

The Limited Use of Intoxicating Drinks Injurious to Health.

Wines injure by their stimulating property. Like concentrated spirits, they produce undue excitement of the heart and circulating system. Gout is rarely known to exist where the patient has not been accustomed to the use of wine. *Beaumont on Alcoholic Drinks.*

Malt liquors render the blood sily, and unfit for circulation; hence proceed obstructions and inflammation of the lungs. Those who drink ardent spirits or wine run still greater hazard: these liquors inflame the blood, and tear the tender vessels of the lungs to pieces. *Dr. Buchan.*

Pure water is the fittest drink for all ages and temperaments, and of all the productions of nature and art, comes the nearest to that universal remedy so much sought after by mankind, but never hither to discovered. *Hoffman.*

Dr. Garnet says, "The idea that wine and other spirituous liquors assist digestion is false. Those who are acquainted with chemistry know that food is hardened, and rendered less digestible, by this means."

A Physician in Dublin says: "If an end were put to the drinking of Port, Punch and Porter, there would soon be an end of my worldly prosperity, Physicians, Surgeons, and Apothecaries would be ruined, our Medical Halls would be stripped of their splendour, and Disease would be comparatively rare, simple, and manageable."

I am firmly persuaded, from extensive experience, both in my own person and on thousands others, during a professional life of thirty years, that the most abandoned slave to drinking may safely and wholly abstain, and that with certain benefit to his bodily health. — *Sir Anthony Carlisle, M. D.*

A greater number of Christians have apostatized from the faith of Christ, through habits of drinking, than from any other cause.

Ministers who have never indulged in excess, have nevertheless acknowledged that their devotion and usefulness have suffered from even the moderate use of these liquors.

There is no class of mankind apparently further removed from the influence of religion, and all hope of salvation, than the drunkard.

It is a melancholy fact that there is scarcely a country to which missionaries have been sent where their labours have not been paralysed by the introduction and influence of intoxicating liquors.

Upwards of Fifty Millions per annum are expended in England in the purchase of intoxicating liquors; it is also computed that Fifty Millions are annually lost to that country, merely from the waste of time, and consequent loss of labor, owing to the habits of Intemperance! making a total loss of One Hundred Millions per annum!!

Captain E. P. Brenton, R. N., states that "for forty-six years he has been acquainted with seamen,

and that he has observed their prevailing habit to be that of intemperance." He also remarks, that "during the last war almost every accident he ever witnessed on board ship was owing to drunkenness." "This," he says, "was the cause of the destruction of the *St. George*, of ninety-eight guns, in the year 1759, with 550 of her crew, and of the *Ajax*, of seventy-four guns, in 1806, with 350 of her crew."

John Simpson, Esq., an insurance broker, in the city of London, goes directly to the point, and proves beyond a doubt that Intemperance is, to a ruinous extent, the cause of our maritime losses. "I have been," he says, "in the house that I am at the head of now thirty-five years, and in the habit of covering a million and a half sterling per annum of property floating on the water, and generally, in the whole of that time, it has been most lamentable to see the great destruction of property, in a vast number of instances, notoriously owing to drunkenness."

The Rev. *W. Scorsby* has stated that, "in SEVERELY COLD CLIMATES with which he was familiar, the reaction, after the use of ardent spirits, was very pernicious to the constitution."

Captain Ross says, that "when in the Arctic Regions he induced his men to discontinue the use of their customary grog, the result was, they acknowledged themselves better, and more capable of enduring the cold, and discharging their duties, than when they indulged in the use of it."

A distinguished Medical Officer (Marshall) who was subjected to great exertion and exposure in a Tropical Climate, says, "I have always observed that the strongest liquors were the most enervating, and this in whatever quantity they were consumed, for the daily use of spirits is an evil which maintains its pernicious character through all its gradations; indulged in at all it can produce nothing better than a diluted or mitigated kind of mischief."

Captain Hudson, now residing in Liverpool as agent of the *Bethal Union Society*, states "that he and various crews sailed on the Total Abstinence principle, in nearly all climates, during winter and summer, for about four years, and that they were much better able to perform their duty in all weathers by abstaining from intoxicating liquors."

In the *American Temperance Union*, it is stated that "Ship-owners and Merchants who heed not Temperance, or Temperance Societies, are equally anxious to obtain Temperance masters and crews; and American Insurance Offices readily deduct from Five to Ten per cent. from the premium on Insurance, on vessels sailing on the Temperance plan"

The tee-total societies are making most strenuous efforts for the salvation of the working classes, and, on the whole, I am disposed to consider them the most effectively useful body now in existence in this country." *T. C. Symons, Commissioner on Hand-loom Inquiry, Author of "Arts and Artisans Abroad."*

An enthusiast in heraldry who was always boring his friends with armorial bearings, was one evening indulging in a lengthy disquisition over a book of heraldry. "But whose arms are these?" exclaimed he, as he pointed to some heraldic emblem of which he was not quite cognizant. "The arms of Morpheus, no doubt," exclaimed his gaping auditor.

British Heroism. An officer in Admiral Lord *St. Vincent's* fleet, asking one of the captains, who was gallantly bearing down on the Spanish fleet, whether he had reckoned the number of the enemy? "No," replied the captain, "it will be time enough to do that when we have made them strike."

