On Alcoholic Liquors

Temperance, Intemperance, and Total Abstinence.

— by

[Signature]

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[Signature]
"Fill up the bright and sparkling bowl,
That cures the body, heals the soul.
As — be it not refused —
Hail to the vine! whose purple juice
Was sent on earth for mortals' use,
Not to be abused." —

(Carzon)
I may justly be said that another Essay on the use of Alcoholic Liquors cannot be expected to contain anything new or original, and that already the Eminently Instructed Thence has given rise to a perfect inundation of literature, a deluge of speeches, tracts, pamphlets, and ponderous tomes, when in the question has been fully discussed, and the subject in all its bearings fairly exhausted. — But more than this, so many of these have been written by men Eminent in Literature and Science, that I confess it is by no means encouraging to think that my Essay comes after such productions as theirs! Still, the I am tempted to proceed, because I think that something more may be said, particularly in regard to the effects of the Moderate use of Alcohol. Writers have in general confined themselves to a consideration of its abuse; some, indeed, have gone a step further, and levelled every distinction between Intemperance and Intemperance. They have attempted to prove that as Water is the preserver of health, so is alcohol in every form its self destroyer; in their desire to attribute Evil to this fruitful Cause, they have denied the good, i.e. justly libelling one of the choicest gifts of God to Man.

In the following pages, I propose to Consider as three separate and distinct subjects, first, the Moderate
or temperate use, and second, the immoderate or intemperate use of Alcoholic drinks: while in the latter part of my paper, I shall discuss the question of Total Abstinence, and show where, and to what extent it is applicable.

Without entering into any preliminary account of the Composition, preparation, or chemical properties of Alcohol, I may mention its chief physiological effects. It is a powerful diffusible stimulant possessing intoxicating properties, and it is slightly diuretic. Its action in its diluted forms has been divided according to the amount of the dose into three stages. — A small quantity produces a slight degree of excitement both of the vascular and nervous systems, while the depression which ensues is scarcely perceptible. A larger quantity producing greater excitement, principally of the nervous system, evidenced by a want of control over the ideas, and manifesting the well-known symptoms of intoxication. This is followed by a corresponding depression, sometimes lasting comes on, or sleep supervenes, and in awaiting a general debility is felt, often attended with nausea and headache. In excessive doses it acts as a powerful Narcotic, acrid poison, producing both excitement, etc.
Christian's Topiologia.
but rapidly causing death by C. r. 2
I will be evident that with this last action, sudden death caused by an Excess of dose, we have nothing to do, and I at once therefore enter upon the Consideration of its effects when habitually used, in small, or what may be allowed to be moderate quantities.

Before proceeding further with this subject let me first distinguish between the terms Temperance, and Total Abstinence, which many persons seem to think are synonymous; at least, too often the word Temperance means, and Total Abstinence means: Temperance Societies, and Total Abstinence Societies are used as if they meant exactly the same thing. Now this, I have to protest against. A Temperance Society is not supposed to mean the entire denial of it, and men have as right to indulge a little, which, not only, does not belong to them, but which actually belongs to another party.

Many definitions of Temperance have been given, but the one which pleases me best, and which I shall adopt, is by Austin—"With respect to things in which there may be Excess", he says, "it does not mean imperfect enjoyment of them; but the regulation of their quantity, so that the
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Enjoyment of them shall be greatest."

When we reflect that mankind in all ages, and in almost all countries have indulged in the use of alcoholic drinks, then we see this custom so prevalent among all classes, that they are employed as a beverage not only by those anxious to please the palate, but also taken daily in moderation by the wisest and most careful observers of dietetics, we are almost forced to conclude without going further, that as speed, they must; instead of being as many affect altogether hurtful, be in the contrary to a certain extent beneficial.

That this conclusion is correct, may I think be inferred from the general good health of those who are in the habit of taking a moderate allowance of beer or wine, as well as from the healthy state of the countries in which their use is generally prevalent; at all events, in France, that by the 'average man' they can be taken with perfect impunity, and that they are useful, inasmuch as they perform a healthy function in the animal economy, that of acting as respiratory food. They have another function, which is the man past the prime of life is of extreme importance, that of aiding digestion by stimulating the secretions connected therewith.
(b) Prince Book III, Ode 82.

(c) Henderson's History of Princes.
particularly that of the gastric juice. They shed too a special influence over the mind wearyed with the toils and cares of the day, they promote social intercourse, and often, by substituting pleasant appreciations for haggard thoughts, they operate most beneficially in the production of health and happiness. Their peculiar property in this respect has been celebrated by many a poet. The Prince has said of mine:

"In lene tormentum ingenio admevo,
Plerunque duro: tu sapientiam
Curam, et acerum jeceso
Consilium retequis Lyceo"

"Tu opem reduci mentitus anxius,
Vincue, et addas cornua prumperi,
Post te neque siato trementi
Regum apices, neque militium arma." — (b)

It has been attempted to poison by what Horace calls a merry induction that they perform even a higher function than this. "Good mine," he says, "make good blood, good blood cancells good humour, good humour cancels good thoughts, good thoughts bring forth good words, good words, carry a man to Heaven, ergo, good mine cancell a man to Heaven." But even if or cannot

Entirely
(d). Liebig's Letter on Chemistry.

(2) Sinclair's Code of Health.
Entirely coincides with this view, we must at least give the frame of credit for considerable utility.

I cannot omit the following eloquent tribute to its uses by Liebig: "As a restorative," he says, "a means of recuperation, where the powers of life are exhausted, of giving animation and energy where the man has to struggle with the drag of age; as a means of correction and compensation when disproportion occurs in nutrition and the organism is deranged in its operations, and as a means of protection against transient organic disturbances. Wine is embodied by no product of nature of or of art."

To proof of the opinion that alcoholic liquors are beneficial even to the healthy, I may state that with training of the modern athlete, water is never given alone, they drink only three or four pints of liquid in the day, consisting generally of "good old ale," invariably taken after meals. (2)

Of course, however, as one old thinker of recommending this regimen for general use, the immense amount of exercise which these men have to take, requires them to have recourse to a liquid more palatable and more stimulating than water; what particularly deserves attention is, that they require under the habitual use of this artificial beverage, the highest perfection
perfection of health, and strength which the human body ever attains.

Or making these statements I am far from undervaluing the importance of water, which, as it is the most natural of all drinks, is undoubtedly also the most fit for general use; but, to assert that all other beverages because they happen to be less natural, are therefore injurious to the body, is simply absurd. In regard to this Dr. Spence Thomson write: "The arguments which would reduce man to the state of a mere brute beast, are, perhaps, somewhat akin in their origin to those poetic ideas which have delighted to paint in glowing colours the advantages and virtues of a savage life. If men were intended by the Creator to be a brute beast, let him, by all means return to the simple element, but at the same time to be in conformity, he ought to confine himself to the root, being, and acorn diet of our ancestors, and to change his contemptible broadcloth for the natural sheepskin; but if man has been endowed with faculties by means of which he may investigate and reduce to practice, for his own comfort and enjoyment, the varied qualities of those things which make up the sum of the beautiful Creation with which he is surrounded, then should it be his duty, gratefully to use, without abusing, to enjoy without exceeding, the gifts of his Maker."
(g) Alcohol Sp. gr. 0.825

(h) Paris in Diet
My mind, experience shows that with perfect safety, may safely
often with decided advantage we may combine with an other
beverage a moderate allowance of Alcoholic liquors.
As there exist in great variety, all differing more or less in their
properties, and in the actual amount of spirit, as well as of
nutritive material they contain, it will be well to consider which
of them seems best calculated for a daily beverage, and which on
the contrary are to be avoided as injurious in their effects.
If the whole Claf. Spirit liquors from the gluten, as well as the
large amount of Sackarine material they contain are the most
nutritive, while the hop which they contain is believed to give
them a tonic property. So that the Alcohol is in small pro-
portion, seldom exceeding 7 per cent, but a tone of them are
very potent, I am probable that they contain another intrigu-
ing principle, and this is the more likely as they effects
they produce are rather delective than exhilarating. It has
been thought by some that the Volatile Oil of it keeps many
profitable properties of this nature. They are best adapted
for persons of active habits in constant Exercise, otherwise
they are apt to induce plethora. Dr. Paros says that
Ale is a salutary article to those whose diet is not very
nutritive, and really all writers on this subject agree
in thinking that talk here is exceedingly advantageous in
promoting digestion after a full meal. It is said that
this
(d) The analysis was made of twin thighs - both of them. Is this correct? Neither is this.
His was a beverage of the famous Thomas Farn who lived to the age of 152 years and 9 months. Home brewed beer according to Kitcheners is the most invigorating drink and he called it "the national beverage of Great Britain." In Extremis, mixed liquors in a matter of centuries habit they are unsuitable, particularly if the digestive system is impaired, and many think they are contra indicated in the lithic acid diathesis (i).

In regard to wines as there are an infinite variety, I need only to allude to those in general use. They contain besides alcohol, several other ingredients, as benzoic ether, citrate, and tannin matters, a volatile oil, and an acid. Wine is undoubtedly the first intoxicating agent of which in has any account. And Paul generally gets the credit of introducing it into the world, though some reasoning from the amount of the nightlife which existed before the flood, has not escaped to assert that then, as now, it must have been extensively used, with the effect of producing not a little the evil intimation of man's heart, which at least was sufficient to call for the lesson "Beware, I will destroy them with the earths."

Port, Sherry, and Madeira contain from 19 to 23% alcohol, Champagne, Claret and Burgundy from 12 to 14% alcohol, and the Rhine wine from 7 to 12% alcohol.
(K) Henderson's History of Prints.

(L) Litchfield's Manual of Chemistry.
deleterious matter. It is even 'manufactured' to a great extent, so that except to those who have opportunity, and can afford to become the genuine article, it is probably the most unsafe for habitual use.

