

languor, or the real or imagined evil consequences of their pursuits, by their use, have all their symptoms aggravated, and with even a moderate use more rapidly than others who may use more, run into all the evils of intemperance. Increasing want of energy—bodily, and mental—want of healthy appetite; cold and moist extremities; nervous tremours, more or less of a peculiar bloated appearance of the countenance, a strong and sickening taint of spirits in the breath, with other appearances, soon betrays the secret, that they are seeking from a treacherous and dangerous foe for temporary relief, and that unless total abstinence is resorted to, the result will be confirmed intemperance, loss of health, loss of reputation, loss of usefulness, and ultimately loss of life. Let, these therefore, especially, touch not, taste not, handle not, if they would avoid evil and pursue good. In fine on this head more than millions of persons have found by actual experience in total abstinence from them; that they are altogether better without them. And the number is so great in all conditions and in all circumstances as to make it certain, should the experiment be fairly made that this would be the case with all.

Therefore they are useless and should be banished,—as common sense teaches that nothing should be used which is useless.

Ardent Spirits should be banished, not only because they are needless and useless, but

1<sup>st</sup>ly, Because they hurtful, because they are poisonous and wantonly destructive of health and life.

That Alcohol is a poison, is a truth confirmed by the testimony of the most enlightened and scientific men in the world—and also by its unfavorable effects in greater or less degree, upon the minds and bodies of those who indulge in their use. In any quantity, says an eminent physician they are an enemy to the human constitution. To a man in health, there is no such thing as a temperate use of Spirits.

Their influence upon the physical organs is unfavorable to health and life. They produce weakness, not strength; sickness, not health; death, not life—and says the same physician, “does a healthy labouring man need alcohol,” no more than he needs arsenic or opium. The experiment has been made a thousand times, and the result is well known, that more labour can be accomplished in a month, or a year, under the influence of simple, nourishing food and unstimulating drinks than through the aid of alcohol.

Sir Astley Cooper states, that spirits and poisons are synonymous terms;—Dr. Samuel Drake of Ohio, speaks of them as a deadly poison, in moderate doses imparting an unnatural excitement, in excessive draughts suddenly extinguishing life; thus resembling in their effects, a number of deleterious substances as stramonium, hemlock, the prussic acid and opium.

And Dr. Samuel Emlin, late secretary of the College of Physicians and Surgeons of Philadelphia, remarks, “We should not admit of the popular reasoning as applicable here, that the abuse of a thing is no argument