

ESSAY ON TEMPERANCE.

The word Temperance may be defined as the due regulation of the passions of the human mind. But it is usually understood to convey to the mind the idea of moderation—abstemiousness—freedom from excess in eating and drinking. But however variously the word may be defined, and to whatever purpose it may be applied, the modifications which it must of necessity undergo, can only exist in degree; and any attempt at definition can but at least be unsatisfactory and imperfect. The significations which usually attach to the word may be arranged under the following heads. viz. :—

1. *Temperance in eating.*—The quantity of food required to sustain the system, and to convey a sufficient amount of nutriment for the formation of new material, to replace that which is lost by the constant waste which is going on in the animal economy, depends entirely upon the nature and quality of the food taken, and on the constitution of the individual; as well as on the condition of the same person at different times. The amount required for one man, would be accounted altogether inadequate for the sustenance of another, differing in habits, constitution, and manner of living.

2. *Temperance in the use of intoxicating liquors.*—Varying according to the degrees of temperament and physical organization. Thus a man of a nervous excitable temperament, would not be able to consume so large a quantity as a man of a phlegmatic temperament, without showing symptoms of intoxication. Neither would a man of a de-