The same remarks apply in a modified degree to Sherry and Madeira. When of good quality, they are well adapted for use at table, and they are often of esteem value from their restoring and tonic properties. Madeira, according to Mendes, is 'best suited for dyspepsia'. It may be said that no excess in indulgence in port wine is required to produce the gouty habit, but that this, in some persons, is apt to arise from even a moderate daily allowance, and no doubt there is some foundation for this opinion. In Rome that this wine is bought principally by Britains, that gout is more prevalent here than elsewhere, and that its chief seat is among the wine connoisseurs. In Rome too, that in countries where lighter wines are used, the disease is comparatively rare; Liebig tells us, that "in the district of the Rheingau the quantity of wine consumed by persons of all ages is hardly credible". Yet "that promote a gout and Calculous Diseases more Rare." These facts must satisfy us that the quality of the wine has done share in the result, at the same time these are other Considerations of Equal Importance.
importance. There are, first, the influence of hereditary predisposition to which in this country among our Episcopalian and Jewish, the influence of an unwholesome diet, which is recognized as one of the most certain causes of the disease, and in which the great body of authorities habitually indulge. Neither of these causes are in either of the great cities of mines contiguous to the Rhine to that here in them an additional explanation of the fact already mentioned. In regard to a 'moderate daily allowance,' he term which I have used, I wish to remember that many persons entirely misunderstand its meaning; they think they restrict themselves to this, as long as they keep sober, yet in reality, they may be indulging to an extent, which though it produces little immediate effect, will ultimately render, if not shorten their existence, by developing the latent germs of disease.

Champagne, like the other sparkling wines, intoxicates very rapidly. The Carbonic Acid which it contains seeming to have this effect, but most probably acting by the Alcohol in a volatile form being in combination with it. The excitement which it produces is of a remarkably exhilarating though transient character, this being peculiar to it perhaps more than to any other wine. It is apt to give rise to acidity, which renders it dangerous both as a precipitating and exciting cause of gout, with
(21) Sandeman in the East.

(22) Thomson on Stimulants [Cyclops Press. Sec.]

(30) Dundas: Sketches of Brazil.

(31) Madden: Infirmity of Genius.

(31) Carpenter on Alcoholics' Liquors.
regard to this, Pernodier says, "That its heating and exciting qualities are much more remarkable than are found with any other liquor." [12] On the other hand, a disease that "no opinion is more founded than that which Champagne is injurious to gentle habits." Truly, "he shall decide when doctors disagree?"

Claret by many is considered the best of all alcohol drinks for a daily beverage; others however assert that a stronger wine is better suited to the climate, but this notion according to Dr. Sandor is a popular fallacy originating in prejudice rather than in reason. [13] Dr. Samuel Johnson preferred a non-stimulating beverage from another motive, which probably weighed with a section of the community. "Bordeaux," he says, "is a wine in which a man might be drowned before it made him drunk, no Claret for me, poor stuff! I am the liquor for boys, port is the drink for men." [14]

A dyspeptic Claret is said to be objectionable. It would appear that in the south of France the droses play an important part in the diet of the people. Carpenter states in his preface: "Very few are disposed to attribute much benefit to this use, that they enable the people to digest their coarse unstimulating food."

The light Syrian droses are esteemed as a pleasant drink, and are also useful in promoting digestion. They can be made from:

1. Baked or roasted dates.
2. Hats of dates.
3. Skins of dates.
4. Dried dates.
5. Raisins.
6. Beverages made from these ingredients.

These are all popular in Syria and other countries around the eastern Mediterranean Sea.
(7) Supplement to the Augsburg Allgemeine Zeitung — (see Lucky Frankel.)

(5) Christian.

The Spectator.

(6) Cheyne on Health & Longevity.
Can be taken with great freedom. "A valiant fetter, a
on the Rhine they call the thorough-going companion, drink,
every day his eleven bottles of wine, and with 1 from an
old as Methuselah, is seldom drunk, and 1 at 1st
the Ruin of a good one!"

The Burgundy wines are said to be more heating and more
intoxicating than others which contain the same proportion
of Alcohol, and this has been attributed to the higher
liquors in flavor they possess.

Before passing from this subject I shall try to show the
precise quantity meant by the term moderate, but here as
might be expected, authorities differ.

Sir William Temple allowed four glasses after dinner, one
for yourself, another for your friends, a third for good
humor, and a fourth for your enemies. — A writer in
the Spectator commenting upon this celebrated sentence,
seems to approve highly of it. Except, he says, that there
is an error in the point — viz., for 'glass,' read 'bottle.'

Cheyne recommends, 'in a man of ordinary stature following
a laborious employment to keep him in due plight
health and vigour, about a pint of wine or other
juvenile liquid in the form and twenty hours, but he
advise the valetudinary, studios and sedentary to
upen this quantity.' Cullen when he got up
in years.

Connaro.

(xv) see Parliamentary Report on Drunkenness 1834.

(xiv) Pereira on Diet.

(x) Trotter Essay on Drunkenness.
in years improved upon this for he took a pint of port daily after dinner, and concluded this with a wine glass filled with white sugar and a much rum as I could hold; he took also a similar cordial every morning about twelve." (vii) Converse justly celebrated for his temperance, retired himself to a daily allowance of twelve ounces of solid port, and fourteen ounces of wine, and under this regimen was enabled to attain a remark able longevity, being upwards of a hundred years of age when he died. Dr. Jane recommends two glasses of wine as a proper average quantity for daily consumption. Dr. Percivall says, "Wine when used in moderate quantities, as to the extent of two or three glasses daily, forms a very grateful, and to those who have been accustomed to it, an almost indispensible beverage." (viii) Dr. Trotter says, "No man in health can need wine till he arrive at forty; he may then begin with two glasses in the day; at fifty he may add two more, and at sixty he may go the length of six glasses per diem, but not to exceed that quantity, even though he should live to the age of one hundred." (vii) Dr. Henry Holland writes, "The test of what is to be deemed excess are the best method of ascertaining the quantity a man should take; if the excitement of his spirit exceeds that of simple comfort, then it is certain that there is a state of brain, the frequent recurrence of which becomes a source of serious mischief.
(3) Holland's Medical Notes & Reflections.

Prof. Alumni Lectures.

(2) Jeremy Taylor's Sermons.
both to body and mind. Or, if, as happens in other
constitutions, heaviness & drowsiness ensue speedily on the
wine taken, equally it is certain that the quantity is too
excess, and will be injurious in proportion to the frequency
of repetition. Or if a hot dry Stein, and increasing thirst
the influence is the same, and the result so less agreeable. Or,
again, if the early hours of the morning are languid and
unprofitable, with headache of one kind or another, foul
mouth, and sweat or disordered stomach the disease
vitiating may fairly be called to account, and wine proba-
bly as principal among these. (3) I may also give a
quotatian from Prof. Albin's lecture. "It is absurd to deny,"
he says, "that many persons can take Alcoholic stimui
without being in the least depraved thereby; indeed
many persons are enabled to digest their food the better
of a little, sometimes in the form of distilled spirits
from two to three ounces daily, sometimes in the form of
wine when from four to six ounces may be allowed." Jere-
gy Tauoller's rule, though it specifies no particular quantity,
should not be forgotten—"Remember this," I say, "When
Ever you begin to consider whether you may safely take one
straight more, it is then high time to give over." (2)
From their statements any one may form an opinion as to
the amount he may take with impunity; not that if
(1) Celsus.

(2) Pseudo-mano's Art of Prolonging Life.

(3) Temperance or Total Abstinence. By Dr. S. Thomas.

is meant to say, that he should drink a certain quantity of a stimulant every day, never omitting or diminishing the quantity. Such would be as narrow-minded a proceeding as to sign an obligation never again to let it crop his lips. "Sannus homo nullis obligare de legibus debet." (1) Let every man in health enjoy the fruits the gods provide, but as with any other luxury let him so regulate his indulgence as not to become the slave of a pleasure, and if from sickness or other necessity he is compelled to take it, time enough then to determine upon his precise daily allowance.

Some men, indeed, approving of the use of wine, have questioned the propriety of a daily allowance at all. Tha Phcenian has said: "It is best when one considers and uses wine as the seasoning of life; and reserves it for days of mirth and recreation to enliven the friendly circle." (2) While Spencer Thomas wrote: "If alcoholic liquors are neither requisite nor desirable as articles of regular use by healthy men under ordinary circumstances, they may, in wholesome forms, and under proper control, be used occasionally with benefit." (3) Armstrong seems to have held the same opinion, for he says, "I would not daily taste, except when life declines, even sober cups." (4)
(3) Sir J. Sinclair, Col. of Perth.
The effect of Alcohol may vary much in different individuals. One man becomes intoxicated with a trifling quantity, another can endure three times as much without appearing on what the other; and so in regard to the after consequences, an allowance which does one no harm, will very soon prove hurtful to another. In illustration of this, I may instance the case of a Falmouth Merchant, a Mr. Van Horn, residing in London, who presented at a daily meeting in the Bull Inn, Ropemakers St., for twenty-three years successively, two days only, excepting when he was called to attend funerals, and during all that time drank in that house, four bottles of red port wine daily, and began a fifth; he was computed to have drunk in all 35,688 bottles. I need not say that few men could survive a week under a similar regimen.

I now come to treat of distilled liquors, commonly termed Ardent Spirits. The first account we have of the introduction into Europe of a liquor of this class was in the 12th Century, when from the juice of the grape a spirit was obtained which was termed Aqua Vitae, from its supposed power of prolonging life. Raymond Lully, who flourished at that period, conceived it to be an emanation from the deity, sent for the physical regeneration of mankind, and the C nouve to the conclusion that the end of the world

&c.
(7) zu "Grundriss" Bacchus.
In fact approaching, Theophrastus (cf. ibid.) says: "It keeps the head from whirling, the eyes from dazzlement, the tongue from lisping, the mouth from slurring, the teeth from clattering, and the throat from rattling: it keeps the speech from stammering, the stomach from rumbling, and the heart from swelling: it keeps the hand from shivering, the ears from shriveling, the veins from aching, and the marrow from ickling." (7) At present there are several varieties of this clasp in common use, all containing a very large amount of alcohol: Brandy, Rum about 53 1/2°, Cognac 57 1/2°, and Whisky about 57 °. It is generally understood that an indulgence in these very potent drinks subjects a man to vertigo which he escapes by using the alcohol in its more dilute and combined forms: indeed, not a few authorities otherwise favorable to Alcoholic liquor think this clasp altogether harmful. They say that even in moderate quantity they have a marked tendency to derange the functions of the liver, to disorder the stomach, and generally to weaken the body. In regard to this last statement, I may again refer to the training systems of boxers and pedetians, when they are never allowed Spirit-
(8) Evidence Cod. of Health.

(9) Economy & Health by D. James Johnson 1838

Many Consideration whatever, not even diluted with water.

