creatures, we know that "from seeming evil he is still educing good," but we are not to arrogate to ourselves these "attributes divine;" we are humbly to follow, but never to assume, the lead in any dispensation of Providence. Our plain path of duty is to make all under our influence as happy as may be compatible with the regulation of their propensities, and the improvement of their time; still strengthening them to bear all vicissitudes by devout confidence and entire submission to unerring goodness.



#### PENALTIES CALCULATED FOR PERMANENT EFFECTS.

IT is a lamentable consequence of severe treatment that the spirit gains force to out-brave sufferings, and past inflictions appearing little regarded, they are again and again augmented. Depriving a child of an hour of amusement, of a walk, or a visit, when re-

presented as a disgrace, will have more permanent efficacy than agitating and inflaming violence, hardly more degrading to the subject, than to the agent. A little reflection upon our own early feelings will assist us in influencing those of our children, and lead us to make allowance for puerile incapacity. *We* have never been able to make ourselves just such as we wish to be, and shall we require an infant to surpass us in exertion and self-command? We cannot subdue our passions, or fortify ourselves against weaknesses instantly, nor should we expect a child to be speedily successful, however willing to refrain, or to act according to our requisitions. By demanding too much, we shall disgust, or discourage him from performing what he might find practicable under more cheering influence. Rigorous treatment not only creates aversion to study, but also to persons for whom our love, or respect, might induce strong incitements to laudable conduct; and unless a child be truly sorry for doing amiss the intention of punishment is defeated. We do not always sufficiently distinguish between the anguish of bodily suffering and heartfelt compunction; nor is it invariably considered, that to compel children to express that penitence which they do not feel, may utterly annihilate the principle of veracity—con



viction can never be extorted, and the dread of reiterated punishment will not deter the hardy, or artful youth from giving way to corrupt inclinations, when the means are presented. Fear is a passion generally at variance with moral sentiments, or too overwhelming to be resisted by them, and it prompts children not so much to avoid faults, as to elude detection, by base subterfuges, that still more incurably deprave the heart.

Blessed be God, the savage and pernicious frequency of chastisement has given way to more rational management in the refined and enlightened classes of society: but as it still prevails in the nursery, we feel ourselves called upon, not only by humanity, but by unfeigned earnestness in the cause of genuine morality, to apprise the *inexperienced mother* of the fatal consequences that may ensue from making fear the ruling principle of conduct. When debasing force shall be exchanged for maternal attention, and the use of the rod forbidden in the government of infants, we may then hail the wide empire of truth, candour, and innate dignity. Much of the ill temper, duplicity and abject meanness that disgusts us in the world, has become habitual through irritation and fear, before the mind could distinguish good from evil.

Just as these pages were ready for the press we met with Mr. Knox's essays, and

by the advice of a literary correspondent, we insert the following extract from the 31st page of the 3d volume, as a proof that not only feminine weakness, but the masculine wisdom of a very superior mind condemns severity. "The spirits under benign management contract a milkiness and learn to flow cheerily in their smooth and yielding channels; while, on the contrary, if the young mind is teased, fretted, or neglected, the passages of the spirits become rugged, abrupt, exasperated; and the whole nervous system seems to acquire an excessive irritability. The ill treatment of children makes them not only wretched at the time, but wretched for life; tearing the fine texture of their nerves, and, roughening, by example and by some secret and internal influence, the very constitution of their tempers."

But though harsh usage is inimical to sweetness and ingenuousness of disposition; to self respect and to every amiable quality, the mischiefs arising from excessive license are not less formidable. Every fault and foible must be watchfully discovered, repressed, and counteracted. Fond affection seeks to ascertain the very first symptoms of bodily disease, and leaves no means untried to retard its progress, and to expel every taint from the constitution. Diseases of the

mind require to be traced out with equal vigilance, and means to cure them must be resorted to with the same persevering solicitude. The tyranny of any passion unfits the mind for enjoyment, as certainly as the paroxysms of an inflammatory distemper disable the body from gay activity, or comfortable rest. We must, therefore, spare no pains to convince our pupil that amendment is necessary to his happiness, and when we can excite his voluntary efforts, reformation will certainly be accomplished. To overcome pertinacity by betraying angry vehemence, is a fruitless attempt, as the child's pride is excited to resistance; but by calmly telling him that he shall have time to reflect on the injury done to himself, and by keeping him seated in our sight, his refractory spirit will not long continue. This method is short, simple, and easy, nor can the most tender parent object to it. Many amiable persons blame themselves for want of firmness to be severe, and knowing no adequate medium, they wink at faults, till they become almost incurable — Little ones contract a troublesome disposition, either from having their temper spoiled, and every generous feeling paralyzed by severity, or from the fault of the parents, who humanely averse to such extremes, have not devised any other for their subjugation. A short time of silence, or confinement, soon brings

them to order; but they must never be sent out of our view. It exposes them to accidents in infancy; and when of age to learn a task, they either fall asleep, or waste their time in play which is a new transgression. They should be guarded against every opportunity to commit faults, more anxiously than from bodily harm, as every offence diminishes repugnance to evil. In cases of peculiar enormity, which, with children carefully instructed, will hardly occur, debarring them from conversation, and giving their meals at a separate table, though in our presence, will make the penalty severe and impressive to a high degree.

The child may be also required to commit to memory some pious and moral lesson suitable to his circumstances. This sentence must be pronounced with solemn deliberation and evident regret; for it will be found that parental grief has more lasting effects than indignation, invective, and reproaches. The humiliation which always follows the detection of a crime, disposes the delinquent to hear with submissive earnestness a concise, plain and compassionate admonition; and it conveys a touching sense of misbehaviour to give reproof in the most secret manner, when the nature of a fault allows it.

We are very solicitous to frame our maxims to meet every exigence, though we

sincerely hope that many of the cases supposed possible are very rare. We have known the sarcastick mother of a family who made *butts* of her own children, and often made them appear ridiculous by her satirical humour. It is easy to find occasion to deride an inexperienced creature, who dare neither retort, nor seem to take offence. If this lady had considered the fatal effects of wounding sensibility, or of hardening the bronze of effrontery, and the cruelty and meanness of displaying her own wit at the expense of unresisting innocence, she would certainly have restrained it. Children should not be rebuked or affronted before strangers. It exasperates the bold, and stupifies the timid—a vivid feeling of shame is one of the most powerful restraints on the young mind, but frequent public reproof will soon impair it. Spoiling clothes, or losing small articles of dress, is often treated as a heinous transgression; but it confounds guilt and folly to punish each offence alike. The inconvenience occasioned by neglect is a sufficient penalty, and that natural consequence, and no other should be allowed to operate as a caution to be more attentive in future.



## BAD HABITS.

**HABITS** which have taken root and have been diverging into complicated evils for several years, will not admit of an immediate cure; and if we give way to fretful anxiety, instead of waiting for the gradual operation of the child's better reason, quickened by careful instruction, we shall probably dishearten him from a task, which, always irksome, must at times demand the most painful sacrifices. We must inspire him with the wish and hope of reformation, and enlighten his understanding, that he may have a just perception of the inducements to correct his faults; and though he cannot all at once effect it, the change in his disposition will be progressive and permanent.

Lying is an odious vice—so odious and detestable, that a creature who could have a just view of its turpitude would willingly undergo the most excruciating remedy; but as well might we expect by farther stretching, to contract and to brace the sinews of a strained limb, as attempt, by pain and terror, to invigorate the feeble or too sensitive mind that has recourse to falsehood for the purpose of concealing transgression. Let the penalty for faults excite less dread, and

honest confession will be practicable. It is only by the absence of powerful temptations to offend against truth, that veracity can be made habitual to timid infancy, or that due regard to it can be regained when the domination of fear has introduced customary deception.

But all such transgressions must be the subject of pointed animadversion in a few forcible words, explaining not only the sin, but the folly of an offence which, criminal in itself, deprives the culprit of our confidence, debases his character, destroys self-respect, and involves him in many falsehoods to hide one fault, which, if candidly owned, would have been forgiven.

In some instances, a young creature can hardly extricate himself from his entanglements without a total change of management; and he should be sent for a time where the overwhelming influence of fear may be forgotten, and a steady but gentle authority should be employed to correct his errors. When he returns to his parents, they may continue the treatment best calculated to impress on his mind the importance of veracity, and of every voluntary virtue.

All bad habits are owing to faulty education, and are therefore a subject of self-reproach to the superintendent, who, through justice, ought to make the labour of reform-

ation easy by every assistance and encouragement he can afford. Incongruity of character, whether it proceed from weakness, caprice, or violent passions, is the greatest of misfortunes, and the cure would generally keep pace with the good intention of the instructor, if the child was convinced that it is not a proud and despotic spirit that seeks to controul him, but an affectionate friend who lays him under some restraints to preserve him from greater evils. He must be informed clearly and unequivocally how his fault may be amended; and not one word should be uttered that is not pregnant with self evident truths suited to his limited capacity. We must also beware not to excite great anxiety or fear, which would deprive him of presence of mind to guard against the fault he is required to avoid.

Very unamiable eccentricity is sometimes tolerated in the hope that an "odd creature" must be singularly clever; but harsh, unbending, or erratic lines are not essential features of a powerful mind, and too much license is as unfavourable to improvement as severe coercion. We cannot superinduce, though we may frustrate, the choice gifts of nature, by giving way to bad propensities; and foibles may be checked without diminishing the native fire or deli-

cate acuteness of sublime genius. If the child feels that all his passions are indulged, he will soon despise authority both parental and moral, and if reasonable liberty be denied, the powers of his mind in that unnatural state will languish and decay. When he regards his nearest relatives as oppressors, he becomes deceitful and perfidious in self-defence, and can never, perhaps, regain integrity. The daily actions in which children are conversant produce an effect on their dispositions, and if either the tyrants or the slave of their instructors, the due preponderance of willing obedience, or rational reliance on their own judgment is impossible.

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#### STUDIES, EMPLOYMENTS, AND ACCOMPLISHMENTS.

IF a parent should be unacquainted with the principles and duties of tuition, great inconvenience must occasionally arise from disappointment in procuring a governess, or through her ill health or capacity: and ostentatious bustle or severity may be mistaken for attention, or indolence for good nature. A mother's ability to instruct, or to superintend, is ever advantageous, but in a remote residence it may be indispensable. And she

even can “breathe an enlivening spirit” into all the lessons received from a teacher.

By giving complete education to the eldest daughter, a large family may be made highly accomplished at a moderate expense. A sweet sensible girl will double her diligence to become capable of benefiting her sisters, and animated by affection, she will not find such exertions laborious.

Dancing ought to be attempted in infancy whilst the joints are flexible, and time of less importance. The utmost an ordinary master can do, is to bring the child to the proper use of her feet, which might be taught at home, with the certain acquisition of easy carriage and attitudes; both of which cannot escape being spoiled by long continuance under the direction of a person incapable either to define, or to exemplify the higher graces: whilst the example of an elegant female daily affords some new advantage. Dancing seems to be the department in education in which mothers are most diffident of their own capacity for usefulness; but she who has been well taught herself, need never doubt her own ability to teach her little girl, when she considers that verbal instructions in dancing can in no degree equal the effect of imitation. As soon as a child can move with a firm step, her walk, positions, and carriage must be regulated, so far



as to prevent uncouth or aukward motions. The most natural movements are always the most graceful, and we have only to prevent distortions. Collars, and backboards are dangerous, by their too close compression, or in case of a fall, and they seldom answer the purpose for which they were intended. They are always advantageously superseded by attention to infantine habits. Elder children soon learn to give gentle, conciliating, and seasonable hints to remind the little ones in regard to their carriage, and in every other point of propriety or duty.

To recommend any acquirement as being much admired, is to make emulative vanity a settled principle. Diligence in the ornamental parts of education should be enforced with the view of giving pleasure and amusement to parents and near relations, and children will apply to them with the same simplicity with which they learn the plainest branches. In every performance the most pure and laudable inducements are to be suggested.

Lessons in music ought to commence early, as proficiency requires so much time. A child will gradually learn to read music, and by allowing her to practice on the instrument, the amusement it affords will, in some measure, prevent the disgust and weariness attending first attempts in a diffi-

cult study. If she cannot have a very able instructor, she must at least be taught from lessons in which the fingering has been accurately marked; and in sitting at the instrument, holding the hands, and touching the keys, all bad habits must be carefully avoided. It is not the quantity, but the quality of practice that improves the beginner, for if compelled to continue for a longer time than she can command her attention, she will probably play incorrectly. The time, however, must be increased when she can receive some pleasure from her own performance, and lessons ought to be selected to make her progress entertaining, easy and expeditious. Unless a child be capable of perseverance, her attainments in music will afford no satisfaction; she will lose the superficial practice by a short interruption; but thorough proficiency may be regained in a great measure, either as a solace when old age precludes active amusements, or in a change of fortune as a pecuniary resource. Girls should be taught the modulation of vocal notes at a very early age. If the voice be flexible and clear, it will acquire strength and variety by practice; and the habit of singing in private parties will give easy confidence; but care must be taken neither to pitch or swell the compass of a song so high as to endanger the lungs, nor

must the child sing more than a few verses without a long interval. A mother who has had good instruction may impart advantages to her girls before they be of age to have masters for singing

All the advocates of female propriety must lament that some of our finest airs are set to words conveying unfavourable impressions to the young mind. This is an effect sometimes too slightly considered. Let a mother ask herself, will she place the beauty of melody in competition with the prudence and delicacy of her daughter? Surely not, she will reply. Then let her never permit a verse to be introduced into her collection which may excite an idea unfit to be acted upon in the progress of life

Every study ought to commence with the least complex, and most intelligible lessons. Unless the principles of drawing have been clearly defined and understood, lights and shades impossible in nature will be exhibited. Therefore, if an able teacher is not to be procured, to explain the peculiar *ichnography*, and the true method of artificially representing natural objects, to prevent bad habits the practice should be limited to proportions and outlines. If the pupil has gained facility and expertness in these mechanical performances, her progress under a scientific instructor

will be quick and delightful. Allowing children the free use of the pencil when they can write legibly will lead them to perceive their own incapacity, to fulfil the ideas formed in a lively imagination, and they will gladly receive the aid of a teacher. Painting flowers is more easily acquired than landscape drawing, and it is of material use in improving taste, and in chusing and making ornamental articles of dress and furniture.

We would beseech ladies who are ambitious that their daughters should be accomplished, to calculate how many years, and how much instruction and application are demanded in one single study; and if attention be greatly divided, no more than a smattering in numerous branches can be obtained. Excellence in any of these will infallibly be esteemed, but shallow pretensions to universal acquirements generally make a young person affected and ridiculous, besides rendering her deficient in her performances. Music, painting, natural philosophy, sculpture, and in short every thing that can be undertaken by fair and delicate hands is now so customary, that without *uncommon* approaches to perfection, the *eclat* at which vanity so eagerly grasps is lost. No accomplishment should be attempted without sufficient leisure and opportunity for instruction and practice; and children should

be incited never to stop short of high attainments, preferring always those that yield durable advantage. The skilful musician, paintress, botanist, the all comprehending dashing girl, may be a very insignificant old matron or spinster, but she who in youth was admired as an amiable, sensible, prudent, and useful daughter, sister, or friend, can never be an object of contempt. Her qualities encrease in value with her years—and if she be capable of entertaining her associates and herself by excelling in any elegant acquirement, her perseverance will be amply rewarded. These considerations are peculiarly necessary to people of moderate fortune. It is deplorable to see girls wasting their precious hours in embellishments never to be completed; or neglecting plain works and repairs for the sake of costly fancy-pieces, that in the fluctuation of fashion, are soon to be contemned as useless lumber. Wealthy pupils, and such as are intended for the tuition of others, may adopt every new style in ephemeral needleworks; but we would remind all who are deliberating on a plan of instruction, that life is short, the period for education still shorter, and that the employment of early years should have a view to the greatest possible benefit in future circumstances. The decisive efforts of extraordinary genius ought no doubt to



be encouraged, so far as prudence may permit; but the saving made in a large family by expertness in making every article of apparel, and by neatness in repairing them, is never to be overlooked in a state of mediocrity—for though a girl may have affluence in her father's house, and make a suitable marriage, a numerous family will require the greatest economy. There is a vast difference between care and parsimony; and we often find that the most frugal are the most liberal in acts of true charity. Young women may be taught management without meanness; and the custom of turning every thing to the best account, and letting nothing be lost, ought to commence even in infancy.

