

across the fields, met the party, and deliberately plunged the knife into the breast of the child's father, killing him in an instant! He was apprehended, tried, and hung. At the same Northumberland assize two other men were tried—one for murder, and the other for being accessory before the fact. They were Irishmen, and had killed an English laborer in revenge of a drunken quarrel about nationality. The one for murder was convicted, and hung; the accessory was acquitted. Two or three hours after he left the dock, he was seen drunk, quarrelling in a public-house in the neighborhood of the court, about a similar subject to that which originated the quarrel and the murder for which his companion was hung. The conduct of the two malefactors between conviction and execution, illustrated the position that drink was the moving cause to the crime. The Englishman continued a hardened, unapproachable sinner. The Irishman showed all that nervous prostration, that woman-like fear shown by a man not desperately bad, but of ill-regulated passions, and had to be literally carried screaming to the place of execution. Yet if you examine the normal condition of the man, it was precisely the same. Neither of them could have wrought themselves up to the killing point but for drink.

I have tried to make my paper suggestive rather than dogmatic. Much may be said on both sides, and I am sure our worthy editor would be inclined to devote a proportionate amount of space to the statement of the converse of my proposition. There is an American motto which, though terse, is philosophical and apposite. It is this:—"Be sure you are right, then go ahead." Our lecturers, staticians, writers, and societies, have labored in vain if we are not in a position to demand as a right now what we begged as a favor some years ago. Hundreds of our members are possessed of the elective franchise, and it is for them to dictate terms to their representatives. The teetotalers in nearly every large town in the United Kingdom could turn the election, parliamentary or municipally. Their work is coming, but the task now is to make that work consistent with principle.

THE MAIL COACHMAN.

The following is a letter from the mail coachman who drives daily from Cardiff to Swansea, Wales, to a gentleman who rode on the box of his coach to the late meeting of the British Association at Swansea. This gentleman, observing that the coachman was a very intelligent man, and the picture of robust health, and learning from him that the circumstances under which he became a teetotaler were very interesting, begged to have an outline of them in a letter, of which the following is an abstract, and which is now publishing with his permission.

Cardiff, May 4th, 1848.

Dear Sir,—A short time since you came down on the "box," of the London and Pembroke mail, via Gloucester, which I drive, and have driven for nearly eight years; and among other topics which our conversation led to, was that of "temperance," and the most important one of "total abstinence" from all stimulating, exciting, or intoxicating drinks, which you and myself agreed were not at all requisite, for there is not one man out of every hundred who requires to take it for the sake of keeping up his strength. Some persons may perhaps say, that with some constitutions it is requisite; but from my experience and long observation, there are but a few instances where it would be absolutely, *bona fide* useful, and then to be taken most strictly—not to gratify the palate—in every sense of the word, "medicinally." I will now endeavor to convince you, (and God grant that I may be enabled to convince others,) from the following narrative, that it is "quite a mistake" for a man to think he requires a glass of ale, wine, or spirits of any kind while

he is travelling, or exposed to the inclemency of the weather. I tell him he does not require it because he is exposed to the different states and temperature of the atmosphere; I speak from experience; and I think you will allow my authority to be good, and I hope of some value to the "cause," when I tell you it is the result of an experience of twenty-seven years of exposure to all kinds of weather; and that during that time, as a servant of the public, I have never been out of employment "one minute." I have driven on several roads out of London and in the provinces, but was never out of a situation, always having a coach to go to before my previous engagement terminated; during that period I have driven a distance equal to more than twenty-seven times round the earth which we inhabit, allowing the circumference of the globe to be 25,000 miles. My present appointment is seventy-four miles per day, or 27,010 miles per year; and during the last fourteen months (with the exception of my having been "subpenned" in Bristol, in October last, on a trial to prove an "alibi,") I have never been one day off the "box" of the mail, Sundays not excepted, and I have been through some very severe weather last winter, yet I have never had recourse to "stimulants" of any kind, showing clearly that a person in health does not require them. And it is really quite astonishing what a very little we do require, only the "mind" cannot be brought to think so with all people; for instance, from the amount of exposure to which I am subject, a person would fancy he ought, previous to starting, to lay in a good "foundation." It is a mistake—the majority eat and drink too much. Now I will tell you my habits for the last fourteen months, and their results.

I rise regularly without being called, about six A.M., and immediately have a cold bath, dress, read for three quarters of an hour, and prayers; breakfast, which consists of a small basin of bread and milk; am at my duties (the coach-office) at eight o'clock; go seventy-four miles (all weather) without taking any thing whatever; return to my home at 5 o'clock P.M. At half-past five o'clock Mondays, Wednesdays, and Fridays, I partake of meat for dinner, (roast or boiled mutton,) potatoes and bread, and about half a glass of water, (always leaving off when I could eat half as much again;) and in the evening of those days, at nine o'clock I take a cup of tea and a slice of bread and butter. Tuesdays, Thursdays, and Saturdays, I do not eat meat, but take tea and dry toast for my dinner; and on those evenings, at nine o'clock, I have a glass of water and a slice of bread and butter; read every evening and pray, and go to bed very regularly at ten o'clock. The result of such extreme regularity of diet, habits and rest, I find to me to be most conducive to health, and I have no doubt it would be so to others. Very faithfully, your obedient servant, JOHN PROBETT.

P.S.—I never smoke or take snuff.

Some years ago, when he was in the company of several coachmen, they affirmed that no one could drive a coach and attend to his business properly on less than two glasses of brandy and water a day. That very evening Probett dropped 1s 6d., into the box and said, "There go two glasses of brandy;" and with this money, which he dropped in every night regularly, he paid the insurance on his life for £1000. After a while a bonus was granted, which reduced his payment! and it is now only one shilling a day. Thus he has secured a competence to his family in case of his death. Besides this, he has been enabled to send four of his children to boarding schools, that they may enjoy the inestimable advantage of a good education. He keeps a regular journal of the events of each day, and stands at the head of his profession. How much better to make this use of his money, than for a man to spend it in making himself more or less drunk, which is the case with many a coachman, who becomes a pauper as soon as he loses his employment.—*English Paper.*