

essential to the power of the intellect, and a due exercise of this power, heightens and refines sensible pleasures. Relaxation, therefore, is just as important to both, as oil is to the engine, or the whetstone to the knife; and when Juvenal affirms that the greatest gift of the gods is a sound mind in a healthy body—'*mens sana in corpore sano*'—this question at once arises—How is the gift to be obtained?

What have hitherto been regarded as the popular sports of this country (England) are of too exclusive a character ever to be indulged in by the great bulk of the community. How seldom is the citizen invited to meet the busky Dian, when the goddess of the morn

“With rosy fingers opes the gates of day.”

Rarely, indeed, does he see the sun's first blush over the mountains, or the dew-drops spangle on the berried hedge-rows; and thus the joys of the chase are to him as a sealed book; known only by name. The manufacturer, who can turn the rudest materials into the choicest fabrics, has a very indistinct notion of the craft and mysteries connected with a regatta; and the artizan, with all his ambition, dreams not of the fashionable luxury of driving tandem. Entombed during the live-long day among parchments and ledgers, the clerk has no idea of that “tide in the affairs of men,” which enables the man of affluence and rank to float his “gay toy” on the rippling highway, hoist his sail, and yacht himself whithersoever he listeth. These, with many others of a similar character, are class sports, and such as “the masses” have but little chance of participating in. Artificers of a still humbler grade, who inhale the very seeds of disease in their workshops, pant for exercise in that element which brings “health in the gale and vigour in the breeze.” The student, pent up in some sunless nook, yearns for excitement that will impel the sluggish flow of the arterial blood to the cheek, and infuse new life and strength to the languid frame; yea, all engaged in sedentary and confined occupations require some exercise—squaring with their means—that will aid in tuning the pulse to healthy music, and thereby promote one great end of existence, namely, a spirit of cheerfulness; for, according to Addison,

“Cheerfulness is the best hymn offered to the Divinity.”