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The Works Of The Right Honourable Joseph Addison, Esq.

In Four Volumes

Addison, Joseph

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-----*Ut ameris amabilis esto.*

Ovid.

From my own Apartment, March 18.

READING is to the mind, what Exercise is to the body: As by the one, health is preserved, strengthened and invigorated; by the other, virtue (which is the health of the mind) is kept alive, cherished and confirmed. But as exercise becomes tedious and painful when we make use of it only as the means of health, so reading is apt to grow uneasy and burdensome, when we apply our selves to it only for our improvement in virtue. For this reason, the virtue which we gather from a fable, or an allegory, is like the health we get by hunting; as we are engaged in an agreeable pursuit that draws us on with pleasure, and makes us insensible of the fatigues that accompany it.

After this Preface, I shall set down a very beautiful allegorical Fable of the great Poet whom I mentioned in my last paper, and whom it is very difficult to lay aside when one is engaged in the reading of him: And this I particularly design for the use of several of my fair correspondents, who in their letters have complained to me, that they have lost the affections of their Husbands, and desire my advice how to recover them.

Juno, says *Homer*, seeing her *Jupiter* seated on the top of mount *Ida*, and knowing that he conceived an aversion to her, began to study how she should regain his affections, and make her self amiable to him. With this thought she immediately retired into her chamber, where she bathed her self in *Ambrosia*, which gave her person all its beauty, and diffused so divine an odour, as refreshed all nature, and sweetened both Heaven and Earth. She let her immortal Tresses flow in the most graceful manner, and took a particular care to dress her self in several ornaments, which the Poet describes at length, and which the Goddess chose out as
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the most proper to set off her person to the best advantage. In the next place, she made a visit to *Venus*, the Deity who presides over Love, and begged of her, as a particular favour, that she would lend her for a while those charms with which she subdued the hearts both of gods and men. For, says the Goddess, I would make use of them to reconcile the two Deities, who took care of me in my infancy, and who, at present, are at so great a variance, that they are estranged from each other's bed. *Venus* was proud of an opportunity of obliging so great a Goddess, and therefore made her a present of the *Cestus* which she used to wear about her own waist, with advice to hide it in her bosom, till she had accomplished her intention. This *Cestus* was a fine party-coloured girdle, which, as *Homer* tells us, had all the attractions of the Sex wrought into it. The four principal Figures in the embroidery were Love, Desire, Fondness of speech, and Conversation, filled with that Sweetness and Complacency which, says the Poet, insensibly steal away the hearts of the Wisest men.

Juno, after having made these necessary preparations, came as by accident into the presence of *Jupiter*, who is said to have been as much inflamed with her beauty, as when he first stole to her embraces without the consent of their parents. *Juno*, to cover her real thoughts, told him, as she had told *Venus*, that she was going to make a visit to *Oceanus* and *Tethys*. He prevailed upon her to stay with him, protesting to her, that she appeared more amiable in his eye, than ever any Mortal, Goddess, or even Her self, had appeared to him till that day. The Poet then represents him in so great an ardour, that (without going up to the house which had been built by the hands of *Vulcan*, according to *Juno's* direction) he threw a golden cloud over their heads as they sat upon the top of mount *Ida*, while the earth beneath them sprung up in Lotus's, Saffrons, Hyacinths, and a bed of the softest flowers for their repose.

This close translation of one of the finest passages in *Homer*, may suggest abundance of instruction to a woman who has a mind to preserve or recal the Affection of her husband. The care of the person, and the dress, with the particular blandishments woven in the *Cestus*, are so plainly recommended by this fable, and so indispensably necessary in every Female who desires to please, that they need no further explanation. The discretion likewise in covering all matrimonial quarrels from the knowledge of others, is taught in the pretended visit to *Tethys*, in the speech where *Juno* addresses her self to *Venus*; as the chaste and prudent management of a Wife's charms is intimated by the same pretence for her appear-

appearing before *Jupiter*, and by the concealment of the *Cestus* in her bosom.

I shall leave this Tale to the consideration of such good Housewives who are never well dressed but when they are abroad, and think it necessary to appear more agreeable to all men living than their Husbands: As also to those prudent Ladies, who, to avoid the appearance of being over-fond, entertain their Husbands with indifference, aversion, fullen silence, or exasperating language.

Sheer-Lane, March 17.

Upon my coming home last night, I found a very handsome present of wine left for me, as a Taste of 216 *Hogsheads* which are to be put to sale at 20l. a *Hogshead*, at *Garraway's Coffee-house* in *Exchange-alley*, on the 22d instant, at three in the afternoon, and to be tasted in *Major Long's Vaults* from the 20th instant till the time of sale. This having been sent to me with a desire that I would give my judgment upon it, I immediately impanelled a Jury of Men of nice palates and strong heads, who being all of them very scrupulous, and unwilling to proceed rashly in a matter of so great importance, refused to bring in their Verdict till three in the morning; at which time the Foreman pronounced, as well as he was able, Extra--a--ordinary *French Claret*. For my own part, as I love to consult my Pillow in all points of moment, I slept upon it before I would give my Sentence, and this morning confirmed the Verdict.

Having mentioned this tribute of wine, I must give notice to my Correspondents for the future, who shall apply to me on this occasion, that as I shall decide nothing unadvisedly in matters of this nature, I cannot pretend to give Judgment of a right good liquor, without examining at least three dozen Bottles of it. I must at the same time do my self the justice to let the world know, that I have resisted great temptations in this kind; as it is well known to a Butcher in *Clare-Market*, who endeavoured to corrupt me with a dozen and half of Marrow-bones. I had likewise a bribe sent me by a Fishmonger, consisting of a Collar of Brawn, and a Joll of Salmon; but not finding them excellent in their kinds, I had the integrity to eat them both up without speaking one word of them. However, for the future, I shall have an eye to the Diet of this great City, and will recommend the best and most wholesome food to them, if I receive these proper and respectful notices from the sellers, that it may not be said hereafter, my Readers were better taught than fed.

Tuesday,