BRAD THIS!!

will, as far as possible, provide for sickness you with the results. We are happy to ciety has pursued its own course, and now will be furnished gratuitously to members vary in the detail of their operations. Beand adversity: hence insure your life, say that the Society has met with the we are happy to say that not a vestige of the same as heretofore. Larger editions fore making a selection it is well to become health and property immediately You warmest approbation from its friends, and opposition remains to encumber its path will be issued, and agents and members familiar with their pretensions and actual ready derived from this society; the obowe it to yourself and to those dependant has earned for itself an envious reputation. or trip its footsteps. For all the labor and amply supplied with extra copies. on you, and to those who exercise confid- Our Society is known far and near, and the many sacrifices the institution has cost ence in you now, because you have health that, too, favorably. Our best citizens are us, we feel rewarded by its success and "HE IS SICK, HIS PAY 18 STOPPED, or other means of meeting your obliga- members and by reference to Branch Office the knowledge that our exertions have

health since honest industry will always the various professions. The interest ma- ish American Friendly Society afford anocommand confidence and competence. | nifested by the clergymen of Canada, and ther evidence of the progress of human But if laid aside with wasting sickness and the marked approval of all classes of men society. We now close by taking a high vour annual income cut off, while every speak volumes. Every day adds to its point of survey, extending our vision and expense increases, then how comforting to list men of influence. Hundreds and thou- embracing within the scope of our obserknow that by virtue of your health mem- sands, aye, tens of thousands, have been vation human life in the mass and the bership you are entitled to a benefit, which, relieved by Friendly Societies, and we geography of time in one grand view .like an angel of mercy, weekly adminis- are confident that could community have There is not on the entire map so bright a ters to all your wants. The necessity of but a faint glimpse of the vast amount of spot as the present age, nor one on which some safe and reliable plan of security suffering and want daily relieved by their there has been stamped in lines as broad against destitution and care—too often operations, they would be assonished at and deep, and with such prophetic certainfollowing in the train of disease—has long the result. The proof of their efficiency ty, the indications of a speedy advancebeen felt in the British North American and absolute necessity has been fully de- ment towards a better and glorious future. Provinces. The establishment of the British American Friendly Society origin- striving to secure their advantages. Our to note and scan the wonderful improveated in this necessity. Its success thus Society still continues to florish and pros- ment of the past quarter century. The of those who would recommend the cultifar has exceeded the anticipations of its per. Nothing has interposed to disturb spirit of restless inquiry now abroad in the vation of a spirit of despondency, morosefounders. No other institution ever ori- harmony and good feeling among mem- earth agitating the public mind, the high ness, and gloom. A bright and baoyant ginated either in Europe or America has bers, and all who have made application love of knowledge and liberty now throbmade such rapid progress, and its progress for membership have expressed themselves bing the public heart, the mighty and unis onward still. Obstacles have been highly pleased with the system. The paralelled changes, yet in embryo it is overcome and impediments have been removed, and the Society placed in a position to progress. This alone is evidence of correct principles as our basis of good management in practice and of safety to members. It has promptly paid every claim for benefit that has been presented within the purview of its objects and future ones will receive due attention. Is it not pleasing to the philanthropist and well wisher of the cause of humanity to witness the progress thus far made? Can it not sustain itself for the future and ultimately equal those mighty and noble institutions in Great Britain numbering their attended us has not been accidental, but joicing with those who rejoice," forget not 20,000 and 90,000 members? What is the has been the legitimate result of a faithful to sympathize and "weep with those whe success of the past but a guarantee for the carrying out of the system; a careful at- weep." future. If, from a small beginning as it tention to business-increased knowledge were, it has arisen to its present importance, and already extended its operations throughout the entire Province of British North America, and embraced by the first men in the Provinces, why should it not do still better hereafter? It has members and influence. Do not these give strength, do they not inspire confidence? Will not the example of the Magistrate, the Physician, the Merchant, and members of the different professions, us also the manufacturer, ship builder, and foreman in the different manufacturing establishments judge for themselves. We have laid down in the Province be followed by those who our course of action, published our proposi- to avoid physicians. look to them for an example? Do they tions, placed in the hands of all the rules not, with judicious management, secure a greater measure of success than has yet spoken of the effect such a course has distinguished the Society? Our friends produced. To he brief, we will remark that may miswer for us. For evidence of its the course pursued has met the approval efficiency and efficacy, ask the man of science. Ask those who have experienced ty of feeling prevails. We acknowledge and are now experiencing its pain alleviat- with grateful feelings the confidence reand watchful public who have marked its as the institution is under the charge of enward progress with satisfaction and oit the present board of management no pains rations with delight. Of its officers it is the benevolent institutions of the present needless for us to write-suffice it to say day. But let it not be supposed that this boards of management in the cities of To- Province may well be proud, was organiz- ries?" "Because I've been so lazy."ronto, Bytown, Quebec, Three Rivers, St. | ed and placed in practical operation with- | Though the Doctor performed an immense Johns, &c., are believed to be every way out opposition. No, no. We will conde- amount of mental labor, he allowed no worthy of public confidence; many of scend to stop a moment and give it a pas- other labors or cares to prey upon him .-them being the oldest and most influential sing thought. citizens, and as such are well known to community.

