

swelling of the tonsils by cold, and from the sympathetic irritation of the trachea.

2. As a preventive, before the deduction of the packing round the throat, begin the ablation with tepid water and vinegar, and gradually come to the copious use of cold water, applied by a sponge to the whole region of the neck and shoulders, rubbing afterwards, with a coarse towel, till the skin is well reddened. If this plan is adopted in summer, by the time winter arrives, it will be found quite sufficient to wear only the slightest stock in the coldest weather, and to sleep at night with the collar of the night shirt unfastened, without taking cold.

3. Many persons have a very injurious mode of speaking by driving the sound from the chest harshly and gratingly through the windpipe, creating a sound which seems rather sepulchral within the body, than flowing easily out of it. It is far better to keep the mouth itself well open, giving the whole instrument rather the character of a trumpet, in which the effective sound depends rather in a gentle, steady filling of the mouth of the trumpet for vibration, than blowing into it violently. I believe this erroneous method to be exhausting at all times, and rapidly destructive of the organ. If the lungs are regularly expanded at proper intervals, and the column of inhaled air is allowed to flow out at a moderate and quiet rate, and without the vehement muscular driving of the chest, while the articulation is easy and independent, like the fingering of a flute, the natural instrument is then treated fairly, and will endure a degree of wear and tear not often encountered.

These are the results of thirty years' experience, and though they appear minor matters, yet, if properly attended to, they will be found of real importance. Men of peculiar delicacy of throat may, by perseverance in this way, become robust and indomitable speakers.

Of course, if there is a general constitutional debility, collateral measures for improvement must be adopted also, or these hints would be of little avail.

Home Missions.

NARRATIVE OF A MISSIONARY TOUR.

Having engaged to labour for some time within the bounds of the Presbytery of Perth, I left home with the view of fulfilling this engagement, about the end of January, going round by Simcoe, Victoria and Dover, for the purpose of preaching in these places, at the request of our Presbytery, on the first Sabbath of February.

The cause in this locality is not so strong as we had anticipated, and it is highly necessary that, along with preaching, considerable deal be done in the way of visiting among the people.

On the second Sabbath of February, assisted my friend, Mr. Cheyne, in the dispassion of the Sacrament. It was an interesting season, and it is pleasing to witness the rapid erection of two commodious churches—the increasing attendance, and the progress of the cause, under his ministrations. As it was near the end of the week, when I reached Toronto, I resolved to dispose of the following Sabbath, the 14th of the month, at West Gwillimbury, and though there was only half a day's notice, there was a large attendance; and I was glad to perceive that so commodious a church had been erected, and that the congregation appeared every whit as large and flourishing as previous to the division in that quarter which recently took place. Preached in the afternoon at Bradford, and in the evening again in the settlement. In all our visits to that congregation, we have experienced much kindness and cordiality of feeling, and we are persuaded that they cling in heart and affection to those who labour amongst them in holy things, and our earnest desire and prayer is, that the abundant blessing of the Head of the Church may rest upon them, and that soon they may be favoured with a stated ministry, which may be an efficient means under God of advancing their spiritual prosperity.

Sabbath, February 21.—Preached at Hunting-

don and Tyendinaga, to which I had sent an appointment some time previously. The service was at Mr. Kenney's school-house, Tyendinaga, in the forenoon, and in the afternoon at Anderson's school-house, Huntingdon. The weather having turned out uncommonly severe, and there being a heavy fall of snow, the meeting at Mr. Kenney's was small; and so bad were the roads, chiefly with drifted snow, that ere I reached the place for meeting, in the afternoon, it was an hour after the appointed time. Notwithstanding, however, the badness of the roads, and the inclemency of the weather, a considerable number had collected, and were just at the time of my arriving leaving the school-house. I got them to assemble again, however, for Divine service, in the house of Mr. John Campbell, and preached to them again on the evening of the following day.

