

that she would relate it! when the fit was upon her, even to the walls of her cell; her fancy conjuring up some imaginary listener, so that they had frequently opened the door, believing she must have found some strange auditor.

They said that she was at times perfectly sane; so much so, that they had regarded her as not a fit subject for their establishment; and that under this impression, she had many times been sent away; but on returning to her former habits, her head had again become disordered, and the same good clergyman who watched over her with such anxious care, had brought her back to the institution, with fresh injunctions to treat her with the utmost kindness and respect; to pay every attention to her health, and faithfully to transmit to him every change which might take place in her situation, her habits, or her character.

Within a few minutes after the conclusion of her melancholy story, the poor maniac became incapable of any thing like connected thought. Her ravings were then so wild and incoherent, that I could only commit her to the care of her accustomed attendants.

In this situation I left her; more than ever convinced, that every mental malady to which we are constitutionally liable, must necessarily be increased by habits of intemperance; and that the most melancholy rain this world presents, is that wreck of humanity which is tossed "upon the ocean of excess."

### Testimonies.

(Opinion of Dr. K. O'Sullivan, of the Laboratory of Giessen.)

It is a mistaken notion that beer, wine, and spirits, communicate strength; and it is disgraceful to see medical men endeavoring to propagate the error. Meat affords tissue, and consequently strength; starch and sugar are only useful for the production of animal heat; but spirits, and all alcoholic liquors, although they possess the latter qualities in an eminent degree, possess another property which is unfortunately better known of the two—namely, their narcotic action on the brain. This narcotic action is caused by the spirit preventing the blood which goes to the brain from becoming perfectly arterialized, by its vapor diffusing itself through the lungs, and thus preventing access of air, by which means the functions of the brain are imperfectly carried on.—*Medical Times*.

**POPULAR POISON.**—When pure ardent spirits are taken into the stomach, they cause irritation, which is evinced by warmth and pain experienced in that organ; and next, inflammation of the delicate coats of this part, and sometimes gangrenes. They act in the same manner as poisons. Besides the local injury they produce, they act on the nerves of the stomach which run to the brain, and, if taken in large quantities, cause insensibility, stupor, irregular convulsive action, difficulty of breathing, profound sleep, and often sudden death. The habitual use of ardent spirits causes a slow inflammation of the stomach and liver, which proceeds steadily, but is often undiscovered till too late for relief.—*London Medical and Surgical Journal*.

Boroughbridge, October 8, 1844.

SIR,—Some ministers of the gospel assert that they find the assistance of a glass of intoxicating wine essential to the proper and energetic discharge of their pulpit duties. In opposition to their assertion, I beg to adduce my experience. I have been an abstainer for seven, and a minister of the gospel for five years. During that period I have frequently preached eight sermons, and walked forty and fifty miles per week; and my ordinary labour now is, three sermons on the Sabbath, and the same number during the week. I am no Sampson in stature—no Hercules in strength—nor have I an "iron" constitution. Quite the reverse. Yet I never found a glass of wine essential to the proper discharge of my pastoral duties. Milk, or a glass of water, supplies the place of sparkling wine and the costly decanter; and I firmly believe that total abstinence tends to make me a wiser, a better, and a more useful minister.

Yours truly,

GEORGE WILSON M'CREE,  
Baptist Minister.

R. J. Cleveland, of Cambridge, U.S., a voyager during 24 years, says:—"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 dreamt of. At the period when I began my nautical 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 habit, 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 their disgust, and some of them afterwards become miserable drunkards. As alcohol and tobacco were in no degree less offensive to me than I had evidence of their being to my associates, it appeared to me, that to submit to the ridicule rather than to the sickness was selecting the least of the evils, and I acted accordingly. Those who may honor me with a perusal of my narrative, will perceive that I have navigated to all parts of the world, from the 60th degree of south latitude to the 60th degree north; and sometimes in vessels whose diminutive size and small number of men caused exposure to wet and cold, greatly surpassing what are usually experienced in ships of ordinary capacity; that I have been exposed to the influence of the most unhealthy places—at Batavia, where I have seen whole crews prostrate with the fever, and death making havoc among them—at San Blas, where the native can stay only a part of the year—at the Havana, within whose walls I have resided five years consecutively; that I have suffered captivity, robbery, imprisonment, ruin, and the racking anxiety consequent thereon. And yet, through the whole, and to the present 68th year of my age, I have never taken a drop of spirituous liquors of any kind; never a glass of wine, of porter, ale, or beer, or any beverage stronger than tea and coffee; and, moreover, I have never used tobacco in any way whatever; and this, not only without injury, but, on the contrary, to the preservation of my health. Headache is known to me by name only; and, excepting those fevers which were produced by great anxiety and excitement, my life has been free from sickness.—Extracted from "*Voyages, Maritime Adventures, and Commercial Enterprises, in all Parts of the World*."

Charles Waterton, Esq., of Walton Hall, near Wakefield, England, author of "*Wanderings in South America*," &c., says—"The severe attacks of dysentery, and the former indispositions caused by remaining in unwholesome climates, and by exposure to the weather, seem to have made no inroad into my constitution; for although life's index points at 62, I am a stranger to all sexagenarian disabilities, and can mount to the top of the tree with my wonted steadiness and pleasure. As I am confident that I owe this vigorous state of frame to a total abstinence from all strong drink, I would fain say a parting word or two to my young reader on this important subject. If he is determined to walk through life's chequered path with ease to himself, and with satisfaction to those who take an interest in his welfare, he will have every chance in his favour, provided he makes a firm resolution never to run the risk of losing his reason through an act of intemperance; for the preservation of his reason will always ensure to him the fulfilment of his resolution, and his resolution will seldom fail to crown his efforts with success. The position of an irrational ass, cropping thistles on the village common, is infinitely more enviable than that of a rational man under the influence of excessive drinking. Instinct teaches the first to avoid the place of danger, whilst intemperance drives the last headlong into the midst of it. To me there is no sight in civilized society more horribly disgusting than that of a human being in a state of intoxication. The good Jesuit who, six-and-forty years ago, advised me never to allow strong liquors to approach my lips, conferred a greater benefit on me than if he had put the mines of Potosi at my immediate disposal. I might fill a large volume with the account of miseries and deaths which I could distinctly trace to the pernicious practice of inebriety. I have seen manly strength, and female beauty, and old age itself, in ruins under the fatal pressure of this degrading vice. The knave thrives on the follies of the drunkard, and whole families may trace the commencement of their decay to the dire allurements of the public-house."—*Autobiography*.

### Ought not Ministers of Religion to Support Total Abstinence?

BY THE REV. JAMES COX, WESLEYAN MISSIONARY.

O what a stumbling-block would be removed from the way of the ungodly, and the godly too, by the total renunciation of alcoholic drinks! How greatly has it promoted the work of God in the West India Islands, in which I have laboured! What a source of thanksgiving is it to thousands there, who have been di-