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# CANADA TEMPERANCE ADVOCATE.

TEMPERANCE IS THE MODERATE USE OF THINGS BENEFICIAL, AND ABSTINENCE FROM THINGS HURTFUL.

No. 5.

# MONTREAL, SEPTEMBER, 1836.

Vol. II:

# Selected Articles.

Seed-Time and Harvest; or, Bob Jenkin's account of his own self.

One evening, my mother and sister had been busily engaged, as usual, in such housewifery as might best contribute to keep our poor wreck of a domicil together as long as possible. I had learned to write a fair hand, and was engaged in copying some paof a drunken father's wrath. I went as speedily as possible, to the squire's house, and begged him to take compassion on my - poor mother and sister.

Having received his promise that he would go to my father's cottage, and passed a com-

fortless night in the farmer's barn. I fled in I directed my course towards home. I arthe morning to a neighbouring city, and entered the life of a sailor, in which I continued, in foreign ports, five years, saving all my hard earnings, and occasionally transmitting relief to my honored mother. The first intelligence I received of home, was from Tom-Johnson, an old acquaintance, whom I accidentally met in London.

Why, Bob, said Tom, 'I'm heartily pers for our squire, who paid me by the glad to see you, my lad; so you've taken leg sheet. It had gotten to be nearly ten o'clock, bail 'of the old folks, and turned rover in My mother put on her spectacles, and, good carnest, ey? I told him, I hoped he opening the Bible, began to read. Rachal didnt think I'd left my old mother to shirk and I sat by the fire, listening to the words for herself, in her old age. 'Not a jot,' reof truth and soberness. My poor mother plied the old sailor; 'Squire Seeley has told had fallen upon a portion of Scripture, me the whole story, and says he has put the which, from its applicability to her own sweat of your brow, more than once or situation, and that of her children, had af- twice aither, into the old lady's hand, and fected her feelings, and the tears were in made her old weather-beaten heart leap for her eyes, when the loud tramp upon the joy, to hear you was so thot ful a lad. I door-step announced the return of my fa- saw your mother about a year ago, and your ther inquiry, I ascertained that there had ther. His whole appearance was unusually sister Rachal. I shook old Tom Johnson been a temperance movement our village; ominous of evil. My mother stirred the by the hand--I could not retain my feelings, and that the seed, as poor com Johnson fire, and I placed him a chair, which he for this was the first news I had heard from said, had been scattered there with an unkicked over, and threw himself down upon home, for more than five years. 'Come, sparing hand. I also gathered the informathe bed and called for supper. Mother told Bob,' said the old fellow, 'don't be for open-ition from this rime seller, that the selectmen him in a gentle manner that there was nothing your scuppers and making crooked faces; had refused to appropriate any applicant for a ing in the house but some bread.—He told though it blows hard enough now, it may license to sell ardent spirit in our village; her she lied, and swore terribly. She sat get to be calm weather after all.? 'How is sliently by the fire: I looked up in her my father doing now?' I enquired. 'Why, face: she wept, but said nothing. "Don't as to that,' answered Tom Johnson, 'it's acry so, dear mother,' said Rachal. "Wife," bout a twelve month since I was there. I litured from the dram-seller, and prospid my father, sitting upon the edge of the told the old lady I might cross your lawyer. bed, "when will you leave off crying?" in some part of the world. She has a rough late in the evening. "Whenever you leave off drinking, hus- time of it, my boy. The old man holds on band," replied my mother, in the kindest to mischief, like a heavy kedge in a clay My father sprung up in a hurri- bottom. The cold-water folks began, about to the door .- I thought I heard a voice. I cane of wrath, and with a dreadful cath, a year ago, to scatter their seed in the vilhurled a chair at my mother's head. I lage, in the shape of tracts, and newspapers. My mother appeared not to reply: such was sprang forward, and received its full force Some of them were thrown at your father's her constant habit, whenever, under the inupon my shoulder. Rachal and my mother door, and at the door of old Deacon Flint, fluence of liquor, he gave a loose rein to his fled to a neighbor's house—and my father the distiller. There, as you may suppose, tongue, and indulged in unkind and abusive struck me several blows with his feet and the seed fell in stony places. Your father language. I drew still nearer, and, passing fists: and, as I made my escape, I left him was in a great rage, and swore he'd shoot softly into the entry, I listened more attendashing the furniture to pieces, with the fury the first person that left another of their ras- tively at the inner door. Can it be possible! of a madman. I rushed forth to seek shel- cally publications before the door. I'm aer amid the driving storm, from the tempest fraid it will be a long while, my lad, before fervent and pious prayer! He prayed, with the temperance folks get the weather-gage of the rum-sellers and rum-drinkers in our village. They had a miserable seed-time, and the devil and Deacon Flint, I am afraid, will have the best of the harvest.'

rived on the shores of my native country, and with feelings of a painful and perplexing character, sought the dwelling of my parents. When I had reached the village adjoining my own, I saw at the door of a grocery the individual at whose shop my father had purchased his rum. Although I regarded him as the destrover of my father. I could not repress my desire to obtain from him some knowledge of my family.