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.-But our time and limits forbid, and we must therefore urge all to judge and act accordingly.

four members and the inhabitants of the ed monster, that personification of old Province the sixth number of the Monitor. fogyism, humbug, that horridand vile phan-It shall ever be its aim to present the true tasm was before and on every side of us. principles of benevolence so universally We would be up and doing as our fathers admired in the world. We resume the taught us, and, like them, pioneering with our members and the world upon this cry raised by these antiquated, stiff-cravat-What more can be said than has been deas can be advanced? Can more con- race have been mere drones in the hive vincing and satisfactory arguments he supping thanklessly the honey and sleepwinding and satisfactory and state of the satisfactory and satisfactory an is inexhaustible. The benefits derived honry-headed monster, this foulsome, worn-advantages of the Institution to all who provide thus for future want, is the duty of from the Society is impossible to estimate. out invention, and turn against it its own are dependent upon their daily labor for a every one, no matter how limited his infrom the Society is impossible to arms, webs and wires. We done it, what provision for themselves and families.— come. in you, and through you the world, of by day, its joyous echoes in the shop of the cial Advertiser.

our progress. We are to carry on the mechanic, in the fisherman's boat and in All prudent persons in time of health work, and we take pleasure in presenting the study of the man of science. Our so- lished quarterly instead of monthly, and or inability to labor. These associations books may be found not only the mechanic been appreciated. Practical men, men of The first and richest of all blessings is and working man but men belonging to science and philanthropy, does not the Britmonstrated; hence thousands are daily It is almost impossible calmly and wisely past winter has been somewhat severe, true, that are heaving the pillars of emed, we confidently anticipate a rapid in- ing his cheek turn pale on his throne and crease of members. Some of our members not feel irresistably impressed with the have been suffering by reason of disease conviction that we are on the verge of a and are now (the majority of them) rapid- bloody era-dark, desperate and awful to ly recovering. Much time and attention contemplate, it may be, but after which has been given to perfect our system of will dawn a glorious era in the history of business. The Society now stands before our species. Every age takes some step of the practical part of the work—the most conservative rules in selecting and admitting members-a rigid adherence to every principle ich would protect, added to this .. . noroughness with which the care of his tools. muttal principle is incorporated into the whole system-the fairness with which each member's interest is protected, and the firm foundation upon which the Society rests. Hitherto we have not alluded publicly to our mode of conducting business, rather preferring to let members governing all members, but have not ing efficacy. Ask the discriminating press posed in us, and rest assured that so long expressed approval, and its beniguant ope- will be spared to make it the first among that the gentlemen forming the different noble scheme, this institution of which the

brainless men, men whose ideas are confin- an appetite as when I began them. ed within a nut-shell, and whose travels and stock of information is very extensive, fasting is a means of removing incipient 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. lin did the same for some time. Napoleon So it has ever been, and so it will ever be. Nothing great, nothing noble has ever been done among men without subjecting horseback. its promoter to this ordeal. He who would clear a path through the forest must be PROSPECTIVE & RETROSPECTIVE. content, if he would conquer, to be torn We take much pleasure in presenting to with thorns and briars. That many headaditorial chair for the purpose of talking in the cause of philanthrophy. But the great and important subject of Friendly ed personages, who have hitherto regarded Societies. Some may wonder as they themselves the exclusive holders of the take up the May issue of the Monitor, key to public opinion-men who have always been mere clogs upon progress in already in former issues? What new every form, men who as benefactors of our ing her laws. - Laconic Manuel. Monitor attentively, and were long ago by the industry of others—somewhat the Monthly Monitor, a journal published per diem, than their necessary expenses, sick and your wages may cease, but you therein contained, and the value of the courage and skill for the task, and know-Society of which it is both the advocate ing the strength of our principles and lovsociety of which it is both the advocate ing the strength of our principles and lovbespeak for it an attentive perusul, and reweek to week, and the pennies thus colcide upon your dut, and act promptly and defender." Dear friends, the subject ing them, we determined to approach this commend a serious consideration of the lected will soon amount to pounds. To upon that decision.

which has prevented many from making pires, sending through the veins of the application, but now, spring having open-sceptered despot chills of alarm and makthe public acknowledged to be the safest in advance of its predecessor, and may we and most equitable institution in the all live to witness the triumph of universal Province. It must be gratifying to mem- freedom and the world become filled with bers to know that the success which has noble minded philanthropists, who "re-

> HEALTH-RULES FOR PRE-SERVING IT.

