

Poetry.

Young Again.

An old man sits in a high backed chair,
Reclining on a cushioned seat,

The old man sleeps, and the old man dreams,
His head drops on his breast,

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In the spring, the slowest or sluggish
Enter all the rivers which flow into the Gulf,

Salmon of the finest description are taken
In great numbers along the shores of the Gulf,

The Shell-Fish of the Gulf consist of oysters,
Of excellent quality; lobsters, of

Rules for Preserving the Health.
1. Rise early, wash all over, and walk

2. Study the uses in the body of every
article of food taken; and eat all kinds

3. In getting up, work, in pleasure,
in everything, lift rather than too much

4. Enjoy every morsel of food you do eat.
This only is fitted for digestion.

5. Get all the pure, fresh air you can.
Be far from any smoke, and get into the

6. Never, if it can be avoided, suffer
for want of rest. The overcast system

7. By no means fail to take enough
of stirring, bodily exercise. To think of

8. Keep the head cool. To do this,
no drink but water must be used; and

9. "Keep the feet warm;" and if
Madame Fashion—a favourite of very

10. "Keep the body open." Nature
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be gotten for gold, neither shall silver
be weighed for the price thereof.

Notes and News.
THE CALIFORNIA SNAKE BIRD.—Alexander
Taylor, of Monterey, in his Familiar

When this bird feeds a rattlesnake—and
rattlesnake are to be found in great

Why," said he, one day, in the presence
of his company, "nervousness is no

"Well," inquired his leaping friend,
"how would you like to see a rattlesnake

"How?" said the captain, winking at the
circle, "why take it cool and spit on the

The party broke up, and all retired for
night, except the patrol. The next morning

DEATH OF CAPTAIN LYONS.—The
correspondent of the Morning Herald says:

Saying this, he walked deliberately up to
the fire which was burning brightly on the

There was but one mode of egress from
the quarters, and that was upon the parade

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had been attempted by the Venetians and
the great difficulties to be overcome in

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OPERATE by their powerful influence on the
intestinal system to purify the blood and

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LIFE ASSURANCE SOCIETY
43, Moorgate Street, London.

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Miscellaneous.

The Gulf of St. Lawrence.

The fisheries in this Gulf are prosecuted
only from April until the end of November,

The principal fishery is for cod; it commences
early in June, and continues until

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5. Get all the pure, fresh air you can.
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Offices of the Atmosphere.

One need not go to sea to perceive the
amount of water which the clouds perform

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