His manners were those of a surly and dissatisfied man. In reply to my inquiries. he informed me that my parents and my sister were alive, and added with a sneer, that my father had set up for a cold-water man, but, continued he with a forced and spiteful laugh, 'it will take him all his days, I guess, to put off the old man; they that have got the relish of my rum, are not so very apt to change it for cold water.' Upon far-

said my father, sitting upon the edge of the told the old lady I might cross your hawser ceeded to the old testage, which I reached

A light was still gleaming forth from the window. I drew slewly and silently near listened attentively. It was my father's .thought I. He was engaged in prayer! in a trembling voice, for the restoration of an absent son! There was a pause. From the movement within, it was evident that they had risen from their knees. raised the latch, and opened the door. The Soon after this, at the end of five years. father, the mother, the brother, the sister,

were all locked in the arms of one another! retired, and so again, till be had gotten up, tillery. In his address to the Hamilton My regenerated old father fell once more prayed, confessed his sins, implored mercy; County Agricultural Society, delivered five upon his knees; we all followed his exam- prayed for the man and his family whom he years ago, he beautifully and feeling'y ple; and before a word of congratulation had runned, and laid down, no less than ele-talludes to this subject in the following exhad passed from one to the other, he poured ven times. And his distress grew greater tract:-forth such a touching strain of thanksgiving and greater. Not only that man, but on and and praise to the Giver of every good and another, and another, great numbers whom perfect gift, for my safe return, as would be had made drunkards, and for whose ruin have melted the heart of the most obdurate he must answer at the day of judgment, offender. It came directly from the heart of rose up to his view, and he was well night a truly penitent sinner, and it went straight- overwhelmed with the conviction of his way to the God of mercy. I gazed upon my poor old father. It seemed like the twelfth mine before God, and not only conmoral resurrection of one, already dead and buried, in trespasses and sins. I glanced rapidly about me: all was peace, all was order; where all had been strife and confusion before. The rum-jug no longer occupied its accustomed place upon the table—the expanded volume of eternal life was there in its stead!

Six years have now gone by, since a merciful God softened the stabborn soil in my father's heart. The seed did not fall altogether, as Tom Johnson supposed, upon stony places. Some of them have sprung up, as in our highly favoured heritage, and borne fruit a hundred fold. Let us thank God then who hath enabled us abundantly to gather the Harvest; for peace is once mere at our fireside; the wife has regained her husband, and the orphans have found heir father.

# The Elder's Twelve Prayers

E.der L —— was a distiller, carried on the business largely and supplied his neighbours with the good creature. At length one, and another, and another, became drunkards, squandered away their property, and roduced their families to beggary and wretchedness. Nevertheless, the Elder contuned to supply them, "for the public good" and being a sober man, did it "very regularly." By and by one of his customers came to settle with him, and on settlement | mercy of God in the Redeemer .- Boston owed him \$20; and yet had nothing to pay. and nothing with which to supply his family with a rug of clothing or a morsel of bread. -He and they were literally destitute. " What has made this man a drunkard, and brought his family to poverty and wretchedness!" Conscience answered, " your whiskey."-" And who must answer in the day of judgment?" sad the E'der. Conscience replied "You;" and spoke in a voice which the Elder could not but hear. He went away heavy-hearted; and sorely pressed, as conscience continued to echo, "You must answer at the day of judgment for making that man a drunkard." He retired to bed, but not to rest or to sleep. He got up, kneeled down and prayed, and went and, however injurious to his pecuniary inagain to bed; but obtained no relief. He terest, he set the noble example of sacrificgot up, kneeled down and prayed again, and ling gain to principle, and abolished his dis-

guilt. He rose and kneeled down the fessed his sins, but new for the first time resolved, without delay, to forsake it. He promised before the Lord, that no portion of his time or property should ever again be employed in making that which tends to destroy the bodies and souls of men. And he meant what he ud. He then laid down and slept till morning; he rose, cleared out his distillery, and said that no whiskey should ever be made there again. He made known his determination to his children, and his neighbours. One of them thought he had become too superstitious, and offered him for the use of his distillery \$500 a year.

But he utterly refused and said that none of his property should ever again be employed by any body in that way. He held to his resolution till his death, and tried to induce all to follow his example. . With his children he was successful, and numbers of them, before his death, were hopefully made partakers of divine grace, and heirs of the kingdom of God. The Elder appeared to live the life and die the death of a penitent, and has lately gone to give an account to the Judge of the quick and dead. There he expected to meet with numbers whom his business had ruined, but as, during the time of divine forbearance, he trusted that he had confessed and forsaken his sins, he died hoping for pardon, through the boundless Recorder.

### Interest Sacrificed to Principle.

General Harrison's farm at the NorthBend of the Ohio river, contains some hundreds of acres of as fine corn ground as any in the world, and it is not suitable for wheat, or small grain of any kind. Many years ago, when corn could not be sold for more than eight or ten cepts per bushel, the General established a distillery, in order to convert his surplus corn into a more portable and profitable article for the New Orleans market, then the only outlet for Western produce. In a short time he saw the evils resulting to society from such manufactories,

" The exports of Ohio are generally the substantial comforts of life, which are every where acceptable, their arrival hailed as a blessing as well in the mansions of the rich as in the cottage of the poor-by the luxurious inhabitant of the tropics, clayed with the luscious product of his burning chinate, as by the poor negro who ministers to his wants. Alse! that there should be an exception; that a soil so prolific of that which is good, should, by a perversion of the intentions of the Creator, be made to yield that " high in evil-to scatter life and death with an equal hand. To the heart-cheering prospects of flocks and hords feeding on unrivalled pastures of grain, exhibiting the scriptural proof that the seed has been dist on good ground-low often is the eye of the philanthropic traveller disgust. ed with the dark unsightly manufactories of a certain poison-poison to the body and the soul. A modern Anens or Ulysses might mistake them for entrances into the Infernal Regions, nor would they greatly err But unlike those passages which conducted the Grecian and Tro. (in heroes on their pieus errands, the scenes to which all these conduct the unhappy wretch who shall enter them are those, exclusively, of misery and woe. No relief to the sad picture; no Tartarus there, no Elysium here. It is all Terturie darkness, and not unfrequently Tartaric erime. I speak more freely of the practice of converting the material of the "stiff of life" (and for which so many human beings yearly serish) into an article which is so destructive of health and happiness, because in that way I have sinned myself; BUT THAT WAY I SHALL SIN NO MORE."-Ohio Free Press.

