

man in an apoplectic fit and a man intoxicated, but would suggest naturally the instant abolition of the practice of thrusting the really intoxicated into a cold and damp cell, which to such persons is actually an ante-room to the grave. The sleep of apoplexy and the sleep of drunkenness may be distinguished by a marked difference in the animal temperature. In apoplexy the temperature of the body is $^{\circ}$, in drunkenness below, the natural standard of 98° F.

We would also suggest that the systematic administration of alcohol for the purpose of giving and sustaining strength is an entire delusion. We do not say that occasions do not arise when an enfeebled and fainting heart is temporarily relieved by the relaxation of the vessels which alcohol, on its diffusion through the blood, induces; but, that spirit gives any persistent increase of power by which men are enabled to perform more sustained work, is a mistake as serious as it is universal. In proof of which we give the following experiment of Dr Richardson's, when he submitted muscle to the test:—He gently weighed the hinder limb of a frog until the power of contraction was just overcome; then, by a measured electrical current, he stimulated the muscle to extra contraction, and determined the increase of weight that could thus be lifted. This decided upon in the healthy animal, the trial was repeated some days later on the same frog after it had received alcohol in sufficient quantities. The result was that through every stage the response to the electrical current was enfeebled, and so soon as narcotism was developed by the spirit, it was so enfeebled that less than half the weight that could be lifted in the previous trial, by the natural effort of the animal, could not now be raised even under the electrical excitation. The muscular excitement which passes for increased muscular power is only due to alcoholic disturbance. The muscles are then truly more rapidly stimulated into motion by the nervous tumult, but the muscular power is actually enfeebled.

We must also draw attention to the fact that alcohol is incapable of fattening the body; for if we could successfully fatten the body, we should but destroy it more swiftly and surely; inasmuch as the fattening which follows the use of alcohol is not confined to the external development of fat, but extends to a degeneration through the minute structures of the vital organs, including the heart itself.