

PEDAGOGIC ITEMS AND HINTS.

I. THE CHILD IS THE FATHER OF THE MAN.

Impressions received in infancy are lasting. The influence you have received in the dawn of your mortal existence, bear, to this day, with the greatest weight upon your mind. It is the experience of people, generally, that what they imbibed from their mothers in infancy, is the most lasting upon the character through life. This is natural, it is reasonable, it is right. I do not suppose you can find one person among five hundred who does not think his mother to be the best woman that ever lived. This is right. It is planted in the human heart. The child reposes implicit confidence in the mother; you behold in him a natural attachment, no matter what her appearance may be, that makes him think his mother is the best and handsomest mother in the world. Children have all confidence in their mothers, and if mothers will take proper pains, they can instill into the hearts of the children what they please.

We read in the Book of Mormon of two thousand young men who were brought up to believe that if they put their whole trust in God and served Him, no power would overcome them; they had faith that they should never fall in battle, because their mothers told them so. They went out to fight, and so bold were they and so mighty their faith that it was impossible for their enemies to stay them. Although there was very much of their blood shed, yet none of them fell. That was the result of proper instructions being given them by their mothers; this power and faith they obtained through the teachings of their mothers, and two thousand of those young men were more worth than a hundred thousand not raised as they were.

Let mothers teach their children as those two thousand young men were taught then. Indeed the character of a person is formed through life to a greater or less degree by the teachings of the mother. The traits of early impression that she gives the child will be characteristic points in his character through every avenue of his mortal existence. It has been hinted that education commences with the first dawn of knowledge upon the mental faculties of the child, and continues with it till death. But I will trace it a little further back still, and say that education commences with the mother and the child in connection. It depends in a great degree upon the mother, as to what children receive, in early age, of principle of every description, pertaining to all that can be learned by the human family.

But I can see mothers pay attention to everything under heaven but the training up of their children in the way they should go. I can see the mothers go off visiting, riding on horseback attending parties, while their little ones are neglected and left to run at large in the streets, exposed to the pernicious examples of vile company. They will even make it appear obligatory on the father to take care of the child's education from the beginning. But if the children do not receive impressions of true piety, virtue, tenderness, and every principle of the Holy Gospel, it is sure that their sins will not be required at the hands of the father, but of the mother. The duty of the mother is, to watch over her children, and give them their early education. If children are not taught by their mothers in the days of their infantine youth to revere and follow the counsels of their fathers, it will be hard, indeed, for the fathers, ever to control them. Mothers will let their children go to the bad in their childhood, and when they are old enough to come under the immediate guidance of their father, to learn some kind of mechanism, they are as uncontrollable as the winds that revel in the mountains. Let education begin at this point. Let mothers commence to teach their children while in their laps, there to teach them to love the Lord and keep His commandments; teach them to keep the mother's commandments, and you will teach them to keep the commandments of your husbands; teach them righteousness from their infancy, if you will raise them up in the way of the Lord, as it is spoken of in the Book of Mormon.

Education of little children by their mothers must be governed by moderation. It has been ingeniously said by a philosopher that "from its position in the solar system, neither too close nor too far removed from the centre of light and heat—moderation would seem to be the peculiar virtue appropriate to our earth." Moderation is the moral gauge, the moral regulator, and should be president of the debating society of the passions, propensities, sentiments and virtues. Moderation is to the heart what reason is to the head. Moderation is precisely that hair line, erroneously said to be invisible, that divides the right from the wrong, good from evil, and virtue from vice. For see: You train your child to be courageous; courage is a good thing, but carried beyond the bounds of moderation, it becomes rashness, which is a bad thing. Caution is also good, but beyond moderation it becomes cowardice—which is bad. Liberty in the other side of the line of moderation is prodigality. Even religion, poetry, which is most excellent, stretched beyond the line of moderation, becomes fanaticism, superstition, which is anything but worship and honor to the Creator. I can quote

scripture for that: "Be ye not righteous over much."