# Power well Employed.

Mr. Spaulding, from the Sandwich Islands, under date of Nov. 1835, thus writes: "At the Society Islands rigid and wholesome laws are now enacted against the manufacture, sale and use of ardent spirits. After having almost been irrecoverably ruined from its effects, the nation have at length awakened to their danger and fled to the law for protection."

What people on earth are making a better use of their reason than these islanders? And yet it is scarcely twenty years since they began to learn that they had any such faculty. They were sunk into the most degraded and loathsome sensuality. most disgusting and revolting vices were carrying terrific ruin in every direction among these islands.

An eye witness of their condition when the gospel first arrived there, declares, "that there was the fairest prospect of a total extermination of the population, if something was not done to stay the destructive influence of vice." But it has been stayed. And one among the thousand pleasing testimonies of this, may be found in the quotation at the head of this article. These islanders have perceived that there was not a more deadly foe to their welfare, than the use of ardent spirits. And instead of giving a soft appellation to their enemy, commending certain excellencies he was supposed to possess, and the propriety and perhaps profit of a moderate intercourse with him, instead of all this, they have just shut the door in his face. The fact is, these islanders are not guilty of such folly as to let a venomous serpent creep about their dwelling, while they amuse themselves and their children with admiring his bright scales and sparkling eyes, in the scothing assurance that if they did not make too free with him he would do them no injury. They leave this kind of wisdom to the enlightened of other parts of the earth, while, like beings of reason and common sense, they forbid the serpent all access to their dwellings. They have found out their ioe, and in the true use of the judgment with which they are endowed, treat the fee according to his character. -Boston Recorder.

We cannot help remarking on the above extract, that the example of these Islanders, who are just emerging from a state of barbarism, is one which more enlightened nations would do well to follow. They found that the intoxicating drinks with which they were so liberally supplied by the merchants of England and America, were producing the most deplorable consequences in their once happy island. They remembered the time when they lived without rum; they could, therefore, judge whether it would be better to use it, or to live without it still; and, finding that it had produced nothing but evil, they unanimously resolved to banish it for ever from their shores; why does not Lower Canada come to the same determination? It is not because rum is doing less mischief in the Province, but because the minds of its inhabitants are more prejudiced in its favour, and having been so long accustomed to use it, they cannot judge impartially respecting the consequences of abstinence, nor conceive the happiness they would enjoy if they would exclude it totally from the country.

# Original Articles.

Abstinence, a Scriptural means of doing good.

(Concluded from our last.)

In our last paper on this subject we showed that the abstinence enjoined by the Apostle Paul, upon the churches of Rome and

sin; and we thence argued that, as Temperance Societies practise abstinence with the same view, they can plead apostolical authority in vindication of the soundness of their principles. As we conceive this point is of great importance in the question, we beg leave to offer the following remarks, to show how fully the abstinence which is practised by Temperance Societies, corresponds in principle with that enjoined by the Apos-

First, The use of those things from which the Apostle abstained, was lawful in itself. The Apostle admits that these Christians had a "hberty" to use them, but exhorts them to give it up, lest it should prove a stumbling-block to others. Indeed, the language of the Apostle, "It is good neither to cat flesh, &c." would be reduced to an absurdity on the opposite opinion. Temperance Societies admit the same thing, respecting the use of intoxicating liquors. This furnishes an answer to an objection which we sometimes hear-if the use of intoxicating drinks is lawful in itself, why am I required to abstain? The same objection might have been made against the Apostle.

Second, The Apostle and those whom he more immediately addresses in the verses under consideration, could use those things without sin, so far as they themselves were concerned. They "had knowledge," and could, therefore, avoid the errors which some of their more ignorant brethren committed in the indiscriminate use of food; their abstinence was not practised with the view of obtaining any personal benefit. We admit the same thing, substantially respecting the moderate, who constitute the great majority of the members of our Associations. It is true, that even the moderate will derive great personal benefit by returning to what Dr. Gregory called " the sole primitive and main natural drink" of man, but as this benefit is not moral, but physical, we consider this, therefore, another point of coincidence.— This furnishes an answer to another objection which is frequently made; I can use these drinks moderately, why then should I abstain? The same objection might have been made against the Apostle.

an example upon others, which, from a deof doing so, he thereby became guilty of sin-he was acting in opposition to his conscience. This is another point of coincidence between the principles of Temperance So-

Apostle. Though many are able to use intoxicating drinks with perfect moderation, and therefore commit no evil, so far as they themselves are concerned, vet others, in attempting to follow their example, do commit sin, and that of a very aggravated nature. We consider it the duty of all to give no occasion to this sin; but, so long as they countenance the drinking usages that produced it, they give direct occasion to it, and act in direct opposition to this rule of the Apostle.

