

as this, it happened that a person standing near the door of a chamber, covered with grey moss, and not hitherto distinguished from the primitive rock, out of which it had been cut, saw through the door which was partly open, a great collection of seemingly modern wax figures, representing a mother and her children, reclining and sitting on beds of the most antique fashion, like all the furniture of the rocky caverns, covered with grew moss. Led by a curiosity which he did not seek to control, he approached to the door slowly and softly, with a view to feast his eyes on the beautiful wax-works, without disturbing the attentive hearers, who hung on the lips of the holy man; but the moment he touched the door, to open it wider, the jar which it made on the rusty hinges, communicated a slight shock, like that of electricity, to the wax images which made them look as if they had life. The motion of life in the limbs and muscles, and sparkling, bright eyes, in what he took for figures of wax, came upon him so sudden and so unexpected, as to draw from him an involuntary scream, and a quick retreat. The scream put an end to the discourse, roused me from my slumbers, and pleasant dreams; and, behold, when I awoke, the multitude had vanished, and "like the baseless fabric of a vision, left not a wreck behind."

A SEXAGENARIAN.

EXERCISE.

I may (says Dr. Uwins, in his recent Treatise on Mental Diseases) urge upon all, and especially those whose habits and callings are sedentary, to contrive some motive for daily and regular walking; even should they not appear at present inconvenienced by their confinement, the cloud will be insensibly collecting that shall sooner or later darken their spirits, or break upon them in the fulness of apoplectic stertor. A physician with whom I was well acquainted, and who scarcely ever was upon his legs, used to say to me, that he found no inconvenience in sitting, day after day, in his carriage and his study; nor did he, so far as his immediate feelings were concerned; but he died suddenly and prematurely from an apoplectic stroke, which I verily believe might have been averted had he made less use of his carriage and his books, and more of his limbs. In contrast with his case, I will just state that I last week conversed with a veteran in literature and in years, whose powers of mind no one can question, however they may differ from him in speculative points. This gentleman has preserved the health of his body and the "soundness" of his mind, through a long course of multifarious and often distressing circumstances, by steady perseverance in the practice of walking, every day. It is curious that he has survived, for a very long period, almost all the literary characters that were his friends and contemporaries at the period in which his own writings excited so much pub-

lic attention; almost all of those who have dropped into the grave one after the other, while he has continued on in an uninterrupted course, were men of far less regular habits, and, I am obliged to add, also of much less equanimity of mind; but the preservation of this equanimity has, I verily believe, been mainly insured by the unvaried practice to which I have referred, and which to others would prove equally available, if steadily and perseveringly pursued. "Were I a gentleman, Dr. Uwins," my neighbour, Mr. Abernethy, used to say to me, "I would never get into my carriage;" and certain it is, that many diseases of the most troublesome kind, besides unsoundness of mind, may be traced to the idle habit of carriage gestation.

DANCING.

DANCING seems to have been reckoned, as well among the Hebrews as the Greeks, one of the first-rate accomplishments, and to have been associated not only with their poetry, but with their religious worship. Almost all the earliest Greek poets, as Thespis, Cratinus, and others, not only excelled in dancing, but taught it to freemen, or gentlemen, for money. Sophocles was one of the best dancers of his generation; he had a very handsome person, which he was fain to exhibit in the dance's grace-displaying movements; when his play of Nausicaa was acted, he not only danced, but played at the ball. With the Hebrews, dancing must assuredly have been associated with notions of dignity, otherwise it would not have been used in their most solemn worship: and yet the taunting rebuke given to David by his wife, presupposes, in her estimation, something of levity combined with that exercise. With the Romans, after their connexion with Greece, dancing was also deemed a high accomplishment. In the age of Cicero, the first men of Rome made a boast of their skill in dancing; as Claudius, who had triumphed; Caelius, the enemy of Cicero; and Lic. Crassus, son of the celebrated Parthian Crassus.

(ORIGINAL.)

STANZAS—I LOVE.

BY W. O. E.

I love to see one bird alone on high
Soar prettily beneath the clear blue sky;
I love the forest glade, its gay green trees,
When gently bowing to the pleasant breeze.

I love the sound of the murmuring rill
With its mossy stones, and its banks so still;
I love to pace the shady footpath good
Meandering to the edges of the wood.

I love the brightness of the distant scene,
To spend an hour on the flowery green;
I love to look up on the golden west,
I love the eve,—I love the hour of rest.