

m f f f  
f f f f f f f f  
f f f f f f f f  
f f f f f f f f  
f f f f f f f f  
f f f f f f f f

m f m f  
m f m f  
m f m f  
m f m f  
m f m f  
m f m f  
m f m f  
m f m f

romaine romans

romance

romans

Romance

in romans





Education is the due development of all the primitive powers & susceptibilities of our nature.

Particular laws: We require active exercise, for 2 or more hours each day, in the open air & by the Sun's light,

The room occupied by children should be at all times supplied with fresh air, an abundance,

The body of a child should not be kept long in one unvaried position - should not be allowed to sit still more than 15 minutes, if under 4 & 30 if under 12 or 1 hour if any age.

Take 13-15<sup>th</sup> natural laws

That the skin should be kept constantly clean,

Every child requires 7, 8, or 9 hours of undisturbed sleep in the early part of the night, in a well-ventilated chamber,

No unnecessary exertion of mind or body should be used immediately after a meal, not even a hurried walk.

The fruit proverb: It is gold in the morning, silver at noon, & lead at night. it should be a substitute for food not an addition, had practice to eat in the evening especially the indigestible dried fruits & nuts,

None but a person who uses a great deal of active exercise <sup>or is much exposed to the cold.</sup> can use fat with impunity

Keep the head cool, the feet warm & the body free.

Those who pass from an active to a sedentary life, should restrict themselves to  $\frac{1}{2}$  their usual quantity of food at intervals of about 6 hours, the operation of digestion, is completed in about 4 hours,

From 6 to 8 hours of sleep are indispensable, the rule that one should go to bed early enough to wake of themselves at a suitable hour in the morning.

Exercise in the morning is in open air, 9 hours walk before breakfast is as good as an hour after. - Rowing gives play to every bone & muscle of the frame, Skating is next, to rowing & Riding is best of all.



*Illustrations of Mechanics by—*



1 A B C D E F G H I K L M N O P  
 2 Q R S T U V W X Y Z M N O P  
 3 millions examples anthems complaint combination penmanship  
 4 impressions contemplation pleasantness compilation presuming  
 5 Annapolis Baltimore Portsmouth Lithuania Southampton.  
 6 Maryland Richmond Dartmouth Columbia Northampton.

7 Charity rejoiceth not in iniquity, but rejoiceth in the truth. C  
 8 Purity of heart is manifested by purity of language. Salem  
 9 Licentiousness in opinions, leads to licentiousness in practice. Miss  
 10 Every period of life has its peculiar temptations and dangers.  
 11 Study to unite gentleness of manners, with firmness of principle.  
 12 May I govern my passions with absolute sway;  
 And grow wiser and better as life wears away.

13 Take care of the minutes, and the hours will take care of themselves. oo  
 14 Economy is a poor man's revenue, extravagance a rich man's ruin.  
 15 Contentment without wealth, is better than wealth without contentment.  
 16 All that in writing would improve, must first with writing fall in love.  
 17 Virtuous Communities have much influence on the conduct of Rulers.  
 18 Virtuous Rulers have much influence on the conduct of a People. ooo  
 19 The sword hath slain its millions, strong drink its tens of millions. ooo  
 20 American Society for promoting Temperance, instituted at Boston 1826.  
 21 No lecture is so eloquent as the silent lessons of a spotless example. oooo  
 22 Christianity is the safeguard of nations, and the bond of social order.

23 Winter! I love thee, all unlovely as thou seem'st, and dreaded as thou art.  
 24 History is divided into ancient and modern, sacred and profane. It  
 25 Guard well thy thoughts; our thoughts are heard in heaven. Impressions  
 26 From Eternity subtract millions of ages, and the remainder is Eternity!  
 27 Wisdom's ways are ways of pleasantness, and all her paths are peace.  
 'Tis greatly wise to talk with our past hours,  
 And ask them what report they bore to heaven.  
 Count that day lost whose low descending sun  
 Views from thy hand no worthy action done.