

without learning a lesson from it. I will only add, that no consideration would have induced me to renounce the veil which has been cast over this mournful event, but an earnest wish to arrest the progress of intemperance, which, in this city particularly, threatens to destroy us. I am, &c. AMICUS.

THE CLAIMS OF TOTAL ABSTINENCE SOCIETIES.

FOR THE CANADA TEMPERANCE ADVOCATE.

1. *The safety and practicability of the abstinence principle.* The effects of strong drink are apparent. "It raises the imagination, depresses the judgment, turns the good-natured man into an idiot, and the choleric man into an assassin; it gives bitterness and resentment, makes vanity insupportable, and displays every little spot of the soul in its utmost deformity; it throws the mind into universal confusion and uproar, lays the understanding and reason in sad and deplorable ruins, and effaces every thing that can be called the image of God." I do not say that all wine and beer drinkers entail this upon them, but the properties of alcoholic drinks are such, that if habitually indulged in, very few escape the snare which they thus set for themselves; and when intemperance begins, and is more or less persisted in, these sad consequences generally follow. We have long been accustomed to these drinks as a nation; and taste, prejudice, and custom have thrown a charm and power over their use. They have been resorted to in all cases as a remedy for the most opposite complaints. Like Morrison's pills, they have been regarded as a cure for all cases—an infallible remedy. But is the principle of abstinence from their use safe and practicable? Decidedly so. If the writer thought that by recommending the principle upon which he acts himself, he would be doing injury to the health, the constitution, and the true enjoyment of his fellow-creatures, he would let his pen lie still for ever; but he is convinced in his own mind from undeniable facts, that abstinence from all alcoholic liquors is safe and practicable. Enquire of the thousands of working men of all occupations, who have for months or years tried the principle, how they feel; and their unanimous testimony will establish the point in question. "Facts are stubborn things," and living witnesses of the safety and practicability of abstinence go further than untold opinions. A dangerous article should be used with great caution, and to abstain from it altogether, especially when we find the strong, the wise, and the pious enamored by it, is the best plan. This step becomes the more reasonable and obligatory, as it is unattended with the same amount of evils resulting from the opposite course. Upon this principle he that acts with moderation *may do well*, but he that entirely abstains *does better*. The latter practice is simple and safe, and instead of injuring the body or mind, it improves each. Those who refuse a trial of abstinence, are the most unfit persons to judge of its safety. A fair and impartial trial will convince the unprejudiced of its practicability. Thousands of our race in different portions of the world do without them, and so can we. At all events it is worth the trial in order to second a work of great and good design. The attempt may be called visionary by some, but facts prove otherwise. In proof of my statement I appeal to the published reports of Temperance and Abstinence Societies, to the records of various churches, and to the accounts of persons of character and station. Could I call into life the millions that are to us invisible, I could array a vast multitude of witnesses to the practice I am urging, but a reference to the living will amply substantiate the correctness of my opinion, and the propriety of supporting those Societies that have so noble and benevolent an end in view as we have previously stated.

2. *Its accordance with medical testimony and Scripture principles.* We know that medical men are not unanimous upon this point, but this is easily accounted for. Ignorance of the properties of these liquors, and of the full effects they produce; a relish for their use, together with interested considerations, tend to make many stand aloof from us, who would otherwise adopt and recommend our principle. Still as the subject is investigated, the number of medical testimonies increases, and we rejoice in being able to appeal to authorities of the greatest weight in support of our practice. It is impossible to do justice to the present part of the subject by many and lengthy quotations, but a few may be acceptable. What I advance goes to prove that intoxicating drinks are not only unnecessary, but injurious,

and that entire abstinence from them is beneficial in every point of view. "As a physician," says Dr. Lee, "I have been led to believe, from pretty extensive observation, that the premature exhaustion induced by the moderate use of alcoholic drinks, is one of the chief causes of the frequent failure of health, and serious attacks of disease, which literary and professional men so often experience." The same author remarks, "My own experience, as well as observation, fully satisfies me, that the moderate use, so called, of alcoholic drinks, tends directly to debilitate the digestive organs; to cloud the understanding, weaken the memory, unfix the attention, and confuse all the mental operations; besides inducing a host of nervous maladies. The mode of reason usually adopted, of comparing alcohol with food, and then showing that, as the moderate use of the latter is necessary and useful, so also it must be with the former, is perfectly delusive and fallacious: for, as alcohol contains no nutriment, and cannot be assimilated, it is absurd to institute such a comparison. The fact is, there is no analogy whatever between the two substances. Alcohol may and does stimulate the nervous system, and thus excite to extraordinary efforts; but it can give no real strength; it can create no physical power; but like the action of the galvanic or electric fluid, it rouses the excitability, while at the same time it exhausts it." "Rest, sleep, and food," (says the writer of the Eighth American Report of Temperance Societies) "are amply sufficient to repair the fatigue and restore the exhausted energy of all animated existence. They are sufficient for the tribes in the branches of the forest, and for the deer which range below; for the flock on the mountain's side, and for the herd in the pasture of the valley. They are sufficient for the elephant, for the tiger, and the lion. But man, poor deluded man; not satisfied with nature's ample provision for the restoration of strength, and the preservation of health, must have recourse to alcoholic stimulants." "No man," says Sir Astley Cooper, "has greater horror of ardent spirits than myself, inasmuch that I never suffer any in my house, thinking them evil spirits; and if the poor could witness the white livers, the dropsies, and the shattered nervous systems which I have seen as the consequences of drinking, they would be convinced that spirits and poisons are synonymous terms." Dr. McNish, in his Anatomy of Drunkenness, observes, "The effect of malt liquors upon the body, if not so immediately rapid as those of ardent spirits, are more stupifying, more lasting, and less easily removed. The last are particularly prone to produce levity and mirth, but the first have a stimulating influence upon the brain, and, in a short time, render dull and sluggish the gayest disposition. They also produce weakness and vomiting, more readily than either spirits or wine. Both wine and malt liquors have a greater tendency to swell the body than ardent spirits. They form blood with greater rapidity. The most dreadful effects upon the whole, are brought on by spirits, but drunkenness from malt liquors is the most speedily fatal. The former break down the body by degrees, the latter operate by some instantaneous apoplexy or rapid inflammation." "The idea that wine and other spirituous liquors assist digestion," observes Dr. Garnet, "is false. Those who are acquainted with chemistry know that food is hardened and rendered less digestible by this means. Water is the only liquor that nature has provided for animals; and whatever she gives is best. We ought to distinguish the real wants of nature from the artificial calls of habit; and when we find the latter begin to injure us, we ought to use the most persevering efforts to break the enchantment of bad custom." It were easy to multiply quotations, but we forbear. I am, &c.

July 31, 1839.

VERITAS.

EXTRACT FROM AN ADDRESS.

SIR,—I beg to move that the temperance community protest against the vulgar idea, that any of the incipient stages in acquiring the ability to swallow alcohol, or the relish to delight in its influence, entitles persons to the epithet of moderate drinkers. I feel no hesitation in asserting, that those who practice total abstinence from all alcoholic drinks, are sole proprietors of the epithet moderate drinkers; and for those who steadily or occasionally act on the principle of excess and intoxication, to endeavour to cover their sin by robbing us of this title, is a mean deception, a breach of common honesty. I think I might be excused if a reverence for my mother tongue led me to object to any application of