

gulating and restraining forces by which mind manages its own movements, a partial loss of that voluntary control over the mental operations, which as Dr Carpenter remarks, "must be regarded as an *incipient stage of insanity*." At the same time, the lower passions and propensities are aroused to inordinate activity. In healthful mental conditions, these press powerfully upon the higher controlling sentiments, and from their reaction results moral equilibrium of character. The influence of alcohol is thrown entirely in the scale of the animal impulses against the reason, judgment, and conscience, and it is evident that where these are just able to hold the baser passions in subjection and maintain the mind's equipoise, the effect of the disturbing agent must be to destroy the mental balance and tell disastrously upon the conduct. That when liquors are taken in sufficient quantity to produce their characteristic and desired effect, the mind is in some way jostled and disturbed, no observing person can doubt, and that this disturbance, however trifling it may be, consists in replacing the reasoning and voluntary powers by blind passionate forces in the mind's government, is proved by the fact that if more of the stimulant be taken, the revolution becomes complete; reason is entirely prostrated, and brute impulse is in the ascendant. In intoxication the action of the brain is so deeply perverted as completely to unhinge the mind, thought is confused and bewildered, self-directing power is lost, the passions are stimulated to unrestrained fury, and the whole mental fabric is swamped amid the surges of delirium. Intoxication is universally admitted to be a state of temporary insanity. To "intoxicate," says Webster, is "to excite the spirits to a kind of delirium; to elate to enthusiasm, frenzy, or madness." That such is the effect of *alcoholic liquors* is shown by the fact that they are universally known as "*intoxicating liquors*." Thus the common term by which they are designated connects them at once with man's mental constitution as a cause of frenzy, delirium, and madness.

In ordinary intoxication the insane paroxysm is transient, ceasing when the provocative has exhausted itself, or is burned away by respiration and expelled from the system. Yet mental quietude is by no means immediately regained; the billows continue to roll after the storm has passed. Exhaustion and prostration follow the high-wrought excitement. The intellectual powers are torpid; the temper is sour and irritable; the passions morbidly excitable; and the craving for more of the stimulant to arouse the depressed energies is almost irresistible. That the habitual or frequent plying of the brain and nervous system with this fiery agent, even though not taken in excessive quantities, should interfere with their healthy nutritive changes, and give rise to a more permanent form of mental disorder, is what might well be expected, and what experience sadly confirms. There is a class of horrible maladies of the nervous system, involving the most melancholy perversions of mind, which are directly produced by this cause. In some instances the delirious excitement continues and greatly increases after the immediate effects of the liquor have passed away. This is the case with what is termed *delirium Ebriosum*, or drunken madness, which is marked, among other symptoms, by an ungovernable and furious violence of temper. In *delirium tremens*, or delirium with tremblings, the mental perturbation is characterised by the most

distressing anxieties and agonizing apprehensions of injury and danger. The victim is under the influence of frightful illusions, sleeping or waking. His passions, particularly those of fear, jealousy and anger, have "an uncontrollable mobility; his desires and aversions are equally morbid, and the will displays a wild and sleepless energy of action." A common hallucination is that of being haunted by fields and demons, and of feeling snakes, spiders, and vermin crawling over the naked flesh. Under the influence of these horrible delusions, the victim often flies to suicide, or kills others in fancied self-defence. *Delirium tremens*, is simply the result of disordered brain nutrition. It may be brought on by habitual tipping, many having been attacked by it who were never positively drunk. It may be the result of the nervous exhaustion which follows a debauch, or it may occur from want of liquor, and the brain being so completely perverted as to be incapable of anything like regular action, except under the influence of the stimulant. *Dipsomania* is a kind of paroxysm or mania brought on by drinking, in which the individual is consumed by an overwhelming passion for stimulants. He is driven to seek them by the most headlong and resistless impulses, which make him reckless of all consequences.

