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## Poetry.

### RETURN OF THE EXILED NATION.

They come from the ends of the earth,  
White with their aged snows;  
From the bounding breast of the tropic tide  
Where the day gleam ever glows.

From the East, where first they dwell;  
From the North, and the South, and the West,  
Where the sun puts on his robe of light,  
And lays down his crown to rest.

Out of every land they come—  
Where the palm triumphant grows;  
Where the vine overshadows the roofs and the hills,  
And the golden orange glows.

Where the olive and fig tree thrive,  
And the rich pomegranate red;  
Where the citron blooms and the apple of ill  
Bows down its fragrant head.

From the land where the gems are born—  
Opal and emerald bright;  
From the waters where the ruddy coral grows,  
And pearls with their mellow light.

Where silver and gold are dug,  
And the diamond rivers roll;  
And the marble, white as the still moonlight,  
Is quarried and jetty cold.

They come with a gladness about,  
They come with tears of joy;  
Mother and daughter, youth and maid,  
Father and blooming boy.

A thousand dwellings they leave,  
Dwellings, but not their homes;  
To them there is none but the sacred soil,  
And the land where they were born.

And the temple again shall be built,  
And built as it was of yore;  
And the burden be lifted from the heart of the world  
And the nations all adore.

Prayers to the throne of heaven,  
Morning and eve, shall rise;  
And unto, not of, the Lamb  
Shall be the sacrifice.

## Correspondence.

### HOW TO ENJOY LIFE—OR PHYSICAL AND MENTAL HYGIENE.

ADDITIONAL CHAPTERS—CHAPTER VIII.—HEATING AND VENTILATING HOUSES.

BY WM. M. CORNELL, M. D.

#### Physicians the Guardians of the Public Health—Their Gratuitous Services—Professor Rand's Valued Address to the Graduates—Little Care to Preserve, Much to Regain Lost Health—Air-Pump Churches—Cause of Consumption and Premature Old Age—Why do Women Grow Old Faster than Men?—Not Hard Labor, but Inhaling Impure Air—Ignorance and Avarice the Source of Ill-ventilated Houses—Progress making in the Organization of Sanitary Associations, Lectures, &c.—How Much the Enjoyment of Life depends upon a Pure Atmosphere—Mr. Townsend's House.

Those who wish to see my views, as formerly expressed upon this subject, may find them in "How to Enjoy Life," pages 283-290; and in "Sleeping Rooms," pages 228-231. To all who have carefully perused those papers, and who follow the advice there given, it seems as though say anything more would be but of supererogation. Still, there are a few points upon which circumstances render it important that more should be said; and, more especially, because physicians are, or should be, the special guardians of the public health. To them the community ought to look for all those sanitary measures that are to prevent disease and secure health and longevity. We have no faith in the following satirical lines of the Connecticut poet:

"So doctors live, but by the dead,  
And pray for plagues as daily bread;  
Thank Providence for colds and fevers,  
And hold consultations special favors."

On the contrary, no class of men have done so much to improve the sanitary condition of the people, as physicians; and no class, not even the clergy, which have generally been the poorest paid, by contract, of all men, save only a few, about the "sunny places of Zion," in cities, have performed so much gratuitous service to "heal the sick," as they have. Individual cases there may have been, in the medical profession, who have neglected the sick poor. But, as a general thing, this has never been a characteristic of physicians. Still, we desire to suggest some items in which this very necessary and useful class may render yet more good service to the general community than they have already done.

From the fact that they are, or should be, highly educated men, they are capable of searching out the laws of health pertaining to ventilation, and the principles of warming houses and all other inhabitable buildings. As respects this matter, I have been peculiarly pleased and gratified with the following remarks in the Valued Address of Professor Rand to the late graduating class in the "Medical Department of the Pennsylvania College." To one who has been writing and lecturing on the subject of health and instructing the young in the laws of hygiene for a quarter of a century, it is peculiarly gratifying to find the learned Professor using the following language:—"Finally, gentlemen, you will have much to do in correcting evils of close rooms, both public and private. On first going into a house in which is assembled a large party, the sense revolt at the hot and unwholesome atmosphere. It is only by use, the lungs draw in without effort the filthy but invisible poison. There are hardly a dozen well-ventilated churches in the country, and many are but enlarged 'black holes.' Here the congregation sits, stupefied and depressed from carbonic acid, taking in the poisonous emanations from the bodies of hundreds around. Fever, bronchitis, pneumonia, consumption, all are the result. Thousands of unconscious martyrs have thus gained their soul's salvation by their body's death!"

