

you will accomplish, and how great will be your reward! Do any children say, "But how can we do such a great work as this?" I answer, though the work be great you can easily perform it. All you have to do is to abstain from strong drink yourselves, and to go and tell others to do the same. When you abstain, you enter the life-boat; and every drunkard you can persuade to abstain, is a drowning man picked up from the devouring waves of the ocean of intemperance. And, oh! how happy you will be, if you can only save one poor man from perishing in that fearful ocean. And you may succeed not merely in saving one, but in saving many. And what is of still greater consequence, you may also prevent others from ever entering on that dangerous sea. And surely you will be happy in doing this. You will not have lived in vain. The drunkards you have saved will bless you—good men will rejoice to see you thus engaged—God will smile upon you, and conscience will approve your labours. Remember, then, children, that thousands are drowning, and come up to the rescue.

MOTHERS AND NURSES.

Respecting the employment of ale, porter, or wine, during the period of suckling, in order to increase the quantity of the mother's milk, &c., great prejudice still exists in favour thereof, and even by many medical men its use is still recommended. But the experience of some thousands of mothers who have tried the opposite course, as well as many eminent physicians, fully prove the fallacy of this opinion. The sentiments of some of the latter, who have devoted much of their time and attention to this part of their practice, is subjoined.

Dr. A. Combe, says—"It is a common mistake to suppose that because a woman is nursing she ought therefore to live fully, and to add an allowance of wine, porter, or other fermented liquor to her diet. The only result of this practice, is to cause an unusual fulness of the system, which places the nurse on the brink of disease."

Dr. Trotter writes—"All drinks containing spirits, such as wine, caudle, ale, porter, &c., must impregnate the milk; and the digestive organs of the babe must be quickly injured by them. Physicians who have prescribed a diet for nursing mothers, have not sufficiently attended to the hurtful effects of wine and malt liquors. Porter is generally permitted in large quantities on these occasions—a beverage highly improper and dangerous."

"A lady, suckling," says Dr. Stokes, "should make milk her chief beverage, instead of wine or ale, which tends, in too great a quantity to cause the secretion of impure milk, which is sure to disagree with the tender stomach of the infant."

"There is no practice more fraught with evil, than the foolish one of taking wine or spirits to relieve the languor consequent on suckling; the relief is very temporary, and is followed by a much greater depression than before, which is only relieved by another and larger dose of the liquid poison."

Dr. Sleeman states—"Facts and physiology equally establish the point that, where intoxicating drinks are not used by mothers nursing, the health is better (other things being equal), and the children have not physical debility, nor are they so prone to disorder the system."

Dr. Hicks says—"That beautifully nutritious fluid, milk, by a beneficial God has been provided for the support of the infant. Now alcohol passes off by the secretion in an unchanged state, and consequently that mother who herself takes this poison, becomes a medium through which it passes into the system of the babe; indeed, in this case, she converts that which nature intended as a nutriment for the child, into a means for conveying into its body a poison as destructive in its effects as opium."

Dr. Tothill, of Staines, states—"My late wife, who was

naturally of a very delicate constitution, nursed the whole of her family of eight children, without drinking any thing stronger than milk-and-water."

Dr. Higginbottom says—"If you would have puny, weak, and sickly children, drink ale, and, according to the usual custom, give the children a little also."

Dr. Oxley says—"He had seen the greatest evils result from the use of ardent spirits and other intoxicating liquors, while nursing. He had been in extensive practice as an accoucheur, and in all cases where he could prevail on his patients to drink only milk, or gruel, or barley-water, he had been successful in producing much comfort, and a speedy restoration to health."

RESULTS OF THE RECENT CONVENTION.

But *what are those duties?* In looking over our report of the proceedings of the Convention, we find the following particulars urged upon the attentive consideration of all who desire the promotion of the Temperance cause:—

The training of *Youth* in the principles of total abstinence, and the formation for that purpose of Juvenile Temperance Associations in Sabbath and other Schools, and the wide circulation of such tracts and periodicals as are most likely to engage the minds of young persons and children.

The inducing *Females*, and especially *Mothers*, to exert their influence in promoting the Temperance cause in their own families, and in the circle of their acquaintance:

Domiciliary Visitation, both by regular agents and individual members, partly with a view to ascertain the consistency of those who have taken the pledge, but chiefly in the hope of inducing inebriates to abandon their destructive courses:

The devising suitable means for *employing the leisure hours of the members*, and especially of those who have been reclaimed from habits of intemperance, including such recreations as may best invigorate the bodily and mental powers:

An improved mode of *Advocacy*, and a more extensive use of the facilities now afforded through the medium of the *Public Press* for diffusing correct information as to the principles and operations of Teetotal Societies:

The collection of correct *Statistics* on all points connected with the practices of intemperance, and the practice of total abstinence, showing the results of the one in disease, poverty, crime, and wretchedness, and of the other in health, industry, morality, and comfort. And it was suggested that if this portion of labour were duly *classified* and divided amongst individuals, such statistics might be furnished as would greatly subserve the interests of Teetotalism:

An exposure of the moral and physical injuries inflicted by the compulsory *Drinking Usages* of Great Britain, and the adoption of such measures as may lead to their entire abrogation:

A declaration of the *immorality of the manufacture, sale, and use of intoxicating drinks* as common beverages, and of the duty of all, but especially of avowed philanthropists and Christians, at once to renounce all connection with such drinks:

The presentation of distinct *Addresses to Christian Ministers and Missionaries*, including a condemnation of the practice of exporting intoxicating liquors from Christian to Pagan countries, by which drunkenness was introduced among the converts, to the serious hindrance of religious influence:

The gaining the attention of an increased number of *Medical Practitioners* to the principles of Teetotalism, and the extensive circulation, to this end, of the medical testimony recently drawn up by John Dunlop, Esq., and which has already obtained the signatures of the most distinguished members of the medical profession: