

and, as a necessary consequence, gets up too late in the morning. Being out of bed too late, he is too late at breakfast, and thus deranges the affairs of his household all the forenoon. Having been behind-hand at breakfast, he, of course, is behind-hand at dinner, and lastly at supper. If he makes an appointment he never gets to the place in season, and if he is to meet a board of directors, or a committee, or any public body whatever, he is always twenty minutes or half an hour too late; and upon being reminded that he has obliged his associates to wait, and thereby to waste their time, he charges his delay to his watch, which, like its owner, is almost invariably at least a quarter of an hour too slow. If he has made arrangements to leave town in a stage, especially if an early stage, he commonly forces the carriage to wait for some time, or, what is not very uncommon, is left behind. If he intends to take his departure in a steam boat, you will meet him two streets off as the last bell tolls, and after running down to the wharf till he is out of breath, he finds the boat hauled off and if he gets aboard at all, it is by the long boat, and often at the hazard of his life. If he is an attendant upon public worship, he never reaches the church until after the services have commenced, and greatly disturbs the congregation by entering in the midst of their devotional exercise. In short, such men labour, and toil, and drudge on through life, just as uniform and regular in their concerns half an hour too late, as punctual people are in season. If such persons could, by some great exertion, redeem that half hour and set their watches right, they might go on with the same ease they do now, and always be in season.

EFFECT OF THE PASSIONS ON THE HEALTH.—The passions are to be considered, in a medical point of view, as a part of our constitution, which are to be examined with the eye of a natural historian, and the spirit and impartiality of a philosopher. The passions stimulate the mind, as the food and drink do the body. Employed occasionally and in moderation both may be of use to us, and are given to us, by nature for this purpose; but when urged to excess, throw the system off its healthy balance, raise it by excitement, or depress it by exhaustion, and weaken the sensorial vessels by the wear and tear they produce. The temperate action of the influences through every part of the system constitutes the perfection of health. The mind undisturbed by any violent emotions, agitations, or depressions of a corporeal nature is able to exercise its noblest powers with a tranquil vigour. The body continues in a regular discharge of its proper functions without the least sensation of difficulty or embarrassment. Respiration is free and easy, neither checked nor excessive. Aliments are sought with appetite enjoyed with relish and digested with facility. Every secretion and excretion is duly performed. The body is perfectly free from pain, oppression and every species of uneasiness; and a certain vivacity and vigour not to be described, trigns through the system. "The bodily machine disordered," says Gheyné will soon debase and confound the operations of the spirit; and the spirit violently agitated or too closely confined will disturb the economy of the bodily functions; and the perfect state of health, and the last perfection of all intelligent creatures, consisting of an intelligent spirit of a material machine, depend on the perfect sariety and harmony of both united."—*Monthly Gazette of Health.*

CAUSE OF THE DEATH-WATCH—The influence of superstition and ignorance is astonishingly great; as one proof what dismay and uneasiness has not the watchlike ticking of the grub often excited among all descriptions of persons? and indeed as a writer in a certain periodical remarks, "that this insect almost invisible should in regularity of time and distinctness of sound imitate a machine which has employed so many hands in its construction and composed of wheels and springs with the utmost ingenuity is above all ordinary comprehension." It was only within a few years past that I considered these visitors as solitary and nightly disturbers, since which I have accidentally discovered that this is by no means the case. Having occasion to stretch a piece of silk paper moistened with glue water, on a square frame, I was frequently surprised at different hours of the day by a noise similar to what we are accustomed to hear in a watchmaker's shop, full of watches, and distinctly audible at five or six yards distance. I

soon found that my frame was occupied as a drum by numbers of these little grey mites; and was thus enabled to identify the performers, and witness the harmlessness of their music; and I think it is more than probable that could these little creatures oftener meet with a proper tympanum we should much more frequently hear them at certain seasons, when their little drumming, which no doubt concerns their own social community, is constantly heard by their own companions though inaudible to us.

ADVICE TO APPRENTICES.—1. Having selected your profession, resolve not to abandon it, but by a life of industry and enterprize to adorn it. You will be much more likely to succeed in the business you have long studied, than in that of which you know but little. 2. Select the best company in your power to obtain, and let your conversation be on those things you wish to learn. Frequent conversation will elicit much instruction. 3. Obtain a friend to select for you the best books on morality, and religion, and the liberal arts, and particularly those which treat on your own profession. It is not the reading of many books that makes a man wise, but the reading of only those which can impart wisdom. 4. Thoroughly understand every thing you read, take notes of all that is worth remembering, and frequently review what you have written. 5. Select for your model the purest and greatest characters, and always endeavour to imitate their greatness. 6. Serve God, attend his worship, and endeavour to set an example of piety, charity and sobriety to all around you. 7. Love your country; respect your rulers, treat with kindness your fellow apprentices. Let your great aim be usefulness to mankind. 8. Get all you can by honest industry, spend none extravagantly, and provide largely for old age. 9. In a word, think much, act circumspectly, and live usefully.

