

Pro paid



*Miss S. Jefferys
Mr. Read's
Suffolk Place
Seven Oaks*

Aug^t 22nd 1840

My dear Sister

We were much pleased to hear from you this morning, & more so to learn that you find an improvement in your health. The Lord be praised for his goodness towards you; and I pray, if it is his will, that you may continue to receive benefit from the change. I desire to be thankful also on your acct^l that the weather is again so fine & warm, for we were afraid last week that you would have but little enjoyment; but in this instance, as in so many others, the Lord has been better to us than our fears. O that we could trust him more, & cast every anxious care on him, then we should enjoy a peace which passeth all human understanding. — The kindness you receive from Miss Snell & her friends is also matter for praise to the Author of all good, at the same time that gratitude is due to them in the second place. May the Lord reward them a hundred-fold in spiritual blessings. — Poor Ellen! we were very sorry to hear of her severe indisposition: she seems indeed to be seldom well long together, whether in Town or country.

I hope she will be speedily restored, at least to her usual health, and that she may experience that the Lord is sanctifying her afflictions to her. May the Lord grant her his sensible presence in them & enable her to glorify him by a patient endurance of his will.

My dear sister, we have all much need of patience, for we all know something of afflictions, and if in a right frame we cannot wish to be wholly without them, knowing that the Lord chastens every object of his eternal love, & that for their profit, that they may be partakers of his holiness. But, alas! when left to ourselves we prove that our strength to endure is perfect weakness. May the Lord increase our faith & patience and every grace, and sanctify all our trials to bring us to a more blessed dependence upon himself.

I hope you will find benefit, as it regards the "best things," from being in a family so spiritual & devoted, and that the ministry of Mr. Shirley may be made a blessing to you; for I fear, that owing to the anxiety of business & other things, your soul has been too much like mine, in a low & languishing condition. O that the Lord in his infinite mercy would command the showers of his grace to distil abundantly upon us all,

that we as a family might be fruitful plants in his garden, being filled with the fruits of righteousness which are by Jesus Christ to the glory & praise of God.

In regard to my health, I am thankful to say that I have felt better for the last few days, owing as I suppose partly to the return of warm weather, & partly to the discontinuance of aperient medicine, which Mr. Dodd now advises me to do without as much as possible. I have also been less troubled by flatulence: a great mercy if it continue. — Nancy has been very poorly both in her head & stomach, but seems something better to day. Susanna is suffering more than usual ^{of} pain in the lower part of the back: it kept her awake last night more than two hours. In other respects she is as well as usual, * & I believe manages pretty well in respect to the business. She has the assistance of Mrs G. again to day. — Lucy returned on Thursday, full of spirits, having greatly enjoyed her visit notwithstanding the unfavourableness of the weather. — Miss Thornton called yesterday evening, she is as well as usual, but her sister is very poorly indeed, so that she has work enough for her strength and patience.

* my memory failed me when I wrote the above, for she is troubled beside with a sore throat

I do not much approve of your stout-drinking, fear
you will never grow stout thereby. In cases like yours and
mine medical writers agree in recommending strict attention
to diet as well as air & exercise, & beer is generally interdicted.
I am afraid you may feel ill effects after you return home,
as you know was the case when you came back from Guildford.
But I give this merely - a hint.



Mrs. S. Jefferys

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I have only to add our united love to yourself, and
the same to Miss Snell & Ellen. And may every new
covenant blessing rest on you & them. So prays
Your unworthy brother
P.S. Do not hurry home. Aug⁴ 24th S. Jefferys