

human peace and happiness, and secure to yourself comfort, usefulness, reputation, and honour. Attention to this one hint will do much for you. If they tell you that you cannot bear the cold of Canada without *hot stuff*, believe them not. These are the very men who lose their ears and noses, and are often frozen stiff by the roadside with it. I have been out in very severe cold and all weathers, as a teetotalist, for the last thirty years, and never injured; and whisky-drinkers losing their ears and lives on the same road—entirely their own fault. This is the first day of December. The ploughman, though cold, is busy at his work; the traveller crying about muddy roads, and looking to the clouds for cold, frost, and snow. Then his road is far better than Macadam could make it by his broken stones, and of the cold he has little fear. Lying low in his sleigh, covered by his robes, he can, in the severest cold, slide along with comfort and safety from morning till night. There are few men that die old, and, as a rule, other things being equal, the oldest is the most temperate.

*Other wiseacres* will tell you that cold water is very dangerous in the heat of Canada. Strange the drink indeed that will cool you when warm, warm you when cold, and strengthen you when you are weak! The case has been tested ten thousand times, and comes out the very reverse. Oh! beware, my friend; other things may ruin your circumstances, but drunkenness ruins the soul and the body. "The drunkard shall not inherit the kingdom of God."

6. BEWARE OF VANITY AND EXTRAVAGANCE.—There are some who are extremely ambitious of making a figure in the world, and that even amidst the censure of all those who are around them. I have often wondered that, while persons may have made an appearance of decent respectability, with almost universal approbation, they have preferred a display which could not but excite the grief of their friends, the disapprobation of the prudent, and the envy of the malignant; and who have, moreover, brought upon themselves poverty, embarrassment, and distress. Neatness, cleanliness, industry, and economy are precious and invaluable; but finery and show in furniture or dress are folly.

Equally foolish and extravagant is the habit of lending your little money to the first friend who gives you a very