of my own mind, suffer me to find an all availing remedy in the fulness which is in Christ. Anoint my face with the pure oil of thy kingdom that I may not do discredit to my Christian profession; & give me grace I beseech thee, that in stedfastness of mind & purpose, I may may persevere in my course of duty – in the sweet assurance, that in the plenitude of thy sovereign mercy in Christ Jesus, thou will "give me a lottey space out of all trouble." Amen.

N.B. It is a most inconvenient fault in me, that I take all passing circumstances too gravely – make too much of them – & fight hard battles in my own mind about matters which require no such effort: Lord, give me more simplicity & ease of spirit!

Seventh day morng.

This day completes our fortnight at sea, & although our progress through the waters has not been very great, yet in the review of this time of novel experience, I feel that I have much for which to be very thankful. We have been preserved in safe safety & although conflict of mind has at times been very severe, I may commemorate occasions of peculiar favour & peace – these have been of frequent occurrence – we have had adverse winds – dead calm – fair wind for a season – & now somewhat the contrary again. How incontrovertible is this moving power by any ~~or~~ human hand – how consoling the remembrance, that our Heavenly Father holdeth "the winds in his fist." We are in Latitude about 47, in Longitude about 23. Nothing could well be more solemn to my feelings, than the calm which prevailed on fifth day late in the evening – scarcely a breath of air playing with the sails; the ship notwithstanding ~~at the bosom~~ in the midst of a mighty ocean – altogether in a condition was one of much lowness, for the enemy had been beating against me within, with many a strong, restless wave – so that the suggestion arose, Am I a Jonah to be stay the vessel on its course? This temptation however left me, after a very interesting meeting in the large dark hold of the vessel, with the sleepy passengers before they retired to rest – many of them indeed being in their beds. The voices of prayer & praise arose vocally – I humbly trust with acceptance through the Saviour.

Second day Eve. 24th June.

Very different has been the scene this morning from that which I have last