

## THE CALLIOPÉ.

people in general, do not attach so much importance to taking proper exercise as it deserves; but value it only in proportion to the amount of pleasure it imparts. Yet nothing is more requisite or beneficial to the health, being the only means, when combined with temperate habits, by which we can obtain, and preserve a sound constitution. Still, exercise, which is so requisite when indulged in with moderation, should not be carried to excess, for the sake of any favorite amusement, as it ceases to be beneficial when followed by prostration.

We hope soon to have the pleasure of seeing the boys get up with the sun to enjoy the fine bracing air of the morning, instead of dreaming away the best hours of the day in bed. Late rising is a habit which most boys are only too ready to encourage, thinking themselves fortunate because they can lay in bed to take a comfortable nap, while they pity those whose employment demands their attendance at an early hour. This however is a mistaken idea, and soon dispelled by an attack of headache, which is proof against seidlitz or cocktail, and keeps the unfortunate martyr in agony all day. We should habituate ourselves to rising early, and though we may find it a little difficult at first it soon become a source of pleasure when we find how necessary it is to health.

### CORRESPONDENCE.



Three Rivers, 11 April 1859.

Dear CALLIOPÉ,

I cannot imagine why all the painters go away among foreigners to look for outlandish subjects to sketch, when they can find many more interesting at home. Now I admire nature in every form, and

to show you that I can do it, I will give you a rough outline of one of my best sketches, which any of your artistic readers have my permission to commit to canvas. The scene is laid in one of our principal streets. In the background is a whitewashed fence along which runs a narrow strip of sidewalk. In the foreground is a street with the usual quantity of mud and water; and in the center, reposing securely in the arms of *Murphy*, and occupying the whole breadth of the parapet, lay a group of *lazy porkers*, whose careless and graceful attitude, denotes perfect security, and tells you at once that they are "at home." I have a few others, which I had intended to sell to the New York Blunderbuss, and apply the proceeds as a donation to the Mount Verdant fund for the cultivation of green-horns, but have not quite decided. For the present, Adieu,

QUIZ.

### KEEP YOUR TEMPER.

There is nothing more pleasing in youth than a good temper. It gains the possessor universal esteem, and makes him welcome in every society. He is beloved alike by young and old, and is always an especial favorite with the ladies. He laughs at misfortunes, and instead of giving way to despair, works with increased energy to regain what he has lost. If any one tries to raise a laugh at his expense, instead of brooding over his fancied wrong, and meditating vengeance, he laughs with the laughers, which often draws an apology and gains a friend, where it might have been an enemy. Bad temper arises from a variety of causes, but more particularly from too much isolation from society, especially that of females.