Again I say, thanks to Professor Rand for proclaiming these truths to a class of young physicians whose influence will be vast for the health and longevity of our race, if they heed and follow out this good instruction.

Though it re-echoes my own views, long since repeated, yet sorry I am to say there is still so much need of this advice as ever—and this statement opens to us a very curious question, to wit—Why will men be so reckless of all that tends to preserve health, when they are so lavish in expenditure to regain it when lost?

But last evening, an office-patient said—"Doctor! if you can cure me of this disease, no sacrifice of money will be too great to make." This was spoken with deep feeling, and in the sincerity

of his heart—yet a slight knowledge, even, of the laws of health, and a few grains of common prudence, would have presented all the trouble. This also prepares the way for another remark, which I wish to make to brother physicians, which is—that, although disease induced through ignorance or imprudence may help fill our pockets, yet duty to our fellow-men requires that we should warn them of their danger, and point out the path of safety, as done by the Professor above named. Suppose we take the simple fact above stated as to the want of ventilation in churches. They are very much like exhausted air-pumps. The writer can bear testimony to its truthfulness, and he believes the statement may be extended with equal truth to dwelling, court, and school-houses. If this be so, what an amount of labor ought to be performed by physicians, school boards, clergymen, and all interested in the well-being of the young! No marvel that so many of our own children and young people die of consumption. Our wives and daughters, also, grow old prematurely. They lose strength, become pale, withered, dry; and what is the cause? No doubt, there are more causes than one. But, one of the most prominent is the manner in which we heat our dwellings, where they are confined. Not one in a hundred is properly warmed and ventilated. Sometimes no provision is made for a proper circulation of the air. Sometimes, even where there is provision for its circulation, the air is too dry; and, if a good proportion of the poisonous carbonic acid gas is removed, still, the air is deprived of its oxygen by being rendered dry by a dry heat—so that it fails to purify the blood as it should. Where this is the case, the family, and, more especially, those members of it (our wives and daughters,) who are confined in the house the larger portion of their time, grow old while young—are morose and unpleasant in disposition, and unhealthy in body. No small share of the lung-diseases, dyspepsia, and nervous affections arise from the vitiated, stagnant air in our dwellings. The man, the head of the family, looks, and is, comparatively, young; while beside him stands his "better half," wrinkled, pale, shriveled, skin dingy, mouth toothless (unless the Dentist's art has supplied the natural deficiency) eyes lustreless, nerves tremulous, and all presenting at first the natural decay of eighty years.

Why this difference? It has been ascribed by some to the harder labors of the woman over those of the man; and that peculiar genius, Oliver Wendell Holmes, in his portrait of an over-worked woman, seems to favor such an opinion.

But I do not believe this is the grand cause—though the condition of the poor females who sew for their livelihood in our cities is terrible. Still, even in their case, I believe the greater part of their evils arises from the little, pent-up, ill-ventilated attic and dens in which their poverty and the aversion of those whom they enrich compel them to live. It is rarely the case that hard labor or study wear out life, impair health, or induce premature decay, unless combined with neglect of exercise, bad food; and, especially, breathing an impure atmosphere.

Why has not this evil of ill-ventilated houses, both public and private, long since been remedied? Not, surely, because the evil has not been pointed out—for this has been often done. Why, then? Simply because avarice rules. The dollar is the ruling deity of our age. Most of our dwellings are erected by builders for speculation. They regard every extra dollar which they expend for improvements upon an old or new building so much lost money. It is only a short time since, in conversation with a master builder, a suggestion was made to have him introduce a decided improvement in warming and ventilating a block of dwellings he was then erecting.

"Oh!" said he, "they would neither rent nor sell for a dollar more, if I were to go to that extra expense!"

This is the secret. Men will not pay for that which will preserve health. Now, what is devoutly wished is this: that no man would rent or purchase a house which was not constructed upon the hygienic principles of being properly warmed and ventilated.

I would go further than this. No man should be allowed to erect and rent, or sell, to be occupied by human beings (nor even for brutes), a house not calculated to preserve health, no more than he should to maintain any other nuisance. The State, the City, have a proper right to adopt such a law; for where health is lost, they often have to maintain the invalid. It is but the law of self-defense.

If physicians all, like the one above named, would do their duty upon this subject, such houses as we now find to be rented or sold would remain unoccupied till they rotted down; while tenants and purchasers would pay any price for healthy houses. This is what we want, and expect to see at no distant day.

