

ken during some rapid Journeys across the Pampas and among the Andes." Although little labour has been expended on this work, as is evident from the title, it yet gives many indications of the same vigorous mind that is now swaying affairs in Upper Canada—it awakens such an interest in the reader as to make him regret that the "journey" ends so soon; and, what constitutes the chief excellence of all journals of this kind, it gives one a vivid description of the country, and the mode of life of its inhabitants. Our readers are not to suppose that we are going to review it—but as a proof of its merit, we shall merely add, that Malte Brun, whose System of Geography is confessedly the standard, quotes Captain Head's journal as one of his authorities in describing South America.

The Gauchos are the inhabitants of the Pampas. Riding is their principal, almost their only exercise; and they will continue on horseback day after day, galloping over these immense plains under a burning sun, and performing labours which appear utterly astonishing to a stranger. Sir Francis points out in the following words the cause of this apparent inexhaustible capacity to bear fatigue. "As the constant food of the Gaucho is beef and water, his constitution is so strong that he is able to endure great fatigue; and the distances he will ride, and the number of hours he will remain on horseback, would hardly be credited." (Page 29.) As an evidence that this is not a random guess, he informs us that he resorted to this diet himself, and in a short time became as untirable as the Gauchos themselves, galloping from sun-rise to sun-set, in his journeys across the Pampas, at such a rate that none but a native could keep pace with him. He says, page 51—"when I first crossed the Pampas, I went with a carriage, and although I had been accustomed to riding all my life, I could not at all ride with the peons, (drivers of the carriage) and after galloping five or six hours, was obliged to get into the carriage; but after I had been riding for three or four months, and had lived upon beef and water, I found myself in a condition which I can only describe by saying, that I felt no exertion could kill me. Although I constantly arrived so completely exhausted that I could not speak, yet a few hours' sleep on my saddle on the ground always so completely restored me, that for a week I could daily be upon my horse before sun-rise, could ride till two or three hours after sun-set, and have really tired out ten or twelve horses. This will explain the immense distances which people in South America are said to ride, which I am confident could only be done on beef and water."

We had marked some other passages for quotation, but as this article has already ex-

tended much farther than we anticipated, we must close it at present. We would remark, however, that the prevalent opinion that intoxicating drink in one form or another is necessary to qualify the human constitution for sustaining fatigue, is most unfounded—the above extracts rendering it evident, that the only effect of these drinks is—weakness.

#### MILTON.

It would be presumptuous in us to pass any encomium on this great poet—his excellence is admitted by all that have intellect to appreciate it. Sir Walter Scott, the best judge of modern times, characterised his Paradise Lost as "the greatest poem that the world ever saw."

We cannot set him down as one who practised abstinence, the grand principle of our Associations, but the two following extracts show that both his opinions and his practice were more favourable to us than our opponents.

Mitford, in his Life of Milton, informs us that "his domestic habits were those of a severe and temperate student. He drank little wine, and fed without any luxurious delicacy of choice—he supped upon olives, or some light thing, and, after a pipe of tobacco, and a glass of water, went to bed." (page 38.) The same biographer elsewhere informs us that his temperance was habitual; even when he was a young man, on his travels, he observed the rule of temperance (a thing very unusual with travellers) so conscientiously as to excite the wonder of the Italians. Might we not trace a connexion between the temperance of the poet and the purity of his muse? The author of Don Juan excited himself with ardent spirits, and Burns did the same. It is worthy of notice that their earlier productions, speaking generally, are the purest, and they became gradually more offensive in proportion as the mind of the poet became debauched by intemperance,—while, on the contrary, the character of Milton's muse, throughout the whole of his writings, fully agrees with "Urania," the heavenly name under which he invokes her. However this may be, the above fact, that Milton took a glass of water, rather than a "tumbler," before going to bed, is sufficient to show that the use of alcoholic stimulants is not necessary to rouse the mind to make an extraordinary effort. Nay, when his practice and his poetry are contrasted with the practice and poetry of the other great authors we have just named, the very opposite conclusion, we think, must be come to.

The practice of Milton shows that the use of strong drink is not necessary to intellectual strength,—the following quotation

shows that it is as little necessary to corporeal:—

"CHOR. Desire of wine and all delicious drinks,  
Which many a famous warrior overturns,  
Thou could'st repress, nor did the dancing ruby  
Sparkling, out-pour'd, the flavour, or the smell,  
Or taste that cheers the heart of gods and men,  
Allure thee from the cool crystalline stream."

"SAM. Wherever fountain or fresh current  
flow'd  
Against the eastern ray, translucent, pure,  
With touch ethereal of heaven's fiery rod,  
I drank, from the clear milky juice allaying  
Thirst, refresh'd; nor envied them the grape,  
Whose heads that turbulent liquor fills with  
fumes."

"CHOR. O madness, to think use of strongest  
wines  
And strongest drinks our chief support of health,  
When God, with these forbidden, made choice to  
rear  
His mighty champion, strong above compare  
Whose drink was only from the liquid brook."  
—Samson Agonistes.

Clergymen, doctors, lawyers, merchants, mechanics, and editors,—multitudes of the "wise men" of the present day, tell us that ardent spirits are "really necessary" to preserve the body in health, and to enable it to bear fatigue; but, from the above lines, we see that the immortal Milton would consider them mad—and his judgment, to say the least of it, is pretty near the truth.

## 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.—*MacKnight's Translation.*

MONTREAL, JUNE, 1836.

We intended to offer a few remarks on a paper, which will be found in another page, respecting the number of Taverns in Montreal, and the expense which they cause to the city. But the following letter from a Correspondent so fully expresses our sentiments, that we cannot do better than insert it here.

#### Magistrates and Tavern Licenses

To the Editor of the Canada Temperance Advocate.

SIR,—Our worthy Magistrates I understand, taking into consideration the great abuse which had crept into the system of granting Licenses for Taverns, and being deeply afflicted with the debauchery, vices, and crimes, which these establishments produce and promote; weighing the presentiments of several Grand Jurors, which declared these taverns to be a nuisance—the opinion of the public press,—and of a large portion of the citizens expressed in a petition to them, resolved at their recent Sessions that the number of Licenses should be materially diminished, and yet—granted a greater number of Licenses than before!