

## EXERCISE INDISPENSABLE TO GOOD HEALTH.

I once went on board a fine steamer. She had been "laying by" for some weeks. Her engine was covered with rust, her floors with mildew, her corners curtained with cobwebs, and the valves and machinery clogged with dirt and craker. In a few weeks afterwards I saw her stemming the Mississippi, loaded with treasures. I went on board again. The rust was all gone from her beautiful engine, every valve was unclogged and polished, and the rush of steam and whirl of business had driven the spiders from their dens, and their temporary castles and curtains were gone. When I looked upon her the last time, I thought if something could be done to stir out into active life the rusty, crusty, low spirited down-in-the-mouth souls that are laying about in parlors, and bar-rooms, stores, offices, and studies, they might be made to feel that they had something worth living for yet, and their thousand aches and aches, and physical discomforts would be forgotten. Their hearts would be rid of their loads of vacancy, and go cheerfully to work whirling the life-blood through the veins. Their lungs would rejoice that fresh air was granted for their relief, and would abundantly repay for all the trouble by giving easy breathing and cheerful spirits.

If you have a pain in the breast, sides or back, take a walk of a mile or two before breakfast. Don't lay down and groan over it, or crawl off to some doctor for blue pills. If you feel your blood growing thick, and are about starting to the drug store for a little tincture, turn about, take hold of the wood saw, and labour with that for half an hour; you will find a little exercise of that kind worth all the nostrums in America by giving the heart the right stimulus, and pushing the blood about to its proper places.

One of the most popular authors in Europe, Do Quincy, who had nearly ruined his constitution by eating opium, according to his own account, has been entirely restored to health by a daily walk of ten miles. The example of this great man might be of service to those who try to revive their spirits by drinking spirits.

But says one, "How much exercise ought I to take?" We answer "Enough to produce perspiration."

Every one must select his plan for exercise. But it should be remembered that no recreation is worth much unless it be pleasant and agreeable. One man will walk to and from his place of business with a cheerful remembrance that it contributes to bodily health while another may lose all its benefit by looking upon it as a disagreeable necessity.

Passive exercise in a carriage with easy springs and soft cushions may benefit invalids under medical care, but will secure very few of the advantages of active exercise.

**SHOCKING ACCIDENT.**—On Thursday night, the 28th August, a shocking accident, the result of drinking liquor, occurred on the Great Western Railway, about two miles above Jordan. It appears a couple of young men, brothers, had been in town on Thursday to get a draft to forward to their relatives in Ireland, and after doing so, had gone into some of the taverns and got intoxicated. They lived somewhere above Jordan, but before they got home, became so fatigued or overcome by the liquor they had taken, that they laid down, one on the track and the other alongside a few feet off. The one that laid on the track was killed by some one of the night trains, his head being completely severed in two, and was found by his brother in the morning dead, and mangled in a shocking manner.—*St. Catherine's Post.*

It has been adventurously suggested by some progressive spirit, that in the ultimate developments of chemistry, it will be found possible to manufacture out of primordial elements, drawn to each other by invisible but potent forces, most of the various kinds of food. The time will come, it is conjectured, when one may order from the chemistic laboratory a wheat-on loaf, for example, to be made, not out of wheat in the concrete, but wheat, as near as may be, in the abstract—a loaf hermetically compounded of the carbon, hydrogen, nitrogen, and other necessary ingredients, kept in readiness for the purpose.

**CHURCHES.**—There are now seven English places of worship in the French capital. Church of England at Rue Marbeuf, Champs Elysees, at eleven and three o'clock; at the Oratoire, near the Louvre, at eight and three; at the Rue d'Assasseau, and at the British Embassy, at eleven and three. Wesleyan, Rue Royale, 23, at twelve and half-past seven. Presbyterian, Faubourg St. Honore, 180, at half-past ten and three. Evangelical, service by clergymen of various denominations, Rue de la Madeleine, 17, at twelve o'clock.

**BROCK'S MONUMENT.**—The new monument to the memory of the illustrious General Brock, on Queenston Heights, is now raised to about 140 feet high, and the workmen are at present busy with the fine Corinthian shaft. This with the crowning entablature of the column, will probably be completed this Fall; though the entire work will not be finished before next summer. There will be but one column in the world superior in height to Brock's monument, and probably not one exceeding it in beauty and position. The ground in the neighbourhood is covered with massive pieces of work, stone statues of warriors, lions, and elaborated carved work, that are to adorn the cornice of the pedestal capital, and entablature of the column. Among these stands a colossal statue of General Brock seventeen feet in height, which will be placed on the top of all. The figures are of the same kind of stone which forms the monument, and are executed in a bold and flowing style that will give an aspect of much animation to the monument. They reflect much credit indeed, upon the architect and workmen engaged. This magnificent monument will be an ornament to the Province, and a fitting testimonial of a people grateful to the memory of a most beloved Governor and victorious defender of Upper Canada, and who gave his life for her security. In comparing the monument now constructing, with the old one, we can almost thank the infamous Lett, for having been the occasion of so noble a work being erected on the Battle ground at Queenston.—*Niagara Mail.*

**ANECDOTE OF THE LATE CZAR.**—We read in the *Abelle du Nord*: "In the month of July, 1853, the Emperor Nicholas was passing along the English quay, when he noticed a hearse traversing the road, followed only by one person, an official from one of the hospitals. Surprised at seeing neither the parents nor the friends of the deceased following the remains to their last home, the Emperor stopped his carriage, and asked who it was about to be buried. 'A poor employee of the hospital,' said the man. At these words the Emperor left his carriage, removed his helmet, made the sign of the cross, and followed the hearse, his head uncovered. A crowd of people, including some distinguished personages hastened to follow this example, and it was not long before the cortege became most imposing. Then turning to the crowd, the Emperor said, in a loud voice, 'Now, gentlemen, I hope that you will render the last duties of a Christian to this poor deceased, and that you will accompany the body to the tomb.'"