Very often mothers bring much evil over their little children, by subjecting them, before they can understand it, to the caprices of the mother's impaired intellect excited by a nervous and bilious temperament. By these means the sentiments of the children towards the mother will form a singular and most exasperating blending of affection and anger, if not of positive love and hatred. I have seen a mother take a child into favor for weeks, and just as it was growing confident and easy in her affections, she would throw it off without a cause and treat it with freezing coldness for other weeks; the child's feeling would first be a mixed emotion of sorrow and anger, and that would subside into a cold dislike, fostered by the mother's unkind manner, and then just as it was getting to hate her comfortably, feeling quite justified in entertaining the sentiment, and quite independent in consequence, lo and behold, some unexpected, and, as it would seem to the child, some undeserved act of kindness or tenderness would melt the iceberg in its bosom, and it would weep in very impetuosity for all the coldness it had felt and shown. So the uneven temper of the mother will form the child's character full of caprice for the future life and make it unhappy for itself as well as a burden to others.

In our next article we will throw some light on the consequences of partiality in early education, and of remarks on personal qualities of children made in their hearing.

Some years ago I was nearly a daily guest in a French family of relations of mine. There were two children, who attracted considerable attention from the visitors, and the striking contrast of their persons, manners and characters was noted and commented upon, in their presence. The winning beauty and sweet confiding sociability of the fair Agnes, and the wild, shy reserve of the dark Leonie were compared and sagely commented upon, and conclusions disparaging to Leonie, drawn by these superficial critics who did not understand her. Indeed the contrast between these two children was so striking that they were never passed by strangers or servants without some such remark as this: "Agnes is beautiful, lovely, but that other child is very homely." And her mother was foolish enough to be proud of Agnes, and to neglect Leonie, showing these two budding girls a very marked and resentful partiality.

It is very wrong to make remarks on the personal beauty or ugliness of children in their hearing. The effect is invariably injurious. It is highly reprehensible to draw invidious comparisons between the beauty of children, especially before their faces, and display an undue bias or fondness for one of them. This thoughtlessness is fraught with the direst consequences. When that French mother said so carelessly in their presence that "Agnes is prettier than Leonie," and looked at Agnes as though her accidental beauty was a virtue, and looked at Leonie as though she was in fault—she dropped into the fertile soil of the children's hearts the seeds of evil—the seeds of vanity in the heart of Agnes, and seeds of envy into that of Leonie, and the germ of discord into both.

Upon Agnes and Leonie these thoughtless remarks were producing the worst effects. Agnes loved, petted and praised by the family, the servants, the visitors, with all her gentleness and sweetness, was growing vain, selfish and sensual. Upon Leonie, too, these influences were producing the worst effects. Jealousy and suspicion of the few she loved; scorn and contempt for the opinions of others—neglect of her person as little worthy of attention, and a morbid desire to be loved exclusively—these were some of the evil fruits of this careless education.

The evil influence of such partiality and bias threatened to fall on all the children's after life. Some of the most serious defects in their characters, some of the deplorable errors in their conduct, and the most dreadful misfortune of their lives, might be traced back to such injudicious, careless treatment of the children on the part of their parents, and to the capricious blame or praise of those to whose care or neglect they are so much left.

When I recollect the strong and decided bias given in childhood to my own character by people and circumstances over which I had no sort of control, and against whose evil influence I could make no sort of resistance; when I suffer by the effect of impressions received in infancy, which neither time, reason, nor religion have been able to effect—which only sorrow could impair by bruising the tablet; knowing as I know the tender impressibility of infancy, feeling as I feel the indelibility of such impressions, I tremble for that reason for influences that they may surround your young children. Aye, even for the chance word dropped by stranger lips, and heard by infants; for that word may be a fruitful seed that shall spring up into a healthful vine, or a upas tree, twenty years after it is sown.

Infancy is a fair page upon which you may write goodness, happiness, heaven—or sin, misery, hell. And the words once written, no chemical art can erase them. The substance of the paper itself must be rubbed through by the file of suffering before the writing can be effaced.

