

With the caution, which such facts inculcate, we leave the Brandy bottle, to be ranged on the Apothecary's shelves, with other such potent remedies as laudanum, arsenic, and digitalis.

But ardent spirits, it is commonly said are *necessary when exposed to cold weather*. This sentiment we are confident, is founded on neither reason, nor experience. Reason says, that the temporary warmth produced by spirit, is succeeded by a feebleness of the circulation, which renders one doubly sensible, to the impression of cold. Experience informs us, that warm dress, a plentiful meal just before exposure to cold, and occasionally a little food, is a much more successful method of preserving the heat of the body, in cold weather. In confirmation of this, is the case of a vessel wrecked off the harbour of Newburyport, Mass. in an intensely cold night. The captain advised the crew, to drink no ardent spirits, if they would not freeze to death. Some took his advice, and escaped, uninjured. Others drank spirits, and some lost their hands, some their feet, and some perished.

Others maintain spirits to be very *necessary in warm weather*. "Experience proves" says a distinguished physician "that they increase, instead of lessening the effects of heat upon the body, and thereby dispose to diseases of all kinds. Even in the warm climate of the West Indies, Dr. Bell asserts this to be true. 'Rum (says this author) whether used habitually, moderately, or excessively, in the West Indies, always diminishes the strength of the body, and renders men more susceptible of disease, and unfit for any service, in which vigour, or activity is required.' As well might we throw oil into a house, the roof of which was on fire, in order to prevent the flames from extending to its inside; as pour ardent spirits, into the stomach, to lessen the effects of a hot sun upon the skin."*

But spirituous liquors, it is still more usually contended, are *necessary to enable a man to bear more hard labour*.

Had a man by a single exertion to lift some great weight, *perhaps* a draught of stimulus might enable him to do it, but the sense of weariness, which follows the excitement, manifestly unfits for *continued* exertion. *There is no nourishment in ardent spirits*. The most that they do, is to make a man boast, and produce a prodigal expenditure of what strength he has. Why should a labourer drink to be strong? The horse toils all day, and requires nothing but oats and cold water. Those persons in Britain whose business it is to train men for pugilistic combats, and impartially adopt the best method of bringing them to "the top of their condition," rigidly enforce a total abstinence from every species of distilled spirits. The men, who in other days, wore the iron armour in which a modern can scarcely move his limbs, drank no ardent spirits. The Roman legions who made their Eagle spread its wings over every city, of the then known world drank no ardent spirits. Water, mixed with a little vinegar, to quench thirst, was their only potation on the day of dusty and bloody battle.

Spirits are of no manner of use, except occasionally, when prescribed as a medicine. They are not only useless, but *dangerous* when

*Rush's Works.