Boys are happily influenced by daily witnessing the industry, regularity, and attention of their mother and sisters; and by a conviction, that the independence their lofty spirit assumes can be maintained only by keeping within their *pecuniary means*, and by observances, which taken singly, almost appear too trivial to produce great effects. They will perceive the danger of indolence, or inadvertence, if we show them how a few stitches of a needle, a nail, a pin, a little glue, or solder, too long delayed, may occasion the total decay of very costly articles. The sums squandered, or rather

mouldered away by individual negligence perhaps exceed the interest of our national debt; and if we endeavour to reckon how many things are perishing by carelessness, it must fill us with regret and astonishment. How much ground unproductive or ill improved, in gardens and farms! Mismanagement of live stock, of the dairy, or inattention to professions, business and trades, with the vast extent of waste lands in our empire, would amount to an immense revenue.

Enthusiasm for verbal acquisitions has cramped the ability of many promising students. We admit the importance of learned languages; but the mind must be contracted if chained to one point, and few opportunities be presented for unfolding its faculties. If we neglect to strengthen the reasoning powers, and to infuse such knowledge as may be indispensable in daily intercourse, the most perfect retentions of idioms, construction and terminations, can neither make a youth agreeable, nor useful in society. Let a portion of the day be devoted to Latin and Greek, and when during the remaining hours his intellect has been relieved and nourished by studies more level to his apprehension and capable to create some interest and amusement, the pupil will return to the classics with re-

novated vigour and aptitude. An acquaintance with literature in his native tongue, if not formed in youth, will hardly be sought after when the business and pleasures of maturer years solicit his attention. No gentleman would chuse his son to be ignorant of geography, history, biography, natural and experimental philosophy, and *belles lettres*; yet if the seeds be not implanted in early years, the flowers and fruits of elegant science will never adorn or promote the celebrity and usefulness of a learned profession. It is by reading English books that correct diction and elocution is to be attained; and the public speaker on every occasion, the divine, and the lawyer, are as much indebted to eloquence, as to erudition. Let both be cultivated by early studies, but let no one branch engross the time that ought to be given up to another. Dead and foreign languages *may* prove serviceable, but the information contained in our *own* is essential to the *finishing* of a genteel education, and to the business of life. A young man may have spent year after year in learning the style of Greek and Roman authors, and yet be unfit to contribute his share in intelligent conversation, or to maintain a pleasant correspondence.

Letter-writing deserves much greater and more timely attention than is commonly allowed. As soon as a child can write on

double rules of small dimension, he ought to commence by addressing short sentences to his parents, who, having marked the errors, are to require himself to correct them. Letter writing combines more instruction than any other performance. It exercises and improves the understanding, memory, and judgment, the hand-writing and orthography, grammar, and style of expression. A child who can spell dissyllables by rote, may fall into very foolish blunders, when he first transcribes the words on paper. We have seen them divided into several parts, each begun with a capital letter. To write ten or twelve words daily, will be of more benefit than to learn whole columns from the spelling-book.

Emulation, as it is commonly employed, degenerates into envy. In this, as in other instances, the child is sometimes not only ignorant of right principles, but his feelings are perverted by corrupt suggestions, "keep your clothes clean, make a nice bow, and answer 'yes, ma'am,' and 'no, ma'am,' and the company will admire you much more than the rest, with red eyes and downcast looks after being whipped;" but if the nurse had not presented those vain, selfish, unfeeling inducements, it would suffice to say, "if you attend to my advice, you will be a good child." This susceptible moral delicacy,



which considers virtue as her own reward, this habit of referring to self approbation for the recompence of good conduct, or the compensation of self-denial, being in unison with the higher faculties of the mind, affords a more constant and efficacious stimulus than the low and variable influence of emulation and rivalry. It tends directly to counteract the avocations that call off a child's attention from his studies, or render them burthensome; and though the sense of moral duty be very feeble in the heart of a little child, if cherished with urbanity and attention, its force will be daily augmented.

The mode of education best adapted for producing a willing attention to study, would be one of the most valuable benefits ever bestowed on the human species. Perhaps, if new acquisitions could be made to yield the delicious feeling of self-complacency, without giving birth to self conceit, children would be less averse to combat their natural indolence, or restless vivacity. "You must give up some ease, and some amusement, my dear, to procure future enjoyments, and to save you from great evils. Observe the difference between a well educated, and an ignorant person. In infancy both were the same. The gentleman owes his superiority entirely to those books, to which you apply with reluctance. You are now to chuse



whether you are to sink to the state of the poor man, or to raise yourself gradually to the level of him whom you see respected for knowledge, and the power of doing good to others and to himself." Education should always be made to appear not as an arbitrary task, but as necessary to the economy and enjoyment of life, and to prepare the child for the business and vocations of manhood.

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#### PRECAUTIONS AGAINST VICE & FOLLIES.

TO guard against vice and folly, and to form and to establish moral habits, should be the paramount tendency of all precepts and lessons. Since even in a sublunary state the most exquisite bliss, or the most pungent anguish results from mental principles and propensities. Education to be duly comprehensive, is to render the pupil not only intelligent and accomplished, but wiser and more happy. When we would adjust a plan for the instruction of our children, let us pause to enquire of what avail are the gifts of nature or of fortune, or the fruits of study or the voice of fame or admiration, if the individual be often a stranger to self-enjoyment. Possessions and immunities are insufficient to purchase contentment, or to exclude chagrins; and youth, health, opulence

brilliant talents, and spacious merits may frequently leave their possessor the prey of tumultuous appetites, or of the sadness and irritation of morbid sensibility. Uncontrolled appetites and indulged foibles, are the cause of disquietudes far exceeding the real miseries of life. Afflictions or privations may be supported with pious submission or cheerful equanimity, but the extremes of thoughtless levity, or of capricious dejection, unhinge the mind, and can only be rectified by self-controul; an attainment which must be the effect of early habits. It is no overstrained refinement to affirm that the most intolerable sufferings of human nature arise from deficiency in this respect. Happiness is a mental feeling; and its intenseness and durability depend on the power we have gained over our own inclinations, and on the purity, vigour, and elevation of those sentiments that direct our conduct.

No extrinsic advantage, no erudite, or elegant acquisition is absolutely essential to our welfare, and they confer only partial good; but moral wisdom is in itself the science and vital essence of happiness. It is the only source of inward comfort and peace; and it promotes our interest in the world, by raising our character and qualifying and disposing us for social duties. If this be a just representation, how egregious is the error to

indulge, or negligently to weigh and harmonize the jarring passions of early age, which in a very few years may become almost insuperably confirmed.

Every vice and folly we would condemn in the youth, or grown girl, must be guarded against in childhood, and even in infancy. The pride and tenaciousness of an after period will resist endeavours to correct faults that might have been prevented or soon amended by timely care. In adolescence, untutored young people claim so much liberty to themselves, and have so little self command, that as their own principles, habits, and understanding do not restrain them, so parental advice, or inhibition will have little efficacy.

A child who has been permitted to take his Maker's name in vain will employ these shocking expletives in manhood. They are, indeed, words shocking to piety, to good manners and good sense; and most deplorable, if considered as the outrages of a worm against Omnipotence. If the common swearer believes in God, he is a madman to insult a power that can crush him in a moment; and if he doubts, what security is there against the commission of any crime where temptation and the hope of impunity are presented?

Children accustomed to talk at random in the nursery, or who, by often listening to,

or reading marvellous stories, have their imagination overheated, must be very carefully watched; and if any fiction shall be given as a fact, it must be treated with pointed ridicule, till the inventor acutely feels the contempt he has incurred. We are then calmly and seriously to turn his attention to the sin he has committed, but let it be remembered that supernumerary words only weaken the effect of an exhortation.

Some young creatures betray a wretched covetousness, which, if not carefully corrected, will end in dishonest practices. Gifts of money at their own disposal aggravate this evil. Children should receive these favours only from their parents; and under their direction it is certainly advantageous to be accustomed to make purchases, and to have a general idea of their own expenses.—

We have seen infants of promising abilities very ready to take undue liberty with the property of others; but by diligent instruction, and guarding them from temptations and opportunity, till their principles and habits were formed, they grew up with a just and firm adherence to truth and honour.

Parents vainly flatter themselves if they hope that plentiful necessities and indulgence in luxuries will effectually prevent infantine avidity. Indigence is a severe test of honesty, but abundance can produce no vir-



tue that has not been inculcated on proper motives. Instances of fraudulent practices in young men, and of females pilfering from shops, neither of whom could plead poverty in extenuation, may alarm parental tenderness to find out and to suppress the first signs of this disgraceful propensity. From their earliest years the most scrupulous integrity, liberality, fair dealing, and honour, must be enjoined in all transactions. Far from indulging a smile at any instance of selfish dexterity, the children must see it is viewed with horror and detestation; and we may frequently take occasion to show them that deceit is the resource of cowardly and contemptible animals even in the lower creation.

Whatever is spoken of in terms of admiration in the parlour, the nursery or servants' hall, especially if it shall coincide with his passions, must give a strong bias to a boy's mind. He should therefore be kept carefully from improper associates, and grown gentlemen ought to refrain from mentioning in his hearing, any juvenile exploits which they cannot recommend for imitation. The shield of heartfelt reverence for virtue must be prepared at this age, to interpose between the youth "just springing into manhood," and the allurements of vice, and that perhaps when he is far removed from



friendly admonitions. The cares of a parent must be "employed in long and comprehensive views," adapted not only to circumstances immediately existing, but to all dangers that "come within the scope of probability." All companions, and all books that have a tendency to vitiate the heart must be excluded; and we must impress his imagination, and convince his judgment, by such representations of the consequences of immorality as may fill his mind with disgust and horror.

The miseries of a gamester, depicted in all its gradations towards ruin and despair, might so affect a boy's mind as to countervail temptations to hazard a large stake. Gambling should never be mentioned in his hearing without testifying alarm and abhorrence; adding that it demands deeper and more laborious study than what is necessary to obtain honourable independence, perhaps eminence in a liberal profession. We should avail ourselves of every occasion to fix in young minds, this certain truth, that many painful toils and sacrifices are annexed to vice, and that it affords far less enjoyment than is to be found in virtuous industry and prudent self-denial.

There is another vice more common, and yet more fatal than a vicious indulgence in cards and dice, and which, alas! is known

to tyrannize over strong and worthy minds. The gambler may be reclaimed with his intellect and constitution unimpaired; but the slave of inebriety destroys both. He sins indeed against himself only, but it is a deadly sin. Yet a fond mother will initiate her son in excess to contribute to the diversion of a riotous company. She ought rather to prepossess him with the utmost repugnance to a failing which is always the effect of custom. The dread of ridicule, and a wish to be accommodating, compels the stripling to join in draughts which are at first distasteful, but soon become agreeable, and at length necessary; and can a mother sanction the first enticement to this vice?

If, by suppressing "things ungrateful to the feelings," their attendant evils might be prevented, the monitor of inexperience might be spared many very painful and disagreeable offices. In treading on tender ground we may benefit the reader, but we hazard her displeasure if we revert to a point in which she is conscious of blame. Will she pardon us for adding, that the indignant flush that mantles on her cheek should be regarded as a warning to search out and to correct the error. We would probe this secret corruption, not to give pain, but to deliver her from its fatal effects; and however

our skill may be doubted, we hope our tenderness will never be called in question.

In no instance does early mismanagement give rise to evils so dire, so irreparable, as from over-indulgence of a volatile temper. Gaiety and mirth are so attractive, that young people affect to sparkle by sprightly sallies, if they cannot dazzle by corruscations of genius, wit and fancy. But in cherishing a cheerful spirit, we must never lose sight of establishing habitual circumspection. Pure principles engrafted on a sound understanding, from the first capacity for instruction, will sufficiently moderate the most exuberant vivacity, and self-examination, nightly reviewing thoughts, words, and actions, whilst fresh in a girl's recollection, will lead her to check many foibles, ere they are able to degrade her character, or to afflict her parents. If she has deviated from propriety, it will amount to a reproof if her mother shall say, "search your own heart, my dear, for this or that part particular." Conscience thus aroused, will pointedly remonstrate, and her castigations are more effectual than reproaches, or vigilance, that often fail in affecting the feelings, convincing the reason or controlling the manners. If some part of her conduct must be censured, a mild but firm aspect in setting forth the offence will show, that it is her own danger which is

chiefly considered. It is impossible to imagine more mortifying agony of soul, than the dilemma of a mother who feels that to impute levity to her offspring is a subject of extreme delicacy, yet dares not overlook dubious behaviour, lest bolder freedoms should lead to worse consequences

We must, in early infancy, provide against these disquiets, by teaching a lively and explicit distinction between right and wrong, and by keeping all bad example at a distance. A giddy playful hoiden is a very improper attendant for girls. Seeing her romp with the footman diverts them—they take the same liberty with their juvenile beaux, and habits are progressive. These are considerations never to be left to chance; nor, should we permit associates of their own age with our own daughters, unless we know that they are incapable to mislead them. Many little ones have unhappily copied from the inconsiderate votaries of fashion whom they have regarded with admiration. In short, if parents would recollect how much easier it is to instil principles than to modify manners, many wretched marriages, blemished reputations, and aching hearts, might be prevented. There are few girls who would not endeavour to shun disasters so frightful, if their instructors, instead of employing harsh reproof, would



have recourse to impressive arguments. A rattling young creature may be restrained, but she will not be amended by severity. She will dissemble in our presence, but as soon as she can escape, she will eagerly give way to her propensity. Her cure depends on showing her real disposition. And those friends to whom it is known, will, with good humoured steadiness, point out the dreadful consequences to which she exposes herself.

At that critical age, ere the mind has firmness to abide by its own convictions, to bring young females into promiscuous company at balls, is a hazardous experiment.—Where admittance can be cheaply purchased, there may be equivocal characters who would proudly make themselves conspicuous in attention to beauty, dignity, and elegance; and good nature may be misinterpreted as affording encouragement. To very young persons there is a delusion in public exhibitions which is apt to cause a temporary oblivion of sage maxims: but in the concert hall, the theatre, and all places of sedentary amusement, the inexperienced fair is stationary under the immediate care of her chaperon. If a matron would recollect with what thoughtless velocity she has been whirled along a gay succession of objects, she will not deride the counsels which



would guard her children from that fascination. We would not, however, debar them from an innocent and pleasing exercise which conduces to exterior grace, and may be indulged in perfect unison with the most rigid delicacy and prudence. Balls for young people, have indeed been turned into hot-beds of vanity, by the folly of their conductors; but adhering to simplicity in dress and deportment, and no excess being committed by late hours, or unsuitable refreshments, they may be converted into seminaries of discretion. The youth of both sexes will have less to correct in mature age, if under the eye of their parents, at a period when they are not too self-sufficient to take advice, they shall have learnt to govern their emotions, and to regulate their conduct in scenes resembling those where they are frequently to meet, when a few years have set them at liberty.

Measures of precaution may prevent the most afflicting calamities, and insinuating youths whose alliance a parent would disapprove of, must not be admitted on the terms of intimate acquaintance; for a girl, though sincerely devoted to filial obedience, may have her affections so far engaged as to leave no alternative between an un auspicious union, or an ill-sustained disappointment. If a partner, an assistant, a secretary,

or preceptor of the above description is to be received, the girls upon their emerging from woman-hood should not be permitted to remain at home.