Of the whole class, Rum is said to be the most injurious, whether taken in a simple or combined form. Some penmen even speak highly of it, thus J. Johnson, in his "Alcohol," says, "That contains a profuse source, from the wine to the water, and is the most opposite. The acidity of the lemon is mollified by the sweetness of the sugar, while the fire of the alcohol is quenched in the insipidity of the water — the whole becoming a mild and homogenous fluid." Gin is remedied wholesome by the pleasant extant to which it is dropped, especially the common gin of the shops, sold in the form of draughts. The dram, says a writer in his subject, is in reality, a most villanously poisonous compound, containing combined with the alcohol and water, a heterogeneous mixture of narcotic and active poisons, burnt sugar, oil of nitric, pepper, and 1/2 other matters. A thing by which the gin merchant courts his article to the taste of his customers. (10) Brandy and whiskey are the best. Of these, the former is the shape of roast brandy and water, is often found to agree better with dyspepsia than any other stimulants of the latter.

(12)  On this subject, see *Curiosities*.
I must say, that it seems a perfectly safe beverage when taken in extreme moderation in the shape of toddy. It is more easily assimilated than beer or wine, and this combined with habit, renders it more agreeable to many persons, particularly in Scotland. In regard to this, Dr. Strong says, "Whiskey is the natural beverage of Scotchmen, and among the working and even middle classes, little else is taken either as a solace or a stimulant." This is unfortunately the truth, unfortunately because in many cases indulgence is not duly restricted, and if a liquor of this class be used at all freely, as a general rule the most injurious effects will shortly be produced.

In Alcoholic liquors I have noticed, an instance general use in this part of the globe, but there are many others employed elsewhere, which if cornered I would be impossible for me to go over in detail in an essay like this. They are chiefly interesting on account of the great variety of products from which they are obtained, and a few illustrations of which I shall give.

In Egypt, China, and Japan, Rice is fermented to yield a stimulating drink; the American Indians cause Maize to ferment by chewing it, so as to impregnate it with saliva. In South Sea Islands by a similar process...
Joseph fermented the Ava Ava Root, a regular supply being kept up by a set of Masticators appointed for the purpose. The Abyssines ferment the juice of the palm tree; in Abyssinia they obtain a fermented liquor from honey. Mend in this Country is produced in the same way. In Sweden & elsewhere, they distil a spirit from potatoes, which is sold very cheaply, and consumed in enormous quantities; a moderate drinker (at least what they call moderate), using from five to six glasses daily; many taking ten to fifteen glasses without getting drunk; and a few of the more intemperate going the length of sixteen or twenty glasses occasionally. Sweden is said to be the most drunken Country in Europe. In Siberia they produce an intoxicating liquor from Mushrooms, in Kamoschatka from grains, in Tartary from Mani, in India, in Scotland from Whey, and in China they are said to produce a spirit from Mutton.

Before concluding this part of my paper, I need only say that Circumstances, both in regard to the nature and quantity of a Man's food, materially influence the amount of Alcohol which he can take with impunity. From its great attraction for Oxygen it is oxidised sooner than the food or tissues of the body, taking their place.
Organic Chemistry
as respiratory food and proper fluid from the lungs, Carbonic Acid and water. Now, if a large excess of respiratory material, as starch or fat, be already contained in the food, it is evident to quote Dr. Gregory, that "every drop of alcohol is hurtful" by increasing the proportion of respiratory matter to languidousness far beyond the proper standard. This excess of respiratory matter remains in the body, and is deposited throughout the tissues, but chiefly in the abdomen. The condition termed fatty degeneration of certain of the organs, depends upon this excess in deposit, and as we shall see afterward, is a common occurrence from the immoderate consumption of alcoholic liquors. As if to obviate this, it has been observed, that those who eat great quantities of fatty and starchy food care little for wine, while on the other hand great wine bibbers care as little for a pianacens diet. It is well known also, that if a man take any stimulant on an empty stomach, or with a very limited amount of food after fasting, a much smaller quantity will produce intoxicating effects than when taken on a full stomach. A good illustration of this is related by Captain Bligh in the narrative of his passage to Timor after the Mutiny of the Bounty, when they ran short of provision, and in dealing with the rum a few spoons
(15) Forster, Esq. to Drumannivine (1801)

To Mr. Temple

(16) Temrin to Temrin - Shakespeare

(17) "It hath a twofold operation as it be."

(Shenly 10. Shakespeare)
was observed in some cases to produce signs of intoxication; this must have been owing to its very rapid absorption and to the extremely debilitated state of the men.

Having inquired into the effects of the moderate indulgence of alcohol, I shall now proceed to the second subject for consideration, viz. its effect when taken habitually in small quantities. --

Intermenses.

It was well said by Sir W. Temple, "that men may lose their health without losing their senses, and be intemperant every day without being drunk perhaps once in their lives," but while this statement may be perfectly correct, we must go a step further and admit that a great number also lose their health by getting drunk every day of their lives. "Like Barnacle "drunk many times a day if not many days entirely drunk." As this practice is such a common occurrence, the intoxication is the immediate effect of an immoderate indulgence in alcohol, I shall as a preliminary inquiry into the phenomena established during the production of this state. At first the circulation is increased, the imagination in particular is excited, while all the functions of the body appear to have undergone a stimulus. These effects are described to the letter by Falsaffle in his condemnation of Sherry's Sachs.
(18) "Some ship, to Thurs, then when they did design
In friends, first pley'd them into full cups of wine."
Trace too has described the feeling to which vita cuncti gives rise, when he says —

"Vixit, non sibi diescecut; opus posthuma linguit.
Specie inquit esse ratio: in praetra trinit internum.
Solicitam animam esse Eritis: addocet alter.
Innumi calices quem non pecore dicuntum?

Entusia quem non in pannata solum?

""

But perhaps Burns has given the most graphic description of its effects on the mind, in the well known lines,

"Kings may be blest, but I am most glorious,
Ve a, the ill of life victorious."

None of these poems however produce rather a painful than a pleasureable sensation; they may develop mental irritability to an extent anything but agreeable to those thrown at such a time, in immediate contact with an individual of a naturally irascible temperament. It is an open question whether a poet, a man of natural propensity, in most manifested at this time or not. Many believe that they are, whereas one old saying, "le vens ventos". Hence allude to this notion as follows,

"Reges dicuntur multo angere calulis
Et torquere more, quem pungentiae laborent.

In est amicitia digna.

Caeliusleben says, that the tone is either that of the
In his Autumn.
Moment, or habitual, or a tone usually repressed by conventional life, but now excited no longer under restraint. The subject is one which admits of endless discussion. In the second stage of drunkenness, the expiration is uncontrolled, & voluntary motor power is lost, while the first person the senses of hearing, tasting, are persisted.

"Their feeble tongues
Unable to talk of the cumbersome one
Lie quite subdued. Before their mandibles eyes,
Seen dim of blue, the double taper dance
Like the sun wandering through the misty sky." (20)

Vomiting frequently terminates the paroxysm, in a few all the sphincter muscles are relaxed, and under the rapid evacuation a defecation ensues which often terminates in sleep. In the great rumble sleep at once comes with out any preliminary sickness. If the victim has indulged to a still more inordinate extent, he passes into the third stage, and is said to be dead drunk: this is characterized by deep, deep, & uneven breathing, as well as by greater or left insensibility to pain & cold: sometimes the result proves fatal, the stupor becoming deeper & deeper, and the respiration slower & slower, & death taking place by coma. "or death may ensue from the increased circulation of the blood within the head"
Lead, n. By developing a constitutional tendency to Constipation apoplexy.* Happily this is a very rare occurrence.

From a Consideration of these phenomena (which are excellently well described both by MacKichan & Armstrong), it would be led to suppose that Alcohol had a special affinity for Nervous Malt; and indeed, it has been denied highly probable by the well-known Experiments of Dr. Percy which are detailed at full length in his treatise on Alcohol in the Brain.

The Effects of Intemperance in developing diseases next demand our attention, and here the only difficulty is to tell when, and how to begin. By classifying them into diseases of the Digestive System, of the Nervous System, of the Circulatory System, of the Urinary & Integumentary Systems, a large proportion of these will be included, while those which do not come under this arrangement.—Can be considered afterwards, each separately or individually.

Digestive System. The Stomach of course is the organ which is particularly apt to suffer from over-stimulation. It undergoes a chronic inflammation which results in a thickening of its coats. Especially of the mucous lining, sometimes softening takes place. The pyloric orifice is apt to become contracted & obstructions, forming

(24) P. Alcuni Lectura.

(25) A. Remels Clinical Lectura.

(26) Caput Epyg.
to this derangement—its functions are imperfectly performed. From the unstable and debilitated state of the stomach, the contact of food often excites vomiting, particularly in the mornings: there is little or no appetite for proper nourishment. Darwin says, "Drunkards generally lose all appetite for animal food," which this last arises from their inability to digest it. The gastric juice is probably altered in quality and diminished in quantity, hence the reason why vegetable food agrees better with them. Being itself ascendant, it requiring much less gastric juice for its digestion. Heart-burn is often complained of. Hematemesis, even, has been ascribed to this cause. The intestines, in their whole length, have been seen to contain little traces of a derangement of the muscular lining. Gasparette but seldom occurs in this situation, but when it does independent of curing, it is generally to be referred to the abuse of strong liquors. Drunkards an almost invariably constipated; eating of chronic dyspepsia. Dr. Bennet says, "it is far from commonly caused by excess of spirituous or animal drinks, than by eating. When a man is in the habit of the evil habit is a 'fine gun over' in the treatment." Dr. Carpenter speaks of an inflammatory gastric dyspepsia, which is almost peculiar to the drunkard. In regard to the Liver it is liable to attack
attacks of chemic inflam?*, resulting in cirrhosis, a condition better known as the granular, lobulated, or gum drinkers liver; it is caused entirely, or almost entirely, by the intemperate use of distilled spirits, wine, or fermented liquors not tending to produce the disease. Fatty degeneration is also common in the liver, acquired as well from inordinate eating as from inordinate drinking. Malt liquors are especially apt to induce this state.

