

destruction of life, among persons of decidedly intemperate habits, has been estimated at upwards of 3,000 males, and 700 females, in a population of nearly 54,000 males, and upwards of 11,000 females, addicted to intemperance. The greater number of these deaths is due to delirium tremens and diseases of the brain, and to dropsical affections supervening on disease of the liver and kidneys."

It has been stated by a high authority that "if we allow 70 years for the usual age of man, and 60 pulsations in a minute for the common measure of pulses of a temperate person, the number of pulsations in his whole life, would amount to 2,207,520,000. If by intemperance he force the blood into a more rapid motion, so as to give 75 pulses in a minute, the same number of pulses would be completed in 56 years. His life by this means would be reduced 14 years." Dr. Hufeland remarks with regard to the circulation of the blood, that, "a slow uniform pulse is a strong sign of long life and a great means to promote it," and that "a principal cause of our internal consumption, or spontaneous wasting, lies in the continual circulation of the blood. He who has a hundred pulsations in a minute may be wasted far more quickly than he who has only 50. Those therefore whose pulse is always quick, and in whom every trifling agitation of the mind, or every additional drop of wine, increases the motion of the heart, are unfortunate candidates for longevity, since their whole life is a continual fever."

Here it will be seen that whatever increases the circulation of the blood by unnatural means, tends to injure the healthy action of the several organs of the body, and to destroy that harmony and delicate sensibility which should exist throughout the whole system. The alcoholic stimulus