We expect this happy change, because physicians and scientific men all over the civilized world are waking up on this subject. It is not in this city of "brotherly love;" and among the Professors of the Pennsylvania College, only, but also, in other places, that a mighty impulse is being given to hygiene in our day. In the city of Boston, a "Sanitary Association" has recently been organized, with Professor John Ware, M. D., for its President, one of the best physicians in our land. The "Quarantine and Sanitary Association" has, also, been in operation several years. From England, also, we have the following in a Lecture delivered by Professor J. S. Lancaster, M. D., F. R. S.:—"The want of a free supply of fresh air in rooms, and the want of getting rid of carbonic acid gas from the house and the lungs, are the greatest sources of this disease." (consumption.)

I add, it is necessary to remain but a short time in an ill-ventilated room to engender scrofula, the virus of consumption.

Think what an effect inhaling such a polluted atmosphere must have upon the enjoyment of life! How it tinges everything with a sombre hue, how it mortals existence! How it makes the infant, otherwise sweet, morose! The child, otherwise with a smiling face, peevish and fretful; and the husband and father, ascetic and tyrannical! It changes what would otherwise be a house of brilliant sunshine into a den of gloom and moral darkness! I have serious doubts whether a family can be cheerful and happy, and come up to that full fruition of moral and mental enjoyment,

which the Creator designed, when He so wisely, delicately, and mysteriously tempered the atmosphere just, as He has, for us to breathe, unless they breathe it in its purity.

I have recently visited the mansion of Henry C. Townsend, Esq., in West Philadelphia, a colored student from this city, who died while completing his studies with distinguished honor in the University of Edinburgh. Please add the following commendatory testimony that has since been received from one of his friends, the Rev. Wazir Beg, a gentleman from India, of independent means; a Christian convert from Mohammedanism; a licentiate of the United Presbyterian Church, now studying medicine in Ireland. While in Scotland attending the University, he was introduced to Mr. Glasgow, about three years ago. And from that time they kept up an intimate friendship, visited in each others' lodgings, and walked together in their summer evening rambles.

He says of Mr. G.: "I can truly say, he was an Israelite, indeed, in whom was no guile. His Christianity, to a great extent, was unobscured and reticent. Ah! he was a simple, amiable disciple. He must have been a hard student, since he distinguished himself in several literary classes, and yet he was never ostentatious of his achievements. I never heard him whisper about his prizes. White lids, I know, envied him, and well they might, for he was studious and talented. Peace be with thee! thou departed spirit of friendship, made perfect in the upper sanctuary; for thou hast now rested from thy sorrows, and art commingling thy joys with those of the spirits of the just, to whom the blood of sprinkling has spoken the better things. Vale! my departed friend! I will meet in Immanuel's land."

This testimony is its own commentary. We have here one of dark Africa hue, capable of making strides in learning; that excited the envy of his white-skinned fellows; and yet not puffed up by his knowledge. And who dare doubt that when the colored race shall have a fair chance, there will be many a like instance of the thorough-bred scholar and gentleman united? Yet this is the race of whom it is said that they are only fit for slavery, and "have no rights that the white man is bound to respect." But even now Ethiopia is beginning to stretch out her hand to God, and her soul begins to develop its mental and moral struggles and yearnings; and the day is coming, when, disenthralled, she shall fulfill a high destiny.

L. C. L.

ILLUSTRATIONS OF SCRIPTURE.  
NO. 1.—GENESIS.

It is strangely interesting to trace, amid the murrings of pagan and heathen legends, the broken yet evident remains of Scripture prophecy. Nations which have strayed far away from the light of the word of God, still bear evidence in their histories, that once the truth was with them, but with a seed of eternal vanity, they have associated the chaff for ages. Several oriental nations have preserved strange legends which, in fragments, are so nearly alike to portions of the word of God, as to suggest the thought that these legends and traditions, like streams from a fountain, much polluted by passing over, and through the lands, nevertheless, originated from a pure and truthful source.

An author relates that, a little more than half a century ago, there were extant two sculptured figures, in one of the oldest pagodas of the Hindoos; one representing *Chresna*, who was said to be a mediatorial god, (*Vishnu*) who became flesh, as our Saviour did, and he was represented as trampling upon the crushed head of a serpent. The other figure represented the same god, with the same serpent encircling the deity in his folds, and biting his heel. We have not been able to trace the history of these two images, as the witness of them was himself unable to do so. (Maurice's history of Hindoostan, vol. II. pp. 290.) But there is at least a mystery in the similarity between this representation and the assertion in Gen. iii. 15: "It shall bruise thy head, and thou shalt bite his heel."

