

of Dartmouth College. This society consists of upwards of one hundred young Ladies, who pledge themselves not only to abstain from all intoxicating drinks, and use their influence against them, but *never to connect themselves for life with any person who uses them.*—*N. H. Baptist Register.*

#### Quotations.

##### WATER THE BEST DRINK.

Human science has demonstrated, that no drink is so pure and well prepared to enter into all parts of the system where liquor is demanded, as water. Other drinks must be digested, or separated in the stomach, before they can be made fit for the calls of the system. Water, in its natural state, is precisely the only thing wanted when we feel what is called thirst. If we take any thing else, it is for the sake of the water which it contains. Water being a component part of all animal bodies, it is that which we need in thirst. To take cider, or beer, or rum, when thirsty, would be as philosophical as to water thirsty plants with them. Our lives may indeed be preserved by these liquors, because they contain portions of water.

But if authorities will establish the position that no drink preserves health and life so well as water, the position may be established by the following quotations and remarks:—

It is said of the celebrated Pliny, "That he considered it a great absurdity that mankind should bestow so much labor and expense in making artificially such a variety of liquors, when nature has supplied to their hands a drink of so superior a quality as water."

The celebrated Boerhaave, a medical writer of great note, places water as superior to all drinks, saying, "If drink be required merely for allaying thirst or dryness, and diminishing the acrimony of the fluids, then is pure water, obtained from a clear running stream, the best drink for robust man." Again he says, "Plain food, and water for drink, render our bodies the most firm and strong."

Dr. Hoffman, a Prussian physician of great fame, considered water as a preventive of many diseases, as well as an absolute cure of them. His positions are: "First. That pure waters are agreeable to the different natures of all men.—Secondly. That no remedy can more effectually secure health and prevent diseases, than water." He also observes, "that drinkers of pure water are more healthy and longer-lived than drinkers of wines or malt liquors. It gives them a better appetite, and renders them plump and fleshy. It also preserves their teeth much sounder and whiter." He adds that "drinkers of water are more alert and active in body and mind than beer-bibbers." And we find in the writings of this man, an idea which has been often expressed, respecting mineral springs, viz: "The major part of their efficacy is, beyond all dispute, owing to the quantity of pure elementary water which they contain."

Zimmerman, author of "Solitude Sweetened," declares, "that water is the most

suitable drink for man; and does not chill the ardor of genius." He tells us that "Demosthenes' sole drink was water."

Sir John Floyer says, "the water drinkers are temperate in their actions, prudent and ingenious; they live safe from the diseases which affect the head, such as apoplexies, palsies, pains, blindness, deafness, convulsions and madness." "Water resists putrefaction, cools burning heats and thirsts, and promotes digestion."

Another writer says, "all drinks supply the wants of nature, only by the quantity of elementary water which they contain." This sentiment should be remembered.

Dr. Gregory says, "the sole primitive and main natural drink is water; which when pure, is suitable to all sick persons and all stomachs however delicate." Again: "Pure spring water is the most wholesome drink, and the most grateful to those that are thirsty, whether sick or well: It quenches thirst, cools the body, dilutes and thereby obtunds acrimony, and in various ways strengthens the stomach. And those who cannot drink common well water, can drink it after it has been boiled and cooled; and all that needs changing is the temperature and not the liquor."

Dr. Cheyne says, "Without all peradventure, water was the primitive, original beverage; and happy had it been for the race of man, if other mixed and artificial liquors had never been invented. Water alone is sufficient and effectual for all the purposes of human wants and drinks."

On the "art of prolonging life," Dr. Hufeman says, "the best drink is water; a liquor commonly despised and deemed prejudicial. I will not hesitate, however, to declare it to be one of the greatest means of prolonging life." He then mentions a surgeon, who, at the age of forty, was a miserable hypochondriac; but who was afterwards cured by the use of water, and who lived to the age of eighty; his last years being most healthy." Again he says, "Water is the greatest promoter of digestion: it assists all the secretions of the body."

The celebrated Doctor Jackson, of the British West Indies, says, "I have wandered a good deal about the world; my health has been tried all ways; and by the aids of temperance and hard work, I have worn out two armies in two wars; and probably could wear out another before my period of old age shall arrive. I eat no animal food, drink no wines or malt liquors, or spirits of any kind. I regard neither wind nor rain, heat nor cold, when business is in the way."

Doctor Moreley says, "I aver from my own knowledge and custom, as well as from that of others, that those who drink nothing but water, or make it their principal drink, are but little affected by the climate, and can undergo the greatest fatigue without inconvenience."

Navigators from northern regions testify, that the greater part of those who die under the severity of the cold, are those who use other drinks than water; while the water drinkers survive."

Dr. Beardsley says, respecting the water drinkers in Asia, near the Himalaya mountains, "that they were able to carry a bur-

den of four cwt; and that one of them had more strength than three British soldiers, as one of their officers affirmed."

#### CANADA

### Temperance Advocate.

"It is good neither to eat flesh, nor drink wine, nor do any thing by which thy brother is made to stumble, or to fall, or is weakened." Rom. xiv. 21.—*Murphy's Translation.*

#### MONTREAL, SEPTEMBER, 1836.

We would direct the attention of our readers, to the report of the Temperance Convention at Saratoga. It affords gratifying evidence of the triumphant progress which the cause is making amongst our brethren, in the United States. We are especially delighted with the noble stand which Bishop Stewart, of Quebec, has taken. The example of this venerable prelate, enforced as it is by the weight which it derives from his high station, his high character, and his years, cannot fail to have a great influence in this province. He has got the true way of answering Bishop Hopkins, and all those who attempt to oppose Temperance on scriptural grounds.

On another column will be found a notice of a meeting which was held in the Free Church in this city, and of four reformed drunkards who addressed the meeting. The happy reformation which has taken place on these men, furnishes, in our opinion, a complete answer to the calumnies of our opponents. Bishop Hopkins has declared that the triumph of Temperance measures would be the triumph of Infidelity, but we would ask, are these men nearer Infidelity now than when they were drunkards? Infidelity has evidently lost its triumph by their reformation. What can the advocates of the vaunted system of pretended moderation show to balance this? Abstinence can point to the cures which have been performed by its means, and vindicate itself by an appeal to facts. Can moderation exhibit any such cures? Lay the two systems in the balances—judge them by their respective fruits—and which of them stands approved, as the most conducive to the temporal and eternal interests of man? We say to an impartial public, look to these things and judge between us and our opponents. You