the Bible, and by the distribution of Religious My friend kept the station, exhibiting tracts, reading, and speaking a few words occasionally, intimating the time when public worship would commence. I visited several vessels and boats lying near to the place, also a number of public-houses, where I left tracts and hand-bills. furnished me by the Christian Instruction Society. which, with those I put up in different parts of the market, had attracted a considerable auditory. My friend, being a good singer, commenced the service with a song of Zion; a divine blessing being sought upon the portion of God's word to be expounded, which was Exodus xx. 8. auditory, though not the most respectable, was very attentive. At the close of the exercise, tracts were given to all who would engage to read them. and lend them to their neighbours. My friend, and myself, then heard a discourse at St. Ann's, Blackfriars. Between the hours of two and four. I visited three Sunday schools, and gave a closing address to the last. At four o'clock, by previous appointment, I gave a discourse in Smithfield, from Job xxxiii. 14. As at the other places, I gave tracts to those who would read and lend them. At half-past five, I preached under the tent, for the Christian Instruction Society, near to the White Conduit House, distributing tracts as before. seven o'clock I heard a discourse by the Rev. T. Mortimer. Thus I have given a brief account of the manner in which I have spent one Sabbath. All others, since my arrival, have been employed in a similar manner. My allowance of tracts from the Christian Instruction Society, has been, of late, one thousand a week; and though, on the Christian Sabbath, there ought to be no buying and selling, not even of fruits or religious books, yet the Saviour and his Apostles, on the Sabbath, have