Should any person object, that there is not a coincidence or parallelism in this case. because the sin in the one case arose from scruples of conscience respecting the propricty of using the prohibited diet, but that no person can have such scruples of conscience respecting the use of intoxicating drink, we admit in reply the truth of the objection, respecting all the prohibited articles except "wine." There is no evidence that any person had scruples of conscience respecting the propriety of using it—the thing seems impossible. It could cause another to stumble only by its intoxicating qualities. This was the cause of its prohibition, and the rule must apply to all drinks which possess the same qualities, and produce the same effects. Moreover, though wine had not been memioned it would be wrong to limit the rule of the Apostle to "things sacrificed to idols," or meats forbidden by the law of Moses; the only things respecting which scruples of conscience could existit is expressly extended to "any thing" which, however, harmless in itself, might yet produce sin in other men. Besides, in laying down this rule, the Apostle seems to lay little stress on the particular way in which the sin in question was brought about; it was sufficient for him to know that sin was committed, and that it could be prevented by abstinence. We contend, therefore, that there is a complete coincidence between the abstinence practised by Temperance Societies, and that which was enjoined by the Apostle, in their motives, nature, and ends.

Fourth, It deserves particular notice that the sin committed by the use of those things Third, The conduct of the primitive prohibited by the Apostle, arose from the ig-Christians in using those things referred to, norance of those who sinned. This furnishes became sinful only so far as it operated as us with a very satisfactory answer to an objection which some shallow opponents of ficiency in knowledge, they were not able to Temperance Societies have presented. Affollow with safety. A " weak brother was feeting superior attachment to the gospel, emboldened" to use the same things, but as and a sort of ludicrous fear that the interests his conscience scrupled about the propriety of Evangelical religion should be injured by the "Infidel" measures of Temperance Societies, they have declaimed as follows: " Put down sin by abstinence! that is not the Scriptural way-preach the gospel-il-Corinth, had for its object the prevention of cieties and the abstinence enjoined by the luminate men's minds, and convince their

consciences by the doctrines of Revolation; this is the means which Gol hath appointed for suppressing the sins of the world." Had these declaimers lived in the days of the Apostle they would have made, at least their principles would have led them to make, the same objections against him, when he enjoined abstinence as a means of preventing sm. And as that sin arose from ignorance, they might have rendered their objections more plausible -44 does not the very nature of the sin tell you that instruction is the weapon with which you ought to combat it, and not abstinence; does not abstinence apply only to the body, while the evil which you wish to remedy by it lies in the soul-preach the gospel-illuminate their minds, &c.; that is the means which God hath appointed, and let us not hear of such a novel expedient as abstinence." But the Apostle, under the guidance of the Holy Spirit, employed both these means, and as members of Temperance Societies we humbly attempt to initiate his example.

CANTEENS .- It is proved beyond dispute that almost all the instances of insubordination, and breaches of discipline which occur in the Beitish Army, and which render punishment necessary, originate in intemperance. It is a fact, that intoxicating drink is causing greater destruction amongst the troops of Great Britain than any enemy they have ever met in the field. Yet the British Government directs that each soldier shall receive a quantity of intoxicating drink daily, and as this is likely to beget a thirst for more, a canteen or house for the sale of spirits, is also to be opened for the especial use of the soldiers, that they may have no difficulty in procuring the means of intoxication. Is not this to spread the cause of insubordination in the Army! Is it not to be expected, that many offences will take place, when Government offers to them and invites them to use, the maddening drink. from which almost all offences in the Army proceed? If the British Government considers drunkenness a punishable offence in a soldier, it surely ought to have no hand in furnishing the means of it; where is the justice of punishing a man for being asleep on guard, when a soporitic draught was givon him before he went to his station. know that the legislature intends all these things for the comfort of the soldiers, but when facts are showing so clearly that they lestroy their comfort to a greater degree than States.

any thing else, it is time the legislature adopted another method of showing its We are induced to hope this kindness. time is not far distant, from the strong impressions which the Duke of Wellington seems to have received on this point, and the countenance he has given to Temperance Societies. It is evidently in the power of those who command the Army to procure the repeal of any regulation which is found to be injurious. With them therefore perance Reformation is in the hands of the rests the responsibility.

# للمنا المسالا الماليا Go thou and do likewise

Mrs. B. an Irish Catholic, residing in this town, became a total costmence member of the Society in November last. Since that time her efforts to convince others, particularly her poor country folks, of the impropriety of drinking, and the injurious nature of drink, have been unweared; and she has succeeded in a remarkable manner.-The Society lowes twenty-two members to her individual exertions, of which twenty are tee-totallers, and all consistent ones, as far as the writer has an opportunity of knowing. Many of her converts opposed and ridiculed the Society for a long time, and some of them even said that the Priest was against their joining any Temperance Society; but, as she is a pious Catholic, and had consulted the Priest before joining the Society, she was able to refute this objection triumphantly. A hard-working waterman who used to think that spirits were necessary to counteract the wet and cold to which he was exposed, is one of her converts, and his testimony is, now after six months experience, that he is better and happier and stronger and richer without a drop of any intoxicating drink, than he was before when he used them.

Here is a work of which more comment individuals might justly be proud, achieved by a poor Irsh ...dow. Thirteen families saved from the curse of alcohol, and restored to peace and comfort! Twenty individuals, some of whom were on the brink of intemperance, placed on the vantage ground of total abstinence! There may be more splendid achievements, and deeds that will attract more of the world's applause, but few, we suspect, that will rank higher in the estimation of the All Seeing; or, be reviewed with greater satisfaction on a death

### Dialogue.

B .- You may say what you like about your Temperance Reformation, but a great re-action has taken place in the United

D.—I doubt that. Or, rather, I believe that the cause is advancing more rapidly there than ever. But why do you think a re-action has taken place?

