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# THE WEEKLY MIRROR.



VOL. 21

HALIFAX, AUGUST 12, 1836.

No. 50.

## The Weekly Mirror,

Is Printed and Published every Friday,  
BY H. W. BLACKADAR,

At his Office, nearly opposite Bauer's wharf, and  
adjoining north of Mr. Allan McDonald's.

WHERE

All kinds of JOB PRINTING will be executed at  
a cheap rate.

Terms of the Mirror Five Shillings per annum  
payable in advance.

## NATURAL HISTORY.

### BIRDS.

Of all the classes of the animated creation, there is no one more calculated at once to afford pleasure and excite astonishment than that which consists of the feathered tribes. That a living creature, often of great magnitude, should be able to traverse rapidly and to remain buoyant in so thin a medium as the atmosphere, is alone sufficient to excite wonder. When we come to examine the means by which this is effected, we shall find abundant reason to admire the wisdom of the Creator, in so perfectly adapting each part to answer its intended purpose. The feathers are furnished with glands to secrete an oily matter, that they may not absorb wet; the bones are exceedingly light, yet strong; the muscles which belong to the wings are of such magnitude that they constitute not less than one-sixth of the body; air vessels are extended through the whole frame, to prevent the respiration from being stopped by the rapidity of flight; the sight is piercing, and the eyes are defended from injury by a membrane, which can be dropped over them at will: and the shape of the bird is that which is the most proper for moving rapidly, with the least possible resistance through the regions of the air.

According to the Linnæan system, the Land Birds are divided into four classes; the Rapacious Birds (accipitres); the Pies (pies); the Passerine Birds (passeres); and the Gallinaceous Birds (gallinæ): the Water Birds consist of two classes, the Waders (grallæ); and the Swimmers (anseræ). Of the Rapacious Bird, the bills are hooked, and there is an angular projection on the upper mandible; of the Pies, they are sharp edged, compressed on the sides, and convex on the upper surface; of the Passerine Birds, conical and sharp pointed; of the Gallinaceous Birds, the upper mandible is considerably arched; the Waders have a

roundish bill, and a fleshy tongue; and of the Swimmers, the bills are broad at the top, and covered with a membranaceous skin.

## BIOGRAPHICAL CURIOSITY.

It is asserted that the greatest characters the world has known, have arisen from obscure origin. The following list in proof of this assertion, might be greatly enlarged, and particularly those who have been, or now are, eminent in the United States. Demosthenes was the son of a forgerman; Virgil of a baker; Horace of a freedman; Theophrastus of an old clothes man; Rousseau, the poet, of a shoemaker; Rollin, the historian, of a cutler; Massillon of a tanner; James Cook of a very indigent peasant; Shakspeare of very poor parents; Benjamin Franklin of a tallow chandler, and himself a printer; James Monroe was the son of a brick-maker; Rittenhouse was a goldsmith. Here is encouragement for young men of genius. Through the means of industry, perseverance and good habits, every obstacle to the road of everlasting fame has often been surmounted: if a young man of talents resolves to be eminent, and pursues the requisite course, he will become eminent.

## MY CRISTMAS DINNER.

CONTINUED.

I dozed and dreamed away the hours till day break. Sometimes I fancied myself seated in a roaring circle, roasting chestnuts at a blazing log; at others, that I had fallen into the Serpentine, while skating, and that the Hamane Society were piling upon me a Pelion, or rather Vesuvius of blankets. I awoke a little refreshed. Alas! it was the twenty-fifth of the month—it was Christmas-day! Let the reader, if he possesses the imagination of Milton, conceive my sensations.