Brotherly Love. One of our favorite actors, who had felt himself ill-treated in America, was asked whether the manager himself had not treated him very kindly. "Kindly!" was the reply; "why, he promised to treat me like a brother; and so he did—Abel had a brother, and he was called—Cain."

Growing Old. I wish I could grow old, cried a *cidevant jeune homme* at the Garrick. Why do you want to grow old? asked one of the wits of that facetious club. Because I might stand a chance of getting steady. Yes; and *shaky*, rejoined the wit.

Vesuvius. An Irishman, describing the melancholy termination of a friend, who had fallen into the mouth of the volcano, exclaimed, Oh, yes; he died of taking too much of the crater.

Money and Water. A gentleman praising the generosity of his friend, observed, that he spent money like water. Then of course he liquidated his debts, rejoined a wag.

Sleepers. A celebrated contractor for the timber sleepers of the railways, being urged by the directors to make some disadvantageous alteration in his contract; asked, in the heat of the argument, —How can I do it with eight thousand sleepers staring me in the face? What? Do they sleep with their eyes open? asked one of the simple directors.

An Excuse. When Lieutenant O'Brien (who was called Skyrocket Jack) was blown up at Spithead, in the *Edgar*, he was on the carriage of a gun, and when brought to the Admiral, all black and wet, he said with pleasantry, I hope, Sir, you will excuse my dirty appearance, for I came out of the ship in so great a hurry that I had no time to shift myself.

An Irish Compliment. A lovely girl was bending her head over a rose tree which a lady was purchasing from an Irish basket woman in Covent Garden Market, when the woman, looking kindly at the young beauty, said, I axes yer pardon, young lady, but if its pleasing to ye, I'd thank ye to keep your cheek away from that rose, or ye'll put the lady out of consate with the colour of her flower.

A Contrast. The West is the region of gold, of agitation, and noise. The East is the region of profound meditation, of instruction, of adoration.

NOTICE

DISCUSSION BAY PACKETS
St John's and Harbour Grace Packets

THE EXPRESS Packet being now completed, having undergone such alterations and improvements in her accommodations, and otherwise, as the safety, comfort and convenience of Passengers can possibly require or experience suggest, a careful and experienced Master having also been engaged, will forthwith resume her usual Trips across the BAY, leaving Harbour Grace on MONDAY, WEDNESDAY, and FRIDAY Mornings at 9 o'Clock, and *Portugal Cove* on the following days.

Ordinary Passengers7s. 6d.
Servants & Children5s.
Single Letters6d.
Double Do.1s.

and Packages in proportion

All Letters and Packages will be carefully attended to; but no accounts can be kept or Postages or Passages, nor will the Proprietors be responsible for any Specie or other monies sent by this conveyance
ANDREW DRYSDALE,
Agent, HARBOUR GRACE
PERCHARD & BOAG,
Agents, St. JOHN'S
Harbour Grace, May 4, 1839

Nora Creina

Packet-Boat between Carbonear and Portugal Cove.

JAMES DOYLE, in returning his best thanks to the Public for the patronage and support he has uniformly received, begs to solicit a continuance of the same favours.

The NORA CREINA will, until further notice, start from Carbonear on the mornings of MONDAY, WEDNESDAY and FRIDAY, positively at 9 o'clock; and the Packet Man will leave St. John's on the Mornings of TUESDAY, THURSDAY, and SATURDAY, at 9 o'clock in order that the Boat may sail from the cove at 12 o'clock on each of those days.

TERMS.

Ladies & Gentlemen7s. 6d.
Other Persons,	from 5s. to 3s. 6.
Single Letters.6d.
Double do1s.

And PACKAGES in proportion
N.B.—JAMES DOYLE will hold himself accountable for all LETTERS and ACKNOWLEDGMENTS
Carbonear, June, 1836.

THE ST. PATRICK

EDMOND PHELAN, begs most respectfully to acquaint the Public that he has purchased a new and commodious Boat, which at a considerable expence, he has fitted out, to ply between CARBONEAR, and PORTUGAL COVE, as a PACKETS BOAT; having two cabins, (part of the after-cabin adapted for Ladies, with two sleeping berths separated from the rest). The fore-cabin is conveniently fitted up for Gentlemen with sleeping-berths, which will the trusts give every satisfaction. He now begs to solicit the patronage of this respectable community; and he assures them it will be his utmost endeavour to give them very gratification possible.

The St. PATRICK will leave CARBONEAR for the COVE, Tuesdays, Thursdays, and Saturdays, at 9 o'Clock in the Morning and the COVE at 12 o'Clock, on Mondays Wednesdays, and Fridays, the Packet Man leaving St. JOHN'S at 8 o'clock on those Mornings.

After Cabin Passengers	7s. 6d
Fore ditto,	ditto, 5s.
Letters, Single	6d
Double, Do.	1s.

Parcels in proportion to their size of weight.
The owner will not be accountable for any Specie.

N.B.—Letters for St. John's, &c., &c. received at his House in Carbonear, and in St. John's for Carbonear, &c. at Mr Patrick Kieley's (*Newfoundland Tavern*) and at Mr John Cruet's.
Carbonear, June 4, 1838.

TO BE LET

On Building Lease, for a Term of Years.

A PIECE of GROUND, situated on the North side of the Street, bounded of EAST by the House of the late captain STARR, and on the east by the Subscriber's.

MARY TAYLOR,
Widow.

Carbonear.

Blanks

Of Various kinds For Sale at the Office of this Paper.