

stance of which has fallen under my observation. And, with the view of preventing such imprudence, it is fit that the facts of the case should be understood.

The instances of sudden death from drinking cold water, almost universally occur among intemperate foreigners, or others who indulge habitually in the use of spirituous liquors. Such persons, after creating a thirst by the use of ardent spirits, which rum will not allay, go to a pump, or spring of water, and drink to satiate this morbid thirst, which is more owing to their intemperance, than to labor and heat combined. Hence, all who are acquainted with the subject know, that children and females, and multitudes of men, are in the daily habit of drinking largely of cold, and even iced water, when over heated by exercise or labor, not only with impunity, but with advantage. And facts will show, that this is the case with all who abstain entirely from intoxicating drinks. Nor can an instance be produced, of either dangerous or fatal symptoms following the use of cold water, in warm weather, in persons of sound constitution and temperate habits. The stomach may, indeed, be impaired in its vitality by disease, to an extent analogous to the morbid condition resulting from habitual intemperance; but in such examples only, does drinking cold water in warm weather produce either disease or death.

Let no one, then, be induced to mingle brandy or other spirituous liquor with the water, with the view of escaping the mischievous result deprecated, by using water alone; else they may acquire a pre-disposition to suffer from this cause, by the very means they employ to prevent it.

The effect of cold water thus suddenly applied to the stomach is supposed to be a paralysis, extending from that organ to the heart; hence, a powerful stimulant, properly administered, is the usual remedy. Opium, capsicum, camphor, ammonia, and the like very generally succeed, if given immediately, in suitable quantities, even in intemperate persons; the stimulus being more powerful than those to which the stomach has been accustomed. That such examples of paralysis from drinking water, however cold, or however much the individuals may be heated, ever did occur, except when the stomach had previously been impaired by intemperance or otherwise, remains to be proved. Hence, such accidents proverbially occur among drunkards, to an extent which should serve as a warning to the intemperate, and a salutary lesson to the sober.

Such persons, however, may avoid the mischief they dread, in a much better way than by mixing spirituous liquors with the water they drink. Let them wash the hands and face with cold water, before drinking, or hold their mouths full a few moments before swallowing it, and they may then safely satiate their thirst even with iced water, without harm.

If you and your brother editors would give publicity to the facts and observations thus briefly given, you may, perhaps, serve the cause of humanity, and disabuse the public mind of a very popular and mischievous error. A close attention to this subject for many years, has satisfied the writer of their correctness.

A PHYSICIAN.

CANADA TEMPERANCE ADVOCATE.

"It is good neither to eat flesh, nor drink wine, nor do any thing by which thy brother is made to stumble, or to fall, or is weakened." Rom. xiv. 21.—*Macnight's Translation.*

MONTREAL, SEPTEMBER, 1838.

THE RACES.—The Races have just come off, it is said, with the greatest *clat*. Never was there such a concourse of spectators. Magistrates, Judges, Lawyers, Doctors, Clergymen, Tradesmen, women and children; all who had the power of locomotion, and made any pretensions to fashion or taste, rushed to the race-course; to grace, and enjoy "this truly national sport." The day was uncommonly fine, and the company was uncommonly splendid; and, taking all things into account, never was the racing conducted in such a manner as to redound more to the honour of the country. All seem to be satisfied; all seem to agree that a great triumph has been achieved on behalf of the province.

Such is the slang which has been bandied from mouth to mouth

for a few days. But, in order to determine on what side the victory lies, let us look at some of the consequences. And, *first*, two men have lost their lives, while another is still confined in the hospital. *Secondly*, a multitude of crimes have been committed which have filled the police office with offenders. *Thirdly*, money and time have been lost, the value of which cannot be far short of \$50,000. *Fourthly*, intemperance has been promoted to a fearful extent. The streets, in the part of the city nearest the race-course, were filled with intoxicated persons on Tuesday evening. A great number of soldiers were punished, more or less, on the following day, for drunkenness, or some crime committed under its influence. A great number of citizens were seen on the street, next morning, pale and sickly, evidently from the effects of the last evening's debauch. *Fifthly*, impressions have been made upon the minds of multitudes most unfavourable to religion, which are certain therefore to lead them farther from God than before, and may perhaps issue in their eternal destruction. Who can calculate the number and extent of evil consequences arising from the Races! And when these things are taken into consideration, whether has a victory been achieved or an irreparable loss sustained? If there has been any triumph, the Devil alone will reap the fruit of it.

Horse-racing, viewed as it affects the moral interests of society, can be considered only as a desire for furnishing men with the best opportunities, and the most powerful incentives to commit crime. It has given a great impulse, here, to the cause of intemperance, to blasphemy, irreligion, cruelty, and every kindred vice. The motley crowd, assembled on the ground, might be compared to a black thunder cloud, darkening our moral horizon, and threatening every thing that is valuable, in religion or morals, with destruction.

DEATHS BY DRINKING COLD WATER.—The New York papers have, of late, been publishing weekly reports under the above alarming title; which have been carefully re-echoed by other papers throughout the length and breadth of the land; and the impression intended, more or less openly, to be conveyed thereby, is, that it is dangerous to drink cold water in hot weather, and that consequently the doctrine of Temperance Societies on this point, is contradicted by fact. This is a species of reasoning which, we will venture to affirm, could be employed on no other subject than Temperance, or one, at least, on which custom, and prejudice, and inclination, operate as powerfully and as extensively to pervert the judgment.

New York is the only city in which the consequences of drinking cold water are reported to be so fatal, but, be it remembered, it is not the only city in which cold water is drunk. There is a pump within two hundred yards of the place where we are writing, and it is scarcely possible to pass it in a hot day without seeing some drinking at it, yet no painful consequences follow; on the contrary, the individuals go away delighted and strengthened with the refreshing beverage. The same thing, we are persuaded, is witnessed in Quebec, Toronto, Boston, Albany; in short, in almost every city on the American continent. Happily, all the pumps are not to be found in New York, nor all the people who are so wise as to use them. Since, therefore, cold water is drunk with safety every where else but in New York, it is plain that the only conclusion which can be drawn legitimately from the fact, is one recommending the use of cold water; and if any caution to the contrary ought to be given any where, it can respect that particular place only. It would be eminently absurd to make a rule, which is good only in New York, if it be good even there, apply to the whole world beside.

The above remarks also lead us to suspect, either that the alarming reports alluded to are greatly exaggerated, or that there must be something peculiar in the quality of the water used in that city; or, finally, something peculiar in the constitutions of those who die by drinking it. There may be some truth in the first of these suppositions, the second we have never heard alleged; the third is maintained by all the friends of temperance in the United States, and given to the world as a sufficient explanation of the fact. They affirm that those who die by drinking cold water, are those only whose constitutions have been previously ruined by dissipation, or, it may be, in a few instances, by disease. This appears in the extracts which we have given in another page on this subject, to which we beg to refer the reader. So that ultimately it comes out that the death of these men ought not to be ascribed to drinking