

The following extract from a Thanksgiving sermon delivered by Rev. J. S. Adams...

"The newspaper! Where does it not get from the thronged streets of the metropolis, far out into the pioneer's cabin, where civilization and barbarism enjoy peaceful communion, or have open war? And wherever it goes, thought is communicated, intelligence diffused, the mind quickened, fed, and made eager for new acquisitions of knowledge."

FEMALE SUFFRAGE IN NEW JERSEY

Women formerly possessed, and at various times exercised the elective franchise in New Jersey. By the Constitution adopted July 2, 1776...

Hon. JOHN B. REAGAN, who was recently elected a Representative to Congress from Texas, went to that State eighteen years ago...

GENIUS OF ENERGY.—There is no genius in lie, like the genius of energy and industry. You will learn that all the traditions so current among very young men...

And you will further find, when you come to measure yourself with men, that there are no rivals so formidable as those earnest, determined minds, which reckon the value of every hour, and which achieve eminence by persistent applications.

Literary ambition may inflame you at certain periods, and a thought of some great name will flash like a spark into the mine of your purposes; you dream until midnight over books, you set up shadows, and chase them down—other shadows, and they fly.

And it is a glorious thing, when once you are weary of the dissipation, and the ennuis of your own aimless thoughts, to take up some glowing page of an earnest thinker, and read, deep and long, until you feel the metal of his thought flaring on your brain, and striking out from your fifty lanterns, flashes of ideas, that give the mind light and heat.

And you wonder at the fecundity of what seemed so crude. The glow of toil awakes you to the consciousness of your real capacities; you feel sure that they have taken a new step toward final development. In such mood it is, that one feels grateful to the musty tomes, which, at other hours, stand like curiously-looking mummies, with no warmth and no vitality.

Now they grow into the affections like new found friends; and gain a hold upon the heart, and light a fire in the brain, that the years and the mould cannot cover nor quench.

TEMPERATION AND FRAUD

A moral of the late defalcation in the St. Nicholas Hotel, is that more vigilant care should be exercised over an establishment by the proprietors. It would be well if such a lesson could take effect in private households.

It opens scenes, lectures courts, pulpits, scientific lecture rooms to audiences such as never could have been reached save through this consummate reporter. If it bears some evil, it conveys more good. It advocates false opinions, it promotes that inquiry which shall invite a review of the falsehood through the same or similar sources.

It is daily making our land one grand discussion room, where, in time, no bigot—secular, religious or political, can enter, without feeling that his opinions are subject to the freest examination, and that in the light of this examination, on their own merits, these opinions stand or fall.

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BREATHING

There are certain physiological laws which from their simplicity as well as their importance, should be familiar to every person. These principles are hardly too often urged upon the attention of the reading community...

The process of breathing is very simple, though the machinery by which it is performed is complicated and wonderful. And herein, at least, all men are created equal; neither can man boast in this respect over the brute beneath him, for all existence is sustained by the same process.

Yet the art of breathing seems but little understood, or if understood, but poorly practiced. Certain it is that thousands of people of both sexes stop breathing altogether, long before they have lived to old age, for the simple reason that they do not breathe properly while they have a chance. Consumption, asthma, and kindred disorders, that count their victims by multitudes which no man can number, result in numerous instances from this fruitless source of mischief.

The lungs are so constructed, that the largest ones (the right lung) when properly used and developed, will contain a gallon of air; yet it may be so contracted as to contain no more than a gill; and when this stage of contraction is reached, a person had better make his will, and all other necessary arrangements for an untimely death.

It is just as easy to have a broad chest and fully developed lungs, as it is to have them contracted; yet there is only one way given, under heaven or among men, whereby this result may be obtained, and that is to breathe properly. In the first place, if you would do this, you must keep erect, whether sitting or standing; and then you must breathe fully—that is, you must fill the lungs to their very bottom.

Furthermore, you should often give the lungs an extra strengthening by throwing back your arms and shoulders as far as possible, drawing in all the air you can, and then letting it off by the slowest process. This invigorates the whole system, and soon becomes a luxury which you will not dispense with. It is particularly necessary for persons of sedentary habits, such as clerks, shoemakers, tailors, teachers, etc.

There is a style particularly common with Young America, of sitting with the heels as high or higher than the head. What is more common than to see a man reading his newspaper, or smoking a cigar, with his feet perched upon a desk, or some object higher than his chair? The practice is at once vulgar and mischievous, and, long continued, can but result disastrously to the health.