It is said that Zoroaster, a philosopher and reformer among the Persians, born 589, B. C., predicted the coming of a man who should introduce justice and religion, whose influence and purity should exceed all that had gone before. An Arabian historian, (Abulfarjous) born A. D., 1226, declares that this Zoroaster "taught the Persians concerning the manifestations of Christ, and ordered them to bring gifts to him in token of their reverence and submission. He declared that in the latter days a pure virgin would conceive, and that as soon as the child was born, a star would appear, blazing even at noonday with undiminished lustre. 'You, my sons,' he exclaimed, 'will perceive its rising before any other nation. As soon therefore as you shall behold the star, follow it whithersoever it shall lead you, and adore that mysterious child, offering your gifts to him with the profoundest humility. He is the Almighty Word, which created the heavens.'" (Cited by Hyde, de Relig. vet. Pers., C. 81.)

There are other well-authenticated relics of ancient literature, so similar in parts to what can be found nowhere else than in the Scripture, that one is strongly impressed with the supposition that all nations, possessing such legends and traditions, descended from a time when all the world knew God's will, and were more or less acquainted with his word.

A celebrated historian (Berossus) who lived more than 300 years before Christ, has left on record an account of the deluge, found by him among the Babylonian annals, kept with great care. In

these annals at Babylon, the history of the preparation for the deluge is much like that written in Genesis. But even so far back as that time, tradition had altered greatly some of the particulars, for in an account which Lucian, a very brilliant Greek writer gives us, who lived in the second century after Christ, we find the ark reputed to be "in length five furlongs, and in breadth, two furlongs!" An account, evidently obtained from some of the Babylonian writers, and one which lends the student of history to suppose very properly, that "the ark was built in Chaldee, not far from Babylon."

These various fragments, evidently based upon Scripture history, are interesting, if for no other reason than this, that they show that God has not left himself without a witness even in the histories of many pagan and heathen nations.

For the American Presbyterian.  
J. EWING GLASGOW.

MR. EDITOR:—In a recent number you gave an obituary notice of Mr. J. Ewing Glasgow, a colored student from this city, who died while completing his studies with distinguished honor in the University of Edinburgh. Please add the following commendatory testimony that has since been received from one of his friends, the Rev. Wazir Beg, a gentleman from India, of independent means; a Christian convert from Mohammedanism; a licentiate of the United Presbyterian Church, now studying medicine in Ireland. While in Scotland attending the University, he was introduced to Mr. Glasgow, about three years ago. And from that time they kept up an intimate friendship, visited in each others' lodgings, and walked together in their summer evening rambles.

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### Pervading Religious Interest in England.—A correspondent of the N. Y. Observer thus generalizes the existing state of things in England:

"A far greater change has come over this country in respect to religious life during the ten years I have resided here, than the Christian world has seen in any other country. England makes great advances without excitement. Revolutions do not flourish here. I can hardly believe, as I pass through the streets of London day after day, observing in all parts, east and west, often from ten to fourteen miles distant, from each other, on posts, in windows, or carried by men on placards, notices of prayer-meetings, of preaching, of Scripture readings, and of poor-mothers' gatherings at the Bible-women's hall, (more than one hundred of which last are now instituted,) that it is the same London it was in 1851! Though there is nothing here resembling in outward look your great revival of 1857-8, or the Irish revival of 1855-60, yet I am convinced that a greater, or more glorious work of the Holy Spirit England never enjoyed, than that which now stirs the masses to their utmost depth. Nor is the work confined to London. Liverpool, Manchester, Sheffield, Birmingham, and other large towns, are sharing more or less largely in the blessing. But greater than all, the quiet little country villages and hamlets are rejoicing in the blessing.

The two chief features of this blessing work, seem to be these, viz.: The preaching of the gospel by clergymen and laymen in a clear, plain, and simple manner, not so much for the increase of churches, as for the gathering of souls out of this evil world to Christ; and the reality of the oneness of believers and of true Christian love. Conversation after meetings have closed, has been greatly blessed this winter. There is a mighty faith for conversation with sinners now exhibited among believers, which is producing its true fruit, the conversion of souls. The gospel is felt to be adapted to the heart, and to tell a man that Jesus died for him, is a truth he cannot be indifferent to. There are no pretensions, oftentimes no physical effects at all, beyond the attentive ear and the tear-filled eye, but the glad tidings seem to go with a new power, a deep sense of sin is given, and then a blessed sight of Jesus, with liberty and joy through his cross and blood-shedding.

The London, winter meeting movement grows in power and influence, and while it is little more than a year since its first efforts, it has achieved large results. During that period, upwards of five hundred persons have been rescued from a life of sin. Of this number, more than 100 have been restored to their families, or married. A very considerable number of those saved from temporal ruin, have been brought under the power of religious awakening, and are serving God in newness of heart as well as life.