I swallowed an atom of dry toast—nothing could calm the fever of my soul. I stirred the fire and read Zimmerman alternately. Even reason, the last remedy one has recourse to in such cases, came at length to my relief: I argued myself into a philosophic fit. But, unluckily, just as the Lethæan tide within me was at its height, my landlady broke in upon my lethargy, and chased away by a single word all the little sprites and pleasures that were acting as my physicians, and prescribing balm for my wounds. She paid me the usual compliments, and then—“Do you dine at home to-day, Sir?” abruptly enquired she. Here was a question. No Spanish inquisitor ever inflicted such complete dismay in so short a sentence. Had she given me a Sphinx to expound, a Gorgian tangle to untwist; had she set me a lesson in algebra, or asked me the way to Brobdignag; had she desired me to show her the North Pole, or the meaning of a melodrama,—any or all of these I might have accomplished. But to request me to define my dinner—to inquire into its latitude—to

compel me to fathom that sea of appetite which I now felt rushing through my frame—to ask me to dive into futurity, and become the prophet of pies and preserves!—My heart died within me at the impossibility of a reply.

She had repeated the question before I could collect my senses around me. Then for the first time, it occurred to me, that in the event of my having no engagement abroad my landlady meant to invite me!

“There will at least be the two daughters,” I whispered to myself, “and after all, Lucy Matthews is a charming girl, and touches the harp divinely. She has a very small pretty hand, I recollect; only her fingers are so punctured by the needle—and I rather think she bites her nails. No, I will not even now give up my hope. It was yesterday but a straw—to-day it is but the thistle-down; but I will cling to it to the last moment. There are still four hours left; they will not dine till six, One desperate struggle and the peril is past; let me not be seduced by this last golden apple, and I may yet win the race.” The struggle was made: “I should not dine at home.” This was the only phrase left me; for I could not say that “I should dine out.” Alas, that an event should be at the same time so doubtful and so desirable, I only begged that if any letter arrived, it might be brought to me immediately.

The last plank, the last splinter, had now given way beneath me. I was floating about with no hope but the chance of something impossible. They had “left me alone,” not with my glory, but with an appetite that resembled an avalanche seeking whom it may devour. I had passed one dinnerless day, and the half of another; yet the promised land was as far from sight as ever. I recounted the chances I had missed. The dinners I might have enjoyed, passed in a dioramic view before my eyes. Mr. Phiggins and his six clerks—the Clapham beef-eaters—the charm of Upper Brook street—my pretty cousins and the pantomime writer the stock-broker, whose stories one forgets, and the elderly lady who forgets her stories—they all marched by me, a procession of apparitions. Even my landlady's invitation, though unborn, was not forgotten in summing up my sacrifices. And for what?

Four o'clock, hope was perfectly ridiculous. I had been walking upon the hair bridge over a gulf, and could not get into Elysium after all, I had been catching moon-beams, and running after notes of music. Despair was only convenient refuge; no chance remained unless something should drop from the clouds.

In this last particular I was not disappointed; for on looking up I perceived a heavy shower of snow. Yet I was obliged to venture forth; for being supposed to dine out, I could not of course remain at home. Where to go I knew not; I was like my first father—“the world was all before me.” I slung my cloak around me, and hurried forth with the feelings of a bandit longing for a stiletto. At the foot of the stairs, I staggered against two or three smiling rascals, priding themselves upon their punctuality. They had just arrived to make the tour of Turkey. How I hated them! As I rushed by the parlor, a single glance disclosed to me a blazing fire, with Lucy and several lovely creatures in a semi-circle. Fancy, too, gave me a glimpse of a spring of a stiletto—I vanished from the house, like a spectre at day-break.

How long I wandered about is doubtful. At last I happened to look through a kitchen window, with an

area in front, and saw a villain with a fork in his hand, throwing himself back in his chair choked with ecstasy. Another was feasting with a graver air; he seemed to be swallowing a bit of Paradise, and criticising its flavor. 'This was too much for mortality: my appetite fastened upon me like an alligator. I darted from the spot, and only a few yards farther, discerned a house, with rather an elegant exterior and with some lam in the window that looked perfectly sublime. There was no time for consideration; to hesitate was to perish. I entered; it was indeed "a banquet hall deserted." The very waiters had gone home to their friends. There, however, I found a fire; and there—to sum up all my folly and felicity in a single word—I DINED.