*St. inflam?* of the liver, seldom occurs but in tropical climates, when it is much more easily brought on from excess than in colder countries. Alcoholic stimulants should always be used with great caution in hot countries, some indeed think that in such circumstances their regular use is decidedly injurious. In chronic inflam? the liver generally increases in bulk, and its secretion is diminished in quantity; sometimes jaundice comes on, occasionally gall stones are produced, which from the obstruction to the Venous Circulation often leads to phlegm being formed, or there may be an effusion of phlegm in the bursa, or dryness, so that the immediate state of the liver involves other, and perhaps...
Murphy's law is said sometimes to result from
Arnold Bennett.
perhaps the most important considerations than those I have
noticed. Coincident with this, it may be mentioned,
that uncontrolled power over frequently occurs, and less
also, without doubt, the organic lesion will produce
functional disorder, which again will react to the
injury of the general system.

Nervous System. Next, of the disease of the Nervous
system which occurs in connection with excessive drinking.

Inflammation of the Brain may thus be brought on: the same
habit will occasion Apoplexy, acting both as a
predispensing or exciting cause of the disease, and the
same may be said of Paralysis or Epilepsy. System
has frequently been traced to a secret indulgence in
stimulants. But of all the diseases which are
attributed to this cause, Delirium Tremens is at once
the most singular of the most characteristic. It comes
either during a protracted course of drinking, or perhaps
more generally after the individual has had his allowance
suddenly cut short: in both cases from the same
ultimate cause, a depressed irritable state induced by
excessive stimulation. No structural change has ever
been discovered to account for the disease. Its
peculiar features are a tremor of the limbs, a soft and quick pulse,
a clammy skin, and it is said, a moist tongue.

29 (Carpetta: Eros.)

(25) Dr. Browne's Pamphlet on Intemp. Insanity.

(31) Rauhaupt: Abstract - June 1833.
No longer, "then comes a boiling of stimulants, he is the prey of remorse", for a while he is steady; again the craving returns, again to be gratified, until his friends finding that there is no hope of reform, are obliged to confine him to an asylum. If we follow him there, what do we find? "It generally happens," says Doctor Knox, that the inaptitudes of the patient himself, the unsettled state of the law regarding such cases, and more particularly the unsettled opinion of medical men as to them, result in the liberation of the individual long before the craving, or a morbid appetite, has disappeared, or at least before habits of temperance have made self-control easy. The result is, that a relapse in which the last state is worse than the first almost certainly ensues."

So many of the victims of intemperance fall as prey to these, in its different forms, that it is calculated that of the whole number of insane, one fourth has become so from this cause alone."

This is probably rather an estimate, as Dr. Browne examined 17,526 cases which had occurred in various countries during the present century, of which have been under observation in public asylums," and found that 10,717, or nearly one fifth were due to intemperance. This agrees too with statistics drawn up by Dr. Kemp Robinson, when of 12,093 cases, admitted into the asylums of England and Wales in which causes were returned 9,987 were known, and of these 1792 were owing to intemperance, or one in every five and a half."
Reports of Edinburgh, Dumfries, and Annandale, by Dr. Skene. Published by the Trustees of the Trustees of the United Presbyterian Church in Scotland. 1832-1833.
To explain the comparatively small proportion in Dunfermline, Dr. Brown says, "in a provincial & rural asylum, there are absentees, in great measure, the affections resulting from intemperance, the gaunt-palmed condition, the consequences of fever, & from the other post-mortem affections of great cities."

That an excessive desire for strong liquors is hereditary is better well known. Dr. Stone says on this subject, "Nothing I believe a man certainly hereditary than the propensity to Exeh in the use of stimulants. I have known many instances in which (in two or three consecutive generations) a master and member of the same family ran terminated their career with fatal attacks of delirium tremens, brought on by this Exeh."

This has been distinctly traced to intemperance in the parent. With regard to that from vicious which leads to the perpetration of suicide, drunkenness is one of the
(33) [British & Foreign Med. Chir. Review Jan. 51 - April 1832 -]
its most frequent causes. A peculiarity often exhibited in the drunkard, or at all events in the habitual drunkard, is a nervous, fidgety, jittery manner, or hurried agitated look. I have seen a man affected with this to such a degree that in fact everything he did, whether he got up, sat down, or walked, or spoke, no matter what it was, he did it with a jerk. This may be important to attend to, important, especially to the Medical Man, as leading him to inquire into its cause, if observed in a patient, when if his suspicions turn out to be well founded, his treatment of the case must be modified accordingly. The man I have alluded to happened to require an operation, and he was ordered to take five or six glasses of spirits a day, he was very judiciously kept up for a time previous to its performance. Without this accustomed stimulus, perhaps he would not have made such a good recovery as he did. Since writing the above, I have been the reader of Troup's Book on the Chronic Alcohol disease (Alcoholism, Chronicis, Chronicus) and have little doubt that this was a case characteristic of the affection. Under the name there included certain symptoms of nervous disease, which affect the motor and sometimes the sensional powers, in those who have been long accustomed to take drink spirits in excess. A lesion is found after death to account for the disease. Circulatory System. In regard to the diseases of the Cir-
Culatory System a few words will suffice. That disease of the heart and blood, reflux, are often in connection with intestinal leaves; certain palpitation of the heart is sometimes to may to suprarenal disease in all stimuli. The same organ may become hypertrophied, and undergo fatty degeneration; thus D. Passler found that in 25% of cases of fatty degeneration of the heart, ten men persons of interoceptive habits, other observers however have not been able to trace nearly so large a proportion to this cause. (34) Morbid deposits in the cardiac lining membranes are not infrequent, giving rise to the most serious results. Chronic Arteritis may be induced accompanied with their structural changes leading to the Arterial Coats which predispose to Anemia; while in the veins the same cause may favor the formation of Varicose Disease of the Urinary System are of no frequent occurrence in the Lowlands. The kidneys are liable to chronic inflammation from the continued stimulation, and increase secretion to which they are subjected. They may undergo structural changes, resulting in a Morbid condition, to which the name of Bright's disease, a granular degeneration of the Kidney has been applied. This generally occurs either in regular lowland, or in those who without exactly deserving that appellation yet use and rest spirit to excess. D. Christian attribute to this cause.
39) Christianity is an essential departure of the Hebraic.

38) Macbeth. Shakespeare.
Three fourths or even four fifths of all the Cases which he has been (35) of Droopy, I have already spoken in connection with the Liver, but again it must be inserted in the catalogue, as a frequent result of renal disease. Inflammation of the Bladder, Recent Catarrh, Incurrence of Urine are all occasionally ascribed to this cause in persons of habit, but they are most common in individuals past the prime of life. Of Calculous diseases I shall speak hereafter in treating of Stone, as it is probable that they have a certain relation to each other.

In the Integumentary System on foot that various diseases also manifest themselves, the face especially being the favored spot on which they first appear, like Rapadilh's "all bullaeles, and wheals, and blinks, and flames of fire". Often indeed the situation is still more limited. Thus Shakespeare says "Drink is a great provoker of these things - The painting, sleep, and urine." (36) The "Painting", and the dark red or livid hue which often corresponds the face are due to a diminution of blood to the head, congestion resulting from Exposure to Cold, and a consequent lowering of vitality in the face. Erysipelas affects an very common in the intercurrent Peoples. And also, and Carbuncle a much from serious disease, often occur in free states.
Sabal in Cutaneous Diseases.
Acne Pustacea, the Caruncled Face of the Vulgar: "May be produced in any person by the constant immediate use of strong or spiritsuous liquors." (37) Other cutaneous diseases, however, may be attributed to this cause. The disease may come to have a dry or scaly appearance, or sometimes to the individual is affected with itching (the Plica Chelireum) which renders him a still more unpleasant object. I shall now proceed to consider those diseases which do not admit of being classified under any of the above systems.

Perhaps the first important is Cycla, a constitutional affective, manifesting itself almost exclusively in those who lead easy lives, so far at least as active bodily exertion is concerned, while at the same time, they are enabled to indulge freely in the pleasures of the table. I refer more particularly to the immediate use of alcoholic liquors in developing the guilty habit, a pre-disposition to which may be inherited as well as acquired. I shall quote a passage from the book of Dr. Sutton: "There will not be found," he says, "an example of a person acquiring this disease, who has not made a free and unrestrained use of them, and which must tend much to excite it; when the disposition to the disorder has either hereditarily, or by indulgence been provoked in the habit; then is no evidence to prove that goods
...I Sutton in Cont.

Libigs Fam. Letters in Chemistry.

Lord on Cont. of Chemistry.
of any quality, without fermented liquors, may be held as the primary excitement to this disease in any one instance. " This is perhaps just going a little too far, still, there is no doubt, that it is very nearly if not altogether the truth. As to the manner of its production, there are different theories on the subject, e.g., planning in a variety of ways the superabundance of lactic acid in the system, which is generally allowed to be the most striking peculiarity of the gouty diathesis. Liebig supposes that it is owing to a deficient supply of Oxygen to eliminate the excess matter of the blood in the shape of Urea & Carbonic Acid, so that instead, Uric Acid is developed in excess. (32) Frix thinks that the formation of lactic acid in undue quantity is the primary cause of gout; but be this as it may, it is evident that if an another constituent of the good, an in excess, if from sedentary habits, Oxygen is supplied in diminished quantity, while men if from hepatic, renal, or cutaneous disease, the blood is in perfectly purified, alcohol will naturally affect with the production of Uric Acid, as as much as it is oxidized immediately upon entering the blood, thereby affecting in the Ammoniation of the Oxygen, preventing the elimination of a portion at least of the excess liquids from the body.
As in Gout, so in Rheumatism, there is a superabundance of lactic acid; lactic acid is likewise found in increased quantity. The only exciting cause of this disease is "The influence of variable temperature," but undoubtedly intemperance will act as a precipitating cause, by debilitating the constitution, & deranging the digestive system, thus rendering the body more liable to be affected by alternations of heat & cold. Once the rheumatic diathesis is acquired, we can easily suppose that it may be kept up and aggravated by the ingestion of alcoholic liquors, which will tend to prevent the Excretion of morbid products in the Blood. Still further in regard to this Acid, it is the most common form of Urinary Calculus & gravel, and that these diseases bear a certain relation to Gout—evident from this fact, that many persons afflicted with the latter have been previously afflicted with gravel, and that with a few the diseases alternate in Exist & Conjointly. Thus a marked difference however in this respect, that those persons who suffer most from Calculous disease are among the ill-fee, that is are accustomed to use food of an indigestible Nature, while their drink has frequently been found to consist of hard malt liquor. "If all the individuals Came's "by consumption," Which has appeared to me to operate..."
(411) Red and brown Earth and gravel.
operate most stringently in giving rise to gravel, is the use of hard ale." — "The labour upon whom the disease most frequently falls, must afflict his strength with such malt liquor only as is entirely free from acidity; cider porter appears to be the most useful." (41)

Intemperance from its debilitating and depressing effects on the system is undoubtedly a means of promoting the scrofulous habit, and as a result of this, tuberculous endocarditis may occur in the lungs of those indirectly afflicted; tuberculosis pulmonalis be induced.

