

READ THIS!

All prudent persons in time of health will, as far as possible, provide for sickness and adversity: hence insure your life, health and property immediately.

The first and richest of all blessings is health, since honest industry will always command confidence and competence. But if laid aside with wasting sickness and your annual income cut off, while every expense increases, then how comforting to know that by virtue of your health membership you are entitled to a benefit, which, like an angel of mercy, weekly administers to all your wants.

Had we time and room for insertion we might spread out from month to month any amount of testimony. Notices from public journals, and the remarks and commendations of men of science, wisdom and experience, in favor of this noble work, such indeed as no other Friendly Society on the American continent can exhibit.

PROSPECTIVE & RETROSPECTIVE.

We take much pleasure in presenting to our members and the inhabitants of the Province the sixth number of the Monitor. It shall ever be its aim to present the true principles of benevolence so universally admired in the world.

our progress. We are to carry on the work, and we take pleasure in presenting you with the results. We are happy to say that the Society has met with the warmest approbation from its friends, and has earned for itself an enviable reputation.

It was regarded by some antiquated brainless men, men whose ideas are confined within a nut-shell, and whose travels and stock of information is very extensive, and private opinions publicly expressed of great weight, as chimerical, visionary; consequently they calumniated and anathematized, and by knowing nods and scientific shrugs made lasting impressions.

mechanic, in the fisherman's boat and in the study of the man of science. Our society has pursued its own course, and now we are happy to say that not a vestige of opposition remains to encumber its path or trip its footsteps.

HEALTH—RULES FOR PRESERVING IT.

A man too busy to take care of his health, is like a mechanic too busy to take care of his tools. He that wants health wants everything. Gluttony, intemperance and tight-lacing kill more than the sword.

Health is the vital principle of bliss, and exercise of health. Cleanliness is vital to good health. Be temperate and regular in your habits and do no violence to nature if you wish to avoid physicians.

Sidney says, the common ingredients of health and long life are—Great temperance, open air, Easy labor, little care.

Sidney reminds me of Dr. Emmon's flashed when one asked him, "Doctor how came you to outlive all your contemporaries?" "Because I've been so lazy."

It is said by many able physicians that fasting is a means of removing incipient disease, and of giving to the body its usually healthy sensations. Howard, the well known philanthropist, it is said, used to fast one day in each week.

A very celebrated medical writer and physician at his death left a large volume purporting to be manuscripts, and supposed to contain the results of the author's investigation in medical science, with instructions to have it sold unopened at the sale of his library, to the highest bidder.

Sickness—Nature's vengeance for violating her laws.—Laconic Manual.

THE BRITISH AMERICAN FRIENDLY SOCIETY.—Our city subscribers will receive the Monthly Monitor, a journal published in Montreal, under the auspices of the British American Friendly Society.

The Monitor will in future be published quarterly instead of monthly, and will be furnished gratuitously to members the same as heretofore.

HE IS SICK, HIS PAY IS STOPPED, AND HIS FAMILY ARE IN WANT.

(From International Journal.)

How often is the truth of this short sentence experienced in the full force of its oppressive weight in actual life! Of all the blessings allotted by a wise and beneficent Creator to man, HEALTH is perhaps the most precious.

But a year ago, we witnessed the marriage of a generous hearted young man, to a prepossessing lady, every way worthy of his choice. They commenced life together, with as fair prospects as any of those who formed the pleasant group of relatives and friends assembled in the richly furnished apartments, where the ceremony was performed.

About a year ago, a young gentleman, and a particular friend of the writer, was married to an amiable lady; and being in the receipt of a liberal salary in one of the first importing houses in the country, he enjoyed the prospect of a home and happiness.

Just twelve months ago, we visited a gentleman in business, at his own counting room. He was then in the enjoyment of health and prosperity. Yesterday, business called us again to the same counting room.

The catalogue of similar cases, might be continued, but it is quite unnecessary while parallel facts, are known probably to every one whose eye may run over these lines, and he has reason to be thankful whose own personal experience does not afford a similar case.

Habits of industry and prudent economy should be cultivated, and a system of saving practiced. No man who is able and willing to work need be out of employment; and most men can earn something more per diem, than their necessary expenses, or the demands of their families.

As a support in case of sickness, the various mutual relief associations are not without their benefits. A periodical payment of a small amount, often secures

ample aid during a long period of sickness or inability to labor. These associations vary in the detail of their operations. Before making a selection it is well to become familiar with their pretensions and actual operation and benefits.

The Savings Bank is an excellent institution; but at most, it will afford only limited relief in the hour of need. It will cheerfully return what it has received, with interest, but no more.

There is a class of institutions of a really benevolent cast, known under the various names of "Friendly Aid Associations," "Mutual Relief Societies," &c. which merit the confidence and support of all classes.

It is not a charity: it is his by contract, as much so as his weekly earnings, when in health, were his; and by its receipt he is relieved from the humiliating feelings which necessarily attend the reception of charitable aid.

In closing our remarks upon this subject, we cannot but express our cordial approval of this noble Institution; and we hope sincerely that its blessings may extend over the provinces. It is doing a good work.

Until local agencies become more general, we would suggest to those who wish to avail themselves of membership, or of a more detailed account of the Institution, than we can possibly give in a single article, to address J. H. Phillips, Esq., the General Manager in Montreal, who, we are sure, will be happy to furnish full particulars and forward copies of the Monthly Monitor, a periodical published by the Board of Directors.

Reader, if you become a member of the "British American Friendly Society," the sentence at the head of this article, cannot ever fully apply to your case; you may be sick and your wages may cease, but you have a fund at your command, and your family cannot be reduced to want.

THE NEW THREE DOLLAR GOLD PIECES.—The first issue of the new three-dollar gold pieces was made on Saturday last, when 6,000 were sent to Washington. They are beautifully executed.

BRITISH AMERICAN FRIENDLY SOCIETY.—This excellent institution has been established in Montreal, and we have heard very favorable accounts of the benefits already derived from this society; the objects of which deserve the attention of our mechanics and laboring population generally.

PARTICULAR NOTICE TO AGENTS. Agents will make up their reports the first and fifth of each month, stating the number of applications received, number of certificates issued, with a general statement of the prospects and condition of their respective agencies.

J. H. PHILLIPS, Secretary and Manager

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