#### THE THREE-FOLD NATURE OF MAN.

To every human being the Creator has committed a most important trust—the care of a physical, an intellectual, and a moral nature. It is a care which cannot be transferred or avoided; on each individual must rest the sole responsibility of providing for his own physical, mental, and moral necessities. The most that others do for us is, to supply the materials—we must use them. The parent offers food to his child, but he cannot force him to eat. The teacher spreads before him the treasures of knowledge, but he cannot force him to receive them. The preacher presents the motives to holiness, but he cannot make him holy.

The great business of life, as regards ourselves, is to take care of this three-fold nature, and bring each part to the highest perfection of which it is susceptible. Of course our first work is to make ourselves acquainted with the laws that govern it, and with all the means of preservation and improvement that are within our reach.

Our next work is to form habits of strict obedience to all these laws, and carefully avail ourselves of all these means.

Let us glance at some of these laws. It is a law of our physical nature, that a certain amount of nourishment must be daily received into the system, and the quantity must be neither more nor less than the state of the system requires. Another law is, that a certain number of hours in every twenty-four must be allotted to repose—a repose not merely of the body, and all avenues to the mind, but of the mind itself; for such is the mysterious action of mind on matter, that the bodily powers will not be refreshed unless the mind reposes also. To the application of this law is affixed the same direction as to the other; the repose must be neither longer nor shorter than the state of the system requires.

Our intellectual nature, too, has its laws, and woe to the one who breaks them. It is a law of mind, to grow stronger by action—and the punishment of idleness is imbecility. Another law of mind is, to expand in proportion to the number of ideas presented to it. You cannot fill the mind as you do a vessel—pour in ever so many thoughts, and it will only be enlarged by them, and prepared for more. Thus it will probably go

on forever, increasing in knowledge, and in the capability of acquiring knowledge.

The moral nature is manifestly so much more important than the others, that one would expect to see it occupying the first place in the attention of every rational being. Though much is said, and written, and preached about it, yet after all, there is very little done in the way of regular, systematic effort to raise the moral character.—Every one admires moral excellence, and desires to possess it—but comparatively few persevere in the faithful use of all means of becoming better. All are lamenting their deficiencies, but how few put forth vigor and energy enough in the work of improvement to satisfy themselves—or to make visible progress from day to day. Do they not oftener 'sigh and go backward?'

There are some however who are really in earnest in the work of moral renovation. With such, to be pure, to be holy, is the all-absorbing concern, and they do rise daily in the scale of excellence. No zeal can be more laudable, for nothing is so important; yet to such I would say, remember you have an immortal mind committed to your care, which it is equally your duty to cultivate. The improvement of the mind may be made a very important aid to the improvement of the heart. Let no one say, 'I find so much to be done within and around me in the way of moral and religious advancement, that I have no time for intellectual pursuits. The individual who thinks so, must be mistaken. It is unquestionably a christian duty to cultivate the mind. Why were minds given to us? To use them in fulfilling the great purposes of existence. The more they are strengthened and enlarged, the better are they fitted for the accomplishment of these purposes. A person will increase in the capacity for happiness and usefulness in proportion to his intellectual power, provided he at the same time gives due attention to his moral and corporeal natures.

