

recovered the use of my limbs. So she asked me all about my misfortunes, and sent for wife, who came directly, and we have lived here ever since. We catch fish for Madam, and I watch for a storm, hoping some time or other to be as kind to a poor perishing soul as she has been to me. Indeed we are very happy—I might now have been begging about the streets, but for Madam, God bless her.

A tear strayed down Mrs. Mason's cheek, while a smile of benevolence lighted up her countenance—the little girls caught each hand—They were all silent a few minutes when she, willing to turn the discourse, enquired whether they had any fish in the house? Some were produced, they were quickly dressed, and they all eat together. They had a chearful meal, and honest Jack sung some of his seafaring songs, and did all he could to divert them and express his gratitude.

titude. Getting up to reach the brown loaf, he limped very awkwardly, Mary was just beginning to laugh, when she restrained herself; for she recollected that his awkwardness made him truly respectable, because he had lost the use of his limbs when he was doing good, saving the lives of his fellow-creatures.

The weather cleared up, and they returned home. The children conversed gaily with each other all the way home, talking of the poor sailor, and his faithful dog.

C H A P. IX.

The Inconveniences of immoderate Indulgence.

THE children were allowed to help themselves to fruit, when it made a part of their meal; and Caroline always took care to pick out the

the best, or swallow what she took in a hurry, lest she should not get as much as she wished for. Indeed she generally eat more than her share. She had several times eaten more than a person ought to eat at one time, without feeling any ill effects; but one afternoon she complained of a pain in her stomach in consequence of it, and her pale face, and languid eyes, plainly shewed her indisposition. Mrs. Mason gave her an emetic, and after the operation she was obliged to go to bed, though she had promised herself a pleasant walk that evening. She was left alone, for Mary was not permitted to stay at home with her, as she offered to do. Had her sickness been accidental, we would both have tried to amuse her, said Mrs. Mason; but her greediness now receiving its natural and just punishment, she must endure it without the alleviation which pity affords; only tell her from me, that

the pleasure was but momentary, while the pain and confinement it produced, has already lasted some hours.

The next morning, though scarcely recovered, she got up, as usual, to have a walk before breakfast. During these walks, Mrs. Mason told them stories, pointed out the wisdom of God in the creation, and took them to visit her poor tenants. These visits not only enabled her to form a judgment of their wants, but made them very industrious; for they were all anxious that she might find their houses and persons clean. And returning through the farm-yard, Mrs. Mason stopped according to custom, to see whether the poor animals were taken care of—this she called earning her breakfast. The servant was just feeding the pigs, and though she poured a great quantity into the trough, the greedy creatures tried to gobble it up from one another. Caroline

roline blushed, she saw this sight was meant for her, and she felt ashamed of her gluttony. But Mrs. Mason, willing to impress her still more strongly, thus addressed her.

Providence, my child, has given us passions and appetites for various purposes—two are generally obvious, I will point them out to you. First to render our present life more comfortable, and then to prepare us for another, by making us sociable beings; as in society virtue is acquired, and self-denial practised. A moderate quantity of proper food recruits our exhausted spirits, and invigorates the animal functions; but, if we exceed moderation, the mind will be oppressed, and soon become the slave of the body, or both grow listless and inactive. Employed various ways, families meet at meals, and there giving up to each other, learn in the most easy, pleasant way to govern their appetites. Pigs, you
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see, devour what they can get; but men, if they have any affections, love their fellow-creatures, and wish for a return; nor will they, for the sake of a brutish gratification, lose the esteem of those they value. Besides, no one can be reckoned virtuous who has not learned to bear poverty: yet those who think much of gratifying their appetites, will at last act meanly in order to indulge them. But when any employment of the understanding, or strong affection occupies the mind, eating is seldom thought a matter of greater importance than it ought to be. Let the idle *think* of their meals; but do you employ the intermediate time in a different manner, and only enjoy them when you join the social circle. I like to see children, and even men, eat cheerfully, and gratefully receive the blessings sent by Heaven; yet I would not have them abuse those blessings, or ever let the care
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necessary to support the body, injure the immortal spirit: many think of the sustenance the former craves, and entirely neglect the latter.

I remarked to you before, that in the most apparently trivial concerns, we are to do as we would be done by. This duty must be practised constantly; at meals there are frequent opportunities, and I hope, Caroline, I shall never again see you eager to secure dainties for yourself. If such a disposition were to grow up with you, you ought to live alone, for no one should enjoy the advantages and pleasures which arise from social intercourse, who is unwilling to give way to the inclinations of others, and allow each their share of the good things of this life.

You experienced yesterday, that pain follows immoderate indulgence; it is always the case, though sometimes not felt so immediately; but the

the constitution is insensibly destroyed, and old age will come on, loaded with infirmities. You also lost a very pleasant walk, and some fine fruit. We visited Mrs. Goodwin's garden, and as Mary had before convinced me that she could regulate her appetites, I gave her leave to pluck as much fruit as she wished; and she did not abuse my indulgence. On the contrary, she spent most part of the time in gathering some for me, and her attention made it taste sweeter.

Coming home I called her my friend, and she deserved the name, for she was no longer a child; a reasonable affection had conquered an appetite; her understanding took the lead, and she had practised a virtue.

The subject was now dropped; but, Caroline determined to copy in future her sister's temperance and self-denial.