THE BIBLE IN CEYLON.—As I was travelling in a jungle in the dead of the night, which is the usual time for travelling, I heard a voice reading. I drew near to the cottage, and found that the party were reading the word of God. I put aside the leaves of which the cottage was composed, and saw the whole group, consisting of three or four generations, sitting on the ground while a youth was reading the 14th of St. John. I waited in silence, to see the result; and, at the conclusion the boy began to invoke the Divine Blessing on what he had read; and one of the petitions was very remarkable, he prayed that God would make larger the ears of his grandmother. I suppose, from this circumstance, that this poor relative was so deaf she could not hear those truths which he admired himself. These instances were formerly rare, but they are now spreading over the whole land; and though I am no prophet, yet I will venture to predict, that nothing like half a century will pass ere it be said there are no Heathen temples and no idols remaining in Ceylon.—*Lieut. Col. Phipps.*

EMINENT EARLY RISERS.—The Count de Buffon, the celebrated French naturalist, tells us that he was indebted to the habit of early rising for all his knowledge, and the composition of all his works. In order to prevent his losing the advantages of a single morning by indulging in sleep, his valet de chambre had orders to call him every morning before six o'clock, and to drag him out of bed by main force, if he manifested any reluctance to rise. The valet's daily remuneration for this, was a crown, which he forfeited if he did not compel the Count to get out of bed before the clock struck six.

King Alfred divided the day into four parts, which he measured by the burning of tapers; clocks not having been invented in his time. One part he devoted to sleep; one to the cares of the government; another to the cultivation of the fine arts; and the fourth to religion.

The celebrated Dr Doddridge mentions, in his Family Expositor, that it is to his habit of early rising, the world is indebted for nearly the whole of his valuable works.

Sir Thomas Moore remarks, in his Preface to the Utopia, that he completed the work by stealing time from his sleep and meals. He made it his invariable practice to rise at four.

The well-known Bishop Burnet was an habitual early riser. When at college, his father aroused him to his

studies, every morning, at four o'clock, and he continued the practice during the remainder of his life.

MAXIMS.

The most exact and constant rules of behaviour will be found to be the rules of Christianity in the New Testament, in the example and maxims of Christ; for which cause it pleased our glorious Redeemer more than once to give them

Never sacrifice any hours of a short life in personal contentions, personal reflections, mean quarrels and silly squabbles.

If it be whispered about that any one has despised derided or spoke diminutively of you, the best way for the most part, is to take no notice of it.

Many rules of behaviour are contained in that one word MODESTY, which renders every one his due, and assumes nothing undue to one's self. This is true politeness.

A great deal of good behaviour is comprised in that one maxim, Do and say nothing that may be justly offensive to the company.

PROPERTIES OF HAPPINESS.

It must be agreeable to our noblest faculties. It must be suitable to the most refined taste. Agreeable to every situation in life. Suted to every office and character we can sustain. Enjoyed without shame and blushes.

POETRY.

By Mrs. Hemans.

THE BETTER LAND.

"I hear her speak of a better land,
Thou call'st its children a happy band;
Mother! oh, where is that radiant shore?
Shall we not seek it, and weep no more?
It is where the flowers of the orange blow,
And the fire flies glance through the myrtle bough;
—" Not there, not there, my child!"

"Is it where the feathery palm trees rise,
And the date grows ripe under sunny skies?
Or midst the green islands of glittering seas,
Where fragrant forests perfume the breeze,
And strange, bright birds, on their starry wings,
Bear the rich hues of all glorious things?"
—" Not there, not there, my child!"

"Is it far away, in some region old,
Where the rivers wander o'er sands of gold?—
Where the burning rays of the ruby shine,
And the diamond lights up the secret mine,
And the pearl gleams forth from the coral strand—
Is it there, sweet mother, that better land?"
—" Not there, not there, my child!"

"Eye hath not seen it, my gentle boy!
Ear hath not heard its deep songs of joy;
Dreams cannot picture a world so fair—
Sorrow and death may not enter there;
Time doth not breath on its fadeless bloom,
For beyond the clouds, and beyond the tomb,
—It is there, it is there, my child!"

LINKS said to have been written by the late Princess AMELIA, a short time before her death.

Unthinking, idle, wild, and young,
I laughed, and talked, and danced, and sung;
Proud of my health of beauty vain,
Thoughtless of sorrow, care, or pain;
Believing in those hours of glee,
That all the world was made for me.

But when the day of trial came,
When sickness shook my trembling frame,
When folly's gay pursuit was o'er,
And I could laugh and sing no more,
It then occurred—how sad 'twould be,
Were this world only made for me!