

the commencement of the temperance reformation to the close of the year 1844, a constant diminution of crime appears to have taken place, with a great increase of population; while prior to the first mentioned period there was a constant and regular increase of crime. This diminution has been uniformly attributed by men in official stations to the temperance reformation.

In the opinion of Dr. Warren, of Boston, the temperance movement has added *one-sixth* to the moral power and wealth of the Commonwealth of Massachusetts. Dr. W. also remarks, that the accidents "by which persons were brought to the Mass. General Hospital, a great portion of which had happened while the sufferers were under the influence of drink, were yearly becoming less, and that during the past year (1842) the number resulting from drunkenness was comparatively small."

Could we gain the ear of the *vendor of intoxicating drinks*, we would address a few words to him. Habit has, perhaps, made you insensible to the dreadful effects of the traffic in which you are engaged. The love of money may have quieted the remonstrances of conscience, and made you callous to the sufferings of your unhappy victims. But will not a day of retribution come? Does it not often come even in this life? Ponder the following statements.

In a single town in Albany county, there were, in the course of 30 years, 48 dealers in alcoholic drinks. Of these 43 failed; 30 died drunkards; a few still survive as intemperate men; 33 of their sons, and about an equal number of their sons-in-law, became drunkards.

In one street in Albany, the history of the keepers of seven grog-shops was taken, during a period of ten years. Not a single keeper had prospered and most of them became drunkards. In one, three successive occupants died of *delirium tremens*.

One hundred and fifty of the prisoners in the State Prison of Ohio have been liquor sellers.

THE EXCELLENCIES OF WATER.

BY J. RUSSOM.

"All that drink water shall be comforted."—EZEKIEL.

Wherever we look around us, we find a supply of pure and fresh water, which the good providence of our benevolent Creator has provided for us. In those countries where the supply is not so abundant as in ours, the necessity has been met with a suitable provision of juicy plants and fruits. For instance, in the Antilles is found a kind of creeping plant, the water laine, or vegetable fountain, which upon dividing its stem, sends forth a stream of sweet sap. In one of the Canary islands, on the top of a rock, stands the raining tree, which, condensing the clouds, affords a regular supply of needful water; and in the stony and arid parts of Java, we discover another singular specimen, namely, the pitcher plant, which is furnished with a bag, suspended at the foot-stalk of each leaf, shaped like a pitcher, covered with a neatly fitted lid, and always full of a fresh condensed dew. Such are the gifts of the Almighty to the sons of men: and we fearlessly ask the reader, is there any hurtful,—any intoxicating principle in all these natural liquids?

That water, of all beverages, is the very best for man, we beg to furnish the following eminent medical testimonies:—

Dr. Boerhaave, a distinguished lecturer on the theory and practice of medicine, says, "If drink be merely required for allaying thirst and dryness, and diminishing the tenacity and acrimony of the fluids, then is cold water, when limpid, light, and without smell and taste, and obtained from a clear running stream, the best drink for a robust man. Food, not too fat or gross, and water as a drink, render our bodies the most firm and strong."

Professor Hoffman, physician to the King of Prussia, states, that "Pure and light waters are agreeable to the different natures and constitutions of all men. No remedy can more effectually secure health and prevent diseases, than pure water. The drinking of water is serviceable in every complexion.—Water proves agreeable to persons of all ages. Drinkers of water, provided it be pure and excellent, are more healthy and long-lived than such as drink wine or malt liquors; it generally gives them a better appetite, and renders them plump and fleshy. Those who drink water are observed to have much whiter and sounder teeth than others. Drinkers of water are brisker and more alert, in all the actions, both of mind and body, than such as use malt liquors. Water is a remedy suited to all persons, at all times; there is no better preservative from distempers; it is assuredly serviceable, both in acute and chronic diseases; and its use answers to all indications, both of preservation and cure."

Arbutnot, a scholar and wit of celebrity, characterised by Dr. Johnson, as "a man estimable for his learning, amiable for his life, and venerable for his piety," affirmed, that "water alone is the proper drink for every animal."

Parr, author of the "Medical Dictionary," observes, "Water, as it is the most ancient, so it is the best and most common fluid for drink, and ought to be esteemed the most commodious for the preservation of life and health."

"Without all peradventure," writes Dr. Geo. Cheyne, F.R.S., "water was the primitive original beverage; and it is the only simple fluid fitted for diluting, moistening and cooling,—the end of drink appointed by nature. Happy had it been for the race of mankind, if other mixed and artificial liquor had never been invented. It has been an agreeable appearance to me to observe with what freshness and vigor those who, though eating freely of flesh meat, yet drink nothing but this element, have lived in health and cheerfulness, to a great age. Water alone is sufficient and effectual for all the purposes of human want, and drinks."

The following is from the pen of Dr. Oliver, professor of the theory and practice of medicine, Dartmouth College, America.

"The waste of the fluid parts of our bodies requires the use of drink to repair it, and we derive a sensible gratification from quenching our thirst? What use do we make of this fact? Why, to try if we cannot find out something that we shall take pleasure in drinking, whether we are thirsty or not; and in this search mankind have been remarkably successful. To such a degree, indeed, have we succeeded in varying and increasing a pleasure which was designed by nature merely as an incentive to quench our thirst, that to quench thirst is become one of the last things that people drink for. It is seldom, indeed, that people in health have any natural thirsts except, perhaps, after exercise or labour in a hot day. While we adhere to this simple beverage, we shall be sure to have an unerring prompter to remind us when we really require drink; and we shall be in no danger of being tempted to drink when nature requires it not. But the moment we depart from pure water, we lose this inestimable guide, and are left, not to the real instincts of nature, but to an artificial taste, in deciding on actions immediately connected with health and long life."

Dr. Hufeland, a distinguished professor, editor of a medical journal, and author of "The Art of Prolonging Life," observes, "The best drink is water, a liquor commonly despised, and even considered as prejudicial. I will not hesitate, however, to declare it to be one of the greatest means for prolonging life. The element of water is the greatest and only promoter of digestion. By its coldness and fixed air, it is an excellent strengthener and reviver of the stomach and nerves. On account of its abundance of fixed air, and the saline principles it contains, it is a power-