

the power to produce depression. The constitution of the strictly temperate man, all other things being alike, is better calculated to resist the changes of climate—to sustain wet, hunger, fatigue, and disease, than that of the person who indulges in the use of ardent spirits. I recollect perfectly well when the cholera, in the year 1832, committed dreadful ravages in the town in which I was born in Ireland, that of those attacked by that direful malady, there was scarcely a hope entertained of the recovery of the drunkard—whilst those of temperate habits were rarely attacked, and in most cases survived. During the last eight years, that period in which we have seen temperance principles so fully developed, men of sober habits have been engaged throughout the world, in the most laborious occupations, and it has been found, that so far from being unfitted to discharge their duties by refraining from intoxicating drinks, that they have displayed more activity and energy of mind and body, than could possibly be hoped for under a contrary system. Guided by science, and under the influence of temperance, the sailor who is rocked upon the high and giddy mast looks down unmoved upon the threatening billow—with a clear head and a steady hand he guides his ship across the waters, and in every casualty his ready mind no sooner perceives the danger, than it suggests the remedy. Faithful to his principles he looks upon the wonderful works of God, as displayed in the mighty ocean he surveys, and with a heart susceptible of the best impressions blesses upon many an occasion, the happy day, when he renounced the intoxicating poison which made him a silly, blaspheming creature, with all the vices of the animal, but with none of its redeeming qualities. The life of the soldier is often one of extreme trials and hardships. Hunger and thirst, wet, cold and fatigue, long marches and counter marches, the burden of his accoutrements, night watches and all the other accidents of war, press upon him mercilessly from time to time, seeming to demand of necessity some stimulant to sustain them, yet it has been invariably found that so far from his position being ameliorated by the use of ardent spirits, he falls a victim to hardships which his more sober companion in arms has been able to surmount.

It was long thought that in very high or in very low latitudes, in the extremes of climate, the use of ardent spirits was indispensable. This has been proved to be either the result of prejudice or of fallacy. An experiment was made in the West Indies, sometime previous to the Emancipation of the Slaves in the year 1834, upon several estates worked by that class of people. It was found that total abstinence from ardent spirits contributed in no small degree to the health and strength of the slaves, and to the amount of property raised by their exertions—whilst the use of intoxicating liquors increased the bills of mortality to a fearful extent among the non-temperate population of the neigh-

bouring slave estates. There may be some persons listening to me to night who have occasionally traded in warm climates. I put it to them to say whether the position I have laid down is not strictly true—perfectly consonant with their experience. The human frame is utterly unable to resist the enervating effects of alcohol, taken in warm climates. The periodical diseases of such countries have not swept away more victims than ardent spirits aided by the action of a powerful sun. Persons of intemperate habits are generally those who in such places fall prostrate before the first casualties that present themselves. I was speaking, a short time ago, to two very intelligent men of the 77th regiment, lately arrived here from the island of Jamaica; our conversation turned upon the habits of the military doing duty in that, and in the other islands, I was not at all surprised when I was told that soldiers of strictly temperate principles were seldom found in the hospitals, and that though the climate did not well agree with a European constitution, the sober man did not find it very injurious. So that the idea that ardent spirits are necessary in warm countries, is rather the creature of imagination acted upon by a diseased appetite, than of common sense and actual experience.

Some persons of my acquaintance have been saying, that in a country like Nova Scotia, where the cold of winter is often so intense, the use of ardent spirits cannot be well dispensed with. I do not think this opinion is well founded. There are many listening to me who took the pledge five or six years ago—I appeal to them—the coldest days of each succeeding winter have seen them exposed in the open air, working for themselves and their families—they have felt the fiercest rays of our summer sun—wet, cold, hardship, and fatigue have been often experienced by them; and yet I question much, if, when they rose in the morning to their daily toil, with clear heads, and fibres unshaken by drink, they did not bear convincing testimony to their employers, that the man who cried down Father Matthew's principles, was a false prophet, and a shallow and a shabby moralist.

We do not know that any experiment has proved the utility of alcohol. If it be useful at all it must be as a stimulant. There is nothing, however, which it can effect when employed in that way, that cannot be accomplished by other stimulants more powerful, and less creative of diseased appetites. But we do know that its use has brought incalculable woe into the world, and this consideration alone should influence every reasonable man in his decision upon the subject. The effects of extreme cold are not obviated by the use of intoxicating drinks. Several crews of vessels upon exploring expeditions had from time to time attempted to winter in high northern latitudes. It was found that those crews who used spirituous liquors paid the penalty of their lives in the attempt, whilst among those to whom