

EXERCISE.

Persons whose habits are sedentary deceive themselves into a belief that mere physical exercise will preserve health—and accordingly take daily walks for that purpose, while the current of their thoughts remains unchanged—this we conceive to be a radical error. The only exercise that can produce a really beneficial result, is that which breaks up the train of ideas, and diverts them into new and various channels. It ought (as an eminent writer has said) to be the endeavour of every man to derive his reflections from the objects about him—for it is to no purpose that he alters his position, if his attention continues fixed to the same point. This is no doubt true—and in order to the attainment of any advantage by exercise, especially walking, the mind should be kept open to the access of every new idea, and so far disengaged from the predominance of any particular thoughts, as easily to accommodate itself to the entertainment which may be drawn from surrounding objects.

THE ACCOMPLISHED DIVINE.

To him nothing can be useless. Whatever is beautiful, and whatever is dreadful, should be familiar to his imagination; he should be conversant with what is awfully vast, or elegantly little. The plants of the garden, the animals of the wood, the minerals of the earth, and the meteors of the sky, should concur to store his mind with inexhaustible variety: for every idea is useful for the enforcement or decoration of religious truth. He should range mountains and deserts for images and resemblances, and picture upon his mind every tree of the forest, and flower of the valley: the crags of the rock, and the mazes of the stream.

THE CHRISTIAN'S CONDUCT.

A person may, even after religion is received into the heart as a regenerating principle, do precisely similar things, in a manner precisely similar to what he would have done before. The difference, however, will consist in his new motive; and that motive will be a hearty, honest, constant desire to glorify and serve God, and to benefit his fellow creatures, for the sake of God, and in the name of Christ—a perpetual reference to God's will, as a standard of duty, and a constant eye to the

approbation of God, in place of the applause of his fellow men.

POETRY.

SHE SLEEPS.

She sleeps! no light is on her brow,
No griefs torment her heart's deep aching;
No vision haunts her slumbers now—
She sleeps the sleep that knows no waking.

She sleeps! and worms must revel deep
Upon that brow made pale by sorrow;
She sleeps! and dreamless is that sleep
Which knows no coming of the morrow.

She sleeps! no smile illumines her eye.
Now closed for ever from its weeping,
Her cheeks have lost their wonted dye—
She wakes no more from death's cold sleeping.

She sleeps! and earth must close around
Her narrow bed, till earth be riven.
And the last trump of God shall sound,
To call her slumbering dust to heaven.

THE OMNIPRESENCE OF GOD.

Go to the hidden ocean caves,
Where man hath never trod,
And there beneath the flashing waves
Will be thy Maker, God.

Where'er the lion makes his lair,
Or reindeer bounds, unseen,
Thou'lt find his ready presence there,
And know where God hath been.

All nature speaks of Him who made
The earth and air and sky—
The fruit that falls, the leaves that fade,
The flowers that bloom to die.

The lofty mountain, lowly vale,
And mighty forest trees—
The rocks that battle with the gale,
The ever rolling seas—

All tell the omnipresent Lord,
The God of boundless might,
By angels loved, by saints adored,
Whose dwelling is the light!

The INSTRUCTOR is published every Saturday, at 6s. 8d. per annum, one quarter in advance. Application to be made to J. E. L. MILLER, at the Herald Office.