

MONTHLY NOTES

SERVICE ACCOUNT.

FEBRUARY.	
RECEIPTS.	
Offertory: Average, \$30.25	\$ 121 00
Balance 28th February	96 21
	\$217 21
EXPENDITURE.	
Balance 31st January	\$ 82 81
Clerical Stipend	62 50
Sexton's Salary	20 00
Fuel, on Account	20 00
Water-rates	3 50
Rowse & Hutchison: "Monthly Notes" for 14 months	28 25
Bank Commission	45
	\$217 21

THE BIBLE OUR PRESCRIPTION BOOK.

Paper read by T. H. Turner, Esq., at a recent meeting of the St. Alban's Chapter of the Brotherhood of St. Andrew.

Our doctor, called also the "Good Physician" because of the readiness with which he attends to the wants of the poor who seek his aid, having occasion to depart from us for a long time, has left a book of prescriptions prepared by his assistants, but inspired by himself, in order that those who diligently study and follow its directions, may keep themselves in good health until his return; or until they are called to join him: for it is understood that he is so dissatisfied with the sanitary surroundings of his patients here, that he has, at great cost, purchased a large estate in a far country; and is now sending for his patients, one at a time, for the purpose of gradually settling them here; and it is stated on good authority, that before long he will arrange to transfer his remaining patients to the same place, so that all may be under his personal supervision.

These prescriptions are so arranged with other valuable information, in this volume, that it is only by a daily study of it, that we can realize its true worth and take proper measures to keep ourselves in vigorous health.

It will only be necessary to point out two or three common diseases, and their remedies, to indicate the value of this great work.

Congestion of the heart; this arises from the inability of that organ to throw off, from time to time, the foreign and impure matter that seems to gather there; and is due to neglecting the "bread of life," that is provided for our diet, an attempting to subsist upon the indigestible products of "Vanity Fair."

This causes the spiritual powers to be so overloaded, that they refuse to perform their duties, thus bringing about a stoppage of the spiritual machinery so that if energetic measures are not at once taken, fatal results will ensue. To show the contagious nature of this disease, our medical record places before us an account of an outbreak of it that almost extinguished our race, and has made a lasting impression upon our surroundings. It seems that from some unstated cause, this disease had become hereditary in a large number of

families; and had taken such a complete hold of them as to cause an eminent authority to state, that their hearts were diseased through and through; these are his words, as applied to each individual case: Every imagination of the thoughts of his heart was only evil continually, "Gen 6, 5v.

This condition was brought about because they had neglected to apply to our physician for advice.

The male members of the families who were not yet infected, becoming infatuated with the fair daughters of the diseased ones, determined, contrary it is thought to the warning of one of their numbers, to marry them; by this means the infection spread, until there remained only one family free from taint; of the rest not one applied to the "Good Physician." These circumstances caused him to abandon them to their fate, so it is not surprising to find that they perished miserably together. Now it is well known that a contagious disease leaves, even after the death of the victim, germs that may infect the healthy; so our physician, while cleansing the abodes of these misguided people, by flooding them with water, (a process that occupied over a year) took care to provide the family that escaped with a floating house for a temporary residence, until the estate should be pronounced free from danger of infection; and as a further safe-guard he arranged that the term of his patients' residence on this estate, should be reduced from nearly one thousand years, to less than one hundred. Thus we see what a dreadful scourge this is if neglected, and allowed to fully develop.

These events happened, as you know, long ago; but even in this progressive age, it is only by adhering closely to our book of remedies, that we can hope to be free from its ravages. The prescription itself, like many great medicines, is very simple—"Cast thy burden upon the Lord" Psalm 55, 22 v. In extreme cases this should be taken every hour; so that the patient's system being charged with it, may be enabled to throw off the offending load; when this has been done, and the late sufferer is again enjoying health and strength, it must not be supposed that we can discard our medicine; for experience tells us, that those who have once had the disease, are always liable to further attacks; on his account it is always wise to resort to this never-failing remedy at least every morning and evening; to this is added, as a tonic, "And he shall sustain thee."

Defective eyesight,—this is brought on by engaging to the neglect of our regular business in an unhealthy manufacturing industry; that is the making of our own clothing. Now although this is a very ancient industry, having been carried on by every generation of which we have any record, commencing it is said in the Garden of Eden, (where the first rude attempt, failed to hide the guilt of the makers from view) yet the quality of the goods produced is just as bad as ever; so, as there seemed to be no prospect of any improvement in this respect, the work has always been discouraged by our Physician, for his book states that upon one occasion long ago when he saw fit to send a chariot of state, to transfer one of his most illustrious patients whom he had supplied with a special diet for forty days to the domain, (which is situated in a more elevated