The use of alcohol not only engenders these special forms of delirium and mania, but is the most active of all the sources of settled mental derangement. Dr Beck, in enumerating the causes of insanity, mentions first "*repeated intoxication*," and the statistics of lunatic asylums show that from ten to twenty, and in some cases even fifty per cent. of all the cases recorded, were directly traceable to the use of *Alcoholic Liquors*. Predisposition to insanity, as is well known, is hereditary. Conditions of nervous weakness and brain disease are transmissible; and so, too, is the peculiar condition of the nervous and cerebral system of the drunkard. It is a fact of terrible import, that the inebriate transmits to his offspring that peculiar disordered state of the nervous mechanism which causes a craving for the stimulant—he bequeaths a ready made constitutional appetite for alcoholic poison. The habitual drunkard also transmits to his children strong tendencies to insanity and idiocy. In a report on idiocy, made by Dr Howe to the Legislature of Massachusetts, we find the following astounding statement: "The habits of the parents of three hundred of the idiots were learned, and a hundred and forty-five, or nearly *one-half*, are reported as known to be habitual drunkards!" Such parents, it is affirmed, "give a lax constitution to their children, who are consequently deficient in bodily and vital energy, and predisposed by their very organization to have cravings for alcoholic stimulants. Many of these children are feeble, and live irregularly. Having a lower vitality, they feel the want of some stimulation. If they pursue the course of their fathers, which they have more temptation to follow and less power to avoid than the children of the temperate, they add to their hereditary weakness and increase the tendency to idiocy in their constitutions, and this they leave to their children after them."

(To be continued.)

AN APPEAL TO THE MILITARY COMPOSING THE GARRISON OF HALIFAX, N. S.

OCTOBER, 1856.

[At the late Annual Session of the Grand Division, a Committee was appointed to prepare an Address to the Military. The following is a copy of the document]:—

The Grand Division of the Sons of Temperance of Nova Scotia, in Annual Session convened, address you with words of friendship and congratulation upon your arrival in our Province. In this quiet part of her majesty's dominions, the British Soldier has ever found a cordial reception from a people, whose loyalty and attachment to the parent country have become proverbial. In behalf of the Sons of Temperance of Nova Scotia we extend to you a fraternal welcome.

Most of you have lately been engaged in contest with a powerful foe, by whose hands many of your comrades have fallen, exposure, cold and disease have swept numbers from your ranks into a premature grave; yet by the protecting hand of Divine Providence you have been brought to dwell for a season among us, where peaceful days and nights, and many of the enjoyments of home, will happily relieve the turmoils, the dangers, and the miseries of war. Long may Peace reign! and the brave defenders of our country be spared to enjoy, for the remainder of their lives, in comfort and tranquility the laurels they have so nobly won.

Soldiers! Defenders of an Empire on which the Sun never sets! Servants of a Queen who reigns in the hearts of millions! The nation of which you form a part, is among the foremost in the promotion of knowledge, civilization and benevolence; in this—one of her most favoured colonies—we proudly own our descent and our allegiance; we enjoy the liberality of Britain's laws and institutions, and repose securely under the protection of her gallant armies and fleets.

Amidst these propitious circumstances, we should be wanting in gratitude, were we not to feel an interest in your welfare. It is our duty to inform you where dangers lie, that you may avoid them, and remain uninjured. It is true that no hostile armies here challenge your prowess, but there is here, as elsewhere, an insidious foe, whose fatal shafts, more destructive than Russian bullets, have oft and again caused the wailing notes of the Dead March to echo through our streets. That foe is Strong Drink—his haunts, the tavern, licensed, or unlicensed. Soldiers! shun these haunts as you would shun the pest-house. Remember how many of your companions in arms have gone, in the very pride of manhood, to graves of shame, who but for Strong Drink, might have been living this day in honour and happiness. Be warned by their fate!

We doubt not there are those among you who more than once have faced death and are ready to face it again for your Queen and country, but we would remind you that there is a moral courage still more noble than the intrepidity which marches, without flinching, upon the blazing battery, or into the deadly breach. We call upon you to add this higher courage to the manly valour for which you are already distinguished; we ask you as men to rise superior to the shackles of a custom wholly pernicious, and to meet the sneer of the foolish with the calm indifference of those, who have chosen the more excellent way. You will perhaps be told, that Strong