#### LEISURE HOURS.

The improper disposition that is frequently made of leisure hours, is a source of serious evil to society. That "time is the stuff that life is made of," is as true as it is trite, few, we believe will deny. And yet so large a portion of it is wasted in what are termed hours of leisure, that little of it is left for useful purposes. Time that is not occupied in some valuable employment or pursuit, unless it be that portion of it absolutely necessary for rest or refreshment, is murdered time; and one half the evils of life, arise from this misapplication, or perhaps non-application profitably, of the ethereal substance, on which existence feeds. It is the waste of time when the business of the day is over, that causes such numerous and serious regrets in after life, and renders the retrospect painful to contemplate. When youth of either sex, retire from the pursuits of busy life, to

enjoy what they dignify with the names recreation or pleasure, and spend the hour in idleness, dissipation and folly, that ought to be spent in reading, reflection, devotion or benevolence; they seldom find the pleasure that they seek, and oftener plant thorns than roses in the pillow on which they can repose. When a young man, after the deed of daily duty to his employer are done, instead of improving his mind and enriching his understanding with knowledge, repair to the tavern, the theatre, or the gaming table, or the brothel, he sacrifices his moral, and his mind, on the altar of sensual indulgence, unfits himself for the elevated and pure associations of the virtuous and intelligent, becomes tainted with the corrupt practices which cluster around him, loses his relish for honest and ennobling pursuits, disqualifies himself for the performance of all sober, social duties of life; and by immolating himself as the victim of vitiated pleasures, not only murders his time, but also in the end, practically murders himself.

#### PARENTAL INFLUENCE.

Abdool Kauder. —A curious account is given in Malcom's Persia, of Shaikh Mohydeen Abdool Kauder. Being induced to undertake a religious life, after the fashions of his country, his mother taking out eighty deenars, as he says gave him half, as all his inheritance, the other half being reserved for his brother.

"She made me swear when she gave it to me, never to tell a lie; and afterward bade me farewell, exclaiming, 'Go, my son, I give thee to God. We shall not meet again until the day of judgment?'" I went on well till I came near Hamadan, when our kiflalah was plundered by sixty horsemen. One fellow asked me what I had got? 'Forty deenars,' said I, 'are sewed under my garment.' The fellow laughed, thinking no doubt I was joking him. "What have you got?" said another. I gave him the same answer. When they were dividing the spoil, I was called to an eminence, where their chief stood. "What property have you my little fellow said he. "I have told your people already" I replied, 'I have forty deenars sewed up carefully in my clothes.' He desired them to be ripped open, and found my money. 'And how came you,' said he, with surprise, 'to declare so openly what had been so carefully hidden?' 'Because,' I replied, "I will not be false to my mother, to whom I have promised never to conceal the truth." 'Child,' said the robber, 'hast thou such a sense of duty to thy mother at thy years; and am I insensible, at my age, of the duty I owe to my God? Give me thy hand, innocent boy,' he continued, 'that I may swear repentance upon it.' He did so.—His followers were alike struck with this scene. 'You have been our leader in guilt,' said they to their chief, 'be the same in the path of virtue.'

and instantly, at his order, they made restitution of their spoil, and vowed repentance on my hand."

## ADVICE TO PARENTS.

SOME persons endeavour, as they say, to fortify their children from earliest infancy, so that they may resist them (vicissitudes of temperature) or be less effected by them than others with whom the same plan has not been pursued. It need scarcely be said, that all undue clothing and residence in heated apartments without change, are injurious, but at the same time, it is not every infant that will bear the plans which are employed by some parents to harden them; such as bathing every morning in cold water, exposure to the air at all temperatures, light clothing, even when the weather is cold, &c. Many an infant has fallen a victim to this dogged persistence in error. Two-fifths, at least, of mankind, die of acute diseases, and a large majority of these are induced by exposure to cold. If, however, the infant is habituated to daily tepid bathing and ablution for a time, and the temperature of the fluid be gradually depressed, until cold water alone is used, and if it be comfortably clothed with flannel next the skin, and be sent in the fresh air, whenever the weather is serene, even if the temperature should be somewhat depressed, it may be accustomed to exposure as far as is prudent, and better adapted for bearing with impunity the vicissitudes of the weather. — *Dunglison's Elements of Hygiene.*

## A NEVER CHANGING FASHION.

There is one fashion, which, unlike most others, never changes. It is that of writing prefaces to books. A book seldom makes its appearance in the world, without having from one to a dozen of its pages appropriated to a preface. All prefaces, however, have their objects.—First—to tell the reader that there is a great vacuum in the literary world, which the book exactly fills; and, second, the advantages that are likely to result to mankind from the circulation of said book. This latter is quite as necessary in some cases, as it was for the painter to write underneath the picture of a horse he had painted, the words, "This is a Horse." The fact would be quite as undiscoverable in the one case as in the other.