Intemperance and Intemperance can properly be considered as diseases, they both require to be included in the present category; the former as existing chiefly in connection with excess in indulgence in malt liquors; the latter as an occasional consequence of these unmeasured use of ardent spirits. Other causes however as generally in operation to produce respectively the one state or the other.

Fatty Degeneration of Certain parts of the body I have already alluded to; the same change may occur in the muscles, which become soft and flabby, or undergo a marked diminution in size. The fatty or oil

Malt is found inside the muscular fibre, and at present it is a question with pathologists, whether...
(42) On this subject 2nd March 1873.

43. (Experiments of Le Canu & Marselle.)

44. Carpenter Press. Ebor.
it occurs as a deposit from without, or as a transformation of the original bile. The blood of drumhead is much altered in quality, it is darker in colour than healthy blood, from containing an excess of carbonic acid, while the fatty constituent has been found increased from four to fourteen times above the natural standard.

I regard Spontaneous Combustion, that most remarkable phenomenon, which is generally coupled among the diseases arising from Intemperance, though it has always been said to have occurred in persons of the most regular habits, I confess that I have experienced considerable difficulty in forming any definite opinion concerning it. There are at present, no fewer than three different views held upon the subject: one is, that Spontaneous Combustion as the name strictly implies, can, it has taken place in the human body; another is, that the body becomes flammable, that it requires the contact of an external flame to set fire to it, but possesses an inherent property of combustibility "requiring as its material as wood or coal for its combustion which other bodies do not." A third view is, that Spontaneous Combustion proceeds from natural combustibility in tribes impossible, that the alleged cases of its occurrence an inadmissible, unwield

46) Liebig's Letter to Chemistry.
as the specularity of them are founded upon pure assumption, no individual having been present at the burning: or, if it was witnessed, the observer was incompetent; liable to be imposed upon "from ignorance, prejudice, or credulity"; that not one of these cases will bear a strict investigation, being either a tangle of contradictory statements, or culpable absurdities, or all that of them can be explained "without admitting inferences which are known to be at variance with the known laws of the physical world & chemical action." (45)

As supporter of the first view, I may mention Prof. Frail

Eugene R. Ripley - of the second, Prof. Carpenter, & if I mistake not Prof. Christian - Dupuytren, Brocot, Bouguer & Lavoisier also believed in an External Cause. - The impracticability of Spontaneous Combustion, or even of any modification of it, has been chiefly advocated by Prof. Liedig & Pfeilhoff, who have arrived at the conclusion after a careful review of all the alleged cases. Of the theories to explain it, Liedig says, "the scientific reasons, the so-called theoretical reasons are without Exeption fallacious & also fail to explain the cases." (46) There have been founded first, on the supposed production in the body of a combustible gas, thought to be the phlegmatic Hydrogen; second, on the development of much gas in the body. Third, on the supposition that the lungs become drenched with ardent spirit; I found in the presumed
47) Case of A. B. act. 63. County of Down. Very intemperant, sleeping in bed with his daughter, was found in the morning, as black as coal, smoke coming from every part of the body.

48) Case of Mr. Percott act. 75. City of Limerick. Very intemperant.

(Both cases reported by P. Smythe in The Cyclopedia. Proc. Reg. article Quem quaeritis Omnem.)

49) Brinton: Stantony Of Melancholy.
agency of electricity, or the electric spark.

To my mindLiebig's views are the most satisfactory.

There is something incomprehensibly mysterious in a combination which at one time produces the property of reducing a woman sleeping in her bed to a cinder, without injuring the bed, clothes in the slightest degree; and, at another time, burns a body, so that it is described as being "as red as copper," and also sets fire to a loft, burning a hole in the floor large enough for the body to fall through.

Without further reference to this question, chiefly in the sense, in a Medico-Legal point of view, I shall give a general summary of all the diseases to which drunkards are liable in the quaint words of Burton—"They drown their soul," he says "check their brains in ale, consume their fortunes, lose their time, weaken their tempers, contract filthy diseases, Rhemus, ampciea, calenturias, hemor, get cruel pimpls, pimpled red paxes, some eye, it. Rent their livers, alter their complexion, spoil their stomachs, distort their bodies (for drunkards dosse more than the sea, and all the rivers that fall into it—)

make punge t'asts—confound their souls, confound reason, go from Bell to Charubas, and use that which is an help to their woe.

In addition to all this, it is certain, that intemperance act
acts as a peculiar cause to many diseases, both by its immediate effects in provoking the vital energies after undue stimulation, and by its ultimate effects in debilitating the system, thus rendering it less able to withstand the influence of morbid agencies.

In considering the modifying effect of the habitual use of alcoholic liquors in disease, again it is necessary to distinguish between a moderate and an excessive indulgence.

In regard to the former, there is no evidence to prove that it exercises any injurious influence whatever on disease. In the majority of cases, it seems to enable the constitution either to combat, or at least better to withstand its effects, as has been particularly observed in the case of Remittent and Intermittent Fever, and even in the more malignant epidemics of tropical climate. Thus Hoffman says, "there is not a more powerful physic for the wine moderately used," and characterizes abstinence from it as one of the predisposing causes of the plague at Constantinople. Dr. Matteo's Practice of Physic a story is told to the authority of Dr. Gregory, of 25 Englishmen who studied at Leyden under Boerhaave, all of whom took a bottle of claret daily, with the exception of one man who was a-rate doctor, and he was the only one among them that took the ague. Dr. Batein himself says, "that generous diet, and a fair allowance of fermented..."
(3) De natum Bracte gypaei — qui sub ibi habitat Deum.
fermented liquors, are proper for all persons to against Cau-

Intemperance, on the other hand, is said to prove more detest-
eri to human life by its modifying effects on diseases, than even
by its more immediate effects on the constitution; although at
once the type a character of a malady, and placing it Com-

sensuately beyond the reach of art. Its influence is man.
affected when an individual long addicted to habit of inempo-
ience is attacked with any febrile disease, whether of an
inflammatory character, or a fever properly so called. In the
same way a temperament rendered irritable from habitual dele-
the use of Alcoholic Stimuli, is often seen to exercise a re-
markable influence over the effects of local injury.

If the modifying effect which are manifested in the first
of these conditions, namely, in acute inflammatory attacks,
the most remarkable are in reference to the febrile symptoms.
Which instead of presenting the usual characteristics of
the simple inflammatory fever, are more or less of a typhoid
character. The pulse is feeble, instead of full & bounding;
the Nervous System much more weakened, and the excretions
more prevented than in a typhoid occurring in an individual
previously strong and healthy. Under these complications,
especially from the depressed state of the Nervous System, the
patient often succumbs completely prostrated. Any attempt
51) Alison's Outlines of Pathology, Practice & Medicine.
To cut short the disease by full blood letting, or to treat it by active antiphlogistic remedies are in general productive of the most consequences. Delirium Tremens may thus be induced, greatly aggravating the danger, or the system may never recover from the depressing influences to which it has been subjected. Idiopathic Fevers occurring in drunkards may be said to act with peculiar intensity: the typhoid symptoms are greatly aggravated, and the tendency to a fatal termination is remarkably increased. This has been well observed in Continuous Fever! Prof. Rhein says, "The nervous or atactic form of fever (which is perhaps the most generally dangerous to adults in this country) is remarkably more frequent in those in whom the nervous system has been recently much excited, as by much muscular exertion, by excessive study, by mental agitation or anxiety, by venereal excites, or by intemperance, especially the use of strong liquors. In many of this last class, the nervous symptoms in Fever take very much the form of the Delirium Tremens of drunkards. " I have heard Prof. Christian say, that in all his experience, he only knew one case, where an intemperate person past the age of forty recovered from the effects of Continuous Fever.

In regard to Asiatic Cholera it has been observed that......
every other the victims of Intemperance fall victims to this most dangerous disease. — The same influence is especially manifested in modifying the consequences of local injury: this has been remarked by every experienced surgeon, who well knows what an effect the previous habit of the patient will have in determining the likelihood of a favorable or unfavorable result. If the injury be severe, then it is at least completely under it, see certain signs taking place, or proving authentic in its character; or, the first effects may be recovered from; and Delirium Tremens supervene; or, escaping this, the inflammation which is lighted up may be of an unhealthy type, leading to suppuration and gangrene, while typhoid symptoms are developed, rapidly passing to a fatal termination.

These effects most commonly occur in connection with severe local injury, but in some cases the most trifling hurt has given rise to Erysipelas, rapidly spreading, running to diffuse suppuration and sloughing, and ending in death; the patient from the first appearing utterly prostrated, and unable to rally in the slightest degree.

Dr. Mackenzie speaks of a case in his lectures, which occurred in his own hospital practice. The man, an old man, was pistol with a pin, between two of the fingers.
52) Dracas on Constitutional Initiative.
fevers. Erysipelas supervened of a gangrenous character, and the patient died within twelve hours of the receipt of the injury.

An operation performed on the second for the relief of some diseased condition of the body, may be followed by precisely similar results. Mr. Travers mentions the case of a patient of his own, who died, though not so rapidly, from the effects of a lancet puncture. This man, he says, "had almost lived upon porter, drinking many pots daily." (32) I have notes of a case, in which the operation proved fatal on the third day. This was a man who came into the hospital, in the summer of 1832, with a cerebriform tumour of the testicle. He was a whisky dealer, middle-aged, apparently strong and robust, but of incontinent habit. Mr. Syme removed the testicle on the Wednesday, on the evening of the following day Delirium Tremens came on, and he died on the Friday, exactly the third day from the operation. Shen of this chap, Brouns - servant, Drayman, Coal heaver, and such like, I think, have noted as least able to withstand the effects of severe injuries.

Having now pretty well reviewed the consequences of intemperance, I shall turn to a pleasantly subject, viz. the consideration of the question of Total Abstinence.
Total Abstinence.

