

## MENTAL RECREATIONS.

Answers to the following Questions will be given in next No. In the mean time we suggest to our young friends to exercise their ingenuity in solving them; so that they can compare the results of their efforts with the published Answers, when their papers are received. All communications in connection with this Department of the Weekly Miscellany should be sent post paid.

## ENIGMA.

I'm here and there, and everywhere,  
Throughout the distant land,  
In everything I do declare  
I always take my stand;  
The mighty deep doth me possess,  
In heaven I abound;  
Without my aid there's no progress,  
In truth I'm never found.  
There's not a place where I am not,  
Wherever it may be;  
Though I am absent from the cot,  
The cottager has me.  
In mountains I have never been,  
Nor ever in a storm;  
In woods I never can be seen,  
But trees possess my form.  
'Tis true, if it were not for me  
You never could ascend;  
Eternity you'd never see,  
Nor death, nor year, nor end.  
I'm in the house, not in the hall,  
In yonder, here and there;  
I'm not in anything at all,  
But yet in everywhere.  
I am in heat, but not in cold,  
In thunder, yet in none:  
I'm not in anything I've told,  
But yet in every one.

## CHARADE.

What is my *first*?—A seaman bold;  
Reversed, I'm often in the hold.  
My *second* is the bark of oak,  
In faces seen of naval folk;  
My *whole*—but I have said enough,  
It is not fustian, though its stuff.

## GEOGRAPHICAL REBUS.

A seaport in Australia; a port in England; a quarter of the globe; a market town in Middlesex; a town in Sutherlandshire; a lake in North America; and a town in Poland.—The *initials* give the name of a manufacturing town in Scotland, and the *finals* give the same.

## FEMALE BEAUTY.

A female writer of some experience gives the following sensible advice to females:

"One of the very best means for the development of female health and beauty is exercise; but its real importance is generally either unknown or but lightly considered. Were the sex, however, to be made fully sensible of its extraordinary power in conducing to the vigor of the body, in augmenting its capability to resist disease, in promoting its symmetrical development, in improving the

freshness and brilliancy of the complexion as well as its influence in prolonging the charms of beauty to an advanced age, they would not neglect a means so completely within their power, and so simple, of enhancing all their physical perfections. Exercise, however, to produce its beneficial effects, must be taken in the open air. Not all the occupations pertaining to domestic duties can impart that kind of action to the various portions of the human body by which health and beauty are essentially improved. One of the very best species of exercise to which a lady can have recourse, is walking. It is the one which most equally and effectually calls into action every part—not only exercising every limb but every muscle, assisting and promoting the circulation of the blood throughout the whole body, and taking off from every organ that undue pressure and restraint to which all are subjected by a sedentary position, when long continued. This agreeable and beneficial exercise may therefore be truly said to be too much neglected. To those who have long indulged in habits of indolent repose, a walk of from two to four miles would, no doubt, appear to be an effort far too violent to be encountered; and yet it is precisely such an amount of exercise they are most in need of. For young ladies it is the best cosmetic to which they can resort, for preserving the lustre of the skin and the roscate tints of youth and beauty."

## MODES OF WALKING.

Observing persons move slow, their heads move from side to side, while they occasionally stop and turn round. Careful persons lift their feet high, and place them down, flat and firm. Sometimes they stoop down, pick up some little obstruction and place it quietly by the side of the way. Calculating persons generally walk with their hands in their pockets and their heads slightly inclined. Modest persons generally step softly, for fear of being observed. Timid persons often step off from a sidewalk on meeting another, and always go around a stone instead of stepping over it. Wide awake persons "toe out," and have a long sweep to their arms, while their hands shake about miscellaneously. Careless persons are forever stubbing their toes. Lazy persons scrape about loosely with their heels, and are first on one side of the

walk and then on the other. Very strong-minded persons have their toes directly in front of them, and have a kind of a stamp movement. Unstable persons walk fast and slow by turns. Venturous persons try all roads, frequently climb the fences instead of going through the gate, and never let down a bar. One-idea persons and very selfish ones, "toe in." Cross persons attempt to hit their knees together. Good-natured persons snap their thumb and finger every few steps. Fun-loving persons have a kind of jig movement.

## THE FRUIT OF ST. PETERSBURG.

Bayard Taylor, in one of his letters from St. Petersburg, thus describes the great conservatories near the Russian capital, in which palms sixty feet in height are growing:—

"The fruit-shops in the Nevskoi Prospekt are an agreeable surprise to the stranger. Passing before the windows, you are saluted by the murky odor of golden melons, the breath of peaches, plums, grapes, oranges and fresh figs, which are here displayed in as much profusion as if they were the ordinary growths of the soil. The fruit is all raised in hot-houses, and I did not venture to ask the price. This is one of those luxuries which are most easily excused.

"The Botanical Garden, in which I spent an afternoon, contains one of the finest collections of tropical plants in Europe. Here, in latitude sixty degrees, you may walk through an avenue of palm-trees sixty feet high, under tree-ferns and bananas, by ponds of lotus and Indian lily, and banks of splendid orchids, breathing an air heavy with the richest and warmest odors. The extent of these giant hot-houses cannot be less than a mile and a half. The short summer and long, dark winter of the North require a peculiar course of treatment for those children of the sun. During the three warm months they are forced as much as possible, so that the growth of six months is obtained in that time, and the productive forces of the plant are kept up to their normal standard. After this result is obtained, it thrives as steadily as in a more favorable climate. The palms, in particular, are noble specimens. One of them (a phoenix, I believe) is now in blossom, which is an unheard of event in such a climate."