"A man should be wise in dispute; a lamb in his chamber; a lion in battle and conflict; a peacock in the street; a bard in his chair; a teacher in his household; a counsellor in the nation; an arbitrator in his vicinity; a hermit in church; a fool in a crowd; conscientious in action; content with his state; regular in his habits; diligent in his calling; faithful in his friendship; temperate in his pleasures; deliberate in his speech; devoted to his God. So will he be happy in his life, easy in his death, and the esteemed example of his successors.— *Welsh Proverbs.*

**PETULANCY.**—Petulancy in its most modified acceptation, is an unamiable disposition of the mind; carried to an extreme it is absolutely vicious and hateful. It is very nearly allied to peevishness, and it is frequently found in the paternal pedigree of revenge. The petulant man is everlastingly brooding over his real or apparent injuries, and is constantly seeking occasion to denounce their authors in the bitterest terms. In the "Harpers" excellent edition of Crabb's *English Synonymes*, we find the following remarks appropos; "petulant, in Latin petulans, from peto to seek, signifies seeking or catching up." The general employment of a petulant person, is "seeking or catching up" untoward events, or unpropitious circumstances, and inveighing against unfriendly and treacherous individuals. And if in conversation any judicious person mentions any thing alleviating, and seems to desire to exonerate the accused, at least recommending the exercise of that charity which "suffereth long, and is kind," the man of petulance is offended with him, and sets him down as a justifier of the wicked. Can such a man be happy? No! he dries up the springs of contentment; he makes himself wretched, and every body about him miserable. He is always in a fog, and unless he change his tack, will run foul of friends and foes, at last split on the rock of settled malignity, and perish. Who would not pray, save us from a petulant disposition?—N. Y. Weekly Messenger.

**SINGULAR OCCURRENCE.**—The present year is bissextile; the figures for its date are 1-8-3-6; the two first figures are the quantity of the latter, each two figures combined make 9, the four make 18, which two figures combined make 9. Multiply the date of this year by 9; the product is 16,524, those figures added make 18. Such combination rarely occurs.

## HALIFAX, AUGUST 12, 1836.

Three Companies of the 85th Regiment, a fine body of men, under the command of Major French, disembarked at the King's Wharf on Monday afternoon last, and marched to the South Barracks. The Catherine Stewart Forbes, Transport, with the remainder of the Corps, was to leave Cork about 8 days after the Stakesby, which arrived on Monday. Three Companies of the Rifle Battalion, we understand, will embark on the 20th inst.—*Gazette.*

An inquest was held on Sunday morning last, before J. F. GRAY, Esq., Coroner for the District of Halifax, on the body of JAMES KELLY, Truckman, who was found dead on the Citadel Hill, early that morning. From the evidence taken on the inquest, it appeared that the deceased had gone from his lodging-house the preceding

evening, to look after some horses which he had left in the ravelin, on Citadel Hill, and must have struck his leg against one of the stones scattered thereabout, which divided an artery, and no assistance being at hand, he perished from loss of blood—a large quantity of which was found near one of the pieces of granite. The Jury returned a verdict to that effect.—*Times.*

**ACADIAN TELEGRAPH.**—The first number of this Paper made its appearance on Friday last.—Mr. J. S. Thompson is the Publisher and Editor, and from the knowledge we have of his abilities as a public writer, we make no doubt, that it will be made deserving of public patronage.—Mr. T. intends to give reports of Trials in the different Courts, Legislative proceedings, and Public Meetings generally.—We were pleased to notice in it the commencement of a publication of the History of this Province. This alone, if properly conducted, will be worth the Subscription money. We wish the Telegraph every success.