A man too busy to take care of his health, is like a mechanic too busy to take

He that wants health wants everything. Gluttony, intemperance and tight-lacing sill more than the sword.

Health is the vital principle of bliss, and exercise of health.

Cleanliness is vital to good health.

and do no violence to nature if you wish

Avoid fatigue immediately after meals.

health and long life are—

Great temperance, open air, Easy labor, little care,

Sidney reminds me of Dr. Emmon's came you to outlive all your contempora-He was remarkably temperate and plain in his living, and he once said, "I have al-It was regarded by some antiquated ways made it a rule to rise with as keen

> It is said by many able physicians that 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. Dr. Frankwhen he felt his system unstrung, suspended his wonted meal and exercised on

> 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. A high price was bid upon it,-the purchaser found it all blank paper, except one page with the following sentence: " Keep your head cool, your feet warm, and your bowels in order, and you may bid definace to

Sickness-Nature's vengence for violat-

THE BRITISH AMERICAN FRIENDLY SO-

The Monitor will in future be publample aid during a long period of sickness

AND HIS FAMILY ARE IN WANT." (From International Journal.)

How often is the truth of this short senand cheerful spirit, when not artificial, is of all the temperaments of mind, the most desirable. It is the offspring of a happy mind and imparts its benign influence to one, at some time of life. To make those this end.

But a year ago, we witnessed the marsmashed and several of his ribs broken. Be temperate and regular in your habits to lay up a fund for " a wet day," and his noble spirit is now crushed under a sense of helpless dependence, which will be con-Let the covering of your neck be light | to come. Though surrounded with every more keenly, his dependent condition

these to call upon in the hour of trial.

The house had met with reverses in trade, relieved from the humiliating feelings and the health of its proprietor broke down which necessarily attend the reception of under the heavy weight of adversity which charitable aid. had fallen to his lot. He is confined to In closing our remarks upon this subject ing but dependent family.

while parallel facts, are known probably work. to every one whose eye may run over | Until local agencies become more gene

Habits of industry and prudent economy by the Board of Directors.

enquiring mind in making a selection.

tution; but at most, it will afford only li- whose auspices the British American tence experienced in the full force of its cheerfully return what it has received, oppressive weight in actual life! Of all the with interest, but no more. Its benevolbuffeting the adversities of misfortune. the actual annual expenses for lodge rooms Hope Watchman. Deprived of it, our capacity for exertion is and paraphernalia, is a heavy tax upon dethroned, and we are dependent either members, and must be provided for before on the fruits of our past economy, or upon there is anything for a "brother in distress." Charity to meet the claims of nature. It The Institution of the " Sons of Tempeis well for man, that he knows not the fu- rance" is subject to the same objection in ture of his life. It is better still, when he its pecuniary advantages; but apart from employs the means in season to avert the this, it is a noble institution, and ought to keen edge of pinching want. We are not be sustained and encouraged by every philanthrophist in the land.