The true position of the body is indispensable. A person should make it a matter of serious and solemn duty not to get into the habit of stooping. It is particularly necessary for persons of sedentary habits, such as clerks, shoemakers, tailors, teachers, etc. These persons should never allow themselves to sit in a stooping posture; and as every half hour should get up and fill their lungs in the manner just described.

This leads us to remark upon the ventilation of sleeping apartments. It is an amazing fact that hundreds of families sleep without fresh air, carefully closing all the doors and windows that can admit any, as though it were an enemy against which they were to barricade their castles, instead of a friend without which they cannot live. The air of a bedroom is thus breathed over and over again, till it becomes impure and unhealthy; and by this means the system is enervated, and disease is engendered. Dwellings should be built with an eye to this important matter of ventilation; but even where they are not, a partial remedy exists, for a window can be raised, or a door opened, or both.

These suggestions as we have already intimated, are of the simplest kind, which every person can understand and adopt. Their importance cannot be over-estimated. The whole subject of physiology is one of the greatest importance, and no man should be ignorant in relation to the structure of his system, and the proper use of its functions.

RUSSIA AND AMERICA

Letter from Hon. Josiah Quincy to Mr. Lincoln

We copy below a letter from the venerable Josiah Quincy, of Boston, to President Lincoln, which appears in the New York Post, with the following explanatory preface: This letter, a copy of which, in the full and clear handwriting of its author, we have seen, was not intended for the public eye, and it has been acknowledged, as we are told, by Mr. Lincoln, in terms of the most frank and candid nature...

Hon. Abraham Lincoln: Sir: Old age has its privileges, which I hope this letter will not exceed. But I cannot refrain from expressing to you my gratitude and my gratitude for your letter to the Illinois Convention, happy, timely, generous, and effective. What you say concerning our adoption of your proclamation and your course of proceeding in relation to it, was due to truth and your own character—shamefully assailed as it has been. The development is an imperishable monument of wisdom and virtue.

Negro slavery and the possibility of emancipation have been subjects of my thought for more than seventy years; being first introduced to it by the debates in the convention of Massachusetts for adopting the constitution, in 1788, which I attended. I had subsequent opportunities of knowing the views of that august assembly, and of many others. With the first of these I had personal intercourse and acquaintance. I can truly say that I never knew the individual, slaveholder or non-slaveholder, who did not express a detestation of it, and the desire and readiness to get rid of it.

Through the direct influence of a good and gracious God, the people of the United States have been in-structed with the power of answering satisfactorily both the questions, and also of providing for the difficulties incident to both, of which if they fail to do so, they will entail their own and sorrow and misery on many generations.

It is impossible for me to regard the power thus granted to this people otherwise than as proceeding from the direct influence of a superintending Providence who ever makes those whom he intends to destroy. The only possible way in which slavery, a or it had grown to such height, could have been abolished, is that which heaven has adopted.

Your instrumentality in the work is to you a subject of special glory, favor and felicity. The mad-ness of a session and its inevitable consequence, civil war, will, in your result, give the right and the power of universal emancipation sooner or later, if the United States do not understand and fully approve the best then bestowed on them, and fall to improve it to the utmost extent of the power granted; they will prove recreant to themselves and posterity.

I write under the impression that the victory of the United States in this war is inevitable. Compromise is impossible. Peace on any other basis would be the establishment of two nations, each hating the other, both military, both necessarily hostile, their territories interlocked, with a tendency to never-ending hostility. Can we leave to posterity a more cruel inheritance, or one more hopeless of happiness and posterity? Pardon the liberty I have taken in this letter, and do not feel obliged in any way to take notice of it; and believe me, Ever your grateful and obliged servant, JOSIAH QUINCY, Quincy, September 7, 1863.

RUSSIA AND AMERICA. Letter from the Czar—Russian Sympathy with our Government. On Saturday M. de Stoeckl, the Russian Minister in Washington, read to the President the following letter from Prince Gortschakoff, conveying assurances of the sympathy of the Emperor of Russia with our government in its struggle against rebellion. PRINCE GORTSCHAKOFF TO HON. M. DE STOECKL. "St. Petersburg, July 10, 1861. "M. DE STOECKL, &c., &c.—Sir: From the beginning of the conflict which divides the United States of America, you have been desired to make known to the federal government the deep interest which our august master was observing in the development of a crisis which puts in question the property and even the existence of the Union. "The Emperor profoundly regrets to see that the hope of a peaceful solution is not realized, and that American citizens, already in arms, are ready to lose upon their country the most formidable of the

LETTER FROM HON. JOSIAH QUINCY TO MR. LINCOLN

scourges of political society—a civil war. For more than eighty years that has existed the American Union owes its independence, its towering rise and its progress to the concord of its members, consecrated under the auspices of its illustrious founder, by institutions which have been able to reconcile the Union with liberty. This Union has been faithful. It has exhibited to the world the spectacle of a people, without example in the annals of history, it seems to urge them to draw closer the traditional bond which is the basis of the diversity of their political existence. In any event the diversity of their political existence. In any event the diversity of their political existence.