The influence of vanity on the female mind demands the most serious attention; and where it prevails in the other sex, it never fails to enervate every nobler propensity and to form a frivolous character.

We shall introduce the subject by an anecdote:—A gentleman who had lately inherited a splendid residence, gave a *fete* on taking possession. The Duchess of—— honoured the occasion in a dress which, though far from being superb, was perfectly appropriate. The lady of a neighbouring nabob made a display of gems and other ornaments of great value, and she was very handsome and not ungraceful. Lord ——, one of the best informed and most polite noblemen of the age, was on a tour to Scotland. The renewal of early acquaintance produced an invitation to the ball. He arrived late, and as the company were engaged in a country dance, his lordship glided into the room without any introduction. He sat near a communicative old lady, who entered into conversation with him; and as the duchess of —— was the general theme, she extolled her dignified affability and unaffected sweetness. “I am much disappoint-

ed in her," said his lordship, " I think the lady in plain white satin has more of the easy elegance and polished grace of a woman of fashion; and though her features do not bear examination so minutely, there is such intelligence in her eye, such benignity in her smile, as appears to me far more lovely." " I have just let you speak all your mind," replied the old lady, " and now I will tell you it is the duchess herself you have praised; she did not come here to eclipse little folk like me, and indeed she avoids giving us the example of foolish expense when she condescends to mix with us." When the dance was concluded his lordship's sentiments were speedily whispered round the room. We leave it to the reader to apply them.

Ladies who are sincerely inclined to moderation, are sometimes betrayed into indirect encouragement of personal vanity, from an excess of apprehension that without implicit obedience to the mandates of fashion, their little girls may grow up slatterns. Assuredly neatness and propriety can be made habitual without degenerating to extravagant and superfluous decoration in dress.

Even where rank and fortune demand costly materials, no vain emotion will be excited in the bosom of a child always accustomed to

their use; nor can she have any idea that they are marks of distinction unless her attendants give her the baneful information. If permitted to wear a frock, without comments on the addition her beauty receives from it, or if it is not mentioned as being finer than could be afforded by her companions, no bad consequence can ensue.

Its delicate texture may be praised as the product of ingenuity or industry, but never as an article of finery; that quality she will know in good time; but in opening youth let her regard clothing as a mere defence from the weather. No doubt she will hear of its effect in embellishing her person notwithstanding all the precautions her mother can observe or enjoin, yet to diminish an evil is always a point worth gaining. The most perfect elegance, in whatever relates to external appearance may be inculcated, without one intimation or allusion that can lead a child to attribute the care bestowed on her to any motive beyond a wish for giving a general habit of exactness. Tell her that all wise and good people do every thing in the best manner, knowing that negligence in small matters may grow into a worse custom, and bring on omissions that would destroy the happiness of her parents. Her own heart will subjoin that such misconduct would also make herself miserable.



It is the acknowledged dictate of prudence to accomplish our views by the most simple and sure methods; but in making vanity an engine of education, we shall find its effect too complicated and incongruous. If its effervescence shall be excited, it will, like a subtle, active poison, pervade the whole system, and deform native beauties by the low arts inseparable from a craving for admiration. Let us calculate what may be hazarded, and what may be lost by introducing absurd self-value; envy, affectation, and perhaps imprudent expenses, with all the train of follies these include. Admitting that a desire of appearing to the highest advantage shall quicken a girl's attention to her dress, or to showy accomplishments, her attractions will upon the whole not be enhanced. Self-conceit never fails to give disgust, and though a young creature labours to disguise it, she cannot succeed. It is a most important fact, that it is easier to exterminate a foible than occasionally to conceal it. The easy expedient we have suggested cultivates all the graces without the hateful alloy of overrating them.

Several eminent writers on education have called the attention of mothers to the bad consequences of giving gaudy toys; and they have justly reprobated the error of making children prize their possessions for



being new. A passion for glittering show, and for low gratifications may be discouraged by giving any part of dress, and all animal indulgencies as things of course; and as we have already observed, the novelty and variety in children's pastimes should be obtained through their own active invention. This will in some measure exempt them from a painful sense of privation when diversified pleasures must be exchanged for books and lessons; and finding they must depend on each other for amusement, will draw still closer the ties of natural attachment. If to this a due regard to good manners is superadded, and strictly required from them to one another, their lives will seldom be embittered by contention. Vanity causes much strife in the nursery. The misses dispute about features and dresses—the masters about cleverness—but all proceed from inattention in their mother, and want of judgment in the nurses, who, by their idle discourse, have conveyed these ideas. If to this shall be joined maternal partiality to the *beauty of her family*, heart burnings and sorrows are inevitable. A child seeing her wishes the first consideration, her choice first consulted, and her sisters denied what she can obtain, will be but too apt to arrogate some superiority; and finding herself an object of greater notice abroad as

at home, will further inflate her vanity. But all these privileges will be purchased at a heavy price in losing the heartfelt, endearing sympathies, interchanged by good-tempered liberal sisters. Let mothers fairly look into the consequence of these preferences, and they will shun errors teeming with evils to the beloved object not less than to the rest of her children.

The utmost solicitude and tenderness cannot make the favourite's passage through life of one smooth and pleasing tenor. She must encounter some of the "natural shocks that flesh is heir to," and if unaccustomed to moderate her feelings, every "rub" will act with more painful attrition through her own impatience. If she enters into the marriage state, the same habits will indispose her for assimilating with the tastes of her partner for life; and unless she is powerfully restrained by religious and moral sentiments, which are indeed almost totally incompatible with intemperate vanity, a self-idolized youthful wife is laid open to all the hideous woes that have been occasioned by encouraging general adulation. Alas! how often have the annals of hereditary honour been deeply stained by the vain victims of frailty!!

Though in the lower walks of life the brand of disgrace very seldom thus "glares

horribly," great unhappiness arises from obdurate selfishness. The comforts and decencies of her table, and the appearance made by her husband and tall daughters, will seem but of secondary importance to the matron whose prime delight has ever been the adorning of her own dear person; and without mentioning the ruinous extravagance to which this ambition may tend, we shall find its ordinary course replete with petty tortures. Some neighbours will at times have preceded in displaying a new fashion, or outvie in splendour the vain female who even in her vernal season cannot escape mortifications, and no artifice can retard or conceal the odious depredations of time which she is yet unprepared to endure.

Amidst all the inconveniencies of a narrow fortune, the humble, placid, industrious mother is incalculably happier in giving up many comforts for the sake of her children, than the uncontroulled mistress of affluence whose self centered vanity is her ruling passion. We have seen plain good people, vain, of their offspring, and it is a great weakness as it leads young creatures into the foibles we have been investigating; but as the error of the parent originates in ill directed affection, it is more to be lamented than blamed, and is in no respect so contemptible as individual vanity. Could we persuade the

fond mother, that in becoming vain her lovely girl will also become unamiable, how carefully would she guard her from the temptation. She would anxiously prevent her guests or domestics from holding conversation in her hearing that could excite ideas of peculiar enchantment being ascribed to beauty: without giving the child room to suppose she had any direct aim, she would frequently intimate the short duration of youth and personal attractions, and the superior value of good dispositions; and far from encouraging the love of dress *to set herself off*, she would omit no means to obviate the idea. This we know by experience to be easily practicable, and we have had full evidence of the happy consequences of the mode we suggest.

In a state of celibacy, unavailing solicitude to prolong the season of admiration makes the *waning charmer* very unhappy, and produces the ludicrous assumption of girlish dress and manners to veil the approach of autumnal decays, whilst the ridicule attached to these unequal efforts must be felt at times with poignant anguish. How different is her situation who has not been intoxicated by the bright and blooming fascinations of youth! she resigns these gay pretensions with a good grace; and by many estimable and agreeable qualities still



maintains influence and connexions in the world that warm her heart and exalt her character. We have known nephews, nieces, and remoter relatives supply to an unmarried lady all the endearing satisfaction and deference of filial gratitude. We have beheld her, without relinquishing social pleasures, not only a parent to the family of a sister, or brother, but to the children of the poor, inquiring into their necessities, and promoting and directing remedies for their ailments, their ignorance, or distresses. These employments afford present satisfaction, and the sweetest retrospections, and leave no room for the meddling inquisitiveness which the want of an interesting pursuit is alleged to create in well meaning but officiously busy spinsters.

We are aware that the pride and the profit of worth and usefulness ought not to be held out as motives to the young mind; but parents need every collateral inducement for invigorating their present endeavours to form their children for the vicissitudes they may have to sustain. We cannot foresee their lot, therefore our cares must embrace a large circle of probabilities. The consciousness of solid worth, and a capacity for usefulness may be rendered more delightful than the swellings of vanity, and a hope of obtaining esteem and confidence may be made more



powerful in the unsophisticated mind than a desire for admiration. Entertaining rational and worthy thoughts, will lead to respectable conduct, and vain, frivolous notions, to corresponding manners.

To see the growing intellect expand in all the graces and virtues we have fondly cherished and inculcated, is an abundant recompence for the most assiduous instruction: and if we contemplate with enthusiastic pleasure the unfolding branches of a plant or flower that has risen to perfection under our culture, with what transport must a parent regard the perceptions of a duteous child in its progress to new and more valuable improvement.

Solicitude to cultivate the faculties of youth for lucrative or ambitious views misleads some very sensible parents, who appear to forget that without moral rectitude, benevolence and circumspection deeply seated in the heart, and common sense to weigh the greater against the lesser duties of life, no classical or scientific attainment can prevent many glaring defects in conduct. A self-conceited boy has generally many worse faults as he advances to maturity. Puppyism, and all the extravagancies that attend it, may be occasioned by inadvertent praises bestowed when the child was believed to be too young and heedless to mind them.

*Genius* is the subject of vanity with boys, but in their presence it should never be mentioned with applause. Let us take into account not only present but remote consequences, and we shall be very careful to convey no impression that may tempt a youth to contemn the labour of intense application or to sink into despondency from a consciousness that he has no pretensions to great talents. Children of both sexes should be convinced that no gift of nature, or of situation confers merit, but in proportion as it calls forth estimable qualities. Spirited efforts to overcome difficulties, and instances of persevering diligence ought to be highly commended, and even casual hints on the subject may become motives to exertion.— Strong passions, or very volatile spirits will for a time retard the effect, but what children hear frequently will sink into their memory, touch their feelings, and gradually influence their conduct. The efficacy of reiterated instruction cannot be too strongly enforced upon the minds of those who are to manage youth; and though the multiplicity of works on speculative education have certainly contributed largely to practical improvement, we believe still greater perfection is attainable. From the opinions of different writers, parents may deduce systems for themselves, adapted to peculiar circumstances

ces and we should condemn as false delicacy a reluctance to obtrude any communication that could promote an object of such importance. To offer advice to individuals may be deem officious; but in submitting it to the public, the attention with which it is honoured must be free and voluntary, and a seasonable hint may assist the reader in promoting mental growth and vigour in her offspring, and give her information on one subject, though on all others she may be far more intelligent than the author.—The stream of knowledge or of happiness must be supplied by innumerable rills, some of them proceeding from humble sources.

We now have lightly glanced at the means of guarding against the vices and follies to which youth is peculiarly liable; and we cannot conclude without a solemn caution to parents in the words of an author, whose penetration is unquestionable, however some of his opinions may be regretted, “nothing tends more effectually to poison morality in its source in the minds of youth, than the practice of holding one language, and laying down one set of precepts for the observation of the young, and another for adults.” If children see their rulers indulge in the commission of faults for which they are reprehended, they will feel themselves at liberty to transgress whenever the offence can be concealed.

A religious and devout spirit should apparently govern the whole conduct of those who require pious exercises and self-denials from their children, but a severe aspect will not fail to counteract all edifying exhortations. Rigid restraint on harmless gaiety, or gloomy denunciation of penal consequences have driven young men to seek ease and freedom in sceptical doubts, which, favouring their darling inclinations, have been tacitly adopted as the clear dictates of reason.—The injunctions of an austere and punctilious earthly parent, may thus estrange her son from the duties he would render with a willing and cheerful heart to his Father in heaven, if these duties were represented according to the genuine principles of *his service, which is indeed perfect freedom*. It has been observed, “that the being and holy attributes of the blessed God seems to be the only truth of which we have undoubted certainty;” and these are the natural sentiments of young men who have been taught to trace the wisdom and goodness of the Almighty in this “universal frame:” but the instructor must respect the feelings of an ardent mind, jealous of every encroachment on its liberty that cannot be proven as demonstrably incumbent. Let us make it evident that christianity exacts no performance, and forbids no enjoyment by arbitrary command; but



that whilst the precepts of our Divine Redeemer lead to life eternal, they also promote temporal peace and felicity. We must with peculiar earnestness point out the shining evidences of a life to come, so numerous that the only ground of astonishment must be, how any person possessing the use of common understanding, can be so blinded by his passions as to act unworthy of an inheritance, compared to which, crowns and sceptres are insignificant as the toys of infancy. Under these impressions a youth will not fall an easy prey to vice and folly. He will perceive that no extreme of religious zeal can be so irrational and absurd, as apathy, or thoughtlessness concerning his condition after death; and revering the superior wisdom of his indulgent, but attentive parent, the recollection of her chastened kindness will give efficacy to her admonitions, when they rise up in her memory long after *her place on earth shall find her no more*. If these considerations were allowed due weight, the dissolute conduct of some young men brought up by sincerely pious, but too strict monitors, would not have drawn discredit on christian education. The sons of bigoted religionists, like the sons of misers, go to the opposite extremes from a spirit of contradiction; and the enemies of order and of economy take occasion from thence to plead the cause of



licentiousness. The best and most beneficial principles when carried to great extremes, are productive of the worst effects, and ought to be kept within the bounds of just moderation in our conduct, and in the maxims we prescribe to our families.

Inattention to practical arithmetic, and false hopes of parental affluence, have plunged many into embarrassments which correct information might have prevented. Young persons might be desired to sum up the exact amount of their father's income and after deducting the general family expenses, let the remainder be apportioned to each individual, calculating how much may be allowed for personal necessities. The articles coming under these denominations must be enumerated, the sum subdivided accordingly; each separate item should be entered into a book, with firm determination never to exceed it, and they must all be distinctly summed up at short intervals, so as to guard against encroachments. This habit early introduced, and perseveringly followed in youth, would obviate many irreparable misfortunes in riper years.

## GOVERNORS AND GOVERNESSES.

**MANLY**, rational, consistent piety is the chief quality requisite for a guide of youth. There is a charm in the example of genuine goodness with which no stoical precepts can touch the mind: but gloomy enthusiasm is as entirely distinct from the impressive influence of rectitude and benevolence, as compulsion is from conviction. The formalist may extort a certain routine of heartless studies, but the pupil cannot engage in them with the freedom and fervour of spirit imbibed by witnessing the effect of virtues that have been inspired by true religion.

Sympathetic imitation and partial reverence lead children involuntarily to new model every expression and movement by those of their teachers. Peculiarities of appearance, of dialect, or manners, should therefore be regarded as insuperable objections.

Parents who have paid little attention to the difficulties of tuition form expectations too sanguine; and if the children do not fulfil these ardent wishes, it is imputed to some failure in their instructor; but a due regard to the child's comfort and solid improvement ought to prevent too great a desire for very rapid acquisitions. To form the growing intellect, and to impart reason, sentiment

and knowledge, to a mind that has not perhaps one precise idea, cannot be accomplished in a very short time.