B .- I see the American gentlemen who visit Canada this year drink much more freely than they have done for many years past; and, boarding in one of our principal hotels, I have a good opportunity of observ-

D .- What you say may be all true, and yet no evidence of a re-action. The Tem-American people, not of the American gentlemen. True, the gentlemen favored it as long as it only opposed the labourer's glass of whiskey, but the moment it interfered with their own customs and habits they became its bitterest enemies. You may consider it an axiom, that no useful or beneficial reform was ever begun and carried through by what is commonly called gen-It is the people, and the people only, who have the stability and the selfdenial to originate and perfect great reforms.

B .- You are then of Bulwer's opinion, that all reforms work upwards.

D .- I am: and though I should anxiously wish the co-operation of gentlemen, yet I cannot say that I expect any thing from them; till they are obliged to comply with a state of public opinion, which shall have been established independently, and almost in spite of them.

TEMPERATE CANADIANS.—In talking to a Canadian gentleman the other day, I was surprised to hear, that almost without exception, all the sors of Seigniors and country gentlemen were ruined by intemperance. Yet my informant, whilst he spoke forcibly against drunkenness, avowed that he followed the universal custom of taking a glass of spirits to every meal, and declared he had not the slightest reason for joining a Temperance Society, as he never exceeded, except at public dinners, weddings, or pleasure parties; and he verily believed he had not been drunk more than ten times in the course of his life. The Canadians, he added, are too liberal, and love freedom too well, to join Temperance Societies. This man gained the applause of all the Canadians, and not a few of the English who heard him. What a field is here open!

WHAT THE LADIES CAN DO. -- On the morning of the 4th ultimo, an address was delivered before the New Hampton Female Temperance Society, by Dr. Muzzey, 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 run, 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 wa-

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. 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, Levond all dispute, owing to the quantity of pure elementary water which they contain."

Zimmermin, 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 Flover says, "the water drinkers are temperate in their actions, prudent and ingenious; they live safe from the discusses which affect the head, such as apoplexies, pulsies, pains, blindness, deafaess, 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 primitire 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 hypocondriac; 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 wavs; 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 inconven-

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 Himmalaya 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 Tentperance Advocate.

"It is good neither to cat flesh, nor drink wine, nor do any thing by which thy brother is made to stumble, or to full, or is weakened." Rost xiv. 21.—Muknight'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

would certainly rejoice in the reformation of the intemperate-in seeing them restored to reason, to religion, and usefulness. are the very ends which our a sociation is fitted to secure, and if you would give us more of your assistance we would show more instances of such reformation. claim your assistance, therefore, on this ground; and on the same ground we venture to ask you to give no credit to the slanderous representations of our assailants, and suffer them to give us no annoyance in our labours of benevolence. What are they doing, but railing against us, and instead of saving, contributing to ruin the drunkard. We bear their railery, and at the same time save the drunkard.

We are happy to be able to show such evidence of the advance of the cause in this city, as is to be found, under " Progress of Temperance Reformation." But what are our friends in the country doing? Have they entirely forgot the request we presented to them a short time ago, soliciting an account of such cases of reformation, as have occurred within their bounds? The life of a society depends much upon its secretary.

Our opponents seem to be struck dumb, by the rapid progress which the cause has been making of late in this city.—They have not a single objection-We pity them-and in evidence of our sincerity, we shall kindly furnish them with the four following objections, which we recommend to them as containing more truth, and being therefore far better, than any they have yet presented. They are taken from the Rev. Dr. Kirk's address:---

After delivering a Temperance Address in Duchesa County, an individual known by the soubriquet of "Uncle John," got up, and said he had four objections to bring against Temperance Societies. The first was-the use of ardent spirits promotes religion, for there are many who show no symptoms of it till they are half drunk; the second—it promotes business, for were it not for the drinking of Rum, the Doctor and the Lawver would be almost idle; the third -it strengthens family government, for when a man comes home drunk, he is sure to make himself obeyed; and the fourth-it support of the several resolutions, were received lings very beneficial, as it is with mankind, as

prostrate drunkard.

We have given two Temperance songs in this number, which we recommend to the members of the Society in preference to the Bacchanalian rants with are so common. In our next we shall give some Temperance Hymns.

Two of the members of the Executive Committee have lately visited Sorel, Three Rivers. and Quebec. Addresses were delivered at each of these places, and many tracts distributedand from the manner in which the subject was received, we would hope that some permanent result will follow.

### PROGRESS OF

# The Temperance Reform.

#### Lower Canada

MONTREAL -The Anniversary Meeting of the St. James' Street Total Abstinence Society took place at the American Church, on Wednesday evening, July 20th.

The assembly convened upon this occasion was very respectable, both as to numbers and ap-

penrance.

Jacob Dewitt, Esq. being called to the Chair, the business of the meeting was introduced by a few appropriate preliminary remarks by that gentleman. The Secretary's report was then read, by which it appears that the Society " has more than tripled its number during the past year;" though its means are limited, it has statedly circulated about 720 periodicals devoted to "the cause," during that period. And though all the good resulting from "their" exertions and influence, is probably by no means apparent. yet two at least, it is hoped, have been led to dash forever from their lips the poisonous draught, and give most pleasing practical evidence of the beneficial effect of total ubstinence.

The Committee are extremely sorry to be compolled to state, that they have been under the necessity of crasing three names from their Constitution, two for commencing the traffic, and

one for indulgence.

Dr. Henry, the Rev. W. Taylor, Mr. James Rumbold, and John Dougall, Jr. Esq., offered some appropriate Resolutions, which want of

room compels us to omit.