The struggle which unabashedly has just arisen can neither be indefinitely prolonged nor lead to the total destruction of one of the parties. Sooner or later it will be necessary to come to some settlement which may be, which may cause the diversity of interests now actually in conflict to coalesce. The American nation would find a proof of high political wisdom in seeking in common such a settlement before a useless effusion of blood, a barren squandering of strength and of public riches, and acts of violence and reciprocal reprisals shall have come to deepen in abysses the general exhaustion, and in the ruin, irreparable, of their commercial and political power.

Our august master cannot resign himself to admit such deplorable anticipations. His Imperial Majesty still places his confidence in that practical good sense of the citizens of the Union who appreciate so judiciously their true interests. His Majesty is happy to believe that the members of the federal government, and the influential men of the two parties, will cease all animosities in that practical effort to calm the effervescence of the passions, there are no interests so divergent that they are not possible to reconcile them by laboring to that end with zeal and perseverance in a spirit of justice and moderation.

If, within the limits of your friendly relations, your language and your counsel may contribute to this result, you will respond, sir, to the intentions of his Majesty the Emperor in devoting to this personal influence, which you may have been able to acquire during your residence at Washington, and the confidence which belongs to your character, as the representative of a sovereign animated by the most friendly sentiments towards the American Union. This Union is not simply in our eyes an element essential to the universal political equilibrium; it constitutes besides a nation to which our august master and all Russia have pledged the most friendly interests of the two countries, placed at the expense of their development, appear called to a natural community of interests and of sympathies, of which they have already given mutual proofs to each other.

It is not with here to approach any of the questions which divide the United States. We are not called upon to express ourselves in this respect. The preceding considerations have no other object than to attest the true solicitude of the Emperor in the presence of the dangers which our common Union, and the sincere wishes that his Majesty entertains for the maintenance of that great work, so laboriously raised, and which appeared so rich in its future.

It is in this sense, sir, that I desire you to express yourself, as well to the members of the general government as to the influential persons whom you may meet, giving them the assurance that in every event the American nation may count upon the most cordial sympathy on the part of our august master, during the most important crisis which it is passing through at present. Receive, sir, the expression of my very deep consideration. GORTSCHAKOFF. The Secretary of State has delivered to M. STOECKL the following acknowledgment: "MR. REWARD TO MR. STOECKL. "DEPARTMENT OF STATE, Washington, Sept. 7, 1861. "The Secretary of State of the United States is authorized by the President to express to Mr. De Stoeckl, Extraordinary and Minister Plenipotentiary of His Majesty the Emperor of Russia, his profound sense of the liberal, friendly and magnanimous sentiments of His Majesty on the subject of the internal differences which for a time have seemed to threaten the American Union, as they are comminuted in the instruction from Prince Gortschakoff to Mr. De Stoeckl, and by him read by His Majesty's director to the President of the United States and the Secretary of State. M. De Stoeckl will express to his government the satisfaction which the President of the United States will derive from the friendly relations between the two countries which have had the beginning with the national existence of the United States. The Secretary of State offers to Mr. De Stoeckl renewed assurances of his high consideration. WILLIAM H. SEWARD. "M. De Stoeckl, &c., &c."

Let us make up our minds for a long and bloody war—and not be hurried or frightened on the occasion. We are prepared for it; and prepared to continue it; if we need, till the North gets sick of it. Unless we prove arrant cowards, war will do us no harm and much good. It will elevate our character, teach us self-respect and self-reliance, give us a name among the nations and infinitely advance our civilization, by compelling us to pursue and practice with ourselves all the virtues, professions, arts and callings that belong to and constitute high civilization and high civilization.

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many other southern protests are king and petty princes. The North cannot submit without them, but it will not submit without them, and if it does not submit, it will not submit without them, and if it does not submit, it will not submit without them.

Unsettled discovery of America and the doubling of the Cape of Good Hope, each civilized nation, within itself and upon the products of its own soil, cotton, sugar, coffee, tea, rice, spices and other articles of trade, of which the North has been so rich, and of which the South has been so poor.

The North-western States of America are situated on the Gulf of Mexico, and have a large and fertile soil, and a large and fertile soil, and a large and fertile soil, and a large and fertile soil.

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