The governor or governess may explain elementary principles in terms very intelligible to a docile and attentive child; but to engage and to fix application upon the giddy, or to prevail with the intractable to make exertions, will dissipate a considerable portion of the time allotted to study. Violent suscitations of attention may extort some performances, but they are not to be purchased without the sacrifice of higher considerations. The parents should participate in, or at least they should frequently witness the obstacles and discouragements with which a teacher has to struggle, and they will be convinced that they ought to refrain from censures; besides, their presence and authority must promote the end in view, and be of infinite service in every respect. Even the plain sense and sagacity of a pair whose education has been defective, may advance their children's improvement by their frequent visits to the school-rooms. A young instructor has a character to establish, and it depends upon the expedition with which the scholars are advanced; but hurrying forward a child at the expense of present happiness, of temper, candour, and love of employment in after-life, is not more

injudicious than disabling the limbs from rapidly completing a journey, which, without inconvenience might be taken with more deliberation. We beseech parents to consider that it is of little essential moment whether the boy or girl shall be *finished* at fourteen or fifteen years of age; but it is of the last consequence that they shall neither be irascible nor sullen, dejected nor disingenuous, artful nor averse to occupation. We would not be the advocates of idleness. Every hour should be diligently occupied—but as far as encouragement can influence inclination, we would have inclination to accord with duty. The more pleasant and free we can render the pursuits of children, the more strenuous will be their efforts in all that is useful, honourable and excellent. We are not indeed to wait for these days of wisdom—there must be stated times, and stated employments, and if we adhere to them with uniform, but kind exactitude, they will seem more and more agreeable.

A judicious teacher will attend to improve the reason and strengthen the judgment rather than to exercise the capacity for retention. The memory may be burthened, whilst the faculties that are to digest the treasured knowledge have scarce any perception of their own powers. It is a good method after a child has learned any rule or



extract by rote, to require him to give the meaning in his own artless language, either verbally or in writing. It is of the utmost importance to ascertain that he is able to affix explicit ideas to the subject of his studies; and he should be animated by a clear conviction that the human intellect is capable of great performances, if time be not wasted in frivolous or immoral pursuits. Folly and vice should be represented to him as implacable foes to mental improvement in every period of life.

An instructor will find great advantage by frequently asking himself, am I taking the most effectual method to advance my pupil's progress? can I define this principle or rule more clearly? If the parent takes an interest in these points, such as we have recommended, he may advert to particulars which, in the eagerness of communication may escape the speaker, and perhaps a plain sensible man who knows little of the topic under discussion, may more readily find out the difficulties that puzzle the young mind, than if he came fully instructed in it. When any difference of opinion arises, it ought to be discussed in absence of the children, who never should perceive that any arrangement or opinion of their teacher is disapproved of by others. Kindness and deference from the parents are necessary to



enable him to make beneficial impressions. Respectability in his own attire, deportment, and manners, is also indispensable in giving this influence.

A residence in town undoubtedly affords many advantages conducive to education; besides giving young people habitual confidence in themselves, easy manners, acuteness of discernment, and knowledge of the world; but all these benefits hang upon other circumstances, and upon particular management hardly to be expected from a servant. Rambling boys are not willingly subjected to female controul, nor are the companions of a domestic calculated to improve girls.

Pure morality and delicate prudence are of such indispensable necessity to self-enjoyment, to general prosperity, and good esteem that no acquisition can make up for the want of these principles. People who have never lived in town can form little idea of the snares arising from low company; and as the faithful friends of youth, we would urge them to remember that they ought to preserve their families from every approach to evil. Two or three relations or neighbours will find the expense no object if they employ one governor or governess; and they might have all the children in their houses by turns. If the mother by having an addi-

tional servant could become the instructress of her family, the benefit of her constant attention would fully compensate all pecuniary sacrifices. A short residence in town or in a respectable boarding school would complete an education carefully conducted in the country, and to which only a little finishing was wanted.



#### SENTIMENTS AND HABITS FOR YOUNG PERSONS INTENDED FOR BUSINESS.

THE ill effect of superfluous endeavours to amuse children has been already noticed; and if hurtful to the offspring of affluence, how pernicious must artificial gratifications become to those who in after life are to be subservient to the will of others. Young people who have been born or reduced to this destination should be prepared for it by every sentiment that can repress wilful humours or stimulate to cheerful exertion. To reconcile them to their lot, and to the endurance of many unforeseen hardships, their hearts should be filled with reverence for the unerring wisdom, power, and benignity of the great disposer of all events. Let them be assured that all are equally objects of his care and favour who seek those blessings by sincere prayer and obedience. Convince

them that God assigns to each of his creatures the station most conducive to universal good; and that rational felicity, all that is truly necessary to adorn or to sweeten life does not depend on our place in society. The useful arts are neither gross nor insipid to those who pursue them with ennobling views, with an upright, liberal, benevolent, and cultivated mind; and there is in a rational and immortal nature an inherent dignity unalienable by any malevolence or power, unless the individual shall be accessory to its diminution by unworthy conduct. So long as they respect themselves by good behaviour, they will meet with esteem from all whose opinion deserves to be regarded.

Children whose future maintenance must be the fruit of industry, should be very early accustomed to its exercise. If allowed when young to taste the pleasures of idleness, it will afterwards make application more unwelcome. Besides timely and close attention to branches of instruction, they ought to be accustomed to do as much as they can for themselves, for their parents, or for each other. With these impressions and habits, the son or daughter of a gentleman will undertake to compensate for the want of fortune with the same happy alacrity which softens the toils and sustains the fortitude of a peasant. To early predilections and associations, aided by

the force of custom, we may trace the gaiety and contentment so conspicuous in the inferior classes of mankind, who think themselves completely fortunate, if by daily labour they can earn a competence of homely food and raiment; and all who must owe subsistence to the diligent employment of their talents ought to form congenial dispositions and habits, even in the first stages of their lives. The most encouraging prospects should be held out from beneficial and virtuous occupation, by calling the children's attention to instances of success, and by mentioning that people who have a determinate object of pursuit, are upon the whole happier than those who consume their days in idleness. If the family have fallen from more prosperous circumstances, no regrets should be expressed in hearing of its youthful members, as it may dwell on their imagination, and augment their reluctance to descend to a lower sphere. But, whilst the parents use every means to fit the adventurers for present exertion, they must not lose sight of qualifying them to enjoy its fruits, by refined manners and a cultivated understanding. Feminine employments lead to intercourse with ladies whose polished example confers improvement; but great pains must be bestowed in childhood to dispose the young apprentice to fill up his leisure



hours to advantage. Besides rendering him agreeable and intelligent, a taste for well chosen books will help to confirm his principles, keep him from scenes of riot and depravity, and in all respects meliorate his disposition. If he succeeds in business, the treasured knowledge will set him upon a level with the higher ranks to whom wealth may introduce him; and a young man possessing general information, will be able to engage in a different line, if that which he first attempted should by any variation in the balance of trade disappoint his hopes.

A character for unblemished integrity is the first requisite for persons in business; but young people should be made to know it costs much less trouble *to be* than to seem inflexibly firm in truth and honesty. The convenience attending deception is temporary, but the entanglements it produces are endless. They lead to other falsehoods, which are speedily detected, for all-righteous Providence has decreed that every one is soon known for what they are, and the only means to obtain a good character is to deserve it. This truth should be engraven on the young mind.



## SEMINARIES OF EDUCATION.

**THE** first entrance into school is an important era in human life: and, as a truth of immeasurable magnitude, we again remind the fond mother that upon the sentiments with which she has embued the mind of her lisping infants depend in a great measure the comfort and proficiency of the school boy, the happiness of the man, and the blessedness of the immortal spirit. If the infant has been taught without enthusiastic heat, or gloomy terror, to love and to fear Almighty God, from whom it is impossible to hide even one thought—if he has learnt to reverence himself as a creature though prone to evil yet capable of much good, by continual reference to the Holy will of the Divine Inspector of all his thoughts, words and actions—if he has been accustomed at home with his brothers and sisters to act upon the principle of doing to others as he would wish to be done to, and that an union of agreeable, useful and estimable qualities is necessary to make intercourse with his fellow-creatures comfortable—all which may be impressed on the heart by seasonable, short and easy lessons in full consistency with the playfulness and simplicity of early life. If the child has also

learned to derive a laudable self complacency from the improvements which he owes to his own industry, he will at a school not only enjoy the mirth and cheerfulness of a child, but also a foretaste of the internal satisfactions of a rational agent; he will also attain the good will of his companions, and the approbation of his masters—so far as can be merited by a weak erring creature in the very season of passion unsubdued and unmodified by experience. Parents, the most judicious and most willing to support the authority of teachers, are very painfully moved by the disgrace and punishment of their children; and if they would always deal honestly with their own conscience, it would tell them that the poor infant not unfrequently pays the penalty of neglect or mismanagement in his first habits. Very great proficiency is required; and exertion is not to be produced by moral or prudential motives, if the mind has never felt their influence. Severe coercion must be employed as the most immediate stimulus; for if the teacher shall wait the gradual but more effectual operations of kind influence and patient instruction, he may be blamed as dilatory. Do we apologize for rigour? God forbid. But we would illustrate this fact, that inflictions at school may be the consequence of errors at home. Let infants re-

ceive their first impressions and habits chiefly from well ordered parental attention and in school they will hardly ever incur severe treatment.

We have experienced the blessed influence of a reverence for all that is presented in the form of *duty*, even before the first stage of life had passed away; and it is a motive which becomes more efficient with every new accession to the reasoning powers. If an infant has learned a little repeatedly during every day since his earliest capacity to retain instructions, custom will make it as a second nature to exert his powers, and if his tasks be diversified by assigning him short lessons in reading, spelling; geography, or a few easy numbers to be added together, the mind will be refreshed by variety. Education cannot assume the careless form of amusements, but it may become interesting, cheerful, and familiar, so as to be preferred before vapid idleness. Early application to useful studies prevents that childishness so visible in little ones who are frequently trifling, and who are spoken to in unmeaning words by way of amusement. Good sense may be expressed in very simple language, and a child may learn much in the course of an amusing dialogue; nor should he at three years old be addressed in a style which might not help to raise the tone of

his feelings and understanding at the age of six. Little ones who can derive uniform attention from their parents, or from a sensible, well principled superintendant, ought to receive the rudiments of their first studies at home, to ensure good habits—but if they cannot have decided moral advantages, the sooner they are boarded with worthy persons who devote themselves entirely to the care of youth, the less they will have to *unlearn*. This early estrangement from home should never take place but in cases where they cannot obtain due care.

The sense of filial subordination and affection is weakened by absence, it is yet more impaired by negligence or severity, and the tender charities nurtured by domestic endearment languish for want of exercise, when the infant cannot with perfect freedom impart all his thoughts and wishes to his parents.—

After the seventh year a select and well managed day school is extremely beneficial to children who see little company at home.

It wears off the shyness which the most amiable dispositions are the most apt to contract in seclusion. It polishes their manners, enlarges their ideas, and may save them from the exquisite pain of extreme diffidence in after life. A certain degree of ease is indispensable to make young persons engaging. The external signs of a consciousness that we act



aright, dispose others to entertain the same opinion of us.

When children attend a day school they must be watched with very great penetration and vigilance at home in order to detect and oppose the beginning of evil habits. Social intercourse either improves or injures every individual; and it depends on the management of their vacant hours whether children shall be improved or corrupted by their companions. Though they attend a school, proficiency greatly depends on learning their lessons diligently at home, and if there be no private tutor, and the father cannot give his aid, it will be the truest proof of amiable tenderness in their mother to make a point of enforcing application, and hearing even boys recite the different portion they must prepare for their several classes. A flow of volatile spirits, or slow capacity may hinder a Tyro from getting his task if left to himself, and yet by a little help he may do very well. Elder children in the presence of their parents may perform this duty which ought never to be omitted, and during the time they are thus employed, their parents will have opportunity to discover, and to admonish them against any latent foible which new scenes may have excited. But this introspection must not be formal or manifest, for unless young people are unconscious of par-



ticular observation; they cannot appear in a just point of view.

To encourage children by prying enquiries to repeat trivial circumstances would be meanness in the parents, and might lead a child to the low and dangerous practice of blabbing: but that all which passes at school is to be kept a profound secret is not a correct maxim. General prohibitions against speaking disrespectfully or invidiously of any person will be sufficient; but to fetter a child's conversation or perplex his ideas of right and wrong, by admitting that any concealment from his parents is commendable, may give rise to criminal reserves and connivances. There is a species of curiosity which cannot be too strongly reprobated, as it ensnares little ones to tell falsehoods, and ultimately retards their progress in learning. Extreme anxiety tempts the parent to enquire how he stands in his class; if low, he is commanded to ascend; but other scholars of brighter parts, or more indebted to assistance at home, get above him, he is again interrogated, and punished because he has gained no higher place, whereas his candour and humility in stating a circumstance so much against himself ought to have been encouraged, for what is "scholastic lore," even in advancing worldly interest, without rectitude? Finding truth itself cannot shield

him from harshness, he learns to deceive, and is entangled in a maze of falsehood and prevarication; and, quite distressed and unhinged, is still unable to become a bright genius. No question should be proposed to children that can risk their integrity.

Playing truant brings children to make numerous artful excuses, and exposes them to many temptations and accidents. All this might be prevented by making it a rule to see them safely to school, and to meet them on their return, and to conduct them home. Considerate minds will not deem trivial any expedient to prevent habitual deceptions. The keen feelings and heedlessness of little ones make them transgress against their own better judgment, and bad customs are imperceptibly contracted, which, though for a time little regarded, may branch out into consequences of which at first their friends had little apprehension.

As all children cannot complete their education at home, boarding houses for boys and girls are institutions most valuable to the community. An unfounded idea that masters never relax from magisterial authority, makes young people very averse to become their inmates; but the paternal vigilance and coercion they are anxious to shun is their safeguard, and will recommend such a situation to prudent parents. On the other

hand, home, whether it be their usual abode, or a temporary residence, ought to be made joyous and easy. When under no painful restraint, the child's true character will be known, and of this knowledge a judicious teacher will avail himself at school. Even the ordinary conversation in a well informed family, tends to unfold talent, matures the judgment, regulates the taste, and confirms the morals; and notwithstanding the heedlessness of youth, the daily recurrence of edifying remarks will make indelible impressions on his mind, whilst the young person, who in vulgar or ignorant society is daily losing part of the better sentiments and more refined manners which he acquired in his father's house, has his intellect degraded at the season most favourable to its expansion and improvement.

A celebrated writer on female education has observed, that the efficacy of the best conducted system is not so soon apparent as in the superficial detail. 'Tis most true, that time only can prove the purity, uprightness, and wisdom of a cultivated and well regulated mind, but exterior embellishments and showy acquirements are speedily manifested; and all are able to observe, and in some measure to decide upon their progress.

The friends of virtue, who know their real *interests* will promote them by enhan-

cing her attractions; and an union of worthy, amiable, and engaging qualities may be effected by furnishing respectable motives even for the lighter studies.

The inclinations of young people must be thwarted when they run counter to solid advantages. A physician cannot compound all drugs from sweets and aromatics, nor will all disorders of the mind give way without some admonitions offensive to youthful pride, But unless flagrant offences call for animadversion, general strictures, and implied cautions come home most convincingly to the feelings; for it is certain that against pointed reproof the haughty selfishness of human nature shuts up the heart. It is the truest kindness thus gently to dispose our pupils, to self consideration, as every frailty we can overcome makes way for an augmentation of happiness. On rectitude depends the comfortable use of external mercies, and without the heartfelt consciousness of worth rational beings must be at variance with themselves.