Mr. J. Sheldrac having been introduced by the Secretary, related in a very brief, but interesting manner, his experience, as one who, during a part of his life, embracing a residence of some years in the East In lies, England, and latterly in Canada, had been addicted to habits of intemperance of the lowest and most degrad. ing character, in the excess of which he had superinduced upon himself a most excruciating disease, which in consequence of his clinging to that indulgence, which was to a great degree the aggravating cause, had well nigh proved his ruin, both mental and physical Being compelled. however, as a "dernier resort" to try the abstinent regimen, the effect was most wonderful, and as gratifying as unexpected; and he stood before them a reformed man, and a living monument of the happy fruits of Temperance prin. ciples.

The speeches of the gentlemen who spoke in

promotes humility, for who is so low as the | in most cases, with marked favour, and listened to sydently with deep interest.

The relation of Mr. Sheldrac's story, though a simple one perhaps, and told with the utmost plainness, had a most thrilling effect upon the audience; which was plainly evinced by the applause which spontaneously burst forth as Mr. S. resumed his seat.

MONTREAL -A very interesting meeting was held in the Free Church, on the 18th of last month Mr. Rumbold opened the proceedings, and advocated very happily, and with much originn'ity, the cause which he once opposed. He was followed by four reformed drunkards, who voluntarily came forward and exhibited to the audience, in their own experience, convincing proof of the blessings of tee.totalism. We regret that we have not been able to obtain copies of their addresses, but we hope to lay them before our readers next month. The respectability of their appearance, their dress, and the cheerfulness of their look, strongly contrasted in our mind with the spectacle which they must once have presented. They were all, according to their own acknowledgment, drunkards of a very degraded kind; but by adopting the total pledge, they have now been restored to plenty, to character, to contentment, and, which is of greater importance still—to God. Three of them are members of the Church, and we would suppose the fourth is connected with some Church also. How delightful to contemplate such a reformation! Such facts are worth a volume of arguments. We sincerely hope that others who have experienced the benefits of abstinence, will come forward and declare it, for the sake of those who are still "following strong drink."

Another meeting was held in the American Presbyterian Church, on the 23d. The Rev. Mr. Kirk, of Albany, being on a visit to this city, embraced the opportunity of addressing young men on the subject of Temperance. His address was listened to with deep interest by a large and respectable audience.

New Glasgow, July 23, 1836.

To the Secretary of the Temperance Society, Montreal. DEAR SIR, -On behalt of our Temperance So. ciety here, I beg leave to acknowledge with thanks, the liberal supply of the Advocate sent us from time to time, which I have no doubt, is producing good effects.

You will receive herewith, inclosed, Five Dollars towards paying the Advocate. And so soon as we can collect more it will be punctual-

ly sent.
Your Committee very properly wishes to know how their auxiliaries in the virtuous cause of Temperance are making progress. As regards us here, we have to acknowledge our obligations to be thankful to Hun who has the hearts of all men in his hands, who rules the passions and overcomes the prejudices of men.

Our Society is gradually increasing, and what is more, steady consistency with very little exception, decidedly marks the character of our Members. We give no quarter to half measures, knowing well that using even the more diluted kinds of intoxicating drinks, is at best, keeping alive an itch in the palate and stomach for an exciting stimulant, that necessarily demands re-

We lately united our good friends in Paisley with us, and we have a meeting every month alternately, in Paieley and in Glasgow, so that there is a meeting every fortnight, either in the one place or the other. We find frequent meet. with embers-solus, they are apt to cool, but ne. | sociated, they are warmed into a glow, and even the cold and dead ignited.

Our pressue number is one hundred and fifty. one, and considering this place to be newly set. tled, the proportion which we number to the whole population is considerable; and the offects of the cause are so manifest, so productive of personal and domestic comfort, of peace and good feeling, of health and cheerful industry. And our sobriety acts as a salutary check on those who still of ave to the indulgence of their pernicious habits. If the clamorous op. ponents of Temperance Societies were to see the happy effects resulting from Temperance, by the fatigue nor the heat of our protracted here, they would be convinced our cause is a tion to the debates. On the list day of the good cause, it being productive of good.

I am. Sir, yours,

JOHN MURRAY, Secretary.

### United States.

**...** ... ...

NATIONAL CONVENTION OF SARAT GA.

SARATOGA, August 6, 1836.

The sessions of the great Continental Temper. ance Convention having just closed, I wish through your paper to communicate to your readers a brief sketch of its proceedings. The Convention assembled on the 4th of August, in compliance with the request of the American Temperance Society, and was composed of delegates from all parts of the United States, and from Canada. Among its members, were a large , number of gentlemen of high standing in the community, for intellectual power and moral worth.

The object of these Conventions, as you are aware, is, to ascertain by the personal intercourse of individuals from various parts of the country, the state of the public mind, on the subject of Temperance, the progress of public opinion, the degree of practical influence exer. ted by Temperance principles, the obstacles to their influence, and the best modes of acceleraring their progress. This design is best answered by the proposal and discussion of resolutions containing statements of ficts and principles. Accordingly the business of the meeting was commenced by the appointment of a Committee to propare and report resolutions for the consideration of the Convention. The propositions were soon brought forward, and the discussion commenced. To convey to you an idea of those dis cussions, of the reasoning and objections, the frequent developments of talent and noble fivel. ing, elicited in the course of these debates, is rather the business of the reporter than the visi. ter. I can only state that the deliberations we. conducted with great harmony, that when apparent discrepancies did exist in the opinions of the various members, and were urged with warmth, yet these differences were all removed by subsequent explanation; on every topic of interest connected with the Temperance Reforma. tion there existed the most entire agreement. Leaving the report of the debates to the appropriate department, I will merely sketch a few incidents which were peculiarly interesting to my. self, and will be so probably, to this community. In the course of one of the meetings, the Secre. tary of the American Temperance Society, in narrating he progress of the cause, stated the following facts: The Committee have prepared a volume of about five hundred pages, containing the substance of all the facts and reasonings collected by the Society, in the course of its ten years operation; a copy of that volume they intend to place in the hands of every Clergyman, Lawyer, Logislator, Physician, and Teacher of ference of opinion on this subject; in several youth, who is willing to receive it, throughout Conventions it was debated with warmth, wheth-

the world; they have already in accordance with this plan, circulated a large number in the Unit. ed States. The work has been translated into the French, and is now to be circulated through the immense population speaking that language. Another translation of these documents into the German language, has been commenced, and it is hoped, the other European languages will soon possess this invaluable work.

