

cian was called, who, on ascertaining what quantity of poison had been administered, informed the mother that her child must die. It expired in a few hours. *And the minister, who officiated at its funeral, told the mother distinctly that she had murdered her own child.*

In Dover, another inhuman mother gave her babe, eleven months of age, two thirds of a glass of rum. Dr. S. W. Dow being called, found it both senseless and pulseless. As the Dr. was called five hours after the liquor was taken, it was so diffused through the system, that it was not possible, by any medical remedies, either to remove it or counteract its influence. *The child soon died. Two other horrid cases have been reported to us, within a few months.* In one instance, an infant was smothered in bed, by its intemperate and intoxicated mother. In the other, in consequence of the intoxication of the inhuman being that bore it, the child being crowded into a couch, with large children, was found dead in the morning. Are not these facts sufficiently revolting to awaken both the compassion and indignation of the philanthropic and humane? *Mothers prove monsters and murder their own offspring!* Such deeds of darkness admit of no extenuating plea. They merit and receive universal execration. Why? Because the life of the child is taken away directly by the agency of the parent. Such facts are horrible! But are there not others as dreadfully connected with parental influence? How many fathers and mothers have taught their children, by their own example, to drink alcohol, and have thus trained them for all that is degrading, and appalling in a drunkard's career and doom? For that, which will make them wish, that they had never been born? The mother, who kills her infant, commits a fearful outrage. But is not an untimely birth preferable to the education of tens of thousands, trained up in intemperate families?—*Can. Tem. Herald.*

#### Quotations, Opinions, &c.

*Extract from a work on the "Influence of Civic Life."*  
BY JAMES JOHNSON, ESQ. SURGEON TO THE KING.

"Nature has plentifully supplied the earth with water, and animals drink nothing else to quench their thirst—ergo, says one party, water alone should constitute the human beverage. But, says another sect, why did bounteous Nature weigh down the mantling vine with the swelling grape, if she did not design that man should drown his cares, occasionally in the goblet? *It is doubtful, however, if Nature destined the grape for fermentation. Did this indulgent Parent ever mean that barley and oats should be converted by the Scot and Hibernian into whiskey?* It is certain, indeed, that civic association, or the congregation of people any where, has a tendency towards Bacchanalian indulgences. This, I conceive, has been the case from the very infancy of the world. Homer's heroes seldom meet together without getting drunk,

especially when they are relating their own exploits. Let Ulysses himself contest it.

"Hear me, my friends! what this good banquet grace,  
"This sweet to play the fool in time and place;  
And wine ran of their wits the wise beguile,  
Make the sage frolic, and the serious smile;  
The grave in merry measures frisk about,  
And many a long-repeated word come out!  
Since to be tallant, I now commend,  
Let wit cast off the sullen yoke of sense."  
ODYSSEY, b. xvi

"The foregoing passage explains most correctly the real source and universal cause of intemperance in drink. When men assemble together, they are anxious to please and be pleased. The colloquial impulse predominates. Wine gives wit to the duller intellect; crowds the brain with ideas; tips the tongue with eloquence, and illumines the eye with the fire of expression. The dull scenes and corroding cares of life are now forgotten, or past dangers and difficulties are remembered and related with pleasure. The future is clothed in romantic anticipations of success and happiness—in short, a sort of Elysium opens round the soul! Is it to be wondered at, that man should wish to protract these ecstatic moments; or be too often carried insensibly along the stream, till he approached the brink, or even precipitated himself into the gulph of excess?"

"But let us examine the affair a little deeper. The digestive organs, to which this inordinate stimulation was applied, and through the medium of which this intellectual excitement was raised, do not fall back, after such a scene, to the healthy standard, or to their usual integrity of function. No, indeed. The power of digestion languishes; the appetite is impaired; the biliary secretion is deranged. The animal and intellectual systems participate in the effects of this commotion. The muscles are enfeebled and tremble. The nerves lose their tone. The mind which, the evening before, was all prowess, is in the morning over-run with timidity, or clouded with horror. There is now a collapse of the system. The arteries of the brain were turgid and distended with blood during the excitement of the wine; they are now in an opposite state. Is it to be wondered at, that these alternate extremes should often lead to organic derangement of the delicate texture of the brain, and end in hypochondriasis or mania itself?"

