

most of the organic compounds; whose solution in water is essential to their appropriation by the living body. The great end of food is, to impart force or power to the system, to enable man to perform his daily work; and the only possible ways by which food can generate power are three: 1st, by the organization of tissue; 2nd, by the supply of chemical ingredients to promote the change in the blood; and 3rd, by supplying fuel for oxidation, and thus producing the heat of the body. Anything which can perform these operations without injury to our systems is food; and nothing is food which does it harmfully." Professor Lehman, says in his "Physiological Chemistry:" "We cannot believe that alcohol, theine, etc., belong to the class of substances capable of contributing towards the maintenance of the vital functions." It is plain from the testimony of Dr. Smith, F.R.S., and of hundreds of the most skilful chemists and medical men in Great Britain, the European Continent, the United States and Canada, that alcohol does not contain one of the requisite elements necessary to nourish our bodies. It cannot make tissue, or supply salts and phosphates, or feed the furnace to maintain the warmth of the system. It prevents the excretion of foul gases from the body, and retains effete matter of various kinds; which are productive of rheumatism, gout, bilious and enteric fevers, etc. In the sixth edition of Dr. Turner's "Elements of Chemistry," he quotes Liebig's description of alcohol, in which he concurs, that "alcohol is a non-conductor of electricity, which greedily absorbs water from the atmosphere, and deprives animal substances of the water they contain, causing them to shrivel

up. Hence its use in anatomical preparations." These properties make alcohol a most hostile agent to digestion and circulation. No two agents in nature are more antagonistic in their action, than water and alcohol. What water does for our bodies, alcohol tends directly to undo. Everywhere water is hailed as a friend by all nature; the flowers in our gardens, the growing grain and grasses, the trees in the forest, the cattle on a thousand hills, the burning thirst of the wearied traveller, all illustrate the necessity, and the divine benefaction conferred upon the three Kingdoms of nature, by this glorious boon—the blood of nature, "the water of life!" We marvel at its numerous properties! "It cleanses, but never pollutes; it aids to nourish, but never starves; it excites to normal action, but never irritates to fever and inflammation. It absorbs heat, and circulates it equably throughout our systems, better than any other agent, and in suitable quantity, is always retained until the function which requires it is fulfilled. Hence, while it wastes no force, and does not in the slightest degree detract from the sum total of organic power; it aids in the performance of every natural work. Alcohol, then, contrasted in all its physiological properties with water, cannot rationally be regarded as Drink, any more than as food, since the one purpose of drink—that of acting as a vehicle or menstruum of digestion and circulation—is counteracted exactly to the extent that alcohol is introduced into any living thing, whether vegetable or animal. If water