

or disorder my stomach, or cause local inflammation more or less serious. There are those who think that wine or beer is needful whenever they feel fatigued or exhausted. But surely nature provides her own restorative at a much easier and cheaper rate. He who is tired should rest, he who is weary should sleep, he who is exhausted should take wholesome food or innocent beverages, he who is closely confined should take air and exercise. I repeat, that in my case alcoholic drinks are never necessary, and would never do me good.

I claim no merit for total abstinence—1st, Because it is no privation: a total abstainer does not care or think about liquor, at least after the first few days or weeks, he forgets it, 2ndly, Because I am firmly convinced that a total abstainer has more physical comfort, and even more gratification for his palate, than he who takes liquors, the digestive organs being generally in a healthier state, he enjoys food of a more palatable and innocent character with greater relish, if he loses the pungency of strong drink, he also escapes its painful consequences, 3rdly, Because abstinence from liquor is no mean saving of money, which may be so much better applied, 4thly, Because it is a still more important saving of precious time, and 5thly, Because it obviously keeps men out of many dangers and temptations. Therefore in my judgment, enlightened self-interest, nay, an enlightened regard for mere physical enjoyment, might make a man give up strong drink. * * * *

My belief is, that, to most persons in ordinary health, alcoholic drinks are not needful. And I take the liberty of just glancing at a few facts, which seem to prove this beyond all reasonable question.

First, I will speak of cases within my own personal knowledge. I know, and could name, many of the hardest working men, who for years have not tasted drink, and who declare themselves far better without than with it,—glass-blowers, forgo-men, and others, who work in front of the hottest furnaces,—pressers in dry-houses,—farmers working out of doors in summer's heat and winter's frost, printers working at the press, joiners, bricklayers, masons, &c. I know coachmen, exposed to all weathers, one of whom drove the night-mail over the hills of Scotland, I know medical men in large practice, driving about all day, and often disturbed in the night, I know ministers of religion and lecturers, among the most animated and laborious in the country, in the habit of speaking at great length in crowded meetings,

and often out of doors, I know missionaries labouring in tropical countries, I know merchants, tradesmen, clerks, &c., of the greatest activity, I know literary men and editors of very sedentary habits, I know members of Parliament and ministers of state, among the most constant in their attendance on the duties of Parliament or of office, I know old men of near four-score, children and young persons of all ages, nursing mothers, servants, in short, persons of almost every class that can be mentioned. I know persons under all these varied circumstances, who act on the system of total abstinence, enjoying health and vigour, and believing that they are better without intoxicating liquor than they would be with it.

Beyond my personal knowledge, instances without end might be adduced from unquestionable authority, but it may suffice to mention a few class of cases. For example, the governor of York Castle told me that he never knew a single instance of the health of a prisoner suffering from his being at once deprived of intoxicating liquor. It is notorious that there are soldiers who go through their arduous exercises, and whole crews of sailors and fishermen exposed to all weathers, in all seas, practising abstinence with advantage. * * * *

Captain Kennedy, of the Prince Albert exploring expedition, who last winter performed a journey of twelve hundred miles over ice and snow, along the most rugged coasts of the Arctic regions, with the thermometer far below the freezing point of mercury, without seeing the sun for months, ascribed in his official despatch the health of his crew to their having all strictly acted on the total abstinence principle. It is stated that the Duke of Wellington, who lived to the age of eighty-three, in his long defensive warfare against death, abstained from wine. So did the old Marquis of Winchester, who died in the reign of Elizabeth at the age of ninety-seven. Millions of the Irish nation, under the influence of Father Matthew, abandoned drink. In some of the States of America total abstinence has actually become the law; and through a great part of the United States it would be considered a shame for the ministers of religion to taste wine. The strongest man of whom we have any record never touched wine; the wisest man that ever lived emphatically condemned it. Finally, two thousand medical men in Britain, including those of the very first rank for science and practice, signed the following certificate—

We, the undersigned, are of opinion—1.

That a very large proportion of human misery, including poverty, disease, and crime, is induced by the use of alcoholic or fermented liquors as beverages. 2. That the most perfect health is compatible with total abstinence from all intoxicating beverages, whether in the form of ardent spirits, or as wine, beer, ale, porter, cider, &c. 3. That persons accustomed to such drinks may, with perfect safety, discontinue them entirely, either at once, or gradually after a short time. 4. That total and universal abstinence from alcoholic beverages of all sorts would greatly conduce to the health, the prosperity, the morality, and the happiness of the human race."

Is there, then, sufficient motive for relinquishing strong drink?

In my judgment there are two motives, either of which justifies, and even demands 1st, a man's own safety and advantage, and 2d, the influence of his example, in inducing others to avoid the most fruitful of all causes of vice and misery.

The peculiar danger of intoxicating drinks is in their extreme seductiveness, and in the all but unconquerable strength of the drinking habit when once formed, and their peculiar malignity is in their being the parent or nurse of every kind of crime, wickedness, and suffering.

I say boldly that no man living, who uses intoxicating drinks, is free from the danger of at least occasional, and, if of occasional, ultimately of habitual excess. I have myself known such frightful instances of persons brought into captivity to the habit, that there seems to be no character, position, or circumstances that free men from the danger. I have known many young men of the finest promise, led by the drinking habit into vice, ruin, and early death. I have known such become virtual parricides. I have known many tradesmen whom it has made bankrupt. I have known Sabbath scholars whom it has led to prison. I have known teachers, and even superintendents, whom it has dragged down to profligacy. I have known ministers of religion, in and out of the Establishment, of high academic honours, of splendid eloquence, nay of vast usefulness, whom it has fascinated, and hurried over the precipices of public infamy, with their eyes open, and gazing with horror on their fate. I have known men of the strongest and clearest intellect, and of vigorous resolution, whom it has made weaker than children and fools. I have known gentlemen of refinement and taste whom it has de-