

[Written for the Maple Leaf.]

TO A DEAR FRIEND.

Oh ! I would conjure up for thee
 A thousand years of overflowing bliss ;
 Such, that when the ruthless atropos
 Should cut the silken tie that binds
 The spirit to its earthly tenement,
 Thou might'st yet breathe, in recollection,
 The balmy atmosphere of tasted joys ;
 And gladdened by the perfumed zephyrs,
 Sigh for more years,—and get them.
 May thy gladness be the bright spring bird's,
 Without a care, save that of love.
 Thy path, the gentle stream that shines,
 As silver thread, from out the dark
 And rugged landscape. Like the faithful flower
 That blooms in prairie wilderness,
 Oasis like, in trackless wastes,
 To show the weary pilgrim's path,
 By pointing with its modest leaflet
 Ever to the North. So may joy
 And gladness ever turn to thee !
 And as time runs on its ceaseless course,
 And throws its sunshine 'mid its shade
 In indiscriminate profusion round,
 Its very densest flood be poured
 Upon thy pleasant path, and its sun
 Never be obscured by darkening clouds.

Montreal, March, 1854.

HEBE.



DIRECTIONS FOR MANAGEMENT OF THE HAIR.—“ M. Cazenave, physician to the hospital of St. Louis, Paris, in his treatise, translated by Dr. Burgess, gives the following general directions for the management of the hair :—

“ ‘ Pass a fine-tooth comb, at regular intervals, every twenty-four hours, through the hair, in order to keep it from matting or entangling ; separate the hairs frequently and repeatedly, so as to allow the air to pass through them for several minutes ; use a brush that will serve the double purpose of cleansing the scalp, and gently stimulating the hair-bulbs. Before going to bed it will be desirable to part the hair evenly, so as to avoid false folds, or what is commonly called, turning against the grain, which might even cause the hairs to break. Such are the usual and ordinary requirements as to the management of the hair. There is, on the other hand, a class of persons who carry to excess the dressing and adornment of the hair, especially those who are gifted with hair of the finest quality. Thus, for example, females who are in the habit, during the ordinary operations of the toilette, of dragging and twisting the hair, so as almost to draw the skin with it : the effect of which is, in the first instance, to break the hairs and fatigue the scalp, and finally to alter the bulb itself.’ ”