

and extraordinary strength to the human system. Hence it is not uncommon to see the poor emaciated, debilitated maniac, or almost super-human strength, and require the energies of several powerful and robust men to keep him from injuring himself and others; but when the fit is over, he relapses into the natural state of debility caused by the disease. Alcohol, in like manner, will produce every degree of stimulation, from the pleasing and delusive excitement of which, what are called moderate drinkers are so fond, to raving madness, and the complete prostration of mind and body; and it may generally be seen in all these stages, in those great convulsive occasions where all the various devotees of alcohol assemble, the moderate drinker becomes stimulated, while those who drink a little deeper of the potation become amazingly great men. I know nothing which makes men so great, at least in their own estimation, as alcohol, while those who have imbibed deeper potations, are some of them abusive, profligate, or lying sprawling on all parts of the floor, or too drunk to move; and the last are generally men who have a great deal to say against teetotalism. When, my friends, I see teetotalers rolling on the floor, lying helpless in the streets, or rolling in gutters, or essaying to go up the chimney, or bed, mistaking lamp-posts for ladies, and canals foracademised roads, then I shall begin to question the correctness of their principles. Ah! my friends, but the devotees of alcohol are such great men as to ridicule and despise teetotalers. If the subject were not too grave and serious to ridicule and sarcasm, it would be amazingly laughable, to see one of these great men lying helpless on the floor, either in the mud, and a toad in a gutter, but this is a specimen of greatness of which teetotalers leave no rivied, and the honours and trophies to the devotees of alcohol.

But I was shewing the great delusion of confounding stimulation with strength. Alcohol stimulates, but does not strengthen. That eminent physiologist and surgeon, Dr. Hunter, the founder of the Glasgow museum, before teetotalism originated, stated that alcoholic stimulants reduced the system, and that the depression they caused was greater on the stimulator, and that they left the system weaker. It certainly appears somewhat extraordinary, that teetotalers could, on this subject, have to instruct and to correct, not by the public mind, but that even of medical professors. I do not claim this as a discovery of teetotalers, for they probably have taken the fact from such high authorities as Dr. Hunter, but having ascertained the fact, they have made the use of it, they proclaim it to the public, and they are ready to meet before the public any of the old medical practitioners who may dispute it. This, my friends, is a most important point.—It has deceived generation after generation, and the medical profession have generally imbibed and acted on the error. It is then a matter of the greatest importance, that we should all know, and remember, that alcoholic beverages stimulate but do not strengthen.

Alcoholic liquors, too, injure the appetite and weaken digestion. Many people take them under the idea that they give strength, and enable an individual to perform his work with greater ease. This they do while the stimulation lasts, which is only for a short period, and then they leave the recipient weaker, and with a diminished appetite, and the weaker powers of digestion. Dr. Beddoes says "vicious liquor is like a two edged sword. By its first operation it promotes indigestion, its second depends upon the change to vinegar which wine, however genuine, undergoes in the stomach."

Some people are so ignorant as to suppose that because they do not die immediately after drinking alcoholic liquors that they are not poisonous. It is just as rational to conclude that because the consumers of opium do not die after its immediate use, that opium is not a poison! The most virulent poisons may be taken in a diluted state for ten, twenty, thirty years—even arsenic and prussic acid—without

causing death. Alcoholic drinks, speaking with proper accuracy, are diluted poisons; and the strength of the poison they contain, is just in proportion to their quantity of alcohol.

From the nature of these beverages, a most important consequence appears as the inevitable result, that those who avoid the use of them will be stronger and better adapted for labour than those who use them. This does not admit of a doubt by those who have carefully, and in an unprejudiced manner, examined and tested the matter. Before teetotalism originated, Dr. Beddoes had tested the fact in a most efficient and striking manner. Making anchors for ships of the largest magnitude, is considered as the most laborious employment in which men can be engaged. The heat is intense, and the labour as great as the human system can sustain. The doctor was so well assured of the correctness of the cold water system, that for a certain sum of money he engaged six persons to abstain from intoxicating drink, and to work for one week against six who drank the usual quantity of intoxicating liquor. The result was, for the first two days, the water drinkers were beaten by beer drinkers, but on the third day they overtook them, and before the end of the week, the water drinkers were greatly in advance, and quite triumphant. Such facts as these show that it is high time to discard the old, ignorant, barbarous idea, that intoxicating drinks are necessary in laborious employments. Let us, then, my friends, discard it as a delusion and a barbarism unworthy this enlightened age.

Our subject, my friends, is individual and general good. We wish you to act in unison with the intelligence of the age. We wish you to be regulated and guided by the immutable principles of science and the laws of health. We wish you to avoid those diseases which are the consequences of drinking, such as epilepsy, hysterics, convulsions, tearful dreams, inflammation of the stomach and bowels, brain fever, rheumatism, puerisy, inflammation of the liver, gout, jaundice, indigestion, dropsy, palsy, madness, idiotism, delirium tremens, premature old age, and a host of other diseases. We wish you to avoid those habits which lead too often to poverty and crime, at which our better feelings stand aghast. Instead of spending your time and your money in the taverns, we wish you to cultivate your minds by reading books, and newspapers, containing useful and valuable information; and your bodily powers, in improving and ornamenting your farms and gardens, thus making the wilderness like Eden, and our forests to blossom like the rose. We have adopted a new country for our home, let us lay the foundation of a great, happy, and prosperous nation, by improving our mental and physical powers, and abstaining from whatever would debase and degrade them. In no locality of its size, surely, have there fallen so many victims to alcohol as at Woodstock and its vicinity. Let us now wipe away, as much as possible, this stigma from this neighbourhood. Let us lessen the number of the inmates of our jails and our asylums. We live in an age of transition and progression.

I have mentioned literary men as being carried along the stream of popular delusion, as it respects the nature of alcoholic drinks. Since I noted this, I have been most highly gratified to find that the great temperance movement has reached the leading minds in literature. Dr. Johnson, long before this cause originated, observed:—"In the bottle, discontent seeks for comfort, cowardice for courage, and bashfulness for confidence," and he asks, "who that ever asked success from Bacchus was able to preserve himself from being enslaved by his auxiliary?"

When Sir Isaac Newton was writing his "Principia," he lived on a scanty allowance of bread and water, and vegetable diet. Sir Walter Scott says, that "greatness of any kind has no greater foe than a habit of drinking." After mentioning these observations and habits of literary men, the author from whom I have extracted them, says,—"Although