

vated the people ; it proved the *coup de main* which turned a doubtful result to his entire favor ; he was pronounced "not guilty," and those present took note of his inventions. This story, though not strictly belonging to the history of our own island, is derived from those who are said to have first taught the Britons the art of husbandry. It may, therefore, be fairly employed to show that the first improvers of agriculture had their days of trial ; that in all ages and countries, and in every path of inquiry and invention—in the discovery of the rotation of crops, as in that of the rotary motion of the earth—a Galileo has had to answer for his daring, before some embodiment of ignorance constituting an inquisition.—*Ibid.*

EXTENT OF THE ROMAN EMPIRE.—We are sometimes under a little delusion in the estimates we form of the magnificence of the Roman Empire, or the multitude of troops that it maintained. Russia surpasses it in extent of territory, and maintains an army considerably more numerous. France and Austria, who rank next to Russia in the number of their standing armies, could singly bring into the field a much larger force than the whole Roman Empire. The military force of the Pagan Empire is here estimated at 450,000 men ; the Christian monarchies of France and Austria are each of them reputed to maintain an army of 650,000 men. And when we reflect upon the invention of gunpowder and the enormous force of artillery, it is evident that any one of the first rate powers of modern Europe could bring into the field a destructive force that would sweep from the face of the earth the thirty legions of Adrian. The very division of Europe into a number of States involves this increase of soldiery. In the old Roman Empire the great Mediterranean sea lay peaceful as a lake, and the Roman ships had nothing to dread but the wind and the waves ; whereas, in modern Europe many artificial boundaries have to be guarded by an array of soldiers. "Belgium defends her flats with a hundred thousand men, and the marshes of Holland are secured by sixty thousand Dutch." Hitherto everything has tended to develop the military power in Christendom.—*White's Eighteen Centuries.*

OF REGIMEN OF HEALTH.—There is a wisdom in this beyond the rules of physic ; a man's own observation what he finds good of, and what he finds hurt of, is the best physic to preserve health ; but it is a safer conclusion to say, "This agreeth not well with me, therefore I will not continue it," than this : "I find no offence of this, therefore I may use it ;" for strength of youth in nature passeth over many excesses which are owing a man till his age. Discern of the coming on of years, and think not to do the same things still ; for age will not be defied. Beware of sudden change in any great point of diet, and, if necessary, enforce it, fit the rest to it ; for it is a secret both in nature and state, that it is safer to change many things than one. Examine the customs of diet, sleep, exercise, apparel, and the like ; and try, in anything thou shalt judge hurtful, to discontinue it by little and little ; but so, as if thou dost find any inconvenience by the change, thou come back to it again ; for it is hard to distinguish that which is generally held good and wholesome, from that which is good particularly, and fit for thine own body. To be free-minded and cheerfully disposed at hours of meat, and of sleep, and of exercise, is one of the best precepts of long lasting. As for the passions and studies of the mind, avoid envy, envious fears, anger, fretting inwards, subtle and knotty inquiries, joys and exhilarations in excess, sadness, not communicated. Entertain hopes ; mirth rather than joy ; variety of delights rather than surfeit of them ; wonder and admiration, and therefore novelties ; studies that fill the mind with splendid and illustrious objects, as histories, fables, and contemplations of nature.—*Lord Bacon.*