

some attempts to pass Winter in high Northern Latitudes." The inference, deduced from the comparison of a variety of cases, is, that those who drank vinous or spirituous liquors died;—those who drank water only, were preserved. "Convinced as I am," says the judicious and very estimable author, "that art never made so fatal a present to mankind as the invention of distilling spirituous liquors, and that they are seldom or never a necessary, but almost always a pernicious article in the diet of men in health, I cannot but look with peculiar satisfaction on the confirmation this opinion receives by the events in these narratives." As to those who maintain the necessity of drinking spirits in cold and moist climates, such as some parts of Scotland and Ireland, it is enough to reply, that the use of these liquors was unknown till about three hundred years ago. How did all the Northern nations of Europe and America subsist, before the invention of distilled spirits had yet reached them?

In Scotland we often hear whiskey recommended as the least noxious spirit. But is it noxious at all? Then why should we drink it? There is, however, no ground for this preference of whiskey to other spirituous liquors. "They are all poisons, and are nearly alike deleterious."—*Dr. Lettsom.*

"Of all the baneful compositions prepared with ardent spirit, shrub is perhaps the least so, if diluted with a proper quantity of water, because a very large proportion, possibly nearly one-half of the liquor, becomes in reality a kind of mucilage, (which is nutritious) by means of the sugar and fruit contained in it."—*Sanford's Practical Remarks on Wines and Spirits.*

Another plea for drinking drams is, that they are necessary to assist digestion after certain kinds of food, such as fish. If so, avoid those kinds of food. The fact, however is, that the stomach of a temperate and healthy person requires nothing whatever to promote the digestion of any reasonable meal; and that the swallowing of spirits contributes to promote digestion in any circumstances, appears by no means certain.

"The substances received into the stomach, that prove most hurtful to its operations, are intoxicating or fermented liquors. In order to observe the first effect of these liquors when of considerable strength, I caused an equal quantity of the same food to be given to two young dogs of the same litter. Immediately after feeding, three drachms of spirit of wine of commerce, mixed with a single drachm of water, were poured down the throat of one of the animals. In five hours both were opened within a very few minutes of each other. The animal, to which the spirit was given, had its stomach

nearly twice as full as its fellow. The bits of flesh were as angular as immediately after they were cut by the knife, at the time of feeding: they were also as firm in their substance. In the other dog, these angles were rounded off, and the pieces throughout much softer. Strong liquors are equally productive of indigestion in man. Many hours, and even a whole night after a debauch in wine, it is common enough to reject a part or the whole dinner undigested."—*Beddoe's Hygein Essay.*

**The Effects of the Habit of Drinking Spirits upon the Teeth.**

The following remarks concerning the effects of spirituous liquors upon the teeth, are the more deserving of attention, because they come from the late Mr. Fox, a most eminent dentist, as well as an enlightened philanthropist.

"When people have habituated themselves to the use of spirituous liquors, the injurious effects upon the teeth are more apparent. The teeth acquire a very stained and foul appearance; the gums, being more or less inflamed, are covered with a slimy mucus, and are often liable to bleed; the breath also becomes very offensive. And as the regular passing of the spirituous liquors over the tender skin of the mouth creates a constant degree of inflammation, the heat of the mouth is greatly increased. This state of the mouth is also kept up by the increased heat of the stomach, and when, by the debilitating effects of spirits upon that organ, indigestion is produced, the teeth very rapidly fall into a state of decay.

"General Norton, the Mohawk Chief, who was in this country a few years ago, was asked by a professional gentleman concerning the state of the teeth amongst the Indians. His reply was decisive upon this subject. 'When the Indians are in their own settlements, living upon the produce of the chase, and drinking water, their teeth always look clean and white. But when they go into the United States and get spirituous liquors, their teeth look dirty and yellow; and I have often heard, that they were frequently afflicted with the tooth-ache, and obliged to have their teeth drawn.'"—Published by Basil Montague, Esq. in "Inquiries into the Effects of Fermented Liquors," London, Johnson & Co. 1814.

**Opposition to Temperance conquered by Prayer.**

There may be, and doubtless are, many cases similar to the following; and with the hope of drawing them forth as evidence that the cause of Temperance is owned and blessed of God, and that more of the honour and glory of this offspring of Heaven may be His and not ours, you will allow me to state:—

In the town where I am now residing, lived a good Deacon, who, a few months since, (conscientiously I believe,) opposed any active effort in the cause of Temperance. He kept a little spirit, sometimes drank a little, and sometimes supplied his neighbours with it. I often conversed with him on the necessity of becoming a member of that society which has done so much towards preparing men's minds for the blessings of the Gospel. I spent several evenings in bringing forward every argument I could to convince him he stood in the way of the conversion of sinners. He would weep—he trembled. He was wretched—in body and mind. His wife—his child—his friends—pleaded; but all in vain. Never has a case of this kind weighed so heavily on my heart. It gave me many unhappy hours. I saw the sun of his influence in the church fast declining. I heard him sobbing a request to withdraw from the situation he held. I was afraid I had gone too far in urging him upon this duty. I resolved to close my lips on the subject and make his case a matter of secret prayer. I did, and others did, and God wrought the work we were so anxious to effect, and to God be all the glory. Unsolicited he requested the pledge, signed it, abandoned spirit from his house, became a happier and more useful member of the church of Christ, and has, I trust, by his firmness and example been indirectly the means of inducing a promising young man, his son, (for whose character and safety I trembled) to become with him a follower of that which is good and temperate. Will not this encourage us to pray more for those whose minds we cannot reach, and into whose hearts we have hitherto been unable to pour conviction.—*Newchampshire Observer.*

*From the Temperance Record.*

**Licensed Taverns, &c. in the City of Toronto and Liberties.**

There have been granted, by the Mayor and Aldermen, (in whom the power is vested by a Provincial Statute,) since the 5th day of January last, certificates to enable persons to obtain Licences for keeping taverns, and to retail wines, and spirituous liquors, viz:—

To 1st class houses.....	6
To 2d do do .....	26
To 3d do do .....	85

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Licences granted to persons to enable them to sell beer, cider, &c. pursuant to a city law..... 32

Licences granted to shop-keepers, to enable them to sell wines and spirituous liquors, in any quantity over a quart, and not be drunk on the premises..... 31

NOTE.—To the above, may be added, upon good authority, that there are about twenty shop-keepers vending, who have not taken out licence; as also, upwards of one hundred and seventy low tippling and gambling houses where