

crowned harper unto God ; this is the land that is afar off, and that is the King in his beauty ; until prostrate beneath the insufferable splendor the dreamer falls upon his knees, and sobs away his agony of gladness in an ecstasy prayer and praise. Now think of these things ; endearing intercourse with wife and children, the ever-fresh and ever-comforting Bible, the tranquil conscience, the real imaginings of the mind, the faith which realized them all, and light of God's approving face shining, broad and bright, upon the soul, and you will understand the undying memory which made Bunyan quaintly write, "I was had home to prison."—*Punchon's Lecture on Bunyan.*

OUT-DOOR EXERCISE OF ENGLISH WOMEN.

The women of England are blessed with one pre-eminent advantage as regards exercise out of doors, which to us must be always wanting, and that is the character of their climate. Say as much as you will against the English climate, it could hardly be better for walking, and that is something, all must admit. There is nothing comparatively of summer heat and winter cold. Eighty in the shade is reckoned a very warm day, in ordinary seasons. You will remember such a day a good while. The nights are few in which a blanket is not required for comfort—as to winter, England can hardly lay claim to anything to which we should accord the name. Snow is a rarity, and seldom remains on the ground for two days together. The ice in the London parks is so thin at best, that the skaters are constantly breaking through and being taken out half dead. Gardening operations are suspended only for a very short time, if at all. Cabbages are left in the garden through the winter, and taken as they are wanted. The crocus and anemone, ranunculus and polyanthus, are out in all their beauty in January, and peas are up and potatoes planted by the middle of February. Mud is but little known, because there are excellent sidewalks all over England. What is there to prevent the women of England from walking, then, if they want to, on almost any day from New Year's to Christmas ? It is true they have gloomy clouds, and damp chilly winds, and rain in abundance, but these are hardly allowed to stand in the way. Equipped from head to foot according to the weather, they sally forth in almost all weathers, and in *almost all circumstances*. The young wife never shuts herself up at home, or stays away from church as long as she is well enough to go abroad.

A deeply interesting illustration of the good health of English women is the fact that deaths among young wives is very unfrequent. Such cases are far more numerous among ourselves. We remember to have seen an English lady amazed and appalled in wandering over a New England cemetery and reading on the head stones the many inscriptions which tell this exceedingly sad and mournful tale. To her it seemed as if some fatal pestilence must have visited that particular locality. Yet it was simply the tale which all our places of burial tell, and to which no one among us takes heed. An Englishman who should have committed his third wife to the grave at forty years of age, would be regarded with feelings approaching to superstition, and another woman would hesitate to assume the thrice vacant place. We knew one such case, and only one, in a period of fourteen years.