

Dr. Abbott, speaking of the West Indies, where their use (if any where) is supposed to be necessary, says, "on three contiguous estates of more than 400 slaves, has been made with *fine success* the experiment of a *strict exclusion of ardent spirits at all seasons* of the year. The success has very far exceeded the proprietors most sanguine hopes."

*Sailors* must sometimes need spirits if great exposures can justify their use. But experiment on a large scale, and the best testimony, as indeed analogy would lead us to believe, decide, that they are useless, and hurtful. The secretary of the navy of the U. S. has expressed his conviction, —that the use which is made of ardent spirits in the Navy is one of the greatest curses, and a distinguished officer *who has seen the experiment* made by himself, and others, declares the practicability and *great utility*, of entire abstinence throughout the navy—Several crews have attempted to winter in high northern latitudes and *those furnished with spirits have nearly all perished*, while those *not furnished* with them have *nearly all survived*.—When exposed to similar situations of cold, of wet, of hunger, of fatigue, and of being partially immersed in the sea for hours, those who *have not* used spirits, have commonly outlived those who drank them.

*Soldiers* are often even more exposed than sailors to severe extremes; but Dr. Jackson a most experienced and distinguished physician in the British Army, has long ago testified that spirits are injurious to soldiers on duty, rendering them *incapable* to endure labor and hardship—says the Dr. speaking of himself, "I have worn out two armies in two wars by the aid of *temperance and hard work*, and probably could wear out another before my period of old age arrives. I eat no animal food, drink no wine or malt liquor, or *spirits of any kind*; and I neither regard wind or rain, heat or cold when business is in the way."

The Roman soldiers marched with a weight of armour upon them, which a modern soldier could hardly stand under, and they conquered the world. Yet they drank nothing stronger than vinegar and water.

Those men in Europe who are trained for boxing matches, and who pursue systematically the means which are known to produce the most perfect health and strength, *never taste ardent spirits*, and even wine is scarcely allowed.

In watching over sick beds, and in exposure to contagious disease the use of spirits unfits for the former duty, and *peculiarly* exposes a person to receive contagion.

Literary men, students, and persons following sedentary or mental avocations, are allowed on all hands still less to require the use of spirits. Indeed if men of firm muscular fibre, following athletic and active pursuit, do not require spirits, and cannot always throw off from the system, and avoid the hurtful effects of their habitual use, still less can they be useful to the former or can they so readily overcome their injurious effects. Hence in persons of this class, who deluded by wrong views or urged by an artificial and unnatural appetite, endeavour to remedy the