

EARLY RISING.

Dr. Wilson Phillips, in his "Treatise on Indigestion," says: "Although it is of consequence to the debilitated to get early to bed, there are few things more hurtful to them than remaining in it too long. Getting up an hour or two earlier, often gives an amount of vigor which nothing else can procure. For those who are not much debilitated and sleep well, the best rule is to get out of bed soon after waking in the morning. This at first may appear too early, for the debilitated require more sleep than the healthy; but rising early will gradually prolong the sleep on the succeeding night till the quantity the patient enjoys is equal to his demand for it. Lying late is not only hurtful, by the relaxation it occasions, but also by occupying that part of the day at which exercise is most beneficial."

Varieties.

THE BASIN OF THE ATLANTIC.

The basin of the Atlantic Ocean is a long trough, separating the old world from the new, and extending probably from pole to pole. This ocean furrow was probably scored into the solid crust of our planet by the Almighty hand; that there the waters which he called seas might be gathered together so as to let the dry land appear and fit the earth for the habitation of man. From the top of Chimborazo to the bottom of the Atlantic, at the deepest place yet reached by the plummet in the Northern Atlantic, the distance in a vertical line is nine miles. Could the waters of the Atlantic be drawn off so as to expose to view this great sea gash, which separates continents and extends from the Arctic and Antarctic, it would present a scene the most rugged, grand and imposing. The very ribs of the solid earth, with the foundations of the sea would be brought to light, and we should have presented to us at one view, in the empty cradle of the ocean, "a thousand fearful wrecks, with that fearful array of dead men's skulls, great anchors, heaps of pearl and inestimable stones, which, in the poet's eye, lie scattered in the bottom of the sea, making it hideous with sights of ugly death." The deepest part of the North Atlantic is probably somewhere between the Bermudas and the Grand Banks. The waters of the Gulf of Mexico are held in the basin about a mile deep in the deepest part. There is at the bottom of the sea, between Cape Race in Newfoundland, and Cape Clear in Ireland, a remarkable steppe, already known as the telegraph plateau. A company is now engaged with the project of a submarine telegraph across the Atlantic, it is proposed to carry the wires along the plateau from the eastern shores of Newfoundland to the western shores of Ireland. The great circle distance between these two shore lines is 1,600 miles, and the sea along this route is probably nowhere more than 10,000 feet deep.—*Prof. Maury.*

A MARK OF PROGRESS.

"There is no temperance now," said a venerable old gentleman to us the other day. "It is all over. You have done a good work in your day, but it is all over." "It is!" said we. "Pray Sir, will you give us your recollections

of an old 'Fourth of July.' How, please say, was it kept?" "Fourth of July?" said he stopping to think a moment. "Why, there were Booths all around the park, and every booth was a regular dram shop, and half the crowd were drunk to madness." "Well, how was it this year? Did you see any liquor about, and much drunkenness in the street?" "Very little,—less than usual" And so, we said; the report is throughout the country. In all the New England States, in Boston, in Providence, in all the larger towns and rural districts, very little drunkenness. In our own States and in the Middle and Western, even the 'Fourth of July' has been a comparatively temperate day. This he acknowledged. Well then, sir, here is a mark of progress and not of defeat. And now, will you please sir, look into the hay and harvest field, whole cargoes of rum were swallowed up—into all the manufacturing establishments; into the houses of the religious and moral community; into the social parties and scenes of amusement—go down among the shipping, and on board all our little and big crafts that float upon the waters—how is it—are there no marks of progress? "Great, O great," sir, was his reply. "Hold on, and persevere. You may have your reverses; but they are trifles light as air." He left us with a much more benignant countenance than that which he first cast upon us.—*Am. Temp. Union.*

OFFICIAL.

The D.C.W.P.'s are earnestly requested to send in the Returns and per capita tax due by Divisions for quarters ending in March, June and September, without delay. They will also forward to the undersigned the Charters, B. B., Cards, Records, &c., &c., of such Divisions as have surrendered, or ceased operations.

The Journals of 13th Annual Session of the N. D. of N. A. were mailed on the 1st inst.

The Journals of last Annual Session of the Grand Division were mailed this week. It would be advisable for the Subordinate Divisions to have them read at their regular meetings, in order that the members generally may become acquainted with the proceedings of the Grand Division.

A Circular has been issued to the Subordinate Divisions in reference to the formation of a National Division for the British North American Colonies. Prompt action on the subject is desirable; and answers from the Divisions are requested to be forwarded to the undersigned before the first of January next.

Such Divisions as may be disposed to contribute towards paying the expenses of the delegates of the G. D. to the next session of the N. D.—which will be held at Providence, Rhode Island, in June 1857—will please forward their several amounts at their earliest convenience.

In accordance with a resolution of the G. D., at the recent Annual Session, each Subordinate Division is requested to send two certified copies of its Constitution and Bye-Laws

to the Grand Scribe, in order that they may be laid before the Standing Committee on Constitution and Bye-Laws for examination.

The G. S. has constantly on hand a supply of Officers' Cards, T. and V. Cards, and blank Quarterly Returns.

All communications for the Grand Division are to be addressed (post-po.) as usual, to the undersigned.

PATRICK MONAGHAN,
Grand Scribe.

Halifax, N.S., Nov. 15, 1856.

The Grand Scribe acknowledges the receipt of the following amounts on account of the *Abstainer*:—

Chebucto Division, 60,	£7 10 0
Maysflower do., 10,	1 5 0
John Lanigan, Halifax, 10,	1 5 0
Robert Noble, Esq., do., 10,	1 5 0
Roseway Division, 10,	1 5 0
H. B. Mitchell, Chester, 15,	1 17 6
Rising Sun Division, 12,	1 10 0
Oriental do., 25,	3 2 6
Wolville do., 30 on acct.	1 5 0
J. P. Milward, Mahone Bay, 10,	1 5 0
C. R. Allison, Walton, 10,	1 5 0
Wm. Phillips, Halifax, 11, on acct.	17 6
Robert W. Fame, Stewiacke, 10,	1 5 0
	21 17 6
Single Subscriptions,	£5 18 0
In all,	£30 15 6

Form of Application for a Charter for a Division of the Sons of Temperance.

The undersigned, inhabitants of ———, believing the Order of the Sons of Temperance to be well calculated to extend the blessings of Total Abstinence, and promote the general welfare of mankind, respectfully petition

THE GRAND DIVISION OF THE PROVINCE OF NOVA SCOTIA,

to grant them a Charter to open a new Division, to be called the ——— Division, No. —, Sons of Temperance of the Province of Nova Scotia, to be located in ———, and under your jurisdiction.

We pledge ourselves, individually and collectively, to be governed by the rules and usages of said Grand Division, and also by those of the National Division of North America.

Enclosed is the Charter fee, \$5, Books, &c.
Address Mr. P. MONAGHAN, Grand Scribe of Grand Division, Halifax.

THE ABSTAINER.

ORGAN OF THE GRAND DIVISION OF THE SONS OF TEMPERANCE OF N. S.

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