**THE EDITOR.**—A conscientious and able conductor of a newspaper occupies a most honorable position; a bad man, using the influence of his journal for dishonest ends, follows one of the most disgraceful of possible employments. There is no reason to be proud of belonging to the newspaper press; there are too many unconscientious men in it to make it a matter of pride to be of the same profession with them; there is no reason to be ashamed of it; there are worthy men engaged in it, whose example ought to prevent the most sensitive person from being put out of countenance. The influence of a newspaper which has a considerable circulation can hardly be exaggerated; but its moral influence we think is greater than its political. No man can every day read a paper, conducted by an unprincipled man, who has no strict regard for truth, no strong sense of justice, no warm and large sympathies for his fellow creatures, without becoming in the end the worse for it. It is precisely in that case as it would be if he were to pass a part of every day in bad company, listening to evil communications without reply or remonstrance. The moral sensitiveness is at last blunted, and the moral purity sullied; the feeling of just and generous indignation at work is no longer awakened, and the mind lapses into a state of indifference from which the transition to actual guilt is easy. The corrupt influence of bad newspapers we fear is not sufficiently estimated by those who subscribe for them and read them.

**DEATH.**—Dr. Baillie once said that "all his observation of death beds inclined him to believe that nature intended that we should go out of the world as unconscious as we came into it." "In all my experience," he added, "I have not seen one instance in fifty to the contrary." Yet even in such a large experience the occurrence of "one instance in fifty to the contrary," would invalidate the assumption that such was the law of nature (or "nature's intention," which, if it means anything means the same). The moment in which the spirit meets death is perhaps like the moment in which it is embraced by sleep. It never, I suppose, happened to any one to be conscious of the immediate transition from the waking to the sleeping state.—*Mrs. Jameson.*

## THE SABBATH.

GUIDED by experience, we calmly say, that he who would import a French Sunday, instead of the Christian Sabbath, is, however unintentionally, a foe to the nation. This would be confirmed by those sober thinkers, whom the sorrow brought upon France by frivolity is training. Some of them already cry for one serious element of national education. Where religion is harrassed, how can steadiness and sobriety grow? No clock goes on, if not periodically wound up. National morality is no exception to the rule. He that made and redeemed man, who loves and fosters him, who bears with his sins, and shines upon him even when offending, made 'for man' a day wherein he might periodically have his holier feelings refreshed, and his downward tendency confronted. Is this day to be turned into an instrument for jumbling up in our ideas, Bibles and Bacchanals, prayers and shows, sacraments and theatres? If so, farewell to the sober force of English character, and the tranquil perseverance which conquers all things.

Compare Sabbathless cities, provinces, kingdoms, or republics, with Sabbath-keeping ones; and, without exception, you will find the balance of strong character, stable institutions, industry, virtue, wealth, and power, ever proportioned to the national respect for this all influencing institution. What nation, so poor by nature, and so few in numbers, can compare with Scotland? What republic is like America?—What colonies like those of England? Protestantism is far below its natural level, as to effects upon national strength, wherever it has retained or relapsed into the Romish Sunday.

As to commerce, we should all say, on abstract principles, that any nation which, in the race of competition, threw away one-seventh of its time, would be outdistanced by its rivals. Three nations do this—one, an ancient monarchy, with a limited territory and crowded population; another, a young republic, with unlimited territory, and a thin population; the third, a nation without territory or rest, scattered among all mankind. The English, the Americans, the Jews, out of regard for the Fourth Commandment, throw away a seventh of their time from gain. What three nations lead the commerce of the world?—*London Quarterly.*

**MARIOLATRY IN FRANCE.**—Formerly, the images of Mary, represented the Virgin carrying the Infant Jesus (*Il Bambino*, as the Italians call him) in her arms. This was at any rate associating the son with the mother, and giving to Christ a certain place in the symbols of Romish worship. At the present day, however, things are changed. The statues of the Virgin have no longer *Il Bambino*, and I know for a fact that old images have been mutilated, in order to render them conformable to the present custom. Mary alone is exhibited to the gaze of the multitude; alone, in the divine character attributed to her—alone presented to their homage and prayers—as if she were become the only divinity of the Pontifical Church. What apostasy! What a sacrilegious abandonment of revealed truth!

The Popish Bishop of Tulle, a very learned and profound man, according to the testimony of the Jesuits, has recently published a long pastoral letter, which contains curious explanations respecting the person of Mary, such as she is at the present time imagined by Romanism. "Mary is the complement of the Trinity," says this prelate. . . . "Listen: The Father begets the Son; from the Father and the Son proceed the Holy Spirit; and this latter, equal to them in perfections, seems nevertheless sterile; from him no person proceeds. . . . But the Holy Spirit at length begets; the Word is born again. The omnipresent Son, proceeding from the bosom of the Father, proceeds from the bosom of Mary by the operations of the Holy Spirit. Mary provides the natural elements of this second birth. See how this in some sort completes the Trinity! . . . Through the Virgin, the eternal mystery of God in three persons, receives, as it were, its achievement!"—*Evangelical Christendom.*

THERE are none like to Luther's three masters—prayer, temptation, meditation; temptation stirs up holy meditation, meditation prepares to prayer; and prayer makes profit of temptation, and fetcheth all divine knowledge from heaven. Of others I may learn the theory of divinity; of those only, the practice. Other masters teach me by rote, to speak, parrot-like, of heavenly things; these alone, with feeling and understanding.—*Bishop Hall.*

As long as we have corruptible flesh, we must expect thorns in the flesh.