

sions of the soul. The voluptuous swell of the music, the scanty dimensions of the female costume in the dress boxes, the gesticulations of the actors, worse than are practised in the lascivious dances of the obscene Indian tribes, and of which your own MicMacs would not be guilty even in their wildest and most frantic mood, the leering of the gents in the pit, the uproarious foulness of the gods in the gallery, the glare of the gas, and the fumes of the rum, together with a sense of heat and pressure and the utter absence of any thing that is serious save it may be at the crisis of the play and when the plot is in the act of evolving, constitute a combination of means and appliances to set the soul on fire without a parallel on the face of the earth. Is it any wonder that Bacchus rears his temple in juxtaposition to Thespis and that Venus has her shrines in significant contiguity. Is it any wonder that the Epilogue of the play is the deep debauch and the degrading pollution, and that it is the very mother of the vice which with her hypocritical cant she professes to uproot. My father was right when he flogged me for going to the play; and you will spare your father many an anxious hour, and many a worrying fear and will fill him with confidence and hope as to your future career, if with manly resolution you shut your ears to the voice of this charmer, charm she never so wisely.

Amusement must be limited by a due regard to health. Indeed one of the ends of amusement is to restore health, or, if likely to give way, to establish and invigorate it. It is with this view that invalids are so often recommended to a residence on the seaside or to spend some time at some congenial watering place. Not that after all there is much of the medicinal either in the sea air, or in the mineral water but that contiguity and connection with the sublime and beautiful by which such localities are distinguished and that the minor facilities of enjoyment with which they are furnished, have a wonderfully restoring power on our animal constitution.

Such however is the perversity of our nature that what is for health is often turned into an occasion if not a cause of disease. I believe that dancing as an exercise is conducive to health. As a part of the gymnasia and of the training of our higher schools no exercise is better fitted to develop our frame and expand it in all its divine beauty and proportion than dar-