

through the willow, and in awful base in loud thunder as it rolls through the dark ether, and echoes far above the arch of the rainbow.

But of all melodies, whether from the dumb animals of God's creation, or from inanimate nature, or from instruments of the most exquisite mechanism into which a living spirit is infused by the skillful player, there are none like those of the human voice—a most glorious instrument, invented and tuned by Deity itself.

The origin of music is hidden amid the dark caverns of ages past. In the Scriptures we read of musical instruments being used even before the Deluge, and afterwards we can gradually trace the successive steps by which music, as an art, was assigned the first position among the nations of antiquity.

By the power of music Orpheus, it is said, tamed the wildest beasts of the forest; Amphion made ungainly stones arise and become masses fitted for lofty buildings; and Arion, cast on the deep, lured a dolphin to bear him on his back and land him safely on a distant shore.

Of ancient nations the Romans especially stand pre-eminent as lovers of

this art, bringing it to a perfection that has never since been attained even by enlightened nations in modern times.

In the dark middle ages, when the arts and sciences were enveloped in superstition and ignorance, this art lost much of its former greatness; yet to that age, and to its great reformer, Luther, we are indebted for the majestic strain "Old Hundred."

Hayen, Handel, Beethoven and Mozart, of more modern times, are names familiar to all, and their productions, heard at every musical exhibition are enjoyed by enraptured thousands.

Music, as an intellectual pursuit, cultivates the mind, enlarges the views, and corrects the taste; as a moral pursuit it softens the heart, furnishes innocent and instructive amusement, and elevates the soul above the gross gratification of the senses.

Music, then, being an art that instructs, interests and morally improves, let one and all prize dearly the privilege they possess, and press on till loftier attainments and greater perfection is obtained than ever proud Rome beheld in her fairest days.

REMEMBER.

1st.—That before food can be of any benefit to the body, it must be dissolved in the stomach, so that it can be absorbed into the blood in a liquid state, and be thus carried to the parts of the body needing to be nourished or strengthened, or renewed by it.—Remember.

2nd.—That the human stomach is not like the gizzard of a fowl—a hard, tough membrane, filled with gravel stones, to break or grind up the food—but that it is a soft bag so to speak, which merely holds the food and shakes it about, so that the gastric juice can better dissolve and

work into a liquid state; therefore —Remember.

3rd.—That nothing should go into the stomach which has not been first masticated (chewed) very fine, or cut or mashed fine before it is taken into the mouth, so it can be easily dissolved. Lumps of potatoe, and of fruit not well ripened and mellow, pieces of meat as large as chestnuts, lumps of dough or new bread, small fruits with skin unbroken, etc.—anything that will be slowly dissolved—causes an uneasy feeling, and often irritates and inflames the stomach itself. Further, if they are not