Infancy is the soft metal in the moulder's hands; he may shape it in the image of a deity, or the form of an angel—and when finished the statue hardens into rock, which nothing but

the hammer of God's Providence can break; nothing but the fire of God's Providence can melt for remoulding.

Children are born with trust. The confidence of children is proverbial. But like all other childish instincts, it is young and delicate, and easily crushed to death by the parents' partiality. Children feel before they can reason, and the impressions of childhood being well nigh ineffaceable, the child deceived and betrayed by undue bias, is often parent to the sceptical and scoffing man or woman, as there is springing in its childish bosom the germ of that doubt of all things and all persons, that in after life becomes a fatal trait in its character. Seeds of evil once taking root in children's hearts are almost ineradicable.

GODFREY HESSEL.

HEALTH HINTS, AND OTHER THINGS WORTH REMEMBERING.

COMPILED BY MAC.

Lady, let me whisper something you should remember. It would be a good idea to copy it in a big round hand, and paste it on your bedroom mirror. It is this: Men of sense do not admire a small waist. They know that such a waist almost invariably indicates slim limbs and a sickly constitution. The heart, lungs, liver, stomach, intestines and other important organs can not properly perform their natural functions under the pressure of a corset or tight belt; hence the poor digestion and general unhealthiness of the slender waisted woman. A plump waist, with its corresponding plump and healthy figure, is most admired by ninety-nine out of every hundred men, and its owner has much fewer chances of becoming an old maid than her scrawny sister with the "taper" waist.

I find many "golden nuggets" among the late Dio Lewis' saying, and have picked out the following samples:

NINE WAYS TO COMMIT SUICIDE.

1. Wear narrow, thin shoes.
2. Wear a snug fitting corset.
3. Sit up in hot, unventilated rooms till midnight.
4. Sleep on feathers in a small, close room.
5. Eat rich food rapidly and at irregular times.
6. Use coffee, tea, spirits and tobacco.
7. Stuff yourself with cake, confectionery and sweetmeats, and swallow a few patent medicines to get rid of them.
8. Marry a fashionable wife and live beyond your income.
9. Employ a fashionable and needy doctor to attend you in every slight ailment.

Have you never noticed that the only grapes that become perfectly ripe and sweet, the only peaches that take on those beautiful red cheeks and offer that luscious sweetness, are those on the outside, entirely uncovered by the leaves and exposed to the sun? God's laws are the same in human life.

I asked an old trainer, who had charge of one of the successful Madison Square Garden pedestrians, how much three cigars a day during the three months of training would probably affect his man. "I am sure it would beat him," was the reply. A long experience has taught the fraternity of trainers that tobacco is an enemy to muscle and a still greater enemy to nerve-tone and endurance.

Nothing so expands the minds, gives clearness to the ideas, elasticity to the form, and health to the system, as early rising and a walk before breakfast. If your sluggish be not a dolt already, he is in a fair way to become one. Women would gain rosy cheeks by getting up before or about daybreak, and men secure health of body and mind.

"Johnny, my dear, can't you eat some more?" "No, mother: I am so full, I can't swallow another mouthful."

"Johnny, couldn't you eat a little more of you were to stand up?"

Not only do mothers stuff their children into levers and bowel diseases, and numberless other troubles, but they lay the foundation for that craving appetite which in all their future life leads to so much mischief.

I don't believe in shoulder braces. Nature furnishes the needed braces to keep the shoulders in position; and when you use the artificial these natural ones become weak for want of exercise. The best way to cure stooping shoulders is to carry a weight on the head a half hour morning and evening. Make the weight large. There is no other single exercise so valuable as carrying a weight on the head. A bag of sand weighing from 20 to 60 pounds is a good weight.

Let me lay down a few rules of elocution. These rules are not the result of experience as a teacher or pupil of elocution, but of observation and long familiarity with the anatomy and physiology of the vocal apparatus.

