

lighted to review the doings of Divine Providence. He loved and advocated the principles of the Covenanted Reformation, and rejoiced when an opportunity was given for their extension by the union of the Synods in 1840. At the same time, he was a lover of good men in whatever denomination they were found, and delighted in the progress of the truth, bidding its friends of every name "God speed," with all his heart. In the discharge of his pastoral duties he was regular, unremitting, and faithful. For example, when the day came for the annual examination of the young people of his congregation in July last, by ministers appointed by Presbytery, although on his death-bed, he caused the examiners to be convened, giving directions, at the same time, with his usual hospitality, that they should dine at his house. The dying man conversed with the brethren, heard them pray, gave them affectionate advice, sent them to examine the young persons, and died the following day. He might die, but the young of his charge must not lose their examination, nor must the regular course of active duty be interrupted. As a member of the Secession Synod, he enjoyed largely the confidence of his brethren, having been twice called to the Moderator's chair, first in 1814, when he had only been five years in the ministry, and again in 1833. He possessed fitness for ecclesiastical business. He was clerk of Presbytery for upwards of thirty years, most accurate and efficient, and so late as May last he took the notes of a very lengthened sederunt. His punctuality in attending meetings of Church courts was most exemplary, having never been absent from Presbytery, Synod, or Assembly (except in 1838, in a severe attack of sickness), during the whole of his long ministry, till the decline of his health a year or two since, and in all cases being in attendance at the opening and close. It has been observed by many that no man showed greater zeal for the interest of the Church, or made greater sacrifices on its behalf. Time, fatigue, expense—all were disregarded, when the interest of Zion required his efforts. He made great exertions not only for the spread of the Gospel abroad, but also for supplying the means of grace to destitute localities at home. He took an active part in originating several new congregations within the bounds of his own widely-scattered flock, although he knew that many distant members—and they the most affluent in some instances—of his own congregation would be sure to attach themselves, for the sake of convenience, to the new erection near to them. But though he "deceased" by such means, yet he rejoiced if Christ "increased." His hospitality, too, knew no bounds. His house was ever open, and a cordial welcome awaited all. As an educator of youth, he was very successful; for, in addition to the oversight of a scattered congregation and frequent open-air preaching, he taught an English and classical school for many years, and his pupils are found in many parts of the world filling various useful and honourable professions. In the education of students for the ministry he took a zealous and affectionate interest, and for many years, as convener of the Secession College Committee, attended the annual examinations in the Royal College, Belfast. He was the first Moderator of any Synod, who, in his official capacity, entered that institution, in the welfare and prosperity of which he took the deepest interest from the very first; and it was with great reluctance and pain that his ecclesiastical connection with it ceased, when its management became objectionable to the Orthodox bodies. In the formation of the Secession Widows' Fund, in 1813, and in its subsequent most successful management, he took an active part, and was appointed by the subscribers one of its trustees. He took an early interest in missions, both

home and foreign, having been one of the originators of the first Presbyterian Home Mission to the South and West of Ireland, and one of the acting members of the Down Auxiliary to the London Missionary Society, the claims of which he frequently advocated in the pulpit and on the platform. He impressed on his congregation the duty of contributing promptly and liberally to the missions of the Assembly; so that, although a small and weak congregation, yet a blank was never found opposite its name in the yearly statement, and larger annual contributions were made by it to the grand and great cause of God, than by many others many times greater in numbers and wealth. In the cause of the Sabbath he maintained a faithful testimony, and the last motion which he made in the Presbytery related to the prevention of Sabbath traffic on the Belfast and County Down Railway. For the temporal and spiritual improvement of the district around Lissara, his own immediate sphere of labour, he laboured earnestly, as was evidenced by the part he took in the erection of school-houses, the establishment of libraries, the formation of temperance and Bible societies, the Kilmore Sabbath School Union, &c. He was secretary of the last named institution for several years, and many a cold winter's night the man of more than three score years and ten was found in his place at its meetings, though held in the remotest part of the parish. The friends of this union testified their regard for him by a costly and valuable present, when he retired from the duties of secretary, three years ago. In the purchase and adjustment of the rectorial tithes of Kilmore he was enabled to render a service to the community which will not be forgotten, and their estimate of his labours in this difficult matter was manifested by a costly and substantial gift from the parishioners of all denominations.

