

5. To allow your children to be stuffing themselves all the time, with apples, sweet cakes, candy, or anything else.

6. Sleeping in church.

7. To be reaching for garments, or adjusting the dress, while the blessing is pronounced.

8. To commence laughing, talking, and saluting one another, as soon as the people are dismissed.

9. To stand in the door or aisle, and detain others getting out.

10. To stand around the door, gazing at the ladies as they leave the church, to see who conducts them, and many other things which as little concern others.

### INFLUENCE OF THE SUN AND MOON ON THE HEALTH IN HOT CLIMATES.

"Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day." Psalm xci. 5.

"The sun shall not smite thee by day, nor the moon by night." Psalm cxxi. 6.

In February, 1819, Lieutenant-Colonel Campbell sailed in a transport with troops for the island of Ceylon. Of the voyage, he kept, and has since published, a journal, from which we give the following extracts, illustrative of the texts above quoted.

He first gives a beautiful description of

#### A SUNSET AT SEA BETWEEN THE TROPICS.

"Those who have never before been in a tropical climate, are occasionally greatly astonished and delighted with the magnificence of the setting sun. One evening in particular, the almost full moon was ascending to the eastward of the ship, at the moment when the sun was descending below the horizon, enveloped in clouds of various forms, and partaking of many brilliant as well as deep colours, all heaped together in the most picturesque and wonderful manner. They imagined that they beheld mountains, bays, promontories, towns, castles, &c., all resplendent in, I may say, golden magnificence; but what surprised them most was, that the immense objects before them were incessantly assuming new and extraordinary forms, tinged with still greater variety of shades and colouring. I had often seen such scenic imagery in former voyages, but I never had beheld it so diversified, grand, and beautiful, as upon this occasion."

Then follow some references to the

#### DANGERS OF THE MOON BY NIGHT.

"How delightful are the nights in these latitudes! But no person ought, upon any account, to lie down or sleep upon deck; and therefore every half hour the officer has to rouse up the watch on duty, and make them walk round the masts for a few minutes. This may ap