Rule 1. Stand erect. 2. Use a low key. 3. Speak deliberately. 4. Articulate distinctly. These four rules

would hardly fill a volume, but they are the essential elements of elocution.

It is undoubtedly true that many plants in a bedroom, especially of the sorts that emit strong odors, may, if ventilation be imperfect, prove mischievous, but I should desire no more healthful dormitory than a large green-house with good ventilation. One cannot enter such a place without feeling strengthened, exhilarated. A few of the ordinary house plants in your bedroom will prove not only agreeable but healthful.

Walking is the best of exercises, and if spirited, and the arms be allowed to swing freely, it brings into play the muscles of the upper part of the body as well as the lower half. Walking, if well managed, is better in one respect than exercise in a gymnasium, where you get little sunlight, and where you are likely to breathe dust and impure air.

Thousands of persons starve themselves into thinness, paleness and nervousness, by living on white bread and sweet things, and sleeping too little. Oatmeal, cracked wheat, Graham bread and fruit, with plenty of sleep, would make them plump and ruddy.

Much is said of overwork nowadays, and much that is nonsensical. Gentlemen came to consult me almost daily, full of the notion that overwork is killing them. Nineteen times in twenty it is bad food, bad hours, cigars, and other abuses. With good food properly eaten, plenty of sleep, a clean skin, and exercise in the open air, not one in ten of these patients would break down from "overwork."

"Well," I said, "my friend, if you would save this child, and that is the only available sleeping-room for it, those trees which shade that part of the house must be cut down." Trees should never be allowed to shade human dwellings. They are very beautiful and noble objects, to my own fancy more beautiful and noble objects than any other productions of our planet, and I would have them multiplied, but they must not shade our homes.

If you keep to the safe and good in food and drink, there is no truth in the old saw that, "What is one man's meat is another man's poison." This old saw is made to cover a multitude of dietetic sins.

In the London *Medical Times* appears the following paragraph: "Dr. Heath, of Newcastle, has been the last to raise his voice against tea. But it has long been a fact familiar to us that tea is a most fruitful source of dyspepsia. Among the vast numbers of poor women who frequent the patient-rooms of our London hospitals, we should not be far wrong in saying that two-thirds are suffering from dyspepsia. This dyspepsia almost invariably arises from two causes—the want of proper food, and the abuse of articles like tea, but which aggravate the consequent conditions of the digestion."

An old maxim runs thus:

Rise at six, and eat at ten;
Eat at six, and bed at ten;
Ten times ten years
You may live then.

That means two meals and eight hours' sleep daily is likely to insure a hundred years of life. There is more truth than poetry in that old saw.

Mysterious Providences.—This world is full of mysterious Providences. But it is not mysterious Providence that the organs of the abdominal cavity are displaced and great suffering ensues, when a woman wears a tight corset. It is not a mysterious Providence that her lungs are kept in a state of congestion till she falls into consumption, when she so dresses her feet and legs that the blood cannot get down into them. It is not a mysterious Providence that she should be weak, dyspeptic and nervous when she neglects exercise and remains in hot, unventilated rooms. It is not a mysterious Providence that her feet should be distorted and she become a cripple if she wears the modern French boot. It is not a mysterious Providence that in maternity she is overwhelmed with suffering and helplessness, if she becomes a mother when weak, dyspeptic, nervous and undeveloped. Those who talk about such things as mysterious providences, are downright infidels. They neither believe in law nor God. This morning I visited an invalid woman fifty years old, the mother of five children. Her father died at the age of 76; her mother still lives, aged 82. My patient is haggard, bent, neuragic, discouraged; wishes she had never been born; thinks life an awful mystery. Within the New England States one hundred thousand such women breathe and suffer. Does any one believe this a mysterious providence? Does any one doubt that ninety-nine thousand of these women might have been healthy and happy? The instruction of girls in the laws of health, is one of the grandest missions that ever fell to the lot of mortal.

Learn to Live Healthfully.—For 10 cents, I will send to any address 25 four page Tracts on health topics, and a list of Health Publications. D. M. McAllister, 68 Centre Street, Salt Lake City.

