

a little stock, sometimes manufacture their own cloathing, but this requires time. Be cautious in using the luxuries of the country, and in overstretching yourself at your labours, many have suffered materially by overheating themselves, and drinking too freely of the water of the River. The common drink is grog—when moderately used, it proves a medicine; but it sometimes proves an introduction to a habit of drinking, which in this, as in every other country, destroys the best constitution, and shortens life. The low price of rum has often encouraged the immediate use of it; many drink too freely, until a complication of diseases render them unfit for the duties of their calling. The emigrant has more need to be upon his guard in this new country, than ever he had in his native soil. It is well known, that the nature of the climate—the provisions—the water, &c. prey upon the constitution; and I may venture to affirm, that the generality of North British emigrants feel this by experience. I would not be found discouraging any person from emigrating to his Majesty's dominions in this quarter of the globe, no, but I consider it to be my duty to put every