## MARRIED.

Monday evening August 1st. by the Rev. Mr. McIntosh, Mr. Andrew McKinlay, to Miss Margaret, eldest daughter of the late Mr. William Allardice, of this Town.

Wednesday, by the Rev. Fitzgerald Uniacke, Rector of St. George's, Mr. William Johns, a native of Wales, to Miss Maria Magdalena Flohr, second daughter of the Rev. Ludwig Flohr, Germany, and Neice to Mr. John H. Flohr, Halifax.

## DIED.

On Tuesday Morning, Ann, wife of Mr. Michael Bennett, in the 77th year of her age.

On Tuesday, the 2d inst. in the 11th year of his age, William James, the eldest child of Mr. M. B. Almon.

SILVER PLATE,  
JEWELRY, &c.

The Subscriber tenders his grateful acknowledgements to his friends and the public, for the liberal encouragement he has heretofore received, and begs leave to inform them, that he continues to manufacture SILVER PLATE, of all descriptions, of the purest quality, on very low terms.

He has now on hand, a good supply of Silver Table, Dessert, and Tea Spoons, Forks, Sugar Tongs, Mustard and Salt Spoons, Watch Guards, &c; and he has lately received an assortment of JEWELRY viz:—Cornelian Ear Rings, (white and red,) Plain Gold do, a variety of Broaches, plain and ornamented. Silver over pointed Pencil cases, Silver Thimbles, Tortoise Shell back and side Combs, wrought and plain; Horn Combs of every description, Hair, Nail, Tooth and Plate Brushes, Gilt Watch Guards, Lavender, and Cologne Water, Cream of Amber, Macassar and Bear's Oil, Scented family Soap; Palm do, Wash Balls, Razor Straps, Cut glass smelling Bottles, Medallions, Gold and Seed Beads, all of which he offers for Sale at the lowest price. ALSO—2 very superior ACCORDIANS.

EDWIN STERNS.

Corner of Buckingham and Barrington streets.  
August 1836.

Bill of Lading for sale at this Office.



From the (London) Revivalist.

REWARDS.

What shall be rendered those  
Who have fought the good fight here !—  
Who go before to their long repose,  
And leave this world, and its weight, of woes,  
Embathed in Memory's tear ?

What, for the brother true,  
'Mid faithless, faithful he !  
The valiant in the Christian field !  
Who smote the " Infidel's dark shield,"  
And base idolatry ?

What for the sister dear,  
Who moved about our earth,  
An angel of a " better sphere,"  
Minist'ring good for ever here ;—  
Who shall reward such worth ?

There is a sweeter place—  
There is a calmer sky—  
Where all the pure in heart shall be  
When death has set their spirits free—  
Why need they fear to die ?

We leave rewards to Him  
Who knows poor mortal clay—  
The Rock of Ages—he shall prove  
How well he can reward such love—  
In never ending day !

CELESTIAL APPEARANCES.

The wonderful and beautiful colors which we observe in the clouds, is owing to their particular situation to the sun, and the different modifications under which they reflect his light. The various appearances and fantastic figures they assume, probably proceed from their loose and voluble texture, revolving into any form by the force or activity of the winds, or by the electricity contained in their substance.

But of all the celestial appearances we can behold, what can be compared to the beauty of the rainbow ? What a majestic and stupendous arch does this wonderful phenomenon present to our view, and how beautifully is it tinged in regular order, by all the primogenial colors in nature !

Yet this gorgeous arch is instantaneously erected, and at no expense ! the commission is sent forth, and it springs into existence, merely by the operation of the sunbeams on the watery particles that float in the atmosphere. The rainbow, it must be observed, is always seen in an opposite direction from the sun, and that it is occasioned by the reflection and refraction of his rays at a certain angle or distance from the eye of the spectator, must be evident to every person who has tried the experiment of the silly boy in the fable, and gone in pursuit of the treasures at the end of it.