AFFAIRS IN IDAHO.

CROPS AND POLITICS IN OUR SISTER TERRITORY.

Paris, Idaho,
August 30th, 1898.

Editor Deseret News:

We have had a great many visitors lately from the lower valleys, and all express themselves well pleased with our country and our future prospects. Some of them are investing in land, and intend making Bear Lake their future home.

REMOTE CORNERS

that have lain dormant these many years are now being taken up, secured and improved, and although there is still much land to improve and cultivate, yet in the near future, the cry will be "give us room that we may dwell."

Harvesting is nearly done, and our former predictions in regard to it are being fully realized. Our granaries this year will to all appearance be filled to overflowing.

Corn, beans, cucumbers, and other tender plants and vegetables are being matured in great abundance, and we have had no signs of frost as yet.

THE RICH FAMILY RE-UNION

took place yesterday. There was a large gathering from all parts of the country, and they had a most enjoyable time.

Southern Idaho politics are booming at present. Dubois still pursues his disreputable course. He has not forgotten the old tricks which his ring perpetrated two years ago in Oneida County. On the 21st instant, "Test Oath" Smith, H. M. Bennett, J. C. House, Gorton, and Deputy Marshal Green visited Montpelier and selected two delegates to the republican convention to be held in Hailey on September 8th. Dubois & Co. have discovered a new plan for holding county conventions. They give no notice of a meeting, and take good care to let no one know when the county convention is going to be held, but five non-residents slip quietly into Montpelier on a Saturday afternoon, and

PLAY CARDS IN A SALOON

until night, and on being interrogated as to their business, give evasive answers, slip as quietly out in the night and no one is the wiser, until a few days later the citizens of Montpelier, read in the Salt Lake Tribune that a grand mass meeting was held in Montpelier and McIntosh and Hull were elected to represent Bear Lake County in the Territorial Convention. The people are thunderstruck at their audacity, but there is no remedy, and the fraudulent proxies will be used to boom Dubois in the Hailey Convention.

Dubois is likely to get the nomination, as he has already secured four counties through his wire-working and underhanded means; but surely the Republican voters of Idaho will never give their support to a fellow whose record in Idaho is a stink in the nostrils of all honest citizens.

THE TEST OATH CASE

is still undecided. Judge Hays has not yet returned from the east, but is expected September 1st, and all parties are anxiously awaiting his return.

Yours respectfully,
RUSTIC.

PEDAGOGIC ITEMS AND HINTS.

2 KINDERGARTEN.

Every mother who studies the nature of her children—and I wonder if there is any mother even among the lowest-minded and most savage nations or tribes, who does not involuntarily and daily watch the unfolding and disclosure of all the distinguishing properties of her infants—will, I have no doubt, agree with me when I say that one of the great characteristics in children is "restlessness," restlessness of the body, delight in mere motion of the limbs. The tiny hands and feet, the chubby arms and legs are in perpetual unsettled agitation, the rolling, dear, unconscious eyes find great pleasure in wandering all around; and looking at their dainty fingers and toes, they discover by and by that these members belong to their own body; they laugh and coo and cry and scream—they begin to creep, to walk, to run, and develop soon a restlessness of the mind, a constant curiosity about whatever comes within the range of their senses, and especially a desire to examine with their hands every unknown object within reach. Particularly you will note with all children a fondness for using their hands, and they are delighted not merely in examining by touch, but also in altering whatever they can alter; and further that they endeavor to imitate known forms whether by drawing or by modeling in putty or clay.

So we can say and see that "the mental digestion" of the young is naturally very energetic in their restlessness of mind. Hear a child bestrengthening those about it with its endless Why? and How?; and wonder at the blindness of men who think that it suffices to reply to those questions with: Because I say it—and, As I say. The spirit of restless, independent research, of endless inquiry and comparison, leading to innumerable shrewd little conclusions, is the process of digestion in the child's mind. This combative and argumentative temper of the boy and girl, so prompt to question all that is