

I. We enumerate some of the ruinous effects, of the abuse of ardent spirits.

Their intemperate use is *ruinous to the health*. It will be afterwards shown, that their temperate use is useless. The only permanent strength of the human frame is that, which it derives from food, and sleep. But the stimulus of ardent spirits, applied to the stomach, the great organ of sensation, thro' the nervous system, will produce an exhilaration of spirits, and an increase of muscular energy, succeeded by a corresponding languor of spirits, and exhaustion of strength. The effect of stimulation then, is not to *increase*, but simply *concentrate* the animal energy; to pour out a temporary freshet of feeling, followed quickly, by a longer period, when the system is at low-water-mark. The stomach used a little, to this preternatural excitement, is so far accustomed to it, that it becomes its natural state.—Let it fall below the natural state in its tone; and the man is miserable; and to keep it up to that point simply by food, and sleep is impossible. It can only be done by constant, and *increasing* supplies of stimulus. Withhold these, and he falls into languor, uneasiness and indescribable horror of feeling, miserable just in proportion, as the stomach has been urged and excited above par. The same dreadful sensations in a more mitigated form, will follow, upon the same principles, the subtraction of the excitement of opium, or tobacco, upon a nervous system, that has been long wound up to its highest key, by its stimulating effects.

The rising demands of the stomach growing daily more, and more insensible to the liquor, which formerly powerfully excited it, explain to us, why the intemperate so uniformly proceed from worse, to worse; using liquor in larger quantity, and of a stronger quality. We are also, here, furnished with the solution of the fact, that so few drunkards ever reform. It is owing to the misery produced by the removal of the accustomed stimulus. It is a state of feeling, which may be compared to a living death, which not one in a thousand, has fortitude to bear, until the system has time to recover itself, when he has a ready relief, in the treacherous spirit, that is increasing the malady. Few persons more deplore the situation of drunkards, than they themselves, in their lucid intervals; and none, sufficiently compassionate their horrible condition. To break the chains of intemperance, argues more heroism of soul, than to have met the fires of martyrdom.

The account given, of the operation of stimulus upon the nervous system, shows; that every time ardent spirits is swallowed, it goes so far, towards establishing a state of morbid, and unnatural excitement in the stomach. This effect will be hastened, if the liquor be taken at *regular* intervals; though it be but once a day. Where spirits are hankered after, at stated periods; or where the mind is rendered uneasy, when they are totally withdrawn; the individual is already intemperate, tho' he may not know it; and has already crossed that line, (too generally overlooked,) which separates between temperance and intemperance, tho' he may never have been intoxicated in his life. There is reason to fear, that, a considerable portion of those, who pass for sober men, in the esteem of the community, are already thus far gone. It cannot be otherwise, so long, as the civilities of society ex-

pose
who
tion s
Bu
never
infer
the e
and i
He is
fuel
cold,
W
tingu
state
resul
and a
trem
great
matic
ulcer
supp
or gr
ment
matic
of en
drop
lungs
is the
bloo
and i
ease
of dr
T
those
is no
cult
T
likev
other
laid,
frien
W
arden
life o
track
fatal
not b
be b