The question of Total Abstinence is one which seems at all times to have engaged the attention of those anxious to do away with the evils which undoubtedly result from the abuse of Alcoholic Liquors. Many have thought that this is the only effectual check which can be brought to bear on the vice of intemperance, and in consequence, in the East especially, laws both civil and religious have been promulgated and strictly enforced, prohibiting under any circumstances the use of Stimulants of this class.

Whether or not this prohibition has been productive of good effect, is however a fair subject of enquiry; for, it is certain, that generally in such countries one stimulant has been abolished only to make way for another, and in place of Alcohol, that Opium, Hashish, Alkohol, Opium, and Tobacco have been substituted. While, in spite of all injunctions to the contrary, it is said that many, especially among the Prefect men, indulge in the use of stimulating drinks wherever they have an opportunity. This is, but one proof out of many that the desire for Viscous Stimuli, of one kind or other, is universal, that it is innate, and can not be eradicated. As well might we try to get rid of any other Natural Appetite which we profess as of this, consequently our efforts should be directed, not to root out the instinctive desire (which is impolite) but to control it so that it may prove a blessing instead of a curse. By the 5th. of
"a desire for nervous stimuli", I do not mean to assert that
man has any special natural appetite for alcoholic stimulants;
I only mean this, that he has a desire for stimulants or excitants
whenever he is depressed, and that he has a velleity for them whether
he is depressed or not. Now, precisely the same excitant
effect can be produced by many different agents, operating in
different ways, either primarily on the mind, or else second-
dary, acting through the medium of the body. The former
are termed Mental, the latter physical stimuli. In the one
class may be put music, eloquence, beautiful objects either of
Nature or of art, the drama, and many other similar agents
which produce at once Excitement and enjoyment. In the other
may be placed, not only excitant ingesta, as tea, coffee,
intoxicating Alcohol, etc., which most certainly influence the mind
as well as the body, but also Athletic Exercises, dancing, hunting
and such like which produce exactly a similar effect. The
kind of Excitement in all cases seems much the same, but
the excitant ingesta, especially the Alcoholic, are in general
far more powerful in their action than any of the others, while
their effect is but transient, lasting only a temporary impression,
and leaving no remembrance behind.

Against the latter, I may be urged that there are a number,
chiefly of uneducated men, whose reasoning faculties are so
dulled and obscured that it is impossible for them to control
their appetite for such stimulants. When they have an opportunity of obtaining them, and if such that some other means must be found to prevent them from committing excess, it is bringing inevitably on themselves a train of moral and physical evil from which there is no escape. Further it may be said, that there are a few men whose intellectual faculties are apparently of the highest order, and who understand perfectly that excess entailed its own punishment, yet in whom the appetite for alcoholic stimulants is so overpowering, that they are unable, or, what is the same thing, believe that they are unable, by any mere exercise of their reason to control it, and consequently quickly fall a prey to their devouring passion.

In such cases it has been upheld that there is no expedient which can be resorted to equal to that of total abstinence, and to carry this out to the utmost, it has been proposed that all should alike give up the use of intoxicating beverage that in fact they should be banished from the country, or their abuse be summarily put an end to.

If stimulants of this class were only used to be abused, then of course there could be no doubt but that this was the proper course to take, viz., to prohibit their use by law; but when we know that the great mass of the enlightened public are able perfectly to have recourse to such stimulants, in
In moderation without any appreciable bad consequence, and in many cases with the greatest possible advantage, the justice of such a procedure may well be called to account. Why in this case only are the good to be sacrificed to the evil? Do not all laws human and divine tend to this, that the good shall enjoy every possible privilege, while the bad shall reap the fruits of their iniquity? Is it not a monstrous procedure then, a direct violation of all sense of right, to attempt to rectify an evil by beginning with an act of glaring injustice? Is it likely that those who are receiving benefit and enjoyment from the temperate use of one, or any other stimulant, is it to be expected, that they will calmly submit to be deprived of this privilege, simply because others, probably vicious and illiterate, are unable to appreciate the directionable gift with which they have been bestowed, in the stead of profiting by it, think no shame to turn it to an instrument for their own destruction? But supposing for a moment that all men alike agree that it was necessary to prohibit the use of all liquors in this country, what certainty have we that other stimulants would not immediately be called into requisition, as has invariably been done elsewhere, producing a great, if not greater evil, than that already experienced? Would not the result be similar to that which is seen when an attempt is made to cure a foul ulcer by means of a balsam? Even a limited constitution, when indeed in a time the most marked blemish may appear to follow the treatment employed, but on long it is discovered that the disease has disappeared from one spot only to reappear at another under a new and more malignant aspect, that the end that the patient instead of being profited by the interference, has only been prolonged.
I am speaking of wine. I have called it an inestimable gift, and I do so advisedly, and in direct opposition to the practice of certain Lecturers & Writers on Total Abstinence, who apparently attempt to rival each other in heaping him with opprobrious names. This unfortunate enemy of the Cause. Thus, for example, I have been informed in common with other alchoholic preparations, "a spirit of the devil" — "a bewitching poison" — "an empery of Satan" — "a poison to the soul as deadly as to the body" — "a deadly draught" — "an unnatural and destructive poison" — and an earth born Spirit more potent than all the devils put together to drag man down to the burning lake, crowned by Satan, and sent forth with the benison of the pit to kill and destroy all and sundry.

It is well known that other men have been complimentary. Thus Plutarch has said "The most noble of all liquors is wine, the most useful drink, the most palatable medicine, and of all delicacies the most grateful to the stomach." — It has been called, "the milk of old age," "the cannon at dinner," — "the pecans of poetry" by Hofmannus — "the blood of the Earth" by Pliny, and "a divine beverage" by Homer. Hippocrates has clasped it among the best kinds of meat and
Dr. Guthrie: 'Speech in Behalf of Drummond, Jr.' 1830.
and drink. Phelps, the Arabian physician, said that
the liquor was equal to it—while Rabelais wrote
"that drinking cool delicious wine is the distinguishing
characteristic of man," and that it had the power to fill
the soul with all truth, learning, and philosophy.

In regard to the question of a National Ab-
stinence Movement, Sir John Lubbock advocates it in the
following terms: "Although men no sin in the moderate-
use of stimulants, and are never apt to be confounded
with them total Abstinence men, who held that the
use of them is essentially sinful; yet on principles of
salvation and Christian experience, I think that the
evil has arrived at such a pitch, that I would prefer,
instead of either attempting to muzzle or even the to
murder the Monster, the Country would agree to put a
knife through its heart, in the entire demise of all
intoxicating liquors." This extract will suffice
to show that Sir Lubbock believes that the expedient
of total prohibition principal would do away with all
the evils which result from the vice of intemperance,
and this I have already attempted to show from
many analogous facts that it would fail to do.
Because, first, it would not prevent men from using
other agents equally injurious in their effects, and

Consequently
I. V.

they are light-hearted and fond of amusement 
and quiet? While in general they have ample opportunities of promoting 
the former, and of gratifying their love for the latter, there is no 
attaining sufficient excitement, without having recourse 
to those powerful stimulants, which in this Country are 
usually resorted to whenever the slightest depression either 
of mind or body exists.

Here, among poor claps, there is little inclination for any kind 
of amusement in which drinking does not occupy the most prominent 
part; while, on the other hand, it must be owned that little to shame-
fully few opportunities have been afforded them of obtaining simple 
pleasure, or what is the same thing, simple healthy excitement, without 
at the same time the presence of some contaminating agent, entirely 
driving away with any good which might otherwise have resulted.

Thus in this respect we might take a lesson with advantage 
from our continental neighbours. Let us hope that in London, 
the Crystal Palace may successfully contend with the Pan 
Palace, that this unparalleled attempt at once to 
educate and amuse the masses may meet with the 
support to the success which it so well deserves. Then 
will every city see its necessity of the advantage of providing 
similar recreations for the working classes, in the toil-worn 
and weary who most require it, and following the bright 
example soon a better day will dawn, to 
attendant
I. VT.

attendant vice is put away.
The Mind of stimulant, which has been commonly used,
is from four q. of ardent spirit generally Whiskey, or Gin,
rapidly intoxicating, and producing, if taken at all
freely undue stimulus, and later what has been
well termed "stupid sleep". For these beverages then,
which unfortunately are within the reach of the poorest, Legislators
might well substitute others, allowing only the wise use of such
as tend to promote healthy excitement & temperate enjoyment.
In this way an immense amount of good might be effected
without the infliction of any Injury whatever, & hence
in this respect the Expedient is certainly preferable to the former
one. In some of the American States a plan somewhat
similar to this has been adopted, viz. the prohibition by law
of the sale of intoxicating liquors, as a beverage. This Expe-
dient was first attempted in the Maine State in May 1851,
and since then in Massachusetts, Vermont, & Michigan. Its
object is, not to interfere with the use of all Liquors, "it
leaves no Mans table or habit," except in so far as the
...can be done by enacting a complete stop to the liquor traffic
throughout the State, doing away with all tippin shops,
and allowing Alcohol to be sold, only for medicinal or
mechanical purposes, by appointed agents and trustworthy
agents. The liquor kept elsewhere for sale, if joint, is
...
tizer, and destroys, being "generally poured out on the ground," while the person keeping them is punished. If they are suspected to be kept on any premises for sale, a search authorized by law will be made for them, if three credible witnesses make oath that they believe the premises to be so. Any one however may keep them in his private dwelling house for use, and to show that they are kept, in an article, that in Portland, the principal city of Maine, "gentle and fashionable families make some use of mineral waters.": After the passing of the law, no amendment has been introduced into the State, allowing the farmers to manufacture of cell cider, in quantities of not less than 28 gallons, but even this may not be kept "in a tippling shop."

The above mentioned fact is most instructive, as showing what has been done by legislation to prevent the free use of spirits, as it does the evils resulting from rum which first led to the introduction of the Maine law. The following extract from a Report of the Maine Convention of Congregational Ministers in 1839, will suffice to show its effects: "We are in the midst of an experiment," it says, "of the result of which however there can be but little doubt, if our present liquor law is permitted to have a fair trial. "The law must well promise well for the future," and "it has certainly already
+ These remarks are taken from a tract entitled, "An appeal to the public for well authenticated results of Mr. Main's law, by the Executive Committee of the American Temperance Union."
thought a favorable change in the aspect of things in many communities. Very satisfactory evidence is given for other places, that in Portland, and elsewhere, it has vastly diminished drunkenness and crime and pauperism. In Fairfield, a town of 2,400 inhabitants, in the first year, the pauper tax was diminished from $1100 to $300, and of the balance they very sensibly gave $600 to the school fund. Let it be likewise given that "drunkenness" and "indecency," are on the decrease; that the denunciation against the Manic Law by certain Baptists, an "odious and palpable enormity," is in fact it has produced "the health, wealth, morality, and prosperity of the state.

