

cherished even by the sensualist. That it is, in the highest degree, conducive to the preservation of health, has never been doubted or denied; that it adds at least an eighth part to the absolute duration of conscious existence, the slightest arithmetical calculation of the hours it rescues from oblivion, will prove. To the man of contemplative mind, to the lover of literary pursuits, it affords better opportunities for reflection, develops more clearly the ideas, and embodies the ratiocinations of the soul more vividly and tangibly than all the evening studies, the watching and the wasting of midnight lamps, that erudition boasts of, and that have been generally, but falsely, considered as essential habits of the studious. To the observer of nature, the adorer of Divine goodness, it affords the fittest season for pouring forth the soul in admiration and extacy. To the man of business it is a precious portion of the day, and to him no time can be more adapted for arranging his plans and concerns against the bustle of the coming day, than a few hours early in the morning. Even the mere loungeur, the idler, if he rises early, will enjoy his morning walk along the riverside or through the mazes of the wood, with something like zest when opposed to the vapidness and languor of a mid-day stroll. The ladies ought to be both advocates for, and practicers of, this embellishing and healthful habit. It is the best cosmetic in the world, gives animation, playfulness, and an expression of delighted feeling that no revels of the night, no loo or cassino table, nay that no country-dance, waltz or cotillion can bestow. Not that I am an enemy to these amusements; on the contrary, in due moderation and at seasonable intervals, they are not only to be approved, but, if injunction were necessary in such matters, to the young, to the gay, and to the char-