

his friends upon the species of death he should make choice of. Agrippa, his son-in-law, not daring openly to oppose his resolution, persuaded him to destroy himself by famine—advising him however to make use of a little water, to alleviate the sufferings which would at first result from entire abstinence. Atticus commenced his regimen, philosophising with his friends and thus preparing for death. This however, did not occur; on the contrary, by restricting himself solely to water as his only nourishment, the pains of his stomach and bowels by which he had been previously tormented, ceased, and he speedily felt himself improved in health, and tranquil in mind. Being convinced that his disease, the cause of his distress, was removed, he renounced his design of putting a period to his existence, and lived to a very advanced age.

Sir Walter Scott reports of Bonaparte, that abstinence from food was his common remedy for occasional derangements of health.

The brother of General Herry, of revolutionary fame, was the oldest man in St. Johns' Colleton, and had seen the parish buried three times over. It was observed to him that he must have been blessed with an excellent constitution. He said, no, quite the reverse. Had his constitution been good he should have been dead long ago. He should have done as others did; but he was compelled to take care of his health, and live temperately, while others, presuming on the strength of their constitutions, put them to trials they could not endure. He had observed that the most robust from this cause were generally the first to die.

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#### WHAT WOULD BE THE RESULT OF UNIVERSAL ABSTINENCE FROM INTOXICATING LIQUORS ?

1. Not an individual would hereafter become a drunkard.
2. Many who are now drunkards would reform, and would be saved from the drunkard's grave.
3. As soon as those who would not reform should be dead, which would be in but a short time, not a drunkard would be found, and the whole land would be free.
4. More than three-fourths of the pauperism of the country might be prevented, and also more than three-fourths of the crime.
5. One of the grand causes of error in principle, and immorality in practice, and of all dissipation, vice, and wretchedness would be removed.
6. The number, frequency, and severity of diseases, would be greatly lessened, and the number and hoplessness of maniacs in our land be exceedingly diminished.
7. One of the greatest dangers of our children and youth, and of the principal causes of bodily, mental, and moral deterioration, would be removed.