And who would not wish them all success in such a noble undertaking! Perhaps as yet the people do not see the full extent of the benefit in the carrying out of their plan, but that they are advancing in the right direction there can be little doubt. It is by getting rid of these cheap and powerful stimulants, which produce in a community at large, infinitely more harm than good, and by substituting others in their place as beneficial in their tendency, that they can best hope to carry out the glorious reformation which they have begun. The way may be long and steepy, and the ascent difficult to almost insurmountable.
able, but by patient trials and persevering effort, they will at last succeed, and then will be seen a people governed by wise laws which prohibit alike dangerous pleasures, and check in any pleasure, tempers in their enjoyments, and moderate in their desires. Happy is contented, it is the
foundational step of their own prosperity, and in the thought that they have rescued thousands from not only a temporal but an eternal crown of misery, reaping a rich reward for all the difficulties, prejudices, opposition, which they have encountered and so nobly overcome.

But to secure this, another measure still must be carried out, the condition of the Muse must be elaborated that they will of themselves be able to control their appetites. Nothing tends so much in general to raise a man above them, to prevent them from guiding him; a knowledge, and the due exercise of his intellectual faculties. Thus be would be in a fit condition to understand that interpenetration of our mind. Even produces the most delicious results, thus be would be enabled to consider whether or not he required artificial stimulation. Reading it, he might say to himself as Helen to Hector:

"Then with a plentiful draught refresh thy soul,
And drain new spirit from the generous bowl." —

Or finding it unnecessary, he might reply as Hector did,
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[Page X]

"I am here to breach his gifts (the Chief rejoined):
not inflaming Mine, perversive to ManKind,
Unwary, the limbs, and dulls the noble mind.
Let Chief abstain, it span the sacred juice
I sprinkle to the Gods, its better use."

If then instead of injuring what may be unjustifiable injury on themselves by taking the pledge, men labor earnestly to bring about the desirable condition of matter, thus dealing with the question in a far more comprehensive spirit — Is it a pain to kill nations? them as being apathetic to caref, as wishing to withdraw from society at large, a mighty term, from motives purely selfish? Might not these who think differently on this question rather rejoice that the evil can be combated in different ways, and that while they are doing immense service in welding debased men from the gulf of intemperance, others are attempting with all their heart and soul to stagger steps to the very root of the evil, to prevent men from ever entering the gulf, and at the same time to allow them every privilege which you to remunerate beings once destined by their Creator to possess? Thus, it thus only can the savage hearts which from the basis of our social system be reconciled from the inimicable abyss of ignorance in which at present they an engulfed, and these are the men and the
Of Men love to elevate the condition of the People, and enable them to control their natural fierce and inordinate passions.

Thus, then, I would attempt to prove that no temperate man is called upon to become a total abstainer, until he is first thoroughly convinced that by so doing, his opportunities of promoting the welfare of his fellow men will be increased, while in addition, his own health will suffer no material injury. When satisfied on these points, let him, if he chooses, Conscience tells, relinquish the more pleasures of the wine for the sake of doing good, and more than this let him have all honor and all praise from hence. Exercising a noble and disinterested self-denial.

I shall now proceed to consider the argument employed to prove that even moderate indulgence in the liquor is sinful. These are generally of an indirect character because no where in holy writ is any Expreb injunction to be found against the moderate use of wine. No doubt the Apostle Paul said to the Romans, “It is good neither to eat flesh, nor to drink wine, nor anything whereby thy brother stumbleth, or is offended, or is made weak.” But he said likewise, “I believe that he may eat all things.” Another, Who is weak, Entelle Lebo. Let not him that...
Section delivered by Mr. Smith in Esher Hall.
Eateth despite him till Eathan restored. And let not him
which Eateth not judge him that Eathan. Further,
be made to the Galatians. "Wretched, Temperance, against
such them is no law," and again to Timothy, he said
"Drink no longer Wine, but use a little Wine for thy
Stomach, etc., and thine oft of little infirmities." More than
all this, however, in know that what John Calv. It
"beginning of miracles," was wrought at a marriage
feast when water was turned into wine by the Expiat.
because of the great—Surely if drinking it was a sin,
providing it for Expiat purposes. Much more so.
I have full well that it is objected, that this is not
what we understand at present by the term "Wine." But
another beverage you from alcohol. I have also, that
it may with truth be said that "The Devil Can Cite
Scripture as his purpose," and therefore would not have
thought of introducing this theological point but that
in other instances it is invariably done, the argument—
lying for, or against, according to the Creed of the
Author.

If the indirect arguments which have been brought to
bear on this question, the following by Mr. Singh to a
fair sample. "If in all London," says he, "there
were but one Man who fell into Atonement in a year.
in might not to take the cup, which may lead us there."

But, this may appear at first sight, a very cogent reason for our practicing total abstinence, but when it is considered that every article of diet which we prefer is apt to be abused in the same way, it will be seen at once that a statement of this kind is utterly absurd and illegal.

So for instance it is often been the cause of dyspepsia - taken in excess at improper hours, it will produce sleep and develop mental irritability, and the long continued may probably terminate in insanity. It has been known to cause hypochondriasis, and to shorten life by inducing disease or by aggravating a preexisting malady.

Again, what article can perhaps be more abused than animal food, what more common than glutting in this respect, producing effects just as deleterious to the body as those which result from intemperance in alcohol? Animal itself has been abused, taken at an improper time, it has been known to cause sudden death. — In fact it would seem that without exception everything less below may be turned into an instrument of evil as well as of good.

"Pleasure admitted in undue degree

"Enslaves the soul; no leave, the judgment fire.

"It is not alone the grapes, enticing juice

"It vanishes the moral power, and mars their use.

"Ambition, as wise, and the last I name,

"And woman, lovely woman, does the same."
(a) Of course I use the term Reform in its most common application.
Even the exercise of the mental faculties if not regulated right will inevitably lead to serious mischief. The desire for knowledge may be so intense that the unstaid mind will soon wear itself out, and sink into premature decay. Religion itself, the greatest blessing in life, may be converted into a curse, if the feelings to which it gives rise are not duly controlled, often by mistaken, superstitious, and religious fervour, when "a blind enthusiasm of zeal" has for the time obscured the reasoning powers. — (2)

Now, would any man be inclined to support an argument founded mainly upon the abuse of an article, which would lead him to relinquish everything in the shape of God, which even had been or might be abused? Would he refuse to cultivate his mental faculties because from one another by exercising them as much has turned to the base of human life, what was intended for its highest gratification? Would he refuse to inform his mind by adding to his store of knowledge, simply because another had abused his privilege, and turned it to his own destruction? It would he be inclined to say of Religion, as Shelley did, "From taintest all that greatst upon"! merely because it had proved a source of evil to those who had mismanaged and misapplied it — 

First Art. — My then should thou who delight to
(2) Physiology of Temp. & Tidal Alk. by P. Carpenter, 1833.
Call themselves Temperance Men, (to which appellation they
have not the faintest shadow of a right.) Why should they
so often display a most contemptible zeal, when the question of
Total Abstinence came to be discussed? Much better would it
be to advocate their principles on the sound basis of philosophy,
than thus to hawm their cause by "Oxgenated statements
and wild afactions." Then "they may gain more genuine
or excitable deniers who are guided by their feelings rather
than by their judgment; but they will not convince, or win
the adept of the many of the intelligent and educated.

There are a third Class of Abstainers, who hold that even
moderate indulgence is attended in great with evil Consequence,
both to Mind and body. These have found their most en-
lightened Advocate in the person of Prof. Carpenter, who
dealt the subject "as one of purely Scientific inquiry," he,
mritten a Stroke to prove that "in the average man the
habitual use of Ale, Liquors or Medicines a even in small
quantities is injurious to the permanent enjoyment of health,
even though it may for a time appear to contribute to it,
and that it becomes "positively injurious if continued for a
sufficient length of time to allow of the development of
its effects." (b) His argument are founded chiefly
on the results of intemperance, the tendency to produce debilitating
influence on the body and mind.
merely suggest that moderate stimulation will engender chronic disease, at the same time saying that 'the long postponement of its effects may render it impossible to demonstrate the connection.'

Now of course this argument is absurd, if there is no analogy in the world between temperament and intemperance. Just a Remarque would it be to say that a moderate amount of beef or mutton is prejudicial to health, because a long continued excess of either is well known to produce disease often of the most fatal character. Another of his arguments is to this effect: 'If all the actions concerned in the maintenance of the fabric be already discharge with that vigour and uniformity which constitute health, why should we attempt to alter them by means of agents, which if they produce any effect whatever on the system, can only operate by producing a departure from that perfect balance of the several parts of the nutritive functions, which it is so desirable to maintain, and so difficult to restore when impaired.'

In reply to this it may be said that though no good may result, still it remains to be proved that harm must follow. This is one of the conclusions to which Dr. Carpenter has jumped with extraordinary facility. It is universally admitted that there is a certain latitude of health, and if the excitement were
Never found beyond the healthy standard, we have no right to
suppose that the Conscientious Defeasibility will ever fall below it.
And if, proof that I do not fall below it I would appeal
to the experience of every man who has been in the habit of using
beer or wine in moderation, and if an authority is wanted
in such a point I would cite Prof. Christian who expressly
states that I do so.
No harm to grounds for
suffering that Health is exactly the Culminating point
of a pyramid, from which the slightest irregularity will
displace it, but rather it may be supposed to occupy an un-
certain space in a curved line, so that it may at one moment
be slightly removed from the Culminating point, to which it may
ascend and again descend, without manifesting by these
alternations any diminution whatever in its Vitality.

Another argument of Dr. Carpenter's is based upon the
following statement, that in India, the nearer the approach made
by Europeans to habitual abstemiousness the lower is their rate of
Mortality; which statement he founds upon the Statistics of
the European Forces of the Madras Army for 1839. The
rates are observed in total deaths, temp. 1st Intermittent,
457 of the former, 4318 temp., and 942 Intermittent.
Army 1st the proportion of deaths was only 11 per 1000.
Army 2nd 2 per 1000, and Army 3rd 42.