The constant attendance of the Right Rev. Bishop Stewert, on all the sessions of the convention, was a source of considerable surprise. but of unfeigned gratification to myself; though evidently in feeble health, he was not deterred Association, which we could point out to them sittings, from giving the most assiduous attenmeeting he was requested to address the Con. vention. I felt somewhat fearful that his influence would not be such as the most judicious friends of the Temperance cause desired; for he had once declined acting with a committee appointed by a Canada Temperance Convention. through unwillinguess to adopt their views on the topic, technically termed "The Wine Question" These fears were quickly dispelled by the hold and decided annunciation of his sentiments. After alluding in respectful terms to the character and talents of Bishop Hopkins, of Vermont, he declared his entire dissent from the oninions of that Prelite, on the subject of Tem. perance Societies; his deep regret that a Christian minister, and especially one of his rank and influence, should have opposed and denounced a system of benevolent operations so eminently calculated to promote the best good of the community, as that adopted by these associations-He added, that the work of the Bishop of Vermont was a most evident attempt to he wise a. hove what is written, and that his Right Reverend friend had strained at a gnat, and swallowed a camel.

> This severe and well merited rebuke of the arrogance and bitter denunciation contained in Bishop Hopkins' lecture on Temperance Societics, was most cordially greeted by the crowded audience to whom it was addressed.

> Bishop Stuart added, that for a considerable time he had abandoned the use of distilled liquors, in accordance with the old pledge, but had still continued the use of Wine; that the publications of the Temperance Society sent to him from Albany, however, had of late given him much information respecting the deleterious qualities of all alcoholic drinks; that so thorough. ly had his mind been convinced by the facts and arguments advanced, during the sessions of the Convention, that he was now prepared to adopt the new pledge, and had already formed the resolution to abstain entirely fron. all intoxicating drinks as a beverage.

> It was truly gratifying, while so many of high rank are clinging tenaciously to the Wine cup. and the indulgence of appetite, to behold this aged and venerable man yielding to truth and espousing the cause of self-denial and benevolence. It is to be hoped that certain declaimers in our Province, so profuse in charges of ultraiem, profanity, infidelity, and phrensied superstition against the friends of Temperance, will pause. It certainly is not becoming in a good churchman, nor in an inferior priest to call his Bishop a blasphemer, an Infidel, and a Pharisce.

> It was evident from the debates that all the true friends of Temperance in the United States were united in what is termed, in rather vulgar phrase, the "ter-total" pledge; or, the pledge of entire abatinence from all intoxicating drinks. For a few years past there has existed great dif-

er the friends of Temperance should be urged to unite in such total abstinence, or remain watisfied with the old pledge of abstinence from dirtilled liquors. The point is now settled; extensive observation and sad experience has taught them, that while immense crowds united in the old pledge, and the use of distilled liquors had very much decreased, yet, the actual amount of drunkenness was alightly, if at all diminished, and nearly all who had been considered reformed, were again drawn into the gulf of intemperance, by the use of formented and alcoholic drinks. It was evident, therefore, that the Tein. perance Reformation must be abandoned, or its friends must go one step farther. If all intoxicating drinks were abandoned there could be no intoxication. This step has been taken. In the Convention representing the Temperance Societies of seventeen of the United States of America, and the Province of Lower Canada, not one dissenting voice was heard in adopting the Resolution, which recommended entire abstinence from all intoxicating drinks.

This letter might be extended to a much greater length, but the limits of your paper forbid. Yours, respectfully.

# Varietics.

TEMPERANCE AND STRENGTH .-- Among the Arabs, the Persians, and the Turks, you do not meet with those under-sized, rickety, consumptive beings which are so common in Europe-you do not meet with such pale, wan, sickly-looking countenances; their complexions are bright and florid, they are strong and vigorous, able to ride a hundred miles a day, and capable of performing feats which our professed athletæ would not be able to do. I remember seeing a most striking instance of their powers. A band of men from the Himalaya mountains had come to Calcutta for the purpose of exhibiting feats of strength, and they were indeed perfect Samsons. Their size struck me with admiration; I know nothing that I can compare to them; but perhaps some of you have seen the statue at the bottom of the stairs at Somerset House -it is Hercules leaning on his club, it is about seven feet high, and looking like a being capable of executing the most difficult task-and such men were these athletse. We selected five men on board the Glazgow frigate, a similar number from one of the regiments, and likewise from an Indiaman, all fine picked men, and yet upon a trial of strength, it was found that the Himalava mountaineers were equal to two and threequarters of the strongest Europeans. They could grasp a man and hold him in the air like a child, and if they had not been under control, I am convinced they could have crushed him to death. I felt them, and I never felt such flesh in my life-it appeared like rolls of muscle; and yet neither of these men had ever tasted spirit. I do not say that drinking water was the cause of this, but it serves to prove that abstinence from intoxicating drinks is perfectly compatible with the possession of great bodily power.-Buckingham's Lectures.