But a child may seem to be much changed for the better, and yet if too soon removed from his instructors, he will relapse into former habits. Where principles are not established, virtues may be local, or at least so intimately connected with certain modes of restriction, that if any link of the chain

be disjointed, the whole will fall into disorder. Continuance under the same management is therefore necessary until the judgment be so far confirmed, as resolutely to adhere to its own approval. Those who undertake the direction of the human intellect—after its habits are in some measure formed, have a task far more arduous than the parent who moulds the ductile sensibility of infant minds. Children have an unfortunate propensity to impute to ill humour the reprimands they receive from hired instructors, whose influence can only be maintained by patience and good humour, besides, the example of self-command will be of the highest advantage to the pupils. Formal lectures will seldom be of use; gentle appeals both to the understanding and feelings must be frequent, but so delicate, as neither to wound the pride, to irritate, or to depress a girl at a distance from home. All practices really immoral must be disallowed at first. The child will make less resistance when quite a stranger, and the hazard of any bad example to her companions forbids toleration; but in what relates only to humour, greater latitude and delay are admissible; and excessive volatility or violence may be more successfully combated by slow approaches. Though these faults be inconvenient, instruction and the sure operation of well employed time



will soften the extremes; but a child who has been much indulged, if subjected to a severe and sudden change of government, will perhaps become inert and gloomy. Strong measures do indeed constrain the outward behaviour, but the mind pertinaciously clinging to former desires, will seize every interval of liberty for their gratification. We must, therefore, with a very tender hand, unbind these trammels; and as we have before observed, the less the child can perceive our intention, the more readily will she yield to the effect. Children also conduce much to improve each other. The mixture and collision of the grave, the gay, the mild, and the imperious, the active and the sluggish, the circumspect and the impetuous, is beneficial by their contrary influence upon one another. But this advantage can only take place when they speak and act without constraint by shrewd remarks, correcting each others' foibles. Therefore some part of every day should, as the reward of diligence, be left at their own disposal, allowing them a large apartment, where they may have full liberty for communicating their sentiments to each other, and for bodily exercise.

Want of candour may be evident, yet incapable of proof, and if even we could convict the child, it is more prudent to give no intimation of the discovery, unless it may be

necessary as an example to others. It is so easy to disappoint, to frustrate, and to weary out artifice in children, and to place every kind of falsehood in an odious light, without any personal reflection, that we should avoid coming to particulars. Rebukes only irritate a disposition hardened by habitual cunning; and all the effect will be to make the offender more wary in other deceptions, which is but aggravating the mental disease. Very young pupils, or those of riper years whose general conduct and manners require particular superintendence, will be seriously injured by passing from one master to another for receiving different branches of education. Each professor will no doubt improve the child in the department he undertakes; but the many nameless proprieties and graces of feminine deportment come not under his cognizance. Governesses of competent ability may be obtained by giving adequate encouragement; and since tuition is the only source of independence for accomplished females, every plea that can touch the heart of benevolence should intercede in their behalf on equal terms, and when it is evident that they are qualified to confer *every advantage*, prejudice can only prefer the other sex. How absurd would it seem to have boys taught by females, when a master could be procured! Superior excel-

lence in music, or any of the higher refinements of education, joined to gentleman-like manners and respectability of character, are irresistible claims, especially as instructors of more advanced pupils; but children who are backward in the essential rules of behaviour ought to be taught by a governess. If deserving of her trust she will attend to improve the disposition, the temper, language, and address, and to polish the general carriage, whilst occupied in teaching the detail of education.

This uniform attention, and the example of personal elegance from one instructress, is the nearest resemblance to domestic instruction. We cannot exactly quote the words, but we shall use the sentiments of a favourite author, in observing that when plans are well laid, and rules carefully digested, it is the wisdom of the ruler, and for the advantage of the pupil that they be punctually observed. But occasions for exacting obedience must not be needlessly multiplied, which would tease and disgust without benefitting the pupils.



#### BOOKS AND LITERATURE.

WE have heard an ingenious man produce many arguments to prove that a litera-

ry taste is equivalent to another sense; and it is certainly an exhaustless source of pleasure, and a potent auxiliary to the principles of religion and virtue. The girl who can cheerfully relieve the tedium of domestic occurrences by a well chosen volume, will escape from many of the follies and indiscretions to which those are liable who have no resource but in dissipated or gossiping parties; and in ill health or declining years, she will not be compelled to depend upon the charitable visits of her acquaintances to enliven her spirits with all the chit-chat of the day, or to make up a party for the card table. Possessing the means of independent amusement, the lover of books will generally visit others, or be visited herself from affection and esteem, and her home will be secured from dullness, by a mind irradiated, refreshed, invigorated, and polished by useful and elegant information. If any adverse occurrence shall interrupt her serenity, the library will supply a balsam of efficacy to relax the irritated feelings, or better sentiments will be called up to subdue them; and a decided preference for all that is amiable and excellent will mark her conduct who daily consults the ablest guides.

Some professions abound in leisure hours, and all the occupations of a gentleman ad-

mit of frequent relaxations. The pen, the pencil, and musical instruments may fill up part of these in a very agreeable manner, but a few successive rainy days will render such employments tiresome; and if the youth has not cultivated intellectual refinements he will fly to frivolous or dangerous society to beguile the lagging minutes. The parent who has formed a literary taste in her family, essentially promotes their happiness, and provides for their safety; as in exploring the treasures of intelligence and rational entertainment, they will find many powerful motives to excite and to sustain them to the discharge of every duty. We strongly disapprove of indiscriminate novel reading, not only on account of the dubious tendency of many of these productions, but as a waste of time; yet we prefer the mania for hastily skimming over pages, before a strong desire for expensive dress and company, or an appetite for low anecdote, or an infatuation for gambling. But all these faults are to be avoided; and if by social reading and refined conversation a young person has learnt in some degree to appreciate works of real merit, the value of a fleeting day will be too well understood to consume it in the perusal of unedifying adventures.

The most watchful superintendence cannot prevent improper reading, unless the pu-



pil is restrained by uprightness and delicacy; but the heart that has been purified and exalted by attention to moral truths, will be withheld by its own principles from giving way to prurient curiosity, and will feel that there is as much criminality in looking into an unsanctioned volume as in any other species of fraud or dishonesty. We are not however to prohibit particular works, but to maintain a general rule that all books are to undergo the ordeal of parental inspection before time is thrown away on the perusal.

We would have our daughters to dislike gadding, and our sons to be superior to the allurements of dissipation. A taste for useful employment, and for literary entertainments, is the surest fund for solidity of judgment; and those pure affections that delight in the ties formed by nature and Providence to sweeten retirement, are ever most powerfully felt by cultivated minds.—When home has been gilded in early life by tranquil and sincere enjoyments that sooth the feelings and satisfy and improve the understanding, domestic scenes will be preferred before all the blandishments of pleasure and the enchantments of gaiety; but the seat of dullness and painful restraint will be forever disliked—tender recollections and daily felicity endear the spot “where youth’s free spirit innocently gay” has been mellow-

ed and matured to more sober and self derived satisfactions; and were there no other ill consequence in austerity than in giving habitual disgust to home, it ought to make parents extremely cautious never to let the friend be lost in the monitor.

In all our management of children and young persons, our chief object must be the introduction of sentiments that are friendly to virtue and happiness. Opinions that conduce not to sweeten the intercourse of domestic and social life, and excite to useful exertion, may furnish ingenious amusement, but they possess no real value.



#### DOMESTIC ECONOMY.

IT is not according to our ambitious hopes or wishes, but in conformity to their probable prospects that we must educate our children. So far as circumstances allow, they ought to participate in the accomplishments, and be prepared to enter into the refinements of life: but our tenderness as well as our prudence should qualify them to practise the more humble, but always valuable domestic arts. A young lady who makes up and repairs her own attire, who has acquainted herself with every particular circumstance of a servant's duty, and

takes an active concern in preventing waste or carelessness, will be as respectable and as useful in her father's family as in the conjugal state; and her excellence in managing her own household will be conspicuous. If she remain in celibacy she cannot be regarded as an insignificant member of the community; and wherever she may visit or reside, her opinion and advice will be received with deference.

She who never indulges in any expenses but such as her own accurate calculations assure her are moderate and suitable, will always maintain independence, and though it may be necessary for her to engage in the actual preparation of cookery and confectionary, she will retain the characteristics of a gentlewoman by personal neatness and the elegant precision of her performances.

She who without overlooking petty details, occupies herself invariably in consistent and distinct arrangements, will combine frugality with dignity and grace; she is fitted either to encounter unfortunate reverses, or to adorn an exalted sphere: for if domestics are not judiciously chosen, and properly called to account in their several duties and disbursements, even an immense fortune can hardly escape incumbrance. The comfort and interest of the most opu-

lent must be ensured by the steady restrictions of a superior, whose taste will give effect to magnificence by introducing order and symmetry into all the parts, still retrenching every superfluous cost and decoration. When domestic economy is viewed in this light, the proudest fair one will not disdain to rank it amongst her accomplishments.

We have stated some strong objections against sending girls to town under the government of a servant, but the most weighty of all is, that this absence will deprive them of early acquaintance with housekeeping, the most essential acquirement for persons of small fortune. The practice ought to commence between the age of nine and eleven years; and having all their days received lively predilections in favour of usefulness, they will eagerly prepare for it. It depends on parents to make their daughters value certain qualifications as their most desirable distinctions, but they imbibe very opposite notions if they be under the care of a domestic who is neither able nor inclined to take any trouble about their opinions. Elegant attainments do not preclude the most exact attention to economy, nor even the humblest offices of housewifery. Improved understanding and taste are favourable to industry and neatness; and the girl who is

slovenly in her person is seldom a good manager in her house. Essential and useful acquirements ought no doubt to be preferred before all that are merely ornamental; but there is no incompatibility. Let children begin early, and be induced to voluntary exertion. Let reading, writing, arithmetic, and needle work be held up to them not only as the most necessary, but also as the most creditable studies. Accomplishments in two or three years may be introduced as a reward for proficiency in their other attempts, as they are often the best dependance of females who are but slenderly provided for, affording pecuniary resources and cheering amusement in a single state; and they also enable a mother who cannot conveniently apply to hired instructions, to give her children a liberal education. In the progress of this work we have never lost sight of furnishing helps to the parent who takes upon herself this pleasing duty; and we shall now lay before her a simple system which has formed very notable, though unostentatious managers. In large families let the girls be allowed week about to accompany their mother in all her domestic superintendence, and the exercise thus afforded will prevent the ill effects of sedentary employment in the course of education. It will mature the judgment, and restrain volatility to have



some charge. The best remedy for giddiness will always be found in employments that require foresight, and give a child the happiness of deserving approbation. The most painful endeavours of a mother for teaching these homely duties may be soon repaid in important services. We knew a girl not twelve years old who took care of an enfeebled mother, a bed-ridden father, and three little sisters, besides regulating all the family affairs. We knew another about the same age, who had not even the assistance of maternal advice, during several months, who conducted a numerous family in the absence of her parent. These young persons were in no respect extraordinary for their abilities, but they had timely and careful instructions, with which advantage many of the same age might be made equally useful. By acting under the immediate direction of her parent, a little girl will learn the most complete and expeditious manner of doing any thing, and servants will have no opportunity of tampering with her integrity.

The family expenditure should be exactly recorded by the young house-keeper to show her the importance of moderation and care, and to improve her in arithmetic. Whatever employment or charge the children may have, they must not be discouraged, nor too much required of them; nor

should they be severely reprimanded for mistakes or omissions. To anticipate wisdom in all possible directions, and to extend its ramifications to every point that may be necessary, is the *perfect whole* we must seek to form in education. Competent skill in the management of a family, and in the care of children is far more essential than all the elegant arts on which so much time, expense, and anxiety are bestowed; and were it not a subject too serious, and even melancholy, we might find it ludicrous to see a mother more anxious about the ornament of a few years, than that species of knowledge which must constitute her child's future comfort, make her respectable and useful, and protect her from the mortifying consciousness of lying at the mercy of servile officiousness, presumption, or unfaithfulness.

Since the prevention of any inconvenience is the sole aim of our unadorned pages, we hope it is not much beneath *didactic dignity* to remind parents that young ladies sometimes appear to sad disadvantage through incapacity to assist in doing the honours of their father's table, and it is only by early habits they can acquit themselves in this or in any other performance with neatness and ease.

To those who may at first sight contemn those counsels, we beg leave to offer the

following anecdote:—When the Princess of Hesse Darmstadt was invited to bring her daughters to the Court of the Empress Anne of Russia, it was with the hope that one of them might be the wife of her son, the ill-fated Peter. The Czarina observed the young princesses from a window as they alighted from their coach. “Ah!” said she, “the second shall be the wife of my son, she has alighted with dignity and grace, but the eldest made a false step, and the youngest leaped out precipitately.” Some acute reasoner may draw inferences from the carving of a chicken, or the division of pastry.

No part of education is so valuable as that which prepares young people to act with promptitude and decision in common affairs. Innumerable errors and misfortunes might be avoided by a habit of thinking and acting for themselves, subject always to the advice and controul of their parents. This foresight and reflection might be further improved by some knowledge of their father’s transactions and their mother’s household management. Ignorance of country concerns, and of settlements with agents and workmen may be a great inconvenience to ladies, who by inheritance or marriage are entrusted with the care of an estate.

A sensible man will prize in his wife the capacity of acting as his unassuming coun-

sellor; and if he should be called on the service of his country, disabled by ill health, or bidding adieu to worldly objects, he will be consoled by knowing that the remaining parent of his family has the power of doing them full justice. Superior strength of mind has qualified many mothers to acquit themselves admirably in such circumstances; but previous instruction would have made the charge less burdensome. It cannot be supposed that young ladies are to study these matters with the same accuracy as men of business; but in the course of conversation with judicious parents, much may be imparted of inestimable utility in future life. Whatever views young men may adopt, such intelligence ought to be treasured up in their memory, and they ought to be allowed an actual share in conducting their father's affairs.

Though the information and practice so obtained should not prove of immediate service, it may in the course of years come opportunely to recollection; and in the meantime by filling up leisure hours, and engaging attention, the occupation is in itself an antidote against licentious follies. Youths who are treated as companions by a wise and communicative father, are seldom addicted to degrading vices. They will even forego many indulgencies to avoid displea-



sing him, or giving him pain; and as they can tell all their schemes and wishes to their liberal minded mentor, he may unmask a lurking evil, or warn them from many involvements.

There are few young people so void of sense as not to avail themselves of parental experience, if not discouraged by asperity. Freedom must begin on the part of the superior. If you would have your child or pupil unbosom his thoughts to you his affiance must be invited by kindness and condescension.

In appearing before the public under the true designation, the terrors of female authorship are abated, in recollecting that the substance of what is now presented was honoured with the approbation of the editors of the periodical paper called the "**Bee**," many years ago. When sent to these gentlemen, under the signature of *E. T. Obscure*, they were pleased to mention it in terms far exceeding the expectations of the writer; and we hope the additions made since that time are useful improvements.—

All that treats of the prevention and cure of distempers has been sanctioned by high authority, besides being the practice of an able and successful professional character. He was at much pains to qualify the mothers of his infantile patients to act in cases of slight



indisposition; and they applied to him with far greater readiness and confidence than if he had left their minds in total ignorance, to be misled by gossiping retailers of marvellous remedies.

Our sketches are now near the conclusion, and whatever imperfection may be imputed through inelegance of style or the absence of amusing variety, and the higher graces of composition, we plead the negative merit of good intentions. We fondly hope an outline of the means that have largely contributed to form useful and worthy members of society may be as acceptable to the heads of a rising family, as the most elaborate and approved disquisitions on culinary affairs. This essay to prove our principles by the test of public opinion is but the introduction to more minute details: and since the most enlightened and penetrating investigators of moral and intellectual science are convinced there are frequent and fatal errors committed in directing the first operations of the human mind, it is the duty of all who believe they can contribute even a mite to the advancement of this great object to come forward with their experience. Theory alone has never produced valuable improvements; and it is impossible for the most learned and penetrating author to form a just idea of the manage-

ment of infancy without a series of actual and very attentive observations. No undertaking can surpass this in difficulty or in magnitude; and really to understand in what manner we may "fix the generous purpose in the glowing heart," and produce the best state of body and mind, demands not only to be under the same roof, but to live by day and night in the immediate presence of many children.