AN AMERICAN SCOTLAND.—In Dumfriesshire, and in the Upper Ward of Lanarkshire, Glasgow has been working marvellously by His Spirit. Mr. Hammond, an American Presbyterian student of divinity, has been the chief human agent employed in the work. His pointed and practical addresses in the town of Dumfries produced a powerful impression.

The Glasgow Case.—A correspondent of the Congregationalist says: "A résumé of the main points of this celebrated case may be useful. A Free Church minister, by the name of Mr. Millar, was charged with immoral conduct. His Presbytery found him guilty of two of the three charges preferred. He appealed to the Synod, which reversed the decision of the Presbytery. The Presbytery now appealed to the General Assembly, the supreme court of the Church, which confirmed the findings of the Presbytery, and suspended Mr. Millar from the ministry. As he subsequently invoked the aid of the Civil Court to restrain and intimidate the Assembly, he was, for so doing, instantly deposed by the Ecclesiastical Court.

Mr. Millar, deeming himself badly treated, though only visited with the legitimate consequences of his own doings, is now seeking civil reparation as against certain acts alleged by him to be wrong, and the process of law is now going on. The Lord Ordinary has ruled that Mr. Millar has a competent course, making it plain that the Court of Session claims the right to review church censures, and to award damages in consequence of them."

Public meetings have been held during the month at Paisley, Rothesay, Aberdeen, Perth, and other places, in order to expound the principles at issue in the Glasgow case, and to elicit the expression of sympathy with the Free Church on the part of the other Dissenting denominations. The meetings have all been well attended, and appear to have fully served the intended object of their promoters.

### The Correspondent of the last News of the Churches says:—

"The priesthood of Florence have now begun in real earnest a warfare from the pulpit against Dissent. A sermon is preached daily, Tuesday in the Church of San Giacomo, in which the usual misrepresentations of Protestantism are violently set forth. Professor Geymonat frequently goes there to hear these lectures, so as to reply to them in his own church. When he cannot, the Waldensian students go in his stead, and take notes. This has given great offence to the priests, and some of these creatures mobbed and attacked two of the students at the door of the church on Wednesday last. One was struck several times, another was rescued by the police, who took him to the Prefecture, and immediately restricted him on the charge (most false in his case) of disturbing public worship. He is still in prison, as he has not been interrogated by the Royal Procurator, though a week has nearly passed away since he was taken up."

Bologna, next to Milan, is the most important city of the newly emancipated part of Italy. From this we would expect to see the Italian Duchies come conventionally organized, and it contains a large population in itself, who at present have no good will to the Pope or the priests. Everywhere the tithes and keys of the Roman Pontiff had been removed, and the crosses of Savoy, and arms of the King of Sardinia, were everywhere to be seen. In the place of the cruel and haughty hierarchy, which has sanctioned the abduction of Mortara's boy, and under whose sway few but brigands and spies prospered, there is now established a liberal and prudent government, which has saved many priests from massacres, and who extend equal protection to all classes. The colporteur sells the Bible openly in the principal streets.

The Evangelist Mazzella, who was appointed to a professorship in the University, by the new government, has been warmly received by the people, to a seat in the Italian Parliament.

Switzerland.—The Rev. Mr. Clark of the English Church, who is now established a liberal and prudent government, has been warmly received by the people, to a seat in the Italian Parliament.

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### Church. "He regarded the Presbyterian as a sister Church, and its ministers as clergymen in the strictest sense of the term. They should therefore combine as far as the discipline of the Church of England would allow."—News of the Churches.

JAMAICA.  
Further particulars of the recent revival—The Rev. Duncan Forbes, of the United Presbyterian Mission at Stirling, Westmoreland, describes the progress of the movement, and its wonderful effects, in his district.

It seems to have begun in the conversion of a fallen young woman whose case he narrates, giving an account of a most remarkable prayer which she uttered, in regard to which he says:—  
"I felt confounded, surprised, and overwhelmed. Her petitions and supplications for her dear minister, and for the success of his ministry in bringing souls to Christ, and, indeed, such as I felt they would be answered, and I trust will never be forgotten by me. Oh, I could not help crying out, when that prayer ended, 'God grant, young woman, that you may go on as you have now begun! Oh, what may you not do among your sisters, who were now serving the devil, and whose hearts were as hard as iron, but who were now converted, filled with poor sinners, coming from various quarters to see this great sight, and went home under an awakened influence I little anticipated. I had been refreshed and strengthened by that morning service for five weeks of the winter work. I have ever yet been called upon to undertake. The revival had begun. And now I pretend not to tell the numbers who have been awakened, and prostrated, and taught to pray and to praise also."

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