The number of admissions for sickness in each while Army
the


The late Mr. and Temperant men, which show, according to Cope, that the difference in the mortality arises from the comparative severity of the disease. But if we look at the terms which make up the aggregate of the cases, it is found that 141 deaths, 104 were admitted in Tera, and that 1 died, while among the Temperant men 768 were admitted, and 4 died, which certainly does not show any "terrible fatality" from the result of Murrine drinking Ayani. No. 10, but Carleia at all, while 17 Temp. men had it, of 13 died, and how can we deal with to know if the fort. No. 70 was equally exposed to the influence of the disease, but of this no mention is made. Of 50 deaths no. 9, and Number 1, died, and of 348 Temp. men who had it only 4 died, a proportion much smaller. While of 32 deaths, no. 3 died, and of 344 Temp. men who had it, 31 died, a proportion considerably larger.

These Extracts will I trust suffice to show that statistics are of very little value which do not enter into full detail regarding the nature and cause of the disease. A Practitioner from a Book on the Hygiene of Bengal may not be uninteresting as bearing on the question at issue. Dr. M'Arthur says "Most men may indulge in the moderate use of wine with impunity, but it must always be
Medicines in the Hygiene of Bengal.

Salamon in H. End.
Recollected that what is meant by Morbucks here is a very different thing from what it means in a cold Country. "Of the use of Ardent Spirits. Except in very small quantities, and greatly diluted, none can possibly speak too strongly in the language of Reprobation." He quotes from Dr. Buchanan as follows: "Phrenic fire, too, unlike much with Nature, I have found to the weakness of their Constitutions in resisting the change of air in India, will agree with me in saying that theseicks enjoy a diet which includes animal food, and strong liquors in moderate quantities, are best able to resist the influence of unhealthful climates, and sudden change of air." Now, while the evidences, old and new, tend still farther to throw doubt on the infallibility of the statistics, yet there may be some degree of truth in them. It is well known that Many Experienced Men Think that in India the general tendency of Alcoholic Liquors is injurious, even as much as they are with the same Call for them felt in the system, which is experienced in Colder Regions. Thus Falconer has said: "The laws of the Chaldaea, and of Mahomet, to prohibit the drinking of Wine from laws suited to the Climate of Arabia and Libya, but which would be very improper for Cold Countries." In hot Countries, he says, "the blood's perspiration is so excessive that the blood stands in Constant need of a supply of its aqueous part, the Can.
Palmer in the End.
be done by water. Liquors, as fermented ones could not be taken in sufficient quantity without increasing the inflammatory diathesis by the stimulus which it seems the object of nature to counteract. It is well known to doctors that the body requires to produce much left heat in tropical than in cold countries, and we can easily understand that if a substance so carcinogenic as alcohol be used as a common beverage in a very hot climate, that its oxidation will only tend to increase the heat which the body already feels almost insupportable. But this is no argument against its use in a cold country. — Does Dr. Carpenter think that a greenlander could live long in India, or a diet of the same kind as he is accustomed to in his own land, without soon experiencing the baneeful effects of fish blubber and tarwhine, and would he consider that any legitimate argument against their free use in the Arctic regions? Surely not! It is unnecessary for me here to say, that even if the influence of alcohol could be shown to be attended with such fatal consequence, in India, "the conclusion" is not inevitable that its tendency must be injurious everywhere. Authors on diet and practical observers have not a few times expressed their deliberate conviction that all liquors used rightly are not injurious to the healthy body.
Christian Patricio Dietz


Chris to Diet
Thus Dr. Percivale writes, "It cannot be denied that the
most perfect health is quite compatible with the moderate
enjoyment of wine"; he adds, "The practice of
taking a moderate quantity of mild malt liquors, of good
quality, at dinner, is, in general, not only unobjectionable
but beneficial." By the oxidation of Alcohol in the lungs
it must evolve Caloric, and thus when used in moderation,
I come to support the temperature of the body. This use of it
in the animal system appears to have been quite overlooked
by the Templars & Jacobite Societies." Dr. Christian says,
"That it is impossible to admit, that the moderate use of
wine, even though habitual, produces, except in certain habits,
the evil effects on the bodily & mental powers, or eventually
on the Constitution, which some ascetics, reasoning from their
own experience, would have the world to imagine. I must
once the moderate use or entire avoidance of wine seems
a matter of indifference as far as the Constitution is concerned."
Dr. R. J. Thompson writes, "Notwithstanding the frightful
results of the dictatorial abuse of Alcohol, it is, when
temperately indulged & discriminatingly prescribed as a medicine,
a most salutary stimulant." Dr. Paris says that "There
is no evidence to prove that a temperate use of good wine,
when taken at reasonable hours, has ever proved injurious
to healthy adults." While the characteristics of
arguments
Sonfisio. Éléments d'Hygiène.

D. M. Philip on Indigestion.
Arguments generally brought forward to prove that spirit
in any form is injurious to the body, as "mean vanity and
nonsense", a striking specimen of the fallacy of reasoning
against the use of a custom from its abuse." Dr. Dugtham
says, "In the attempt to present the use of wine is one of
these objectionable utter projects; which, to say the least of
it, is injudicious, because unfeasible. Excessive indulgence,
or abuse, is unquestionably to be deprecated — moderate
use, even if habitual. Except in particular constitutions, no
may safely pronounce it be devoid of every pernicious influence."
Dr. Wilson Philip says, "A very moderate use of good
wine can hardly be said to be injurious; or see those who
use it in this way, live as long & enjoy as good health,
as those who wholly abstain from it: I do some consti-
tutions, independently of the effects of habit, it may be
useful" — Elsewhere, he says that "Proc or Jeff Alcohol,
is requisite to support the usual vigour of the greater
number of people even in health." +

Now, while the above Authors deny that any evil
consequences arise from the moderate use of wine or malt
liquors in healthy constitutions, still, they are quite
ready to admit that they can perfectly well be done
without, when the body is vigorous and not subjected
to any very refreshing or exhausting influences. Combe
states
Come to diet to.
Indeed, that they should be done without. Except in old age.
But he qualifies this by stating that "then are many
Constitutions so inherently defective in energy, as to
derive benefit from a daily allowance of wine; yet then
are many even situations in which even the healthiest
derive additional security from its occasional use".
Carpenter himself allows that there are a class of indivi-
duals, chiefly among those engaged in mental avocation,
who can scarcely be regarded as subjects of disease", yet who,
from Constitutional debility, from habits, or some other
Cause that does not admit of rectification, labor un-
der an habitual deficiency of appetite and digestive force.
Such cases, he says, require the aid of Alcoholic Stimulants,
because to withhold them "would be to condemn the individ-
uals in question to a lifelong debility, incapacitating them
from all activity of creation in behalf of themselves or
others, and rendering them susceptible to a variety of other
Causes of disease". Here, the question comes to be.
Considering the Constitution of Society, its habits, its customs;
the many Causes which operate especially in cities from the
very moment of birth to deteriorating the body.
"In its matched frame,
Poisoned, perchance, by the disease and vice
Weakened on the matched parent whence it springs".
Shelley Green 16

(a) D. J. Johnson (Economy of Health)
By Morals, law, and Custom, the pure minds
of men, that renounce the vicious vice,
may breathe out.

Considering the influence of advancing Civilisation, which
forms in a great degree to elevate the mind at the expense of
the body. Considering the effects of sedentary occupation,
to which many are obliged unwillingly to submit, totally
unable to obtain regular Exercise, suffering from all the evils
of indigestion, and often condemned to pass sleepless nights.
Considering all this, it much more that might be advanced,
the question comes to be, are such Cures the Object or
the rule? And judging from my own observation, I cer-
tainly do think, that in cities by the time a man has
dined at 20, the chances are that he must enroll him-
self on the side of those who feel themselves both benefited
and exasperated by a moderate allowance of beer or wine.

With the present system of forcing education, indeed, to
suits, what has been well termed the besetting sin of the
present generation, "intemperance in reading and thinking.
" To many at 20 find themselves so worn out in hypotpeic, that
they require a stimulant just as much as a man of
three times that ten. This is why I have insisted so much
upon every man becoming a Total Abstainer, satisfying
himself, that "his own health will not suffer consequence,
because
Because sometimes it is that no substitute can ever be found to take the place of spirituous liquors, and the unfortunate consequence will be that the vital forces will entirely wither. On the other hand, there are a class of men who benefit individually from the practice of total abstinence; it is indisputable. Such as those who from their circumstances cannot afford to buy proper oil and comfortable clothing if they also indulge in alcoholic stimulants. They form idiosyncrasies, or form having a tendency to certain diseases, a head-ache, certain forms of joint and gravel, and certain kinds of dyspepsia, an obliged to abstain. While a third class, then are, who cannot restrict themselves to a moderate quantity; the taste of the craving once excited cannot be allayed, and the continuous and frequent use of the flame, until at last complete destruction terminates the scene. In such persons, total abstinence, is the only safeguard, the only way of escape from the ruin which else will overwhelm them. To the pledge seems to act chiefly by enabling them to form a firm resolution to struggle against the debasing vice which ensnares them, which though persevered in, can enable them to conquer their appetites and free themselves from its accursed bondage. In many such cases, the pledge has proved itself of immense value, and it is for such persons that it is peculiarly fitted. All
LXXVI

I now turn to show how wide is due, to these who have administered it in appropriate cases, not only taught but practiced the doctrine of Total Abstinence from Motive, purely philanthropic.

But now I must bring this subject to a conclusion. As briefly as possible I have reviewed the great in question, that not only of National but of Individual Abstinence; touching often those points that often evoked in discussing the subject, viz. its Expediency whether from philanthropic motives, or from the idea that temperance indulgence is prejudicial either to soul or body.

In bringing at the same time the Essay to a close, I must apologize for the length to which I have extended. Let me only express a hope that I have not made applicable to it the saying of Pope:—

"Words are like leaves and when they most abound
Much fruit of sense beneath is rarely found." —

Rather I would be reckoned the advocate of an enlightened Cause, the Cause not of Total Abstinence but of Temperance. The Cause which Milton had in view, when he wrote:

"Observe

The rule of not too much: by Temperance taught,
To what they eat and drink; seeking from hence
Due Nourishment, not glutinous delight."
"Till many years over thy head return,
So mayst thou live; till, like ripe fruit, thou drop
Into thy mother's lap, or be with ease
Gather'd, not hardly pluck'd, if death mature."

D.C.