

MEMORANDA.

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fillip; but the best medical men tell us that in nine quarts of alcohol there is less nourishment than could be put on the blade of a table knife.

We speak now of the heart-breaking effect of passion; and first of anger. A man is said to be "red" or "white" with rage. In using these expressions we are physiologically speaking of the nervous condition of the minute circulation of the man's blood. "Red" rage means partial paralysis of minute blood vessels; and "white" rage means temporary suspension of the action of the prime mover of the circulation itself. But such disturbances cannot often be produced without the occurrence of permanent organic evils to the vital organs, especially of the heart and of the brain. One striking example is given by Dr. Richardson in the case of a member of his own profession: "This gentleman told me that original irritability of temper was permitted, by want of due control, to pass into a disposition to almost persistent or chronic anger, so that every trifle in his way was a cause of unwarrantable irritation. Sometimes his anger was so vehement, that all about him were alarmed for him even more than for themselves; and when the attack was over there were hours of sorrow and regret in private, which were as exhausting as the previous rage. In the midst of one of these outbreaks of short, severe madness, he suddenly felt, to use his own expression, as if his heart were lost. He reeled under the impression, was nauseated and faint; then recovering, he put his hand to his wrist, and discovered an intermittent action of his heart as the cause of his faintness. He never completely rallied from that shock; and to the day of his death, ten years later, he was never free from the intermittency. 'I am broken-hearted,' he would say; 'physically broken-hearted.' And so he was; but the knowledge of the broken heart marvelously tempered his passion, and saved him many years of really useful life. He died ultimately from an acute febrile disorder."

Wine is commonly said to "make glad the heart," but such hilarity is short-lived; and it would seem, from the latest discoveries of science, that the drunkard is even physically a *broken-hearted man*. The heart is nothing more than a force-pump to keep up the circulation of the blood. The pulse indicates, the beats or strokes of the pump. If the