

ment. "The diligent hand maketh rich." In Canada, there is yet very much land to be possessed, and if God shall give you health, nothing but prudence and perseverance will be necessary to insure to you your portion.

Do not neglect cleanliness both as it respects your person and the persons of your family and also your clothes and bedding; that is very important to your health and that of your children and friends—and a *general wash* will be required after a sea voyage, in this warm Country:—Let this be thoroughly attended to, and let the men assist the women in attending to it.

THIRDLY,—*Beware of intemperance in all its forms; not merely of intoxication, but of every step by which men approach to it.* It is not necessary to suppose that you have already acquired the habit of drinking to make this advice needful. Hundreds and perhaps thousands have come to Canada not only with habits of sobriety but abstemiousness, who in a few short years have discovered themselves with surprise to be confirmed, and perhaps incurable drunkards, or at least free drinkers; and free drinking is but one step short of habitual intoxication.

These persons, who would once have said, "Is thy servant a dog that he should do this thing," have been gradually seduced from their former habits and too many have sunk to rise no more.

In this Country ardent spirits are cheap, and the use of them is by far too common. Many persons use them as their common drink and to this many add the cheerful, the friendly and the social