

of *food* and *rest*. There has been inattention to diet, overwork or excessive vigilance. We are speaking now only of those who do not rush into temptation, but of those who fall in a moment of temporary weakness.

The brain of the habitual drunkard has been, by constant indulgence, reduced to exactly this state of hunger which we have attempted to describe, as the occasional condition of his periodical brother. And the remedy for both is the same. Rest, nutritive food, regular sleep and freedom, as far as possible, from annoying cares—these experience has proved to be the best restoratives to mental and bodily soundness. Along with these restoratives change of scene may be regarded as essential. As long as the poor victim returns from his debauch, weak, nervous and still craving a stimulant, his struggle with his foe is almost invariably a failure; however earnest may be his desire for deliverance, he still remains a slave.

It was the appreciation of this difficulty on the part of the drunkard to overcome his temptation, that first put it into the heart of one of the noblest men that ever lived, Dr. Day, of Binghampton, N.Y., to spend his life in aiding inebriates to reform. Every one has heard of his asylum in Binghampton, and there are hundreds of men, some of whom occupy distinguished stations in commerce, science, art, letters, and even theology, who owe to his care their reasons and their lives. Those of our readers who wish to inform themselves of the success of his efforts, we refer to a little book written by James Parton, on "Drinking and Smoking." The Ticknor & Fields edition may be purchased for thirty-five cents.

This brings us to the point—the necessity for such an establishment in Canada. We do not wish to be considered behind our neighbours in enterprises of benevolence and humanity; and yet with the exception of the private establishment of Mr. Wakeham, near Quebec, there is, as far as we know, no institution for the cure of inebriates. And Mr. Wakeham's "Retreat," notwithstanding the many disadvantages under which it has been conducted, has been the means of effecting a considerable amount of good. There are men and women, too, who, but for the benefits which they derived from its pleasant retirement, would still be grovelling in degrading slavery. We would heartily recommend those who earnestly wish for freedom from temptation, and the opportunity of regaining their strength by rest, to put themselves at once under Mr. Wakeham's care.

The Belmont Retreat, St. Foy Road, near Quebec, is most beautifully situated on a picturesque height, which commands a view of