It is not by fortuitous combinations that unbroken cheerfulness, fearless independence, and dutiful submission, can have due preponderance in the heart of a child; and those dispositions happily tempered, and equally blended, are of the highest benefit in all conditions individually and collectively. No means suggested by the inventive resources of mankind can render a nation prosperous, but the wide diffusion of liberal sentiments, inspired and confirmed by religious principles. It is by *intellectual education* enlarging the reason that young persons are brought to feel the true grounds of parental and moral authority; and the example of each individual affects others by influence neither slight nor evanescent, especially in family connexions. Imprudence and wickedness are generally the inheritance of those who are descended from worthless parents, and the wise and good

frequently bequeath their virtues to their children. What a powerful inducement to undergo the labour, the hazard and the criticism that may attend an attempt such as ours! The system of moderation and tenderness we have recommended would render the ties of parent and child the invariable comforts of life. Injunctions and restraints are necessary in youth; but they may have full effect without trenching on the harmless liberty, or invading the comforts of any period of tuition. Judicious coercion, softened by endearment, will always find returns of obedience; and no ungracious claims to freedom will ever oppose parental advice bestowed with mildness; but negligence, hard usage, or inconsiderate license, vitiates the heart, cramps and extenuates the mental powers, and unamiable propensities habitually predominating are made to embitter the declining years of a father or mother, without any deliberate design of unfilial conduct. We hope the freedom of our discussions cannot give offence. We are solicitous to convince inexperienced superintendants of infancy and youth, that innumerable preventive cares, and small attentions are indispensable in forming good habits. We have endeavoured also to point out the most essential particulars, and to furnish some criterion by

which parents and governesses may judge how far their own management is calculated for these valuable ends. With this view we have animadverted on errors at the hazard of appearing to descend too low, and of being too minute and scrupulous; but much misery may be prevented by successive and seemingly trivial efforts to impress the tender mind with clearly defined perceptions of right and wrong, and by an impartial inquiry of our proceedings with respect to our children. By correcting our own errors, and discovering omissions before they could produce inconvenience, the heart and understanding of our charge may be duly prepared to give all diligence in the lighter acquirements and embellishments that taste or fashion might prescribe. The most splendid talents, the most brilliant accomplishments, and the most fascinating graces, owe their brightest lustre to virtuous and amiable qualities, which even as essentials in the art of pleasing, deserve unremitting attention from all who are desirous to bestow a *finished education* on their children.

But there are higher and nobler inducements to cultivate the most sublime faculties of a rational nature. This is only the infancy of our being. After going through all the stages of sublunary existence; the fruit is unto life eternal; and on the seed

now sown depends the final produce of felicity in a state that shall never end. Infal-  
 lible knowledge and unerring veracity have  
 assured us, that *as the tree falleth so must it*  
*lie*: an awful warning to all those who are  
 employed in forming plants of everlasting  
 growth, Let the guardians of infancy and  
 youth lay it seriously to heart, and let it be  
 their first, their most fervent desire to make  
 their pupils *faithful and abounding in the*  
*work of the Lord, knowing that their labour*  
*shall not be in vain in the Lord.*

The following simple story is subjoined  
 in illustration of the maxims we have  
 sought to inculcate, and as a specimen of  
 the anecdotes of education, which we in-  
 tend to publish at a future period, if the  
 present work shall meet with some appro-  
 bation:—

Eliza and Sophia were natives of the  
 South of Scotland. Eliza's countenance  
 owed its *charm* more to expression than  
 regularity of features. Sophia's face and  
 form displayed the most beauteous perfec-  
 tion of symmetry and elegance. Eliza was  
 little noticed except in her own family,  
 where she was loved and valued as the  
 hourly dispenser of benefits. Sophia's fame  
 for loveliness and accomplishments had ob-  
 tained wide celebrity. Eliza had never  
 known idleness. Sophia had hardly an idea



of occupation. Eliza was the pride and blessing of her parents—but they had never gratified one wish which the most unbending prudence could disapprove, nor had any foible escaped their judicious but gentle animadversion. Sophia placed much of her happiness in obtaining all her wishes or fancies; and if she committed no blunder in adjusting her dress, or displaying her acquisitions, her doating aunt was all compliance and encomium. Eliza was the active friend and almost the servant of numbers: Sophia was waited on by two obsequious attendants, in the person of her aunt's Abigail and her own; and even the old lady would assist in disposing the ornaments which with lavish fondness she bestowed on the thoughtless votary of fashion. How many young ladies will envy Sophia! how few would exchange situations with Eliza! A very few years will prove whether judicious restraint and beneficial employment, or indiscriminate indulgence be most conducive to permanent happiness.

Eliza was but nineteen years of age when she became the wife of Mr. Sutton, a cousin of Sophia's. He was a gentleman of a large but encumbered estate. Several of his acquaintances blamed him for marrying a girl without fortune; but he and his mother were satisfied that the most valuable

dowry is an amiable disposition and habitual prudence. Sophia's indulgent aunt was no more, and had bequeathed her property equally between that young lady and her nephew, Mr. Sutton, about six months previous to his union with Eliza. That happy pair settled in London, where the abilities of the young pleader promised success at the English bar. They offered Sophia an apartment in their house. Since her aunt's decease she had lived with Mr. Sutton's mother, and was heartily wearied of retirement; and as she was persuaded the same dull round of wisdom and industry would prevail in her cousin's family, she preferred boarding with an old acquaintance subservient to her *will*. She could not, however, quite decline visiting her relation and guardian, and in a few months she was a voluntary guest. Mr. Dalziel, a neighbour of Eliza's father, had come to town upon business. He was deeply smitten by Sophia's dazzling attractions, and it soon appeared she was not insensible to his fine person and engaging manners. Of his more solid merits she was unfit to judge, but they were abundant; and he had a free though not extensive estate. In a short time he told Mr. Sutton that he had obtained Sophia's consent to become the happiest of men. Mr. Sutton assured him he earnestly wished to promote

his felicity, but that before he gave a decisive reply he must talk to Sophia. He waited upon her, and entreated she might consider that five hundred a-year, and the interest of her twenty thousand pounds, would be insufficient for the style of living to which she had been accustomed. He added, that Dalziel was a worthy and sensible young man, whose independent spirit would abhor the idea of living beyond his income; and that he feared he would be under the necessity of thwarting her in a manner she would not submit to, or, by yielding up his better judgment, incur certain ruin. Sophia had never been used to reason. Her aunt had indeed controlled her so far as to extort attention to every showy branch of education, but she had governed her infancy by mere force; and the entire freedom she enjoyed since her demise, made Sophia tenacious even in trifles. In short she married Mr. Dalziel, and they set out enraptured for South Vale. Mr. and Mrs. Sutton soon followed to pass the vacation at Ashmount, a small place to which Eliza was partial as it lay contiguous to her paternal home. South Vale was but a few miles distant, and thither Mr. Sutton and his wife went to pay their respects. Mr. and Mrs. Dalziel were finishing a very late breakfast, and Mrs. Sutton observed, with

inexpressible concern, that Sophia's dress, and every appendage of her establishment, bore glaring marks of profusion, carelessness, and mismanagement. She led the way to her own bed-room, to show the more experienced matron some new furniture.—Throwing a heap of clothes off two chairs, she sat down, and after sitting a few minutes, as if lost in thought, exclaimed, "Oh! what a loss it is to have neither house-keeper nor waiting maid. Dalziel assures me that since I *must* have a carriage and four, we must submit to other privations—for my part I know nothing of what he *calls* calculation, and must leave all to himself, though I suspect he denies me attendants, to force me to learn economy; and I confess *I do now* wish I had paid some attention to arithmetic, and to that plaguing thing called house-keeping. I have had hardly time to breathe since I came here — Oh! for some of the hours I spent lounging on the sofa last year! I am ready to quarrel with myself for marrying Dalziel, handsome, good, and adoring though he be."

"And Mrs. Dalziel," interrupted Mrs. Sutton, "let me beg you will not for a moment allow yourself to think in this manner." I never took the pains to suppress any thought," replied Mrs. Dalziel, "and I cannot but see that if destined for happiness,

I would have been the wife of a richer man."

"You may yet be happy," said Mrs. Sutton, "if you will but determine to suit your wishes and expenses to your fortune. Mr. Dalziel's income, though not large, is sufficient for all the comforts and many of the elegancies of life if laid out with economy."

"But of that," said Mrs. Dalziel, starting up with a look of unutterable discomposure, "of that I know nothing—am I to go to school again? Will you, dear Mrs. Sutton, take me as an apprentice, to house-keeping?" "That half playful, half sorrowful countenance and manner makes me doubtful how I should reply," said Mrs. Sutton

"Oh! don't reply with that sad look," said Mrs. Dalziel. "Would you throw me into horrors before my honey moon is out? It is inevitable—I have been a fool—I am a fool—and must suffer. What a look that is! you pierce me to the heart."

"My dear Mrs. Dalziel, these tears, and this sense of inconvenience may produce happy effects. Allow an older matron than yourself to give some very simple rules to assist your management. First, remember the succinct, but excellent maxims in the *Co tagers of Glenburnie*: 'Do every thing in its own time, keep every thing in its own



place, and have every thing for its own use.' To these I would add, 'Defer not till to-morrow what may be done to-day,' and remember that upon the care and economy of each hour, depend the comfort of days, of years, and of a whole life time. If to complete these you recollect every night the proceedings of the day, and endeavour to rectify oversights or mistakes the ensuing day, you may be yet as notable in housewifery as you have been conspicuous for beauty and accomplishments."

"I have neither patience nor steadiness to act upon such a plan," said Mrs Dalziel, "but Edmund has sense, and he will assist me."

"He has sense and good nature," said Mrs. Sutton; "but have you considered the consequences of adding a heavy weight to his other complicated concerns? or the impropriety of troubling him with a charge so unsuitable? Believe me, it is dangerous to appear to a husband quite incapable of conducting our own department. Mr. Dalziel, with all his candour, will hardly perceive your gradual improvement. How fondly do I revere the memory of my good mother who taught me to perform the duty of a housekeeper! and if ever I have a daughter, it shall be the most prominent part of her education."

"But my good aunt," said Mrs. Dalziel, "who was all I knew as a parent, provided

me with a servant to do every thing for me. *True*, that is past, and leaves not one beneficial trace behind, but the advantage of your instruction remains, and will always procure you comforts. But surely your youth was very dull and dreary."

"A mind that has been early taught to regulate its own feelings," said Mrs. Sutton, "is never unhappy; you know the vivacity of my disposition; it was bounded, but not suppressed by my honoured parents; austerity and rigour I never knew; but to what is commonly termed indulgence I was equally a stranger. Ever since memory can restore one image, I have been learning something, which even now I find beneficial, and I cannot recollect the hour which did not bring with it some unavoidable employment. This ceaseless occupation or activity has braced my constitution of mind and body. Would it not be a noble effort to do for yourself the service my excellent father and mother performed for me. I beg you may take it under consideration."

"Consideration is hateful," interrupted Mrs. Dalziel; "it condemns me; how could I who knew not how to manage an honest man's family undertake it? Alas! my mind has been enervated by false refinement. When I walk out with Dalziel I am startled by the rustling of a leaf, in case it may be some of

my tormentors coming to ask *what they are to do*. I am a termagant in the kitchen, and scold the maids because I am dissatisfied with myself. It is wretched folly to have spent six or seven years in diverting myself, without learning one particular to save me from misery as long as I live." At this moment a servant came to say Mrs. Sutton was wanted. On rising she saw her carriage at the door, and was immediately alarmed for her father's health. Since her mother's death he has been declining daily, and on rejoining her husband in the parlour, he informed her in the most tender manner that their revered parent was struck by the palsy. The ties that bound Mr. and Mrs. Sutton to Ashmont were in a few weeks dissolved; but in the multiplicity of their own concerns Mrs. Dalziel was not forgotten. Mrs. Sutton wrote to her, recapitulating her advice, and in the most delicate terms urging her attention to them. She received a cold and formal reply. The correspondence dropped; days and years rolled on; Mr Sutton sometimes heard from Mr. Dalziel on business, but no other correspondence took place.

Mrs Sutton was the mother of a numerous family, whom she educated with unremitting care. One evening as she and her husband were surrounded by this industrious, but happy groupe, a knock at the door

announced visitors; the hour was unusual, but a kind reception was ever ready for their friends; a squalid figure entered, followed by six children, and accompanied by a gentleman who seemed with difficulty to maintain his equilibrium. "Mrs. Dalziel!" said Mrs. Sutton with astonishment; "and her besotted husband and unruly brats," rejoined Mrs. Dalziel. "That's unfair," interrupted Dalziel. "Drive a man to the tavern and then unbraid him for taking some wine; or let weeds spring up and abuse the soil for affording no better produce." Mrs. Dalziel, in great heat, was going to reply; but Mrs. Sutton gently drew her from the parlour to her own room, where she had hardly been seated, when with a flood of tears she exclaimed, "Oh! Oh! Dalziel spoke too true! I knew he spoke truth, yet I cannot brook reproaches, even when provoked by myself. Spoiling and wasting, without show or comfort in my family, the expenditure every year far exceeded our income; and as Dalziel is determined to do full justice to his creditors, we are come hither to dispose of the estate. Nor is this my worst calamity. Deprived of all that could render home desirable, my poor Dalziel betook himself to the tavern to pass away a little time; but, alas! that relaxation has become necessary to him, and he seldom goes sober



to bed. And my children! my unhappy, neglected children! unprincipled, uneducated yet bold and forward, what is to be expected from them? I am the bane of my dearest connexions; and without committing one atrocious deed I am beset with horrors. I have wasted my life in pursuit of visionary happiness, and with all the means of solid and substantial good within my reach, I am, by perverting their use, sunk into wretchedness and contempt. Let no young woman hereafter rest satisfied in ignorance of *domestic economy*; and let no mother deceive herself by believing that it is kindness to exempt her girls from the exertions required in gaining a practical knowledge of this most valuable attainment. But my dear, dear Mrs. Sutton, I distress you. I disregarded your wholesome counsel, and shall I rave in your presence, giving vent to agonies I deserve to feel?"

