

Canada Temperance Advocate.

Temperance is the moderate use of things beneficial, and abstinence from things hurtful.

No. 7.

MONTREAL, NOVEMBER, 1837.

VOL. III.

TEMPERANCE STAR.

Rise and shine through every nation,
O thou temp'rance star divine!
Bless, O bless the whole creation:
Enter ev'ry heart and mine.
Rouse the drunkards!
Teach them to be wise in time.

Guided by the great Jehovah,
Strengthen'd by his mighty hand,
Even drunkards are made sober;
See them travel through the land.
They shall prosper,
Join'd in one tee-total band.

Who will come and join our standard?
Help to pull the strongholds down?
Temp'rance men, unite, come forward,
Then the triumph is your own;
Endless vict'ry
Will your useful labours crown.



TEMPERANCE BANNER.

Ye fair sex of Britons arise!
Your country now calls for your aid,
And points to a glorious prize
With laurel that never can fade.
The standard's uplifted on high,
The banner of temp'rance unfurl'd,
Come forward, come forward, we cry,
To rescue a perishing world.

Your armour is kindness to all;
Your weapon is pointed with love;
Before you intemp'rance must fall;
Such weapons successful will prove.
Your brethren have open'd the way;
The fight is already begun.
Come, fair ones, your valour display
The victory then will be won.

A VOYAGE WITHOUT SPIRIT-DRINKING.

THE practice of doling out drams or quantities of grog (rum and water) to sailors, originated in the supposition that the administration of spirituous fluids was beneficial, if not absolutely necessary, in the case of hard labour and extreme exposure to the weather. It is now proved, by many experiments, that this supposition is erroneous. It is ascertained by experience in the American navy, and by different British commanders of vessels, that sailors are more able to endure fatigue, and are more healthful, without grog than with it, besides being infinitely better behaved. It is thus certain that the drinking of spirituous fluids is not essentially necessary in any case of exposure or hard labour. No doubt, a dram gives an excitement or fillip to the drinker, but the sensation is only temporary; the excitement soon abates, and at length a greater degree of lassitude ensues, than if no dram had been taken. We have heard it repeatedly mentioned, that drinking drams of brandy to keep out the cold, when travelling on the outside of stage coaches in cold weather, is of no use in the main. A little warm milk, or some other simple refreshing liquid, is infinitely better adapted for the purpose.

In an amusing work recently published by Messrs. Curry and Company, Dublin, entitled "Two months at Kilkee" (a small watering place in the county of Clare), we find the following account of a voyage performed by a vessel from England to Van Dieman's Land, during which not a drop of spirituous fluid was

taken by the sailors, although their sufferings from cold and fatigue were almost overwhelming. "Perhaps (says the author) there has never been a stronger proof placed upon record of the capability of the human constitution to bear, without the use of ardent spirits, great fatigue, in constant wet both night and day, for many weeks, and not sustain the least injury, but rather improve the health, than the case of the temperance crew of the 'Henry Freeling,' a small schooner of only 100 tons which sailed from England, in the spring of 1834, to convey Daniel Wheeler, now a minister of the Society of Friends, on a religious visit to Van Dieman's Land, New South Wales, and the islands in the Pacific Ocean. To use Daniel Wheeler's own words, 'theirs was a strictly temperance vessel.' After a voyage of about eight weeks, they reached Rio de Janeiro; leaving that place in about two weeks, they sailed by the Cape of Good Hope for Van Dieman's Land, where it was then winter, and at which they arrived in safety in sixteen weeks, after encountering a succession of the most dreadful storms and hurricanes, which kept their little vessel so much under water, that, at times, they could not keep up the necessary fires for dressing food. To give a faint idea of what they suffered, I shall give a few extracts from the journal of Daniel Wheeler; who, having spent the early part of his life in the navy, was well calculated, by his experience, to assist with his judgment in getting their little vessel through the mountain billows of the