

Inspector of Hospitals, in the British Army, says:—“By the daily custom of imbibing spirituous potations a new want is created, intemperance is established as a habit, and frequent intoxication is the consequence. The wretched drunkard must now have a large supply of liquor in the morning to recover from the effects of the quantity drunk on the previous night. He perhaps has neither money nor credit, and his clothes are then sold at a small portion of their value. Some do not stop here; for, after having sold all their clothes, they will rob their comrades and with the proceeds of their dishonesty provide the means of intoxication. Confinement follows upon confinement, court-martial upon court-martial, and punishment upon punishment, until the worn out wretch dies in hospital of the ‘horrors,’ fever or dysentery; or if he should for a time resist the fatal attacks of disease, his constitution becomes broken down by the combined influence of the poison of spirits, an exhausting climate and repeated attacks of illness, so that, in a few years, he is found unfit for further service in India.”

The personal experience of Mr. Marshall was decidedly in favor of the superior sanitary effects of water drinking, in hot climates. He says:—“I have myself marched on foot with troops on actual service, in a tropical climate, where the mean temperature is considerably higher than that of Jamaica, without any other beverage than water, and occasionally a cup of coffee. So far from being calculated to assist the human body in enduring fatigue, I have always found 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 retains its pernicious character through all its gradations. Indulged in at all, it can produce nothing better than a diluted or mitigated kind of mischief.” Dr. Robert Jackson, who, as at one time at the head of the medical staff in the West Indies, expresses his opinion that the English soldier, aided by temperance, may be considered capable of going through the severest military duty in the hottest islands in the West Indies.

Whiskey was unknown among the iron soldiers of Rome, who were the conquerors of the world. Water was their common drink, sometimes modified by weak sour wine, almost resembling vinegar.

**RULES FOR READING.**—Read the best books with care and sensible persons advise, and study them with reflection and examination. Proceed with a firm determination to make use of every page you read. Do not, by reading, neglect a more immediate or more important duty. Do not tread with a view to make a display of your reading. Do not read too much at a time. Reflect upon what you read, and let it be moderately enjoyed and well digested.

**THE BASHFUL MAN.**—Washington Irving, at a party in England, once told the following story of a bashful friend of his, who, being asked to a dinner-party, sat down to the table next to the hostess in a great state of excitement, owing to his recititious life. A few glasses of wine, mortifying to his brain, completed his confusion, and dispirited the small remains of his presence of mind. Casting his eyes down, he saw on his lap some white linen. “My heavens!” thought he, “that’s my shirt protruding at my waist-coat!” He immediately commenced to tuck in the offending portion of his dress; but the more he tucked in, the more there seemed to remain; at last he made a desperate effort, when a sudden crash aroused him, and screams from the company brought him to his senses. He had been all the time stuffing the table-cloth into his breeches, and the last attempt had swept everything clean off the table. Thus our bashful friend annexed a table cloth, thinking it was the tail of his own shirt.

### Editorial Notices, &c.

THE JOURNAL OF THE BOARD OF ARTS AND MANUFACTURES OF UPPER CANADA: TORONTO.

The first number of Vol. 2 has just come to hand of this useful periodical, and its contents contain much to interest not only the mechanic and manufacturer, but also the general reader. In a young country like Canada, to rouse a spirit of energy and emulation in relation to arts and manufactures, must always be a slow and sometimes difficult work; and this is felt to be more particularly the case at the commencement and during the early stages of such undertakings. We are glad, therefore to find that the exertions of our Board of Arts and Manufactures have already been attended by such an amount of success as to encourage them to bring out their Journal for the current year in an enlarged and improved form, without increasing the price. The present number indicates much care and skill in preparing and editing the various subjects of which it treats, some of which are well illustrated by appropriate wood cuts. Its “getting up,” as well as its scientific and literary matter are alike creditable to all concerned in its production. We will only add, that to single subscribers the yearly subscription is \$1; to clubs of ten or