Mrs. Sutton with the utmost delicacy and tenderness endeavoured to appease the tortures endured by this conscience-stricken mourner; and to convince her it was yet possible to attempt atonement for the evils she had occasioned. Meanwhile Mr. Sutton urged and expedited the measures for arranging the pecuniary affairs of his unhappy friend; but the greatest difficulty still remained; to restore connubial harmony, and to



excite mutual co-operation in leading the children to amendment. It is needless to repeat discussions that during several days related chiefly to peculiar grievances. Mr. Dalziel was more passive than his wife, who had never before used any effort to subdue her self-will: at length embracing Mrs. Sutton, she vehemently besought her to forgive her obstinacy and perverseness. "Wipe away these sympathetic tears, my dearest monitress," said she, "you might have saved yourself all this trouble by soothing me with common place hollow consolations, and palliating my offences" "God forbid! I should so far mislead you," replied Mrs Sutton. "The ingenuous frankness with which in many instances you have accused yourself, admits a well grounded hope of your retrieving these errors. The reversion of your fortune, with Mr. Dalziel's certain gains, will afford a clear income, larger than my husband and I possessed during some of the first years of our blessed union. Our enjoyments were limited to domestic and intellectual resources, and we never regretted the necessity of foregoing the gratifications of vanity or luxurious indulgence. Mr Sutton has secured constant employment for Mr Dalziel's fine abilities, which occupation, with the influence of vigilant friend-

ship, may wean him from the habits we deplore. To preserve your infant children from improper examples they shall be our inmates, till regular attendance at school, and careful instruction at home, shall have corrected the foibles of their elder brothers and sisters." "Most generous of benefactresses," said Mrs Dalziel, "what a wretch am I to have resisted your gentle, but impressive remonstrances! I will curb my selfish passions, and strive to become all I ought to be; but, alas! though I have been nine times a mother, I know little of the actual performances that ought to accompany a name so sacred. The fashion of the day did indeed induce me to read every new publication on the subject; but I found none of them sufficiently explicit in regard to the treatment of early infancy. The details necessary in imparting a little knowledge to utter ignorance can hardly be conceived by well informed minds; yet unless they keep that essential consideration in view, the intelligence they furnish must be very incomplete." "Perhaps," said Mrs. Sutton, "the precepts of a matron who wrote professedly for the inexperienced parent, may be of use to you—but I must promise, you will find in them no entertainment, no graces—nothing but plain utility." "Fastidiousness would be criminal in me," replied

Mrs. Dalziel, "who have felt the dire effects of incapacity in superintending my babes. Disgusted by committing many palpable mistakes, I gave up the charge to their nurse. Henceforward I shall not take refuge in stifling reflection, but I will labour to acquaint myself both with the theory and practice of tuition. Miss Edgeworth, like Socrates, has brought wisdom from 'heights sublime,' to dwell familiarly with those who are most in want of instruction; yet, after perusing her lively and sensible communications there were many particulars still unexplained to a novice like me." "This simple book of receipts and aphorisms will probably supply some of these," said Mrs. Sutton, "but to give your ideas due expansion, accuracy and elevation, you must again and again have recourse to 'Practical Education' and other books, by the same ingenious authors; and you must also frequently consult the luminous pages of a More, a Hamilton, a West, a Barbauld, and others, who have provided the ablest assistance for their sex in the discharge of maternal duties. As for the Nursery Guide I have ventured to mention, I refer you to it merely for elementary lessons; and the writer aspires only to obtain a place near the Dyches and Dilworths in some avenue to the Republic of Letters."



## APPENDIX.

Many benevolent persons being solicitous to promote the success of Vaccine Inoculation, the following address, which was published in the Inverness Journal, is reprinted, to furnish arguments for those who may not have deeply considered the subject, and are yet desirous to contribute their influence in persuading all classes of people to give their infants the benefit of that invaluable discovery.

**WHATEVER** difference may be in the rank, riches, talents, or education of individuals, one common object engages their attention—the pursuit of happiness; and if sought in sincere endeavours to perform every duty in the best manner, few would have so much cause to lament a disappointment in obtaining peace and comfort; but duties cannot be fulfilled if they are not well understood, and many points must be determined by considering a variety of circumstances. Blessed be God! the great rules of life that teach what we owe to our Almighty Creator, to our neighbour, and to ourselves, may be fully comprehended by the meanest and most destitute inhabitant of the world; for if he cannot read the words of eternal life, profitable for this life and for that which is to come, he may hear them expound-



ed and enforced at least one day in every seven. It is not upon religion and morality I mean to address you, my friends, though I may employ the sacred principles to give weight to the dictates of worldly wisdom. The greatest and wisest man America could boast did not think it beneath his care to inform his fellow citizens in regard to the management of their pecuniary affairs. Children are truly said to be the poor man's riches, and the cordial of his hopes. When the tradesman or labourer comes home at night and beholds the smiling innocents for whom he has been toiling, the fatigue is forgotten, and in the little arms extended to embrace him he foresees the staff of his age. Never did a large and dutiful family allow the parents to feel penury; but, alas! how many infants are born into the world who sink into the grave at an early period. It is an undoubted fact that one-third do not survive the first month, and little more than half of those who have gladdened a mother's heart are spared to attain man's estate. Of those that are cut off vast numbers suffer by mismanagement, and more particularly by neglecting to have them inoculated at an early period. Let me intreat you to enquire, my friends, of the persons on whose knowledge and veracity you can best rely, and you will find that of patients who have been inoculated, only one dies in

five hundred, whilst in the natural small pox one person out of every six who take the disease, either loses his life or his sight, and even of those that recover, not one escapes torturing pain and severe sickness I need not describe the loathsome cruel distemper; alas! you are all too well acquainted with it; but I beseech you to compare your child struggling with a violent fever, at least during fourteen days, with his whole body full of sores most dreadfully inflamed! compare these miseries to the little one in the cow pox There is no mark on his skin, except the little wound made by the lancet, and he has neither fever nor sickness. A child of a gross habit may be sick for some hours, but a common cold would disorder him more severely. If your babes could know the torments from which it is in your power to save them, on their bended knees, with uplifted hands and streaming eyes, they would implore you to have mercy on them, and let them be inoculated within the second months of their life, to prevent all risk of infection to them, and most afflicting trouble to yourselves The small-pox will perhaps seize them at the most inconvenient time, but you can choose the day and the very hour for inoculation; and let me assure you, if you exactly follow the Doctor's advice, the cow-pox will incommode your family less than a common blister vomit.

How different is the small pox! Suppose you have three or four children, crowded into a small house, and cannot give each a separate bed, how deplorable must be their distress, laid two in a bed, with scarce a bit of skin on their bodies, paining each other by the least movement. What night-watching, what anxiety, what fatigue and sorrow must be your portion! all business neglected, and more money laid out on account of one child than would have paid for inoculating twenty. How many weeks these sad circumstances may continue must be uncertain, but if your children sicken one after another, months may pass in that dreary way. Some of your children blind, some laid in the cold earth—and you will upbraid yourself with losing your child's life or sight, to save a few shillings!—nor are these shillings saved; sickness and burial will cost more than would pay the Doctor for ten families, and one blind child is a burthen more expensive than the inoculation of a hundred. You would think yourself a barbarian if, when you saw a quantity of boiling water scattered among your helpless babes, you let them take their chance without stirring a step for their rescue—but what is a very severe scald to the torturing pain and fever that always attend the most favourable natural small-pox! and will you load your conscience with the guilt of leav-

ing your children a prey to it? I know some of you have religious scruples, as if it was tempting Providence to take the benefit of a discovery which has saved thousands from blindness, and tens of thousands from death; yet do you not tempt Providence much more by going to see your neighbours in a fever when you can be of no service, and only disturb the patient, besides exposing yourself and all your house to the risk of infection. You would indeed act as good neighbours, wise friends, and worthy Christians, if, as soon as an infectious distemper appeared in the next house to you, you would without delay receive the children into your's and then avoid all communication. This would keep the sufferer quiet, which is always a mean to promote his recovery, and the disease might be prevented from spreading. One or two old persons ought to wait upon the sick, as they do not receive a contagion so readily as the young. Until you take every precaution against fevers and other infectious disorders, never pretend it would be tempting Providence to inoculate your children. It is a sad and guilty tempting of Providence to omit taking advantage of the means which Supreme Goodness has afforded to banish a distemper which has been the scourge of the earth. If all children were inoculated, the small-pox would be no more known, and you



who fail to inoculate have to answer not only for the lives of your own children, but for the lives of all who perish by the continuance of that cruel infection in the country.

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#### HINTS ON THE EDUCATION OF THE POOR.

WE are fully assured that every means capable of ameliorating the condition of the poor will meet with consideration from many ladies whose beneficent use of their time and fortune renders them an honour to human nature, and a blessing to the country in which they reside. In every walk taken for health and amusement they find an accession of the purest pleasures, whilst acting as the refuge of the unfortunate, and the resource of the indigent. But bounty has limits prescribed by prudence, and though the purses of the affluent are opened for the relief of their dependants, the effect can be but partial and temporary; whereas the benefits of instruction will be insinuated through all the gradations of society. The lady whose advice shall enable a poor mother to rear her family in a judicious manner, not only promotes their happiness, but has been instrumental in preparing them for faithful services, perhaps to her own offspring. Incessant manual occupation deprives the inferior classes of the community of leisure for



reflection, and they implicitly adopt the practices and prejudices of their parents; but the lowest sphere in which a rational agent can be placed does not preclude all intellectual improvement. Unhappily the pamphlets to which alone the poor have access, are calculated to corrupt their morals and dabase their understandings. It is therefore the more necessary to give them such views of their humble duties as may inform their conduct with correct and vivifying principles. To procure for the sons and daughters of labour the cordial of religious and moral sentiments and such knowledge as may conduce to the right management of their infants, is unspeakably more benevolent than the most liberal donation to purchase the means of mere sensitive existence.

Habitual mildness of temper is the consequence of tender and regular attention from the nurse, and lasting impressions may be received while yet in her arms. Successive feelings and acts constitute habits, and a babe of five months old, subjected to tyranny and neglect, may have its disposition materially injured. Thus an improved mode of teaching infancy in the cottage may promote the dearest interests of those who dwell in palaces; nor can the hazard of health, morals, and understanding, be escaped in the most exalted ranks, unless by introducing the best methods among those to

whom the first stage of life is in a great measure unavoidably entrusted. Though many families have suffered severely from the ignorance and misbehaviour of nurses, no radical remedy has yet been attempted. Sensible and tender mothers will endeavour by vigilant superintendence to obviate ill treatment; but how many hours must a babe be daily left at the mercy of his attendant, and throughout the night does not he depend solely on her care and affection? It is absurd to hope for the incessant exertion of self-command and gentleness where long confirmed habits have nearly annihilated native tenderness, and the softer emotions are contemned as weaknesses. Compelled during infancy and youth to endure harsh usage, the finer feelings have become callous, and boldness, imperiousness, and obduracy are regarded as signs of cleverness. Candour and justice demand of us to make great allowances for faults proceeding from erroneous education: but the imploring accents of humanity, and the clearest dictates of self-interest loudly call on every intelligent and sympathising mind to co-operate in removing the original cause of such misconduct. The rigorous measures adopted by the mother in a low station inflict much needless suffering on her child, and are pregnant with miseries to babes yet unborn; when the young person is of age to

be employed as a nurse. We will even venture to affirm that many of the children of poverty have perished, or have contracted incurable distempers in consequence of well meant but unrelenting severity. To save or prolong the lives of a "bold peasantry, their country's pride;" to smooth their asperities, and improve their virtues is to bestow private happiness in conjunction with national prosperity. Population is the tower of strength in all countries, whilst it also constitutes the mighty engine by which alone the sources of wealth become efficient; and not only the secular, but the moral interests of the higher orders of mankind are closely interwoven with those of their inferiors. The despotism of nurses may impair the nascent faculties of a highly gifted intellect, and temper and ingenuousness depend almost entirely on their attention and patience.

We have been shocked to observe a lisping infant inventing excuses, feigning a fondness it was impossible to feel; "creeping by serpentine avenues" into favour after severe chastisement, and afraid to speak or to move lest by some new inadvertency it might again incur correction. In such circumstances the child's perceptions can never be freely exerted, and yet every kind and degree of ability is included in their exertion. A fond mother will find sufficient in-

ducement to employ her utmost efforts for the instruction of her dependants by considering, that torture will never be abolished in the nursery so long as the peasantry shall govern their children by means that chiefly tend to enfeeble, to debase, and to endure the whole character. We say *enfeeble*, as imbecility, though the frequent consequence of overwhelming terrors, is not always attended by true good nature; and the supposed *harmless*, though stupid creature, whilst a sycophant to her master and mistress may be a tyrant to their child.——It is by gentle and seasonable management, and by distinct notions of right and wrong, that a girl can be prepared to fulfil the numberless, and sometimes irksome, duties of an assiduous and faithful nurse; but still greater pains shall be bestowed to teach illiterate parents, that the “fierce hardihood” produced by severe compulsion does not contribute essentially to make their children expert and useful; infants of the most exalted descent cannot be deemed in complete safety unless immediately under the eye of their natural protectors. The prejudices of ignorance are not to be overcome by abstract reasonings, but they will gradually yield to influence; and the gentle, but persevering urgency of a respectable benefactress may convince those under her authority that it is by a timely introduction of parental awe, to



repress and to eradicate bad propensities, that sincere obedience may be obtained. Instead of learning to disguise foibles and to hide offences, every species of evil will be anxiously avoided by a child who has been taught that to shun transgression and to do good is not only her duty, but her interest and happiness. When violent penalties are necessary, it is a proof that the first stage of infancy has been mismanaged. Let a mother be persuaded she cruelly injures her little one in giving way to the impulses of infantine passion, either because she is too busy to take a few minutes to controul it, or too fond to bear the thought of imposing momentary hardship. Let no indulgences be granted that must be interdicted in a few months or years, they will not be relinquished without a painful struggle, and the child will be punished for faults that might have been prevented by timely restraint.

A small gift bestowed with affability will awaken gratitude for the interest a lady has taken in her children, and dispose the mother to attend with submission to advice, but the instructress must keep in view that a person nearly destitute of education is in many respects a child in understanding, and liable to misconception of the words addressed to her.

The instruction of the poor ought doubtless to become a primary object of solicitude with the rich for their own sakes, but the



most simple language must be employed, and it will be necessary to ascertain that the terms used shall be understood in the precise meaning they were intended to convey. We knew one friend of the untutored children of nature, who, before she went out, carefully wrote down what she wished to communicate, that her phraseology might be suited to the auditors.

The rules laid down in our first volume for preserving the health, temper, and integrity of the human race, are adapted to all conditions during the first, and part of the second year of life: but a material difference must take place as soon as the child of a cottager can perform the smallest office for her parents or herself. Besides learning the alphabet, and attempting to combine the sounds of letters, she ought to be initiated in active usefulness. Poor people often suffer their children to run about idle four or five years, and then are quite impatient to make them work as much, and as diligently as if they had been all their days trained to industry. A cheerful representation of the advantages derived from being *good servants*, and doing every thing well and expeditiously, will make employment appear desirable, especially when it gives scope to their natural activity. Books and lessons are sedentary and dull; but work, if taught with due allowance for inexperience, and

not pushed so far as to fatigue the little novices, will seldom be unacceptable, and, besides, it will keep them out of mischief. The natural restlessness of children may be converted to useful exertion, but unless conducted into proper channels it will spend itself in foolish tricks, and what begins through inconsiderateness becomes at length a malevolent disregard to the feelings of others. The offspring of wealth has an attendant who may prevent annoyances to those around, but the child of hard working parents will be apt to abuse long intervals of liberty, and when she must be confined to constant occupation, will look back with regret on the amusements of her childhood, and think a state of inaction or idleness the only state of enjoyment. They who must earn their own subsistence should have the principle deeply impressed by showing them they must do as much as they can for their meals. A bunch of feathers to dust the furniture, or a little broom to sweep the floor, or cleaning spoons, wooden platters, stools, and such small articles, will lead them without painful exertion to greater performances. The spelling book, plain work, knitting, and mending, by diversifying their occupation, will prevent weariness; and elder children should be engaged in teaching the next in age what themselves have learnt a few months before.

Order and exactness may be made more easy and agreeable than irregularity, by giving each a place for their own little articles; and having always heard it was disgraceful to be disorderly and careless, or to have goodness imposed on them by force or fear, they will imbibe these opinions.

Exercise is absolutely necessary for children, but in various circumstances it may be combined with cheerful industry. The prospect of going out at a certain hour to collect fuel, or to pick out weeds and stones from the cultivated fields, will be anticipated within doors by a poor child with as much delight as a walk or a ride in a carriage is expected by the youthful inhabitants of a lofty edifice; and a boy whilst assisting his father at work, if treated with encouraging kindness, will not soon forget the hints he may receive to direct his future dealings with society.——If the father knows, how to temper frankness with authority, this intercourse will confirm the child's willing obedience, by increasing his veneration. A daughter treated in the same manner will seldom be involved in the dangers by which girls are encompassed, who think nothing so terrible as the scrutinizing eye of an imperious mother. Schemes to deceive her who gave them birth and to obtain momentary liberty will be planned, and cannot be carried into execution without intimacies

and connivances, sometimes of the most ruinous tendency. Think of this, ye whose anxiety, unregulated by prudence, and unsoftened by gentleness, defeats its own aim in depriving you of the confidence of your children, which alone can ensure their safety, and you. O! ye young of both sexes, be assured, whatever ye attempt against the advice of your parents must be wrong, and will seldom fail, sooner or later, to plunge you into wretchedness. One bad consequence is inevitable—your principles of rectitude will be unsettled, and one deviation from them may conduct you to deep depravity.

