

LONG ISLAND, milk and water; sometimes cider, and the same at neighbours' houses. Just before I came away I bought some claret, at about seven-pence, English money, a bottle, and mixed it with water. In PENNSYLVANIA, when I used to go shooting, water from the brook or well, or milk and water or cider were my drink; but my great drink was milk and water, summer and winter; and, if thirsty while shooting, I made for the first farm-house; and if travelling, d^rew up to the first farm-house that I came near, if I found myself at a distance from a tavern.

119. Why, I passed eighteen years of my life in those countries, stinking with rum, with brandy, and with whiskey, and I never knew a day's illness except a short spell of yellow fever in Philadelphia, which, as the DOCTORS told me, was rendered slight by my great sobriety; I being, otherwise, a fine subject for it to maul. Yet, at *very hard* work, and in *very* hot weather, when the perspiration pours from the body, as is the case when men are mowing, and at some other labours in the fields; in these cases a small portion of spirits may be necessary, and I believe it is. It would be better if the labour were more moderate, the wages lower, and the drink abstained from; but this is a change of customs that cannot be effected. From the little necessary, men proceed to the little unnecessary, and from that they proceed to the great deal. The vice steals upon you by imperceptible degrees, till at last you have not the power to shake it off; and when you arrive at that pitch it requires an effort too great for your remaining sense of danger. Oh! how many men—how many bright men—how many strong men, have I seen sink into mere nothings in consequence of this detestable vice. You must give drink to those whom you employ; and it must be according to the custom of the country. You cannot alter the customs and the manners: you cannot teach morality to a