

him to attend the other. The first thing to be done is to get a congregation, the second to preach the gospel to it. The best gospel sermon in the world is of no use to the congregations in the beer-shops and gin-shops of England, far, far out of reach of the sound of it. And what are the numbers of these congregations? Oh! let the objector consider this question, and then ask himself whether his objection be not CRUEL!

MEDICAL ADVICE.

DRINK.—Some tee-totalers have erred in thinking it necessary to drink large quantities of water, tea, coffee, or other beverages as substitutes for intoxicating liquors, which they have abandoned—not being aware that all drinks taken into the stomach, are conveyed by the absorbent vessels into the circulation of the blood, pass through the heart, and lower the power of that organ, by diluting and weakening the blood, which has to circulate through the whole system, before it can be thrown off the body by respiration, perspiration, and by the secretion of the kidneys.

Pure spring water is the best drink.

"Nothing like the simple element, dilutes
The food, or gives the chyle so soon to flow."

FOOD.—Another error has existed, with regard to food. Tee-totalers have thought it needful to take more solid food, in consequence of the withdrawal of the supposed nourishment in alcoholic drinks; this is altogether a mistaken idea. It may be well to state, that from twelve to twenty ounces of solid food, is sufficient for a man, in twenty-four hours—double that quantity of liquid, between three half-pints and five, would be a proportionate quantity for the same time.

Plain, simple food, such as mutton, beef, eggs, milk, wheaten-bread, barley, rice, potatoes, are the most adapted for the food of man. Salt is the only seasoning necessary: mustard, pepper, and all such condiments are injurious to the stomach, and hinder digestion.

AIR.—Breathing pure air is essential to health—on that account, work-shops and bed-rooms, in which persons spend so great a share of their time, should be as well ventilated as possible; the chimneys should never be blocked up, as it prevents a free current of air in the apartments. On leaving the bed-rooms in a morning, and the work-shops during meal-times, the windows should be opened. It is scarcely necessary to add, that the larger the workshop and bed-rooms are, the more conducive to health.

"Pure fresh air is the best cordial."

EXERCISE.—Tee-totalers who have sedentary employments, should devote one, two, or even three hours, daily, to exercise in the open air, or gentle bodily labour, such as gardening, or any other agreeable amusement. Walking is the best possible exercise.

CLEANLINESS.—Personal cleanliness, by causing a healthy condition of the skin, is of very great importance. Public baths being scarce and expensive, cannot be resorted to by the majority of tee-totalers; a valuable substitute may be had in cleansing and stimulating the skin, by the daily sponging of the whole surface of the body, with cold or tepid water, and afterwards using friction with a rough towel—or, if salt and water be preferred, it may be used in the proportion of half-a-pound of salt to a gallon of water.

It is an excellent adage, that—"Cleanliness is next to godliness;" or with the poet Thomson—

"From the body's purity the mind receives
A secret sympathetic aid."

MEDICINE.—Compound infusion of gentian:—take of gentian root, sliced, orange-peel, dried, of each a drachm; lemon-peel, fresh, two drachms; boiling water, twelve fluid ounces; macerate for an hour, in a slightly covered vessel, and strain. Three large spoonfuls may be taken, two or three times in the day.

The other, the infusion of camomile—as follows:—Take of camomile flowers, two drachms, boiling water, half-a-pint—macerate for ten minutes in a covered vessel, and strain. Three large spoonfuls to be taken two or three times a day.

Either of the above infusions may be taken for nine or ten days, and then to be discontinued altogether—as tonic medicines generally lose their effects, or become injurious to health.—"He that physic to a custom brings, brings his disease too, to accustoming."

TOBACCO.—If tee-totalers continue the use of tobacco in any form, they must not expect the full share of health, they otherwise would have by abstaining from innoxious drinks, as affections of the head, chest, and stomach, with low spirits in their train, are continued and aggravated by the use of that narcotic weed. Medical experience has fully proved this fact.

JOHN HIGGINBOTTOM, Surgeon.

GUILT OF THE TRAFFIC.

The Rev. E. N. Kirk, in a discourse in York street Chapel, on the connection between the Temperance Reformation and the Millennium, remarks:

"Every bottle and glass you send out goes on a mission of misery and death. The drunkard is on the outer circle of the vast whirlpool, and you are tempting him carelessly to float along, and each succeeding circle turns shorter, and you just turn away, as the poor creature, with one ineffectual struggle, sinks to rise no more. O! it's a dreadful trade to be making drunkards—it is a dreadful thing to sell out the large mass in pipes, and hogsheds, and barrels, that you know runs forth like scorching streams of lava throughout the community. You know it will curse that poor family—you know it will make that man prodigal of his property, and careless of the wants of his children and his wife—you know it produces poverty, disease, misery, death and hell to men. Perhaps this bottle will not, but that may—perhaps this pipe will not, but that may. It is certain somebody is doing this work of death—500,000 drunkards in America! who makes them? who sustains them? nobody? does nobody make money out of these 600,000 drunkards? These 600,000 rob themselves, their families and the public. Who gets the money? See if it is not in your hands. My brother, I do not charge you—I only ask you to look at the matter—I ask you to go home and pray over your trade: but how will you frame your prayer? Will you ask God to send more customers and more drunkards to your shop? Why then you ask to have more of his creatures ruined in body and soul. Oh! it is a dreadful place in which to hold a prayer meeting—a distillery or a spirit cellar. I should think a man could hardly ask God to bless such a trade. I should like to see how he would pray over it. He would say, 'O Lord! do not let this bottle do any harm; counteract the poisonous and soul-hardening effects of this alcohol—I do not want to hurt any one; I only want to get the profit of tempting them to their ruin; I do not want to do the harm that these things must do in the natural course of things.' Dare he speak so to his Maker! Let me state one other fact—there are wives praying against you—there are widows in this city lodging a suit in Heaven's chancery against you. They are weak—you are not afraid of them. But God, the God of the widow hears them—and when the wife says, 'May God restrain the arm that is taking away my husband!' and when the widow sometimes says in the agony of her soul, 'God blight the arm that administers that poison!' Oh, it may be heard—it may be heard—I would not stand up with you; I would not live by ministering out the poison to my fellow men."

DELIRIUM TREMENS.

This is a most frightful malady, consequent upon the abuse of vinous and spirituous drinks. It has recently been carefully traced and minutely delineated by some of the most eminent medical men of the day, and is said to bear with it a train of symptoms more melancholy than even hydrophobia. Some time previously to the worst features of this disorder, there are observed weakness, languor and emaciation. There is no appetite for breakfast or dinner; there is a peculiar slowness of the pulse, coldness of the hands and feet; a cold moisture over the whole surface of the body; cramps in the muscles of the extremities; giddiness, nausea, vomiting. To these signs succeed a nervous tremor of the head and likewise of the tongue; the spirits become dejected, a melancholy feeling pervades the mind, the sleep is short and interrupted—this may constitute the first stage. After this, a second comes on, attended with the highest degree of nervous irritation; mental alienation is its marked feature. There is great restlessness, a constant excitement, objects of the most frightful nature are presented to the imagination, the eye acquires a most