

more silly than the modern foolish way of saying, "Your health" and the answer, "I thank you."

On the subject of health-drinking it is also said, that when the Danes had conquered Britain, they greatly oppressed the Saxons; and though the Danes set a very bad example, being great drunkards, if a Saxon presumed to drink in their presence, without leave, they used to put him to death. The "health" given by the Danes to the Saxon captives, or dependents, was a *pledge*, that is to say an engagement, or promise, that they might drink, without fear of any artful or cruel advantage being taken of them. Thus when people talk of the folly of *pledges*, and that they are not necessary, we can tell them of the drunkard's *pledges*, and of the cruelty and meanness that gave rise to it. We have learned a better use for a pledge than this.

In time, both the Danish and the Saxon power was conquered in England, and that period of our history arrived, known by the name of the Norman Conquest. Most young readers are only acquainted with English History from that time, as the accounts from that period are more distinct, and more likely to be perfectly correct. This conquest of England, under William, of Normandy, (a large province in the North of France) was chiefly effected through the intemperance of the British: who passed the night previous to the battle of Hastings, in drinking and feasting, and when the morning came they were not sober; and the consequence was, that though there numbers were far greater than those of the sober Normans, they were destroyed with great slaughter; their king "Harold" was slain, and the power of the Normans was completely established in England. This is one of the greatest events of English history. All the Monarchs of Britain down to our present Queen, can trace their descent from William the Conqueror. There has never since that time been any successful invasion on our shores. Juvenile abstainers when reading or thinking of the great historical event of the Norman conquest, should always remember, that the national vice of drunkenness conquered the English far more than the skill of William the Conqueror, who himself acknowledged that he should not have been likely to have conquered *sober men*.

In the reign of Henry the First, the son of William the Conqueror, a very melancholy circumstance happened through intemperance. King Henry had an only son, a youth of great promise. We may be sure that he had been well educated, for Henry the First was so skilled in all the learning of the times, that he was called "Beau Clerc," which signifies "excellent scholar," and he had spared no pains in training his son. The young prince, just grown to manhood, visited Normandy with a company of young noblemen, sons of the most distinguished families in the kingdom. The prince's retinue consisted, including the young nobles and their attendants, of about three hundred persons. On the day the young prince left Normandy and embarked for England, the crew of the vessel drank repeatedly to the health of the young prince. Their intemperance continued until they were unable to manage the vessel, and though they had not to contend with any very adverse weather, the vessel struck on a rock, not far from the coast, and the young prince, his sister Maud, more than forty of the nobility, and about two hundred and sixty attendants all perished; only one man, a butcher at Rouen, escaped to tell the dismal tale. When the king heard of the calamity, it affected him so deeply that he was never seen to smile after. The grief that was felt in many homes through this one act of intemperance cannot be imagined. Distressing as the sad fate of the young prince and the three hundred who were with him, was, the calamity did not stop here. In consequence of his death there arose disputes as to who was to succeed to the crown; some thought Matilda, the daughter of Henry the First, and others thought Stephen, Earl of Blois, the nephew to William the Conqueror. When King Henry died, both these persons

laid claim to the throne, and fought many dreadful battles to maintain their rights. The whole kingdom for a series of years was made desolate with fire and sword; and all the frightful horrors of war distressed the people of England in consequence of the disputes between Stephen and Matilda, and who will venture to say that a small evil is not dangerous, when we see that the drunkenness of the crew of a passage vessel, caused the death of a prince and the chief nobility of England; and what was worse, plunged the country into the miseries of a long and cruel war.

I hope my young readers from this striking event will learn, that we never can calculate the bad consequences of a single evil action. Those deluded sailors little thought what would be the effect of their drinking. Death to themselves and numbers of others, and ruin to myriads. The reflection of what might be the evil arising from a single act of wickedness should make us watchful and particular about even the smallest things, remembering the admonition of the poet,

"Think nought a trifle though it small appear,
Sands make the mountain, moments make the year."

There is very little doubt but the mariners drank in gaiety and sport, and it terminated as all wicked sport does, in misery. How fully do the words of scripture speak of vicious sports;—"As a madman that scattereth firebrands, and arrows, and death, so is he that deceiveth his neighbour, and saith, *Am I not in sport?*"—*Ipswich Juvenile Temperance Books.*

PHYSICAL EFFECTS OF DRAM DRINKING.

MR PARISH:—Ever since the publication of Dr. Sewell's plates exhibiting the effects of Alcohol upon the human stomach, my attention has been drawn more or less to facts connected with this subject as far as they have come within my reach and within my limited circle. And such have been my convictions of the delineations there made, and of the important truths there exhibited, that I have often wished that copies of those plates might be more widely circulated, and I would gladly, had I the opportunity, nail them over the door of every moderate drinker, and drunkard in the land, that they might serve as a *mirror* in which each might see *himself* and understand if possible by an irresistible argument coming directly to both his natural and mental vision the effects of his pernicious habit.

The following case goes to confirm the statements of Dr. Sewell. Some months since I was called upon to prescribe for, and afterwards to attend the *post mortem* examination of a man considerably advanced in years, who had for a great length of time stood in that class usually termed *moderate drinkers*.—Now whether this term, Mr. Editor, should apply to those who get *moderately drunk*, or those who *drink a moderate quantity*, I will not attempt to discriminate, but certain I am, that very many of those who never lose the use of their legs, consume far more than those who thus do occasionally! Well, Mr. F. (our patient,) was one of the first settlers of the town, his early life was associated with the then prevailing idea that Alcohol *properly* used was useful, as a beverage, and "good at all times," like the patent pills—in *cold weather* and *hot*, in *wet weather* especially, but equally so of course, in *dry*.

He grew up with the habit, and the habit grew up with him. His worthy minister, a venerable old man, was of "like faith," and drank almost daily, especially on the *Sabbath* with the good "brethren," the "best liquor." But be it said to his sacred memory, that at his death and for years before, he was an efficient temperance man.

Mr. F. stood next the Pastor in church and influence, from his good judgment, he was chosen the chief Magistrate of the town for a series of years, and was always proverbial for the *spirit of understanding* which he always carried