Sometimes too we have lunar rainbows, but these shine with inferior lustre, and what more can we expect from the reflected light of a body, such as the moon, that shines itself by reflection ? Halos are supposed to be

occasioned by the refraction of the light of the sun or moon on the frozen particles that surround them in frosty weather ; and what are called parhelia, or mock suns, and paraselenes, or mock moons, are only representations by the reflection of the face of the true sun or moon from some of the clouds, which are placed at a convenient distance to produce the effect.

**THE APPLE.**—It is difficult to find adequate terms to set forth the value of the advantages which have accrued to mankind from the cultivation of this justly highly-praised fruit. In the woods and hedges of England, the crab and wilding apples are every where found ; crooked, hostile, rigid in figure and quality ; with numerous small austere fruit, which even the hog will hardly eat ; but, transplanted into a garden, and subjected to the corrections of the horticulturist they have, in the course of time, been divested of their savage character, forming a goodly tree, and yielding crops of goodly fruit, fit for many healthful purposes of life. Many of the newest sorts have been spontaneously produced, and a great number by the art of fertilizing the flowers of one with the pollen or dust of another. One circumstance in the history of the apple must not pass unnoticed here, viz., the deterioration of the old sorts, which regaled and were the boast of our forefathers a century ago. It is the opinion of an eminent orchardist, that, as the apple is an artificial production, and as such, has its stages of youth, maturity and old age, it cannot, in its period of decrepitude, be by any means renovated to its present state, either by pruning or cutting down, changing its place, or by transferring its parts to young and vigorous stocks ; and that, in whatever station it may be placed, it carries with it the decay and disease of its parent. This is the most rational account which has been given of this indisputable fact ; and though its accuracy has been called in question by some naturalists, the general failure in our own orchards, and the difficulties of forming new ones with the old favourite sorts, is a decisive proof that such deterioration exists. It is, therefore, the chief object of the modern pomologist to obtain from seeds of the best wildings, new varieties, wherewith to form new and profitable orchards, and which may be expected to continue in health and fertility, as the old sorts have done, for the next century. The preservation of this useful fruit is now brought to great perfection, by keeping them in jars, secure from the action of the air.

**SUMMER FRUITS.**—Fruits begin to be abundant, in proportion as the summer heat seems to create a necessity for their cooling juices, to dilute and attemper the blood. They are all made, no doubt, for the use of man and the other animals ; but man, whose

modes of life are so artificial, should use them with caution. Shun those, especially which are unripe. Almost all the summer fruits are brought to the market unripe ; not on purpose to injure the health of those who buy them, but by bringing them thus early to secure high prices.

Currants are unwholesome, unless fully ripe. Green currants, though cooked, as in pies, &c. are wholly unfit for the human or any other stomach.

Fruits, though ever so ripe and in their nature wholesome, should not be taken immediately after a full meal, fashionable as it may be. Let them either form a part or the whole of a light meal ; or else let them be taken between meals, at the farthest possible distance from them.

The stones and seeds of all fruits are more or less injurious, and should be avoided as much as possible. The same is true in regard to the pods of peas, beans, &c.

Strawberries—Raspberries, especially the red and the white kinds, are exceedingly wholesome, in small quantities ; but they are in perfection only a short time. This last fact, which is as true of many other summer fruits, as of the raspberry, deserves to be more generally known.

"The meanness of the earthen vessel, which conveys to others the gospel message, takes nothing from the value of the treasure. A dying hand may sign a deed of gift of incalculable value. A shepherd's boy may point out the way to a philosopher. A beggar may be the bearer of an invaluable present."

—According to high authority, says Robert Walsh, the only genuine, comprehensive, and invincible courage is inseparably connected with universal rectitude and religious hope —that is, moral courage guided by reason and philanthropy, and looking to the future as well as the present life.

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