

Item.	in 1833—puns. 9000	
	1831— " 8139, or 801 puns. less in 1831.	
Brandy,	1833—pipes 1973	
	1831— " 1175, or 803 pipes " "	
Gin,	1833—pipes 1263	
	1831— " 630, or 613 pipes " "	
Wine,	1833—hhds. 321	
	1831— " 114, or 207 hhds. " "	
Wine,	1833—pipes 4599	
	1831— " 3763, or 531 pipes " "	

The above statement is taken from the Quebec Commercial List.

PRINCIPLES OF TEMPERANCE SOCIETIES.

(Continued from the first Number.)

In my last article, I stated that the following were the fundamental principles of Temperance Societies.

1st. Ardent spirits are not necessary.

2d. Ardent spirits are pernicious.

In that number I adduced proof that *ardent spirits are not necessary as an ordinary "article of diet."* I shall now proceed to show, that *ardent spirits are not necessary in cases of exposure to wet, cold, severe fatigue.*—A distinguished physician remarks, "Does a healthy labouring man need alcohol? No more than he needs arsenic, corrosive sublimate, or opium. It has been proved a thousand times, that more labour can be accomplished in a month or a year, under the influence of simple nourishing food, and unstimulating drink, than through the aid of alcohol."

The following facts, taken at random from the correspondence and addresses of intelligent and respectable men, will fully confirm the position. From a commercial friend in Massachusetts I have lately received the following information:—"I visited," said he, "four or five years since, in New Jersey, an iron foundry, belonging to Mr. Wood, of Philadelphia. I think there were thirty or forty men employed in the establishment, and all they drank was pure spring water. I saw them after, while lading out the hot metal, and sweating at every pore, run to the spring and drink very freely of the water; I enquired if they did not feel any ill effects from drinking so much cold water. They answered, No. The furnace went into blast in April, and continued till October. All those employed had the best of health during the whole season, and returned to their friends in the autumn, with better health and fuller purses than they ever had before."

"A vessel belonging to my neighbour went from this place to South America, and from thence to India. No spirit was allowed to the crew during the whole voyage. They all arrived home in good health.

One of my own captains kept grog from his men the whole of an India voyage; they all came home in fine health. For my crews in hot climates, I direct spruce beer, made with the oil or essence of spruce, and molasses and water. I shipped two crews last week, for long voyages in hot climates, and named to the men that we should not allow them grog. There was not a single objection made to signing the shipping papers. It is in the power of every ship owner to prevent the use of ardent spirits on board his vessels, by sending out a few barrels of molasses, and a few dozen bottles of the essence of spruce for beer."

"To the foregoing suggestion it may be proper to add, that for labouring men in hot weather, sweetened water sometimes, with the addition of ginger, is a most salutary drink; so also is a mixture of milk and water."

"The principle of life is afforded to every individual in such quantity, or in such manner, as to admit of the living actions; being carried on, under the most favourable circumstances, only for a limited period, and as no human power or skill can increase this principle one jot or tittle, so neither can the actions of life be urged beyond the standard of sound health, (leaving casualties out of the question) without necessarily shortening it. And this shortening of life will be for minutes or months or years, according to the degree and continuance of the excitement, beyond the natural and uniform rate of healthy action."

"This vital principle has been likened, not altogether inaptly, to oil in a lamp, which is capable of sustaining flame only for a certain length of time. If the wick be raised higher than is necessary to produce a full and clear light, a part of the oil goes off in smoke, and the whole is sooner consumed."

"I had once the opportunity of enquiring into the habits of the workmen of a large factory; they generally wrought for twenty-four or thirty-six hours at a time, according as the furnace continued in a proper state, and I found, during this time, which was technically called a "journey," that to supply the waste caused by perspiration, they drank a large quantity of water, in the quality of which they were very curious: it was the purest and the softest water in the district, and was brought from a distance of three miles.

There were three men, out of more than a hundred, who drank *nothing* but water—the rest drank porter or ardent spirits. The three water drinkers appeared to be of their proper age, while the rest, with scarcely an exception, seemed ten or twelve

years older than they proved to be. In short, were I to form an estimate of the effectiveness of a labourer, I would place as little reliance on the *strength* as I would on the *courage* which strong liquor gives—there is no certainty nor holding out in either: both are plants of a forced, sickly and ephemeral growth."

"A gentleman of great respectability from the south states, that those who fall victims to southern climes are almost invariably addicted to the free use of ardent spirits. Dr. Moseley, after a long residence in the West Indies, declares, "that persons who drink nothing but cold water, or make it their principal drink, are but little affected by tropical climates: that they undergo the greatest fatigue without inconvenience, and are not so subject as others to dangerous diseases;" and Dr. Bell—"that rum, when used even moderately, always diminishes the strength, and renders men more susceptible of disease; and that we might as well throw oil into a house, the roof of which is on fire, in order to prevent the flames from extending to the inside, as to pour ardent spirits into the stomach, to prevent the effects of a hot sun upon the skin."

"I knew a gentleman who travelled in a coach, during a severe night, beside a fellow-traveller, who was taking his half glass each stage; the latter was found dead by his side in the morning, while the abstemious man suffered next to nothing from the severity of the weather. After I had been speaking on this subject at one time, an officer rose and said, 'I was for thirteen years in the East Indies, and I have travelled in the coldest winters of Canada: I have crossed the Atlantic seven times, and I attribute my good health to having abstained entirely from intoxicating liquors.' Other gentlemen have told me the same thing. These individuals knew nothing of Temperance Societies; they stated, from their own experience, that for all the common purposes of life spirits are altogether useless."

"The lumbering business is now carried on in all its branches, by night and by day, connected with the principal mills, without the aid of spirits. One fine saw mill was built last spring: the foundation was laid when the weather and the water were extremely cold, and the mill completed, without the use of any ardent spirit. The number of men employed was from ten to twenty, headed by two carpenters and millwrights, who had been reclaimed from intemperance, by means of this society. Two masters of vessels belonging to the place, have set a noble example this summer. They have ventured to sea without providing any kind of spi-