

POETRY.

From the New-York Weekly Messenger.

FRIENDSHIP.

Friendship ! thou solace of mankind !
Who would resign thy smiles ?—
Who would forego thy pleasing joys,
For India's glittering wiles ?

Thou cheer'st the spirit broken down,
Thou giv'st the mourner rest,
Friendship ! thou charmer of the heart,
Be ever in my breast !

I would not part with joys like thine,
For all that wealth can buy ;
But Friendship ! while I thee possess,
I cannot leave a sigh !

Thou art the wanderer's guiding star,
Thou art the magnet true ;
Friendship ! with such a friend as thee,
I'd roam life's mazes through.

VARIETIES.

FOUR GOOD RULES.

*Keep the Head cool—Keep the Feet warm—
Take a light Supper—Rise early.*

1st.—“Keep the head cool.”—All tight bandages on the head are very hurtful, especially to infants. The less of any kind that is worn on the head, by day or night, the better. Children whose hair is kept thin, and who sleep without night-caps, are far less likely to catch infectious diseases than the generality of children.

To “keep the head cool,” persons must avoid every kind of excess, and maintain moderation in every pursuit, and in every pleasure. The great eater and the great drinker have generally a burning forehead and a cloudy brain. The passionate man and the intemperate, are strangers to perfect health, as well as to peace of mind. Even too hard study occasions an aching and burning head.

2. “Keep the feet warm.”—To do this, activity and exercise are necessary, that all the various circulations of the body may be properly carried on. Care must be taken to avoid getting the feet damp, or immediately to remove the effects of such an accident by rubbing the feet till dry and warm, and putting on dry stockings and shoes ; or else soaking the feet in warm water and getting into bed. Cold feet always show something amiss in the general health, which ought to be found out, and set to rights. This uncomfortable feeling often proceeds from indigestion, and a disordered state of the stomach and bowels. The same course suggested for keeping the head cool will at the same time tend to keep the feet properly warm, namely, moderation, activity, and calmness of temper. An intemperate, an indolent, or an ill-tempered person, is never really healthy ; and, as it is in the power of every one to avoid such vicious habits,

and even to resist and break them off when acquired, in that sense and to that degree, every man is the disposer of his own health, and has to answer for trifling with it.

3. “Take a light Supper.”—It is the sign of ill health when people have the strongest relish for food late in the day ; and the indulgence of that irregular appetite tends to increase the evil. Formerly it was the fashion, though a very bad one, to eat substantial, and often luxurious suppers. There was then a common saying,

“After dinner sit awhile,
After supper walk a mile.”

In this homely distich there is much sound wisdom. One moderately hearty meal of animal food daily, is sufficient for nourishment, and conducive to health. After taking it a short period of comparative repose is desirable, but not the total repose of sleep. After that, several hours of activity, and then a slight repast, such as will not require much exercise of the digestive powers, when the whole system ought to be resigned to complete repose.

4. “Rise Early.”—Nothing is more conducive to health and excellence of every kind than early rising. All physicians agree in this ; and all persons who have attained a good old age, in whatever particulars they might differ from each other, have been distinguished as early risers. Some persons require more sleep than others ; but it may be laid down as a general rule, that there is no grown person to whom a period of sleep longer than seven, or, at the very most, eight hours, can be either necessary or beneficial. But a person in health may easily know how much sleep he requires, by going to bed every night at a stated time, and uniformly rising as soon as he awakes, however early that may be. By steadily pursuing this plan for a few days, or at most a few weeks, a habit will be acquired of taking just the rest that nature requires, and regularly awaking out of the sound and refreshing sleep to new vigour and activity ; and when this habit is thoroughly formed, it would be no less disagreeable, than useless and injurious, for such a person, having once beheld the bright morning sun, to turn on his pillow and say, “A little more sleep, a little more slumber, a little more folding of the hands to sleep.”

CONQUEST OF EVIL TEMPER.

A certain physiognomist, that is one who professes to judge of a person's natural temper and disposition by the features of his countenance, was requested to give his opinion of the character of Socrates. Having examined the lines of his countenance, he hesitated in giving an opinion, “For,” said he, “your established character gives the lie to my science.” He was urged to speak his mind freely, and declared that the countenance of Socrates indicated much natural peevishness, irritability, and stubbornness. The friends of the philosopher reproached the physiognomist with ignorance and mistake ; but Socrates himself declared that his native temper fully corresponded with the description given, and that it was only by dint of severe discipline he had gained such an ascendancy

over it, and was enabled to maintain such a degree of mildness and forbearance, a proof that something may be done with the worst of tempers by proper management ; and if a mere heathen could do this, what may not be expected from those who profess to be influenced by the precepts, principles and motives of Christianity.

WEARING FLANNELS.—As the genial sunshine of Spring advances, those accustomed to wearing flannel under garments, are too much disposed to lay them suddenly aside. This is an error of great magnitude. Keep them on till the east wind is no longer elaborated, till the flowers are blooming in the fields, and a uniform atmospheric temperature established. A multitude annually, in the very meridian of life, are hurried to an early grave, in consequence of not understanding, or by neglecting, this simple, though important advice. [Medical Journal.]

SIMPLE REMEDIES.—Cotton wool wet with sweet oil and paregoric relieves the ear ache very soon.—Honey and milk is very good for worms ; so is strong salt water.—A poultice of wheat bran or rye bran, very soon takes down the inflammation occasioned by a sprain.

MUSICAL TASTE.—A clever caricature has lately appeared representing a young lady (at her piano forte) and her cockney beau, between whom the following dialogue takes place : Lady—Pray, Mr. Jenkins, are you musical ?—Gentleman—Y, no, Miss ; I am not musical myself, but I have a very excellent snuff box vot is.

ANECDOTE.—A couple of chaps hit upon the following expedient to raise the needful—one was to feign himself dead, to be put into a bag by the other, and sold to a physician in the neighbourhood as a subject for dissection—the bag was procured—the fellow was tied up in it, and at “night's meridian” carried to the doctor—the bargain was soon finished, the money pocketed, and the seller was upon the sill of the door, taking leave, when the subject in the bag began to kick. “Stop, stop,” cried the doctor, “the man is 'nt dead !” “No matter,” replied he in the door-way, “you can kill him when you want him.—BOSTON POST.

A gentleman the other day on enquiring who a stranger was that was passing the corner of the street at which he was standing, received the following roundabout answer from a wag :

“Brothers and sisters have I none,
Yet that man's father is I—her's son.”

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H. W. BLACKADAR.
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