

that deluded the boy; but the deep deep tragedies of infancy, as when the child's hands were unlinked for ever from his mother's neck,—or his lips for ever from his sister's kisses, these remain lurking below all,—and these lurk to the last.—*Confessions of an Opium-Eater.*

The Earl of Muntraze TO HIS MISTRESS.

[The following spirited poem was a great favourite with Sir Walter Scott. The last verse of the second stanzas, especially, was frequently in his mouth. When advised not to risk the fame he had acquired by his poetry, by the publication of *Waverley*, the quotation of that fine passage was his noble answer:]

My dear and only love, I pray
This little world of thee
Be ever governed by the sway
Of purest monarchy;
For if confusion bear a part,
Which virtuous souls abhor,
And call a synod in thy heart,
I'll never love thee more.

Like Alexander I must reign,
And I must reign alone—
My heart did evermore disdain
A partner for its throne.
He either fears his fate too much,
Or his desert is small,
Who dares not put it to the touch
To gain or loose it all.

But in the empire of the heart
Where I alone would be,
If others e'er pretend a part
Or dare to share with me,
By love my peace shall ne'er be wrecked,
I'll spurn him from my door!
I'll silent mock at thy neglect,
And never love thee more.

But if no faithless action stain
Thy truth and constant word,
I'll make thee famous with my pen,
And glorious with my sword—
I'll serve thee in such noble ways
As ne'er were known before,
I'll deck and crown thy head with bays,
And love thee more and more.

Early Rising.

A talented physician remarks that — "Early rising is the stepping stone to all that is great and good. Both the mind and the body are invigorated by the practice, and much valuable time is gained that is lost to the sluggard. It is the basis upon which health and wealth are founded. The early morning is the best for reflection and study, for it is then, after refreshing sleep, that the mind is most vigorous and calm. The statesman, as well as the merchant, arranges, his plan for the coming day, and all passes

smoothly, while he who wastes his morning in bed loses much of the most valuable commodity in life—time—which is *never regained*. Early rising will often make the poor man rich, the contrary will too often beggar the wealthiest. It will do much towards making the weak strong, and the reverse will enfeeble the strongest. Second sleep often produces head-ache and languor.—There is nothing more true than that—'He that loses an hour in the morning is seeking it the remainder of the day.' All our greatest men have been early risers, for instance — Newton, Franklin, Wellington, Shakspeare, Milton, Reynolds, Hunter, Eldon, Erskine."

ON THE Regulation of the Heart.

Let a vain young woman be told, that tenderness and softness is the peculiar charm of the sex; that even their weakness is lovely, and their fears becoming; and you will presently observe her grow so tender as to be ready to weep for a fly; so fearful, that she starts at a feather; and so weak hearted, that the smallest accident quite overpowers her. Her fondness and affection become fulsome and ridiculous; her compassion grows contemptible weakness; and her apprehensiveness the most abject cowardice: for, when once she quits the direction of Nature, she knows not where to stop, and continually exposes herself by the most absurd extremes.

Nothing so effectually defeats its own ends as this kind of affectation; for, though warm affections and tender feelings are beyond measure amiable and charming, when perfectly natural, and kept under the due control of reason and principle; yet nothing is so truly disgusting as the affectation of them, or even the unbridled indulgence of such as are real.

Remember, my dear, that our feelings were not given us for our ornament, but to spur us on to right actions.—Compassion, for instance, was not impressed upon the human heart, *only* to adorn the fair face with tears, and to give an agreeable languor to the eyes; it was designed to excite our utmost endeavours to relieve the sufferer.—