DRINKING CUSTOMS .- At a meeting of the Glasgow Associate Presbytery of Burgher Seceders on Tuesday last, the Rev. Mr. Anderson, Helensburgh, gave notice of a motion

ty of directing the attention of their congre-ten upon the walls of every prison and poor hemous nature, and its dreadful issues; and not make the small specifice of renouncing the for an much as the custom of drinking healths. Tune of alcohol, that their example may go . and toasis, and other drinking customs, tend; rejieve the country from the curse '-- What to increase and to perpetuate the evil; that men-philanthropists-Christians, are such! they recommend them to give up customs in themselves so foolish, and in their consequences so fatal."

ALCOHOL AS A MEDICINE.—The following letter, dated Nov. 18, 1935, was received by one of the Agents of the British and Foreign Temperance Society, from the master of one; of the most extensive workhouses in the vicingly of the metropolis:-

"That the value of ardent spirits as a medicine is greatly over rated there can be no question. The following statement furnishes one among the many proofs that might be adduced.

"In this er blishment it was customary to use gin medicinally; last year it was discontinued. For the sake of fair argument, I have, And are you sure he's sign'd ? chosen to contrast it with the year corresponding the most nearly in other respects.

1834 1827 Number of inmates, average 239 . 232 Consumption of gin ........ 38 gallons Number of deaths ...... 31 ...... 26 Average age at death........ 53 ..... 58

" I believe this statement, concise as it is, will i he sufficient to enable you fully to understand what I wish to convey, viz : that in circumstances where (if anywhere) it might be usoful, it has proved worse than useless."

The French Minister has applied to the American Temperance Society for copies of all the documents they have published, to be Whose eye so kind, whose haid before the King. Some of the States of Whose love so true will shine. South America and Mexico have made similar applications.

TEMPERANCE .-- The following notice was circulated in Boston and brought together upwards of five hundred seamen in the Seamen's Chapel. Dr. Beecher, their "old Commodore," as they term him, delivered a most powerful address. After which a subscription paper was handed round, and between sixty and seventy sailors, including some masters and mates of vessels, affixed their signature to a declaration of independence, against King Alcohol.

" A GRAND TEMPERANCE MEETING .- Brother Sailors! A real windward anchor Temperance That sends him back to me, Meeting will be held at the Mariner's Church on Fort Hill, Purchase street, this evening, at a quarter before 8 o'clock. Dr. Beccher will be there and address the meeting. He will fire a gun worth hearing. So bear a hand and be at the church in time, for the landsmen will be there in shoals."

INTEMPERANCE STATISTICS .- A letter from Mr. Delavan to the Mayor of Albany, gives the following facts, to show the connexion between intemperance on one side, and crime and poverty on the other:-Of 114 commitments in the jail of the city for! one month, 15 were temperate persons, 18; doubtful, and 83 intemperate. Of 636 received into the poor house in one year, 616 I've mused on the mis'ries of life, were from intemperance, 17 doubtful, 1 not

which he intended making at next meeting, from intemperance. Whole number received to the following effect:—"That the Presby-into the orphun asylum in one year, 99—the tery recommend to the various ministers unparents of 72 of which (one or both) had been der its inspection to take an early opportuni- intemperate-And yet, with such fices writgations to the sin of drunkenness, now so house in the land, there are many men who widely prevalent; to point out to them its boast of being temperate themselves, who will

> Moderation -A drunken man was staggering down Lord-street, when a gentleman coming behind him cried, "Tee-total!" " No, no," replied the man, " moderation "

# Mostro.

From " The Kendal Songs."

Tune -" THERE'S NAE LUCK ABOUT THE HOUSE."

" And are you sure the news is true,"

I can't believe the joyful tale, And have my fears behind.

If John has sign'd and drinks no more, I The happiest wife am I

That over awept a cottage hearth, Or sung a lullaby '

> For there's nae luck about the house. There's nac luck at e'. And games the comfort of the house, Since he to drink did fa'!

Whom eye so kind, whose hand so strong,

If he has bent his heart and hand The total pledge to sign.

But what puts breaking in my head? I trust he'll taste no more;

Be still, he still, my beating heart! Hark! hark! he's at the door!

> For there's nae luck about the house, There's been nee luck at a'.

And games the comfort o' the house, Since he to drink did fa'!

And blessings on the helping hand

Haste, haste, ye little ones, and run, Your father's face to see.

And are you sure, my John you've sign'd ' And are you sure 'tis past !

Then mine's the happiest, brightest home On England's shores at last!

There's been nas lock about the house, But now 'tis comfort a' !

And beaven preserve my ain gudeman, That he may never fa'!

# The Lovers of Rum.

To find from what quarter they come,

Whence most of contention and strife. Alas! from the lovers of Rum.

I met with a fair one distress'd. I ask'd whence her sorrows could come, She replied " I am sorely distress'd, My husband's a lover of Rum."

I found a poor child in the street Whose limbs with the cold were all numb, No stockings nor shoes on his feet ' His father's a lover of Rum.

I went to collect a small debt, The master was absent from home; The sequel I need not relate-The man was a lover of Rum.

I met with a paupor in rags, Who ask'd for a trifling sum ; I'll tell you the cause why he begs-He was once a lover of Rum.

I've seen men from health, wealth and ease, Untimely descond to the tomb; I need not describe their disease-Because they were lovers of Rum.

Ask prisons and gallowses all Whence most of their customers come; From whom they have most of their call-They'll tell you the lovers of Rum

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