Gloom and terrors obscure and deform the religious notions of the ignorant, and much of the happiness and energy of their minds is sunk in bigotted enthusiasm, which makes no valuable reformation in their moral conduct. When children are taught to believe in the continual inspection of their Creator, his goodness and bounty ought to be represented in the most animating strain of devout thanksgiving. Let the hope of being admitted to ceaseless enjoyment be the fundamental principle of their piety. The assurance of exchanging a life of subordination and labour for everlasting and blessed rest, and the privations of poverty for the fullness of joy, ought to be the motives of duty held out to the young mind.



The father of a family offers up long prayers with his kneeling household, but the children understand very little of all that is said. Social worship is most laudable, but if half the time so occupied were to be set aside for hearing each child offer a short petition, and afterwards explaining the meaning of each sentence much greater benefit would result. Poor children, in the country especially, behold the splendors of the world only at church; and they may be told that all the objects they admire are contemptible as dust and ashes when compared with the glories of those mansions prepared for the righteous, and which are the undoubted portion after death of all who have endeavoured to lead blameless, useful, and godly lives. Hope is more congenial and operative in the youthful season than fear; and it is an error fatal to the free spirit of true religion to perform sacred offices, or enjoin them to children, in a manner calculated to fill their hearts with superstitious terror of avenging justice. The adorable attributes of Supreme love and mercy, inspiring a holy zeal to please the Eternal Father, who is ever present to observe and to reward the meanest of his children, ought to be the object of their devotion. Some people make a boast of the catechisms, psalms, and chapters their little ones can recite. The poor infants are oppressed by long tasks, and, perhaps, fore-



ever disgusted at piety. It is not what they read, but what they comprehend, that will influence their behaviour; and it is of the utmost importance to associate no repulsive ideas with the service of their blessed Creator.

To establish a deep and habitual regard to the principles of honesty, a child must not be permitted to pick up a rag, a thread, a piece of wood, or the smallest article, without inquiring to whom it belongs. This easy rule, and asking leave before they touch any thing, even when but lisping infants, will keep them out of mean scrapes, and give a strong regard to the property of others. Covetousness will have no place in their hearts if they are prevented from overrating fine and pretty things that are beyond their reach, by some such remarks as the following: "You see, children, how many things there are in the world that are not necessary to happiness. What appears to you so attractive could add neither to your health, comfort, goodness, nor wisdom, if you possessed them, nor are these great mercies diminished by wanting them." Parents have the desires and opinions of their offspring at their own disposal, but precepts must be enforced by suitable practice. For instance, it will be to little purpose for the mother to recommend sobriety if the father frequently returns home intoxicated, and shall talk of

pleasures he enjoyed at the ale-house. The imagination of his sons will be pre-occupied by a convivial merriment, and they are training as an easy prey to dissolute companions.

Children should never perceive there is a difference of opinion respecting their management. When one is supported by the father, and another by the mother, the authority of both is overthrown, and envyings and malevolence will divide the family. Every means ought to be employed to convince them there is no partiality; that they are never rebuked but for their own good, and that pointing out their faults is the highest evidence of affection: they will take admonition in this light if it is given without violence, and they may also be accustomed to advise each other, and no offence will be given or taken on that account. These attentions, though apparently immaterial, are of great assistance to the mother, and cannot fail of success if she keeps her children from bad company. Two or three families may confer the most valuable reciprocal benefits by taking charge of all the children when their parents must leave them. Seated in a groupe, the eldest boy, according to Mr. Lancaster's method, may teach the rest to read; and in the same way, whilst the girls are at work, they may be taught a portion of *Watts' Divine Songs for children*, or

some other help to religious and moral convictions.

Though running about without occupation and without controul has ruined hundreds of children, they derive many advantages from meeting in a day-school. Besides learning the necessary branches of reading, writing, arithmetic, and needlework, their perceptions are exercised, and they gain discrimination of their own rights and interests and the proper means of maintaining them without encroaching on others. Dull, timid natures are often very deficient in this respect; but experience may teach it, and sound principles will confine their worldly wisdom within the strict limits of innocence and justice. When children are sent to school their parents must double their vigilance during the hours spent at home, to fix moral truths and maxims of circumspection in their hearts, enforcing the necessity for these safeguards among new associates by every excitement that can counteract the heedlessness of youth.

But fallible creatures of all ages will commit offences, and poor people are apt to forget when inflamed with wrath, that the corrective to prove effectual must be applied to the mind. Severity never yet produced sincere compunction, nor implanted one virtuous thought to awaken or to strengthen resolutions of amendment. The delinquent

concludes she has been doomed by resentment to a certain measure of suffering, and if treated unmercifully will feel more aggrieved than guilty. Where fear predominates, the disposition is always artful; and as the child outgrows subjection, a crafty temporising policy succeeds to the dread of punishment. Bad propensities are disguised wherever their appearance might be hurtful to the young stimulator's credit or interest; but if no sinister motive forbids it, corrupt inclinations will be indulged without restraint. These are the consequences of denouncing penalties instead of inculcating the love of virtue. False appearances will be assumed, and if transgression can be concealed they think all is well.

Parents in the subordinate ranks sometimes imagine it is their duty to harden their children against the ills of servitude, by inuring them early to the painful exercise of resolution; and it is not surprising that ignorant minds should mistake insensibility for fortitude: but they who have learnt the distinction, ought to inform them, that ere the mind can arrive at sufficient hardness to outbrave degrading and painful infliction, the feelings that produce all the charities which sweeten life must be nearly extinct.

It will be objected that Solomon hath said *he that spareth the rod hateth his son*, and we verily believe that parents, teachers,



and masters, have sacrificed their own instinctive humanity to this figurative precept, which has caused much of the falsehood, servility and inconsistency imputed to those who feel themselves dependent on the will of others. A greater than Solomon hath most expressly commanded, *give to him that asketh thee and from him that could borrow of thee, turn not thou away*; and yet no rational being literally obeys these most peremptory injunctions delivered by him whose wisdom, no less than his authority, was infinitely superior to all the kings and sages of the universe. Let Solomon's maxim, therefore, be understood as a strong eastern figure to enjoin an early and careful restraint on every bad propensity. It is instruction, and not arbitrary punishment that must qualify children for governing their own inclinations and emotions, a restraint which can only take place through the voluntary and well directed efforts of the individual. Compulsion and terror produce no internal change or improvement; and myriads of children have been driven to deceit and all the diverging mischiefs that attend the loss of integrity, by want of courage to endure the present evil. The dread of correction cannot lesson a fault; for the child can think but confusedly and feebly of moral ties, whilst all his solicitude is engrossed by contrivances to hide what he may have



done amiss. The utmost wish to shun disobedience cannot preserve a weak erring creature from blameable actions; but if rebuked without violence, false excuses would seldom be thought of. Children never violate truth without secret repugnance and self-reproach, but horror and dread are yet more powerful sensations, and if parents were fully aware of the dangers attendant on extinguishing the glimmering light of rectitude, how conscientiously and firmly would they suppress wrath, and govern by reason and affection. Terror tempts children to deny facts, from thence they proceed to a precipice, from whence there is but one step to thieving and an ignominious death. If the lower class of people reflected on these facts, they would see clearly the insanity of subjecting their children to present suffering which may also draw upon them evil they would most anxiously deprecate, and they would adopt milder measures. Confinement is a penalty of sufficient efficacy to curb the passions of an infant. She will probably cry when this sentence is put in force, but her tears and lamentations must be disregarded till she becomes submissive, and she ought always to be detained in sight. Even if her tears are occasioned by a slight hurt, or vexation, her wailing is to be treated with seeming indifference. If she perceives we are sorry for her, she will continue the

complaint to obtain sympathy, and if irritated by reproof she will go on through a spirit of contradiction. Children who are thus accustomed to sit quietly are less troublesome than others. It is a fault very common to infants who are immoderately fondled, to be importunate for a mother's attention when civility demands it for her friends, and if this weakness is derided by the guest, either of the parents will whip the little one to prove she has not been spoiled. This unequal treatment ruins the child's temper and undermines parental authority. A moderate, but invariable awe should be maintained in early infancy; but let it always be evident that no pleasure is denied, no disappointment or punishment awarded, but what is necessary to assist in giving her power over her own passions. A noisy child is certainly very disagreeable, and in a small house, she cannot have her choice either to be quiet or to go to another apartment; yet it is really unjust to punish her for being unruly when strangers come in, if she has never learnt at other times to refrain, and to attend to the feelings of others. Instead of beating her, let her be turned out of doors in disgrace, and all playthings and amusements withheld from her; but if she wishes to return, and to make atonement, she ought to have an opportunity of putting her good resolutions in practice.

A mother's trouble will be much lessened by assiduously forming the eldest child to good habits. She will keep her juniors from doing wrong, and lead them to act aright, both by precept and example; and she may be directed to convince them it is shameful to disobey their parents, or to be troublesome. She will praise them for telling truth, and for restoring what they find. If she teach them that instruction is the first of benefits, they will receive it thankfully; whilst seeing all their behaviour in familiar intercourse, she can suit her advices to every exigency.

It is almost superfluous to observe that the eldest child ought carefully to be taught the performance of these duties, and to be kind and gentle to the younger children. When a child commits a fault, instead of giving room to suppose all bad consequences may be commuted by immediate bodily pain, the parent, should make her comprehend that one single transgression frequently draws after it a long train of evils, and in the course of days or weeks, if any inconvenience could be traced back to by-gone offences, it would be of much effect in urging the delinquent to circumspection. One lesson to induce children to think, and to calculate the probable tendency of their actions, is of more real value than years of imperious restriction, which only constrains

the outward behaviour, whilst the parents are in view; and tempts to endless devices for the purpose of obtaining a little freedom. We have known children who were regarded even by their parents and friends as confirmed liars, and almost despaired of as reprobates, yet by having their own reason awakened, and being released from slavish fear, the more amiable shades of their disposition appeared, and they were gradually restored to truth and rectitude. We are fully convinced that all who give these means a fair trial will succeed by patient perseverance. Show the unhappy child you are deeply afflicted, not enraged by his misconduct, which is fatal to your peace and his prosperity, and that he will hereafter sorrowfully wish to retrieve a blasted reputation. Show him he has nothing to fear in being at all times open and ingenuous, but every thing to hope by gaining the love of his relations, and by being believed and trusted. That a good name can only be secured by truly deserving it, for imposing appearances are sooner or later detected; ask no question that an infant would hesitate to answer with the strictest veracity; never seek to extort confession, as it risks giving a custom of lying, and every transgression makes a child more prone to that base fault, by blunting the sense of its shameful turpitude.



Superfluous bustle and voluble exclamations, where accidents happen, ought to be carefully checked. The power of acting with calm self-possession in cases of alarm or peril, is a qualification highly essential in a nurse, and it depends in a great measure on early habit. A sense of the Divine Omnipresence, Almighty Goodness, *a present help in trouble*, will impart fortitude and serenity to a truly religious mind, if due attention has been given to guard against sudden or weak emotions. Children should be taught that piety, morality, composure, and usefulness, are inseparable, or if disjoined, cannot be genuine.

Deviations from truth, plain dealing, or honesty, seldom disgrace the maturer years of those who have been habituated to reveal their sentiments and desires to their parents, and to converse with them on easy terms. The most impressive lessons children receive are conveyed in this inartificial mode of instruction. A few seasonable words spoken while dressing or undressing little ones, or giving them food, or whilst seated with them at work, might keep them back from many transgressions; but the parent must beware never to contradict her own maxims. She must invent no fibs to divert the infant, and induce her to obedience. She will soon find out and imitate the deceptions, and devices for working out her purposes by indi-



rect means will be engrafted on her disposition.

It would be criminal to have omitted to enlarge, digest, and elucidate our views by exploring the way-marks pointed out by our predecessors in teaching the elements of education. We have also employed a long series of years in collecting the scattered information to be obtained from colloquial intelligence superadded to the many valuable remarks derived from books; but not one principle has been adopted without the test of experience, which invariably has strengthened our conviction that youth in every sphere and situation ought to be governed with the least possible abridgment of individual comfort or freedom. The frequent recurrence of compulsion and penal irritation sours the temper, exhausts the benevolent feelings, and destroys the independent sense of rectitude which most substantially contributes to real merit, and happiness. Children may have many performances forced upon them mechanically, but probity is the result of voluntary preference; and it is the wisdom of those who would strengthen the tender mind for embracing virtue to remove every obstacle or discouragement. In every circumstance and period of life we are governed in a great measure by our sensations; but in youth, animal

propensities and feelings are more than a counterpoise for the moral and intellectual; and if to these, the child's happiness is opposed, she will seldom have fortitude to forego the present exemption from blame or suffering, though it must be purchased by falsehood.

We dare not flatter ourselves that acute and sensible readers may not discover many deficiencies in this essay, but we hope the general tenor will be found consistent with the welfare of society. To such as may be averse to interference in the education of their dependants, we beg leave to submit a few considerations, and to ask if it does not seem necessary to acquaint their domestics more completely with some parts of their duty, and to dispose them for discharging it with greater fidelity.

If this be admitted, let us enquire how it may be accomplished, and we believe it will appear to be attainable only by a more elevated standard of morality. We all know the extreme difficulty in breaking off bad habits in mature age, and therefore to deliver a rising generation from the worst effects of ignorance and prejudice is of unspeakable importance. Cheap and plain tracts on the management of their children should be circulated, but oral explanations may frequently be necessary to guard against misconstruction; and can there be a charity so

sublime, or so easily afforded as assisting to enlighten our fellow creatures on a subject involving the personal safety and mental endowments of all conditions. These inestimable benefits may be bestowed at the expense of a little time and conciliation of manner, in addressing an honest pair, whose unvitiated heart and sound understanding will be open to truth and reason, when delineated by a patroness whose opinions on every topic must be received with grateful deference. Self-evident advantages arise from checking the first symptoms of corrupt inclination and training infants to revere and obey their parents as soon as they are capable of comprehending mandates or prohibitions; and it is equally unquestionable, that to be prepared for conducting themselves by distinct knowledge and voluntary preference of right and avoidance of wrong, can alone make them truly worthy when their character is formed.

When we consider the consequences, immediate and remote, of ruling by a system of terror those who in after life are to have absolute power over defenceless beings, to whom they are attached by no tie of natural affection, and who will frequently exercise the tenderness and patience of their nurses by a thousand nameless infirmities and troublesome follies, we must pronounce that it would be an employment the most

congenial to female benevolence and sympathy, to avail themselves of every advantage afforded by local situation, rank, ability, or other influence, for diffusing among the humble classes the most approved maxims on the subject of education. A lady's own discretion must determine her choice of specific arguments to prove that harsh treatment is ultimately subversive of rectitude, which in itself implies more qualities of value in a domestic than the most skilful and dexterous performance of manual service.

The exalted charity taught and exemplified by the Divine Saviour of mankind, first shed abroad the mild lustre of refinement which has smoothed the gradations to all the milder graces that adorn the present age. Wherever the beams of pure Christianity have penetrated—wisdom and happiness have followed their course; and the barbarous despotism which added unprofitable hardships to the discipline of youth has been superseded by gentle and salutary restraints.

But in many instances the trembling babe experiences in the nursery sufferings at which humanity shudders.

FINIS.