Lifthraser and Lif, the one man and woman who had escaped the ruin of the world. And they drank the dew of the morning and grew strong and beautiful. They plucked the sweet new flowers and turned the furrows of the fresh earth, and the harvests waved for them abundantly in all the future years until their children and their children's children filled the whole earth.

The beautiful plain of Ida lay green and bright all the year and bordered with perennial flowers as the suns circled around it; and the gods were at peace at last. No frost-giants invaded the new heaven or darkened the new earth. Through the long bright days Balder and Hoder often sat together and talked of the olden time, of the Midgard-serpent, and the wolf Fenrer, and of Loke's misdoings. Through earth and heaven there was unbroken rest; for often when the gods met to take counsel together the voice of the unseen All-father spoke to them with infinite wisdom, appeasing quarrels, pronouncing judgment, and establishing peace for ever and ever. And so through all the ages the new world will move to the end. Trees will wave, flowers bloom, stars shine, rivers flow,