In Huntingdon the people seem much attached to our church, and desirous of Divine ordinances, and there are among them various individuals, I believe, of piety. In Tyendinaga again there is more indifference and lukewarmness among the people, and they seem less favourable to our body. While the majority, however, seem undecided, a goodly number adhere to us. The indifference which prevails is perhaps to be ascribed very much to the neglect which they have experienced. They had made an application some time ago to the Presbytery of Kingston, in connection with us, but no answer (through an oversight in the individual whom the Presbytery had written to) had been received by them, and having made several attempts to obtain a regular supply of preaching which had failed, and having little hopes of such a supply from our body, some of them made an application to the Methodist church, and entered into a subscription for contributing to its support; and though we have never, perhaps, except in this instance, heard of a direct application to this church for Divine service, in various places, such as in part of the Owen Sound settlement, preachers belonging to it are settled among our people, who constitute the bulk of their hearers, and contribute to them a regular support—showing what ample advantage for proselytizing we afford to other churches, and for availing themselves of which we by no means wish to reflect upon them, for wherever they are made welcome, they have a right to establish themselves and disseminate their principles; say, if they act consistently with these principles, they must feel bound to use all Christian means to promote their extension; but at the same time it is our duty, as a church—in order to prevent such a sad defection of our adherents as often takes place from their spiritual wants not being attended to by us—to be exercising over them, in every quarter, vigilant superintendence—to cherish them with fostering care, and to strain every nerve to afford them such a supply of ordinances as may, through the blessing of God, promote their spiritual benefit, and prevent them from wandering like stray sheep, from want of pasture, into other folds. Lately a good many of the people having embraced an opportunity afforded them of enjoying the communion in the Established Church at Belleville, they consider themselves, on this account, as in some measure connected with that church. At the same time, so neutral are the great body of the people that we are persuaded the church which may be first in supplying them with an acceptable labourer shall obtain a footing among them. The circumstance, however, we have adverted to, in regard to the dispassion of the sacrament, should suggest to us an additional reason for the speedy organizing of those who adhere to us, and the dispassion among them, as soon as circumstances may permit, of that holy ordinance, as not only necessary for their essential benefit, which is the first and most important consideration, but also for perpetuating their connection with us; for should this ordinance be long denied them, they are apt, especially if not very decided in their principles, to embrace an opportunity of enjoying it, which may be afforded by other churches; and it is, we conceive, doubtful whether Presbyteries should, in all cases, wait for an application from organized congregations, in order to dispensing among them this ordinance, should this step appear from the circumstances of

a congregation expedient: for it seems reasonable that the same control in this matter which a minister and session should exercise in regard to a particular congregation under their charge, a Presbytery should exercise in regard to the vacant and destitute congregations under their superintendence.

Monday Evening, 23rd.—Preached again at Tyendinaga, and on the day following went to Laxier's Mills, about seven miles east, for the purpose of preaching there; but finding, when I reached the place, no trace of my appointment, and concluding it had not reached, owing to the state of the weather and roads, proceeded onward to Napanee, to which I had sent about a week previously an appointment to preach on the evening of Wednesday the 24th. I found, however, on my arrival, that my letter had not been received, but that an appointment had been made for Mr. Alexander of Cobourg, whom I there met in company with Mr. Gregg, who labours under the Presbytery of Kingston. We received from Mr. Alexander an animated and edifying discourse, after which he made a pathetic appeal to the people on the duty of doing something for the relief of the distressed Scotch and Irish; and, in compliance with a suggestion which was made to him, after he had finished his address, appointed a meeting to take place, at an early day, for the adoption of some measures for their relief. After preaching at Napanee on the following evening, I proceeded next day to Kingston.

Sabbath, 28th.—Preached to the congregation, City Buildings, forenoon and afternoon, and attended a Bible Class in the evening.

Monday Evening, 29th.—Preached in the house of Mr. Hogg, in the western part of Ballynahinch, and on Tuesday evening, 2nd March, at Wilton, a village a few miles farther west. This is a station of some importance. Not only are there several families of professed adherents, but there are a good many others, some of them respectable and intelligent, who give a preference to our church, and expressed to me a desire to have a regular a supply as possible of Divine services, declaring at the same time their willingness to contribute.

Wednesday Evening.—Attended the congregational prayer meeting, City Buildings. There are connected with the church which meets here prayer meetings for every evening in the week; but what is called the general or congregational one meets on Wednesdays.

Sabbath, March 7.—Preached for my friend and brother, Mr. Gordon of Gananoque, after which I proceeded to Brockville, chiefly with the view of visiting Mr. Smart, from whom I expected to receive directions as to the places I should first visit within the bounds of the Presbytery of Perth.

LOCHIEL AND GLENGARY.—THE REV. W. MCGILVRAY.

The above named Deputy of the Free Church, in a letter to the Convener of the Colonial Committee, gives an account of the state in which he found matters in the Eastern and Ottawa Districts on his arrival, and the result of his indefatigable labours during the past winter in that quarter. The following extract will be read, we are sure, with interest and pleasure; and we are happy to add, that great progress has been made in the good work since the date of Mr. McGillvray's letter, which was written in February last, at Vankleik-hill. By another communication in this number, it will be seen that good progress has been made at Cornwall, under the labour of the Rev. John Fraser—a Missionary sent to us some time ago by the Free Church, whose services in various parts of Canada East have been mentioned in the Record:—

"When I came to this quarter, the minds of the people were still in a comparatively unsettled state, although there was enough known of our principles to shake the prejudices of the congrega-