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. They have existed and flourished many all around. Yet we should never forget years-some of them over a century-in that adversity may come-aye, and will England. More recently they have been come-with rare exceptions,-to every organised in many sections of the United States. Still more recently a society of dark days less gloomy—the burthen less this denomination has been established in oppressive, is wisdom, and the wise em- the British North American Colonies, and ploy the means to secure, as far as possible, promises to its members, all the happy results that have been experienced or derived from the other institutions in the riage of a generous hearted young man, to parent state. The organization to which a prepossessing lady, every way worthy of we refer is known as the " British Amerihis choice. They commenced life toge- can Friendly Society." The Home Office ther, with as fair prospects, as any of those and principal Officers and Board of Direcwho formed the pleasant group of relatives tors are at Montreal. It has been in opeand friends assembled in the righly fur- ration a little less than one year; but the nished apartments, where the ceremony results, thus far exceed the expectations of was performed, and where the bride had its warmest friends, and its prospects for passed her youthful years in the society of usefulness are almost unbounded. Already, fond parents and affectionate brothers. The branches, with local directors, have been bridegroom was a skilful mechanic, and in established at Quebec, Three Rivers, Bythe receipt of large pay in the machine town, Toronto, Hamilton, London, &c., in shop of a Railway Corporation. Two Canada, and at St. Johns, in Newfounmonths ago, while in the discharge of his land. It has the sympathy and aid of the duties, he made a mis-step and was thrown | first men throughout Canada, without disupon, or rather within the balance wheel tinction of party or creed. It is in conof a steam engine, where he had a leg templation by the Directors to extend branches to all the principal cities and His generous nature never permitted him towns in Nova Scotia, New Brunswick, P. E. Island and Newfoundland, with agencies in every village throughout the whole extent of British North America. This tinued in all probability for several months cannot be done too soon, nor can the security which it provides against the conseand loose, the covering of your feet tight comfort and enjoying the prospect of con- quences of sickness be too soon embraced and close, and avoid streams of winds, tinual prosperity, a few months ago, he is by the individual members of society. The streams of alcohol, and torrents of passion, now entirely dependent-his own wants scale of annual payments and weekly beof every member of the Society, una nimi- if you would escape colds, storms, and tem- and those of his family, being supplied by nefits adopted by the British American the kindness of friends. His employer Friendly Society, are based on experience Sidney says, the common ingredients of presented him with \$50; but this, too, of the past century, and surely they are was a charity, and only made him feel liberal enough. Where is the young man, be he a farmer, a mechanic, a clerk or a About a year ago, a young gentleman, merchant, who cannot lay by 23 per anand a particular friend of the writer, was num to purchase the right to £2 per week flashed when one asked him, "Doctor how married to an amiable lady; and being in in case of sickness or inability to attend to the receipt of a liberal salary in one of the his duties? If providence protects him first importing houses in the country, he from disease, and he shall have no occaenjoyed the prospect of a home and happi- sion to draw his stipend, so much the betness. His health failed, the situation ter; his money will bring relief to some which he held had to be relinquished, at less fortunate member, but if he should be least for a time, and he is now with his prostrated by disease, there he has the young wife dependent upon the hospitality certainty of £2 per week, so long as he of kind friends, thankful that he has even may be ill during the year. Without this he might be in poverty, and an object of Just twelve months ago, we visited a charity; with it, he and his family, if he gentleman in business, at his own counting has one, are made independent and happy. room. He was then in the enjoyment of It is not a charity: It is his by contract. as health and prosperity. Yesterday, business much so as his weekly earnings, when in called us again to the same counting room. health, were his; and by its receipt he is

> his room, and to the circle of an interest- we cannot but express our cordial approval of this noble Institution; and we hope The catalogue of similar cases, might be sincerely that its blessings may extend continued, but it is quite unnecessary over the provinces. It is doing a good

> these lines, and he has reason to be thank- ral, we would suggest to those who wish ful whose own personal experience does to avail themselves of membership, or of a not afford a similar case. Adversity, mis- more detailed account of the Institution. fortune, sickness and suffering, are the lot than we can possibly give in a single artiof all. Our only consolation is that we cle, to address J. H. Phillips, Esq., the can command the means by which depend- General Manager in Montreal, who, we ence and want, in time of adversity, may are sure, will be happy to furnish full be avoided to a very great extent, with all particulars and forward copies of the the unhappy results which flow from it. | Monthly Monitor, a periodical published

> should be cultivated, and a system of saving | Reader, if you become a member of the practised. No man who is able and will- " British American Friendly Society," the ing to work need be out of employment; sentence at the head of this article, cannot

THE NEW THREE DOLLAR GOLD PIECES.-The The state of the most its sleep stretched out its noble arms and the state of its efficiency and as we have chosen to take of its efficiency and as we have chosen to take of its efficiency and as we have chosen to take of its efficiency are now you may hear its voice ringing day in their employment.—Kingston Commerwithough you the world, of by day, its joyous echoes in the shop of the call Advertiser. ment of a small amount, often secures in a wreath of wheat, corn, oak leaves and acorns.

BRITISH AMERICAN FRIENDLY SOCIETY. -This excellent institution has been established in Montreal, and we have heard very favorable accounts of the benefits aloperation and benefits. We condomn jects of which deserve the attention of our none of them; but may possibly aid the mechanics and laboring population generally. It is hardly necessary to say that The Savings Bank is an excellent insti- the highly respectable gentlemen, under mited relief in the hour of need. It will Friendly Society has been established, are a sufficient guarantee for the honor and integrity of its transactions. Wm. Burnham, blessings allotted by a wise and beneficent ence, therefore, ceases before it has been Esq., is the Society's agent for this town, Creator to man, HEALTH is perhaps the commenced. Odd-Fellowship will afford who will issue certificates of membership most precious. With it, we are capable aid in the hour of need, to a " worthy bro- and pay claims. For further particulars of meeting the vicissitudes of time, and ther;" but it is a costly institution, and see advertisement on our first page.-Port

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>
> Agents will make up their reports the first and iffeenth 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. This will enable the Manager to present a full and complete statement to the Directors at regular intervals, and enable them to present the same to Members, in accordance with the Constitution and Regulations governing the institution. These remarks are intended to apply to institution. These remarks are intended to apply to all agents of the Society in whatever capacity they

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