The author then describes the effects of intemperance on the liver, the brain, and the heart and blood-vessel system, and concludes by observing:—

"To remedy these evils effectually, it is evident that a gradual diminution, or total subtraction of the cause would be the surest method. But only a few have resolution to reform entirely. *There can be no question that water is the best, and the only drink which Nature has designed for man; and there is little doubt, but that every person might gradually, or even pretty quickly accustom himself to this aqueous beverage.* But this will never be generally adopted. I believe a precept is inculcated in the lectures of a deservedly eminent physiologist of this metropolis, that no drink should be taken at meals, nor for three hours afterwards, lest the gastric juice should be diluted, and the digestion thereby weakened. From an attentive observation of man and animals in almost every parallel of latitude and climate of the globe, and among nations nearest to a state of nature, I am disposed to draw a very different conclusion. Both men and animals, under these circumstances, drink immediately after eating; and this, I am convinced, is the salutary habit. But even this rule

is not absolute. It must vary according to the season of the year, and the exercise, &c. of the individual. In hot weather, when there is great exudation from the pores of the skin, and particularly where exercise is taken before dinner, the food must be diluted by drink during the meal, and vice versa.

"Next to water, toast water, or soda water, Sherry or Madeira and water—then very weak brandy and water—table beer. The next least salutary species of drink, is undiluted Sherry, Mad ira, and other white wines; then Claret, and least salubrious of all, Port wine and Spirits. *In proportion as we adhere to the upper links of this chain, so have we a chance of continued health. As we descend in the series, so do we lay down a substratum for disease.*

"It may here be remarked, that tea, independent of its adulterations, has a peculiar effect on the nervous system, and that the digestive organs suffer through the influence of this system. The morbid effects of ale or porter are more observable on the circulating and absorbent system, and will be noticed in the section on that subject. Ardent spirits exert their deleterious influence chiefly on the stomach, liver, brain, and nerves."

In the next chapter he exhibits the "parallel of enjoyment and suffering in drink," as follows:—

"The water-drinker glides tranquilly through life, without much exultation or depression, and escapes many diseases to which he would otherwise be subject. The wine-drinker experiences short, but vivid periods of rapture, and long intervals of gloom; he is also more subject to disease. The balance of enjoyment, then, turns decidedly in favour of the water-drinker, leaving out his temporal prosperity and future anticipations; and the nearer we keep to his regime, the happier we shall be. Here, however, as in all other things, there is a certain latitude within the range of health and happiness, which the wise man and the philosopher will occasionally traverse round, but not exceed. *The native fountain is in the centre of this circle, and from it our eccentric divergences should be narrowly watched and carefully limited.*"

#### Correspondence.

To the Editor of the Canada Temperance Advocate.

Sir,—I have witnessed frequently the good which has been accomplished by means of your periodical, and am convinced that it is the duty of every one, to support it by every means in his power. Having little means of any other kind to dispose of to your advantage, I beg leave to give you an account of a short part of my experience, for insertion in the *Advocate*, in the hope that it may help to produce conviction in the minds of some who are halting between two opinions:—

I have been employed as a lumberer for three years—The course of life which such men lead is somewhat of the following nature—In winter we are sent into the remote forests—our first object is to find a grove in the vicinity of some river—The timber which it contains is then cut down, and so placed as to be ready for the opening of the rivers—The men are then despatched to look for another grove when the same process is repeated—At the breaking up of the ice, it is necessary to watch the progress of the timber and conduct it to a proper place for rafting—an operation which is attended with great labour and danger—The raft has then to be taken to Quebec.