PREFACE,

paratively a civilized people, sensible of the value of instruction, and eager to obtain it; cultivating their fields, and, by an extended and increasing foreign trade, affording a most remarkable instance of the ameljorating and humanizing effects of commerce.

In these days of philanthropy, when there are so many zealous advocates and active promoters of the great and truly benevolent cause of temperance, it is proper and becoming in every wellwisher to the advancement of this cause, to aid it in every way in his power. With such impressions, and with the favorable opportunity now presented, I should consider it reprehensible to withhold from the public, a statement of facts relating to myself personally, and which no other consideration than the hope of doing good, would induce me to make, although they may be viewed by many as not the least extraordinary of the facts which have been narrated.

I am not, nor have I ever been a member of a temperance society; but I was a practical temperance man long before such societies were dreamed of. At the period when I began my nantical career, it was a universally received maxim, that drinking grog and chewing tobacco were two essential and indispensable requisites for making a good seaman. So omnipotent is custom, and so powerful is satire, that although the absurdity of such a maxim must be apparent to every one, I have, nevertheless, seen many young men repeatedly made sick before overcoming the disgust, and some of them afterwards became miserable drunkards. As alcohol and tobac-

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