

is most potent in producing this deleterious effect. The unnatural action which is excited by this powerful stimulant, and the sudden physical depression which ensues on the dissipation of its exhilarating effects, soon impairs that healthy relation which must necessarily subsist between these functions, to give permanence and efficacy to their operations. The derangement of the functions of digestion, on which depend the greater number of the diseases to which the human system is liable, may be directly traced to even the moderate use of alcoholic drinks. A description of the process of digestion will throw more light on this subject than all the arguments that can be advanced on the therapeutical effects of alcohol, and will enable those who are unacquainted with physiology to perceive at a glance, what a slight disturbance of these functions will derange the whole system, and thus lay the foundation of innumerable diseases which drag so many thousands to untimely graves.

“DIGESTION.—It is now generally understood and admitted that waste of material is a condition of vital action; so that the slightest movement of the body, the most evanescent thought, the most transient exertion of the will, is accompanied by a loss of substance, which loss of substance is due to the death of certain particles of the organ concerned in the vital action. The consequence of this death of the minute constituent parts of the frame is that they fall under the control of chemical laws, are resolved into compounds unfitted to support life, and must be removed from the body by one or other of the excreting organs. The sum of the daily waste of the several parts of the body, therefore, is determined by the sum of its daily actions and exertions, mental and bodily.”