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and is being done—but let him not use any alcohol for
a week or two then the sedative effect passes off and the
unpleasant even distressing nervous sensations of which
I have spoken no longer being concealed by the action
of the drug are felt more and more plainly, and they
declare in the plainest language the mischief that has
been done.   These very feelings which ought to be the
strongest warning against the use of alcohol drive the
man to a continued recourse to this agent.   This road
once fully entered upon the end can be predicted in
nine cases out of ten.   The supposed necessity for the
drug becomes greater and greater, as the injury which
it has done to the nerve centres grows more and more,
and the man sinks downward lower and lower to a drunk-
ard's death.   If on the other hand the man awakened
in time to a sense of danger, and a realization of the
losing game that he is playing abandons the use of all
alcoholic liquors--then the disagreeable feelings of
which I have spoken gradually fade away—but no man
who has used alcohol even in moderate quantities for
several years will be fully restored to his healthy, natu-
ral feelings within a less time than from six months to
a year after he has given up the use of it—and the
effect of the alcohol may last much longer than this—
many years or the rest of the person's life—in propor-
tion to the quantity of alcohol that has been taken, the
length of time the person has taken it, and the age at
which it is abandoned.   And it is my opinion after long
and careful observation and thought that it will take a
healthy system at least six weeks to recover fully from
the excessive use of alcohol for one day.

No one denies that alcohol taken in quantities sufficient