This is a brief and imperfect sketch of one who lived not for himself. During his last illness he gave utterance to many expressions of Christian hope which accorded well with his consistent life, and in an assured faith he contemplated without fear his departure from this world. He died in the presence of his children on the evening of Wednesday, the 21st July, in the 81st year of his age. "Mark the perfect man, and behold the upright, for the end of that man is peace." According to instructions which he had given several days before his death, his coffin was taken into the meeting-house, where for half a century he had proclaimed the Gospel, and ministers whom he had named officiated. The Rev. David Edgar, of Ballynahinch, delivered a striking address, characterised by chasteness and beauty of style, containing affectionate references to the departed, and affecting reflections on the subject of death. The Rev. Wm. White, of Downpatrick, offered up a solemn and appropriate prayer. The funeral procession, which was very large and respectable, and in which mingled a great number of ministers of all denominations, then passed on to Kilmore Churchyard, where the interment took place, in the family burying-ground. At the request of the Presbytery of Down, the Rev. Dr. Edgar, of Belfast, preached the funeral sermon at Lissara on Sabbath the 15th inst. He chose for his text Titus iii., 8, and in a powerful and lengthened discourse sustained the attention of a crowded congregation, while he strikingly exhibited the close connection between the faithful exhibition of Scriptural doctrine, and the energetic labours of true benevolence. He referred in very feeling terms to their late pastor—his own and his father's friend, whose bold and full proclamation of Gospel truth, in a fifty years' ministry of arduous, self-denying labours and benevolent enterprises, illustrate the fact that "they which have believed in God are careful to maintain good works."

Mr. Lowry, has left Three Sons and Three Daughters. Two of his sons are in the ministry. One (his eldest) is the Rev. Thos. Lowry of Whitty, and a late moderator of the Synod of our Church, a gentleman who possesses—as our readers will infer from the foregoing remarks—a hereditary talent and taste for Church Law.

In the laborious and holy life of the subject of this notice, our young ministers may find not only an example of ministerial fidelity and devotedness, but a strong incentive to duty and activity in the Lord's work. While in his private relations, his calm and pleasing demeanour, cannot fail to shew the younger portion of the ministry, how the man of God may find an avenue to the heart, and thereby a means of increased usefulness in his calling. In him the church has lost a minister, and her clergy an example.

Mr. Lowry died a happy and peaceful death, the immediate cause being *Lassa* *febrilis*, in the 81st year of his age and the 50th of his ministry.

"He being dead yet speaketh"

"Servant of God, well done!"

Rest from thy loved employ.

The battle fought, the victory won,
Enter thy Master's joy."

WHAT DISABLES SO MANY OF OUR MINISTERS?

BY WALTER B. GEIKIE, M. D., TORONTO.

In a former number of the "Record" I spoke of a too sedentary life as among the chief causes of the ill health under which so many Ministers in this country labour.

I stated that it interfered with the healthy working of the entire system, and closed the article with a brief account of the functions of the skin, shewing the important part these play in the economy, and the evils which result from their being imperfectly performed.

The muscular system too, suffers much from insufficient use. We see this exemplified in young men, who having always been accustomed to lead an active life, suddenly exchange this for one of study, in which the greater part of their time is spent in fitting themselves for the professions they desire to enter. Almost every one who has thus entirely changed his habits, suffers more or less in health, in consequence of the change being at once great and sudden. The strong and well developed frame becomes weak, and the muscles of the body quite flabby, and unable to bear a tithe of the exertion which had previously been as nothing to them. Even a short walk often seems greatly to exhaust persons thus debilitated, and many such feel too languid to attempt exercise of this kind. We frequently, (especially in this country,) see Theological Students in this pitiable state, who, nevertheless go on labouring unceasingly at their books, as if they could improve their minds to advantage, when the health has become so seriously impaired. This unwise course, if persisted in, is almost certain to end in the entire breaking up of the constitution, no matter how vigorous it may have been previously, and the victims are either cut off prematurely by some insidious yet fatal disease, or sink into a state what is too often irremediable valetudinarianism. How does the muscular system suffer from too little exercise? In general terms it may be said that use is necessary in order to maintain a function or part of the body in a healthy state. If a joint remains long unmoved, it stiffens and in time becomes immovable, and if a limb, from disease or accident, requires to be kept at rest for any length of time, its muscles become much smaller, from the want of the natural and strength-giving stimulus of action,