

From the Christian Messenger.

He never bowed to Pray.

BY MISS L. A. A.

The hand of death is on him;  
The spirit will not stay;  
His kindred weeping round him stand,  
Yet none can bow to pray!

The friends of former years have come—  
Have to his couch found way,  
And many are the gather'd band,  
But yet no one to pray!

Once youthful strength and years were his,  
And health's enlivening ray;  
And friends that seemed to love him well,  
Yet taught him not to pray!

He grew to manhood's fair estate;  
Earth's hope adorned the way;  
The treasures of the world were his;  
But did he ever pray?

His health decay'd; his hopes were borne  
By rolling years away;  
And sorrow marked his brow with care;  
But did he ever pray?

The weariness of age came on;  
Death, eager, seized his prey!  
Of all the friends he made through life,  
There was not one to pray!

No radiant hope the living cheer'd,  
When they bore to earth away.  
Unbless'd his search of happiness,  
He never bowed to pray.

For the Calliopean.

The close of our Session and a word to my companions.

"Oh, here is something sentimental!" methinks I hear exclaim-  
od. "Something about the old hackneyed 'closings, partings,  
&c.' Now, don't be alarmed, for though each vacation is at-  
tended with a breaking up of sundry little ties, which, despite its  
being sentimental, makes one feel, just at the time, more like  
starting on a voyage of transportation than a "homeward bound;"  
yet your sympathies are not to be taxed with details of adieus  
to surrounding objects—from mountain, grove, and bay, down  
to the bell, and even the study-table—nor yet by images of swol-  
len eyes, quivering lips, and a would-be careless smile, interrupt-  
ed in the very middle by a choking sob. All these things are  
matters of course; have often transpired; often will again; and  
may my heart and eyes never become "so accustomed," that  
the one shall cease to feel and the other to overflow at each suc-  
ceeding "scene."

However, this time, instead of romancing, I feel a strong  
inclination to moralize, and deliver a few words of parting ad-  
vice to my companions; which, if the general reader finds un-  
interesting, he will please pass without a frown, and if an apolo-  
gy be required for such exclusiveness as an address to ourselves,  
it is at hand, and is simply, that being left to roam through  
these deserted halls, with leisure for reflection, thoughts of loved  
late occupants came rushing thick and fast, accompanied with  
earnest desires for their welfare, happiness, and good conduct,  
prompting the before intimated lecture, which, coming too late  
for the ears, is now offered to the eyes of my fellows, most of  
whom it will probably reach. And the first thing that struck  
my mind was, that notwithstanding some small privations, such  
as denial of wonted indulgence in sweetmeats, or a nap in the  
morning and a serious affliction in the shape of home-sickness,  
I say notwithstanding these, we have been very happy, and would  
not part with what real benefit we have received, from fear of  
many more troubles than we have this session experienced—in  
fact those very privations, which at the time were so galling to  
the flesh, have resulted in one of our most important acquisitions,  
viz:—a degree of self-command and consequent self-compla-  
cency, which we never before enjoyed; and I appeal to all and  
each one, individually, if she does not find within her breast a  
consciousness of mental being, and a responsibility to duty, both  
now and pleasing—not that wild chimerical view of knowledge,

virtue, and duty shown by romances. But a calm and rational  
light beaming in her soul from an enlightened judgment, and  
pointing to her own sphere, in legible characters portraying  
"act well your part, there all the honor lies."

This mind-discipline, this self-knowledge is worth more than  
all the scientific attainments we may have made, or accomplish-  
ments we may have acquired; though these are by no means to  
be despised, as they have been a chief medium through which  
the former was obtained. Yet, though important, these have  
not been the only medium through which our souls have receiv-  
ed a new impulse for good; instruction, counsel, admonitions,  
and earnest prayers we have daily heard, that our knowledge  
might not be that which puffeth up; but that which tendeth to  
make its possessor not only more virtuous and amiable, but  
also to make her wise unto salvation.

In short, that we can more clearly distinguish right from  
wrong, and are therefore capable of knowing and doing better  
than hitherto, we must all acknowledge; but as to know is one  
thing and to do another, with us alone it rests to determine, whether  
knowledge shall be to us and in us a blessing or a curse; whe-  
ther the good cause of female education shall in us be recom-  
mended or dishonored; for after all, the question, should females  
receive a thorough scientific, as well as ornamental education,  
waits upon experience or experimental evidence for its answer,  
much more than upon the pen of the author or the voice of the  
statesman. Yes, my sisters, upon our deportment, our amabil-  
ity, our patience, our energy, our readiness to every good word  
and work, depend not only our individual reputation and happi-  
ness, but also that which ought to be dearer to the heart of every  
true woman, viz:—the exaltation and improvement of her sex.  
Then let us, though scattered far and wide, unite in one high re-  
solve, that we will show by lovely tempers, by forbearance, by  
offices of kindness to our parents, brothers, sisters, and all by  
whom we are surrounded, that the kindness of our friends has  
not been wasted, and that our minds have been fed and strength-  
ened, by solid acquisitions, rather than puffed out and weakened  
by self-conceit and vanity.

## Physical Education.

Such, in our present condition, is the mysterious connexion be-  
tween body and mind, that the one cannot act, except on a very  
limited scale, without the assistance of the other. This immor-  
tal agent must have an "earthly house" to dwell in; and it is  
essential to vigorous and healthful mental operations, that this  
house should be well built, and that it should be kept in good re-  
pair. Now, it is the province of physical education to erect the  
building, and, in carrying it up, to have special reference to its  
firmness and durability; so that the unseen tenant, who is sent  
down to occupy it may enjoy every convenience, and be enabled  
to work to the very best advantage.

That is undoubtedly the wisest and best regime which takes  
the infant from the cradle, and conducts him along through  
childhood and youth up to his maturity, in such a manner as to  
give strength to his arm, swiftness to his feet, solidity and amp-  
litude to his muscles, symmetry to his frame, and expansion to  
his vital energies. It is obvious that this branch of education  
comprehends not only food and clothing, but early rising, and  
whatever else is requisite to the full development of the physical  
constitution.

If then, you would see the son of your prayers and hopes,  
blooming with health, and rejoicing daily in the full and spark-  
ling tide of youthful buoyancy; if you wish him to be strong and  
athletic and careless of fatigue; if you would fit him for hard  
labor and safe exposure to winter and summer; or if you would  
prepare him to sit down twelve hours in a day with Euclid, En-  
field and Newton, and still preserve the health, you must lay the  
foundation accordingly. You must begin with him early, must  
teach him self-denial, and gradually subject him to such hard-  
ships as will help to consolidate his frame and give increasing  
energy to all his physical powers. His diet must be simple, his  
apparel must not be too warm, nor his bed too soft. A good  
soil is commonly so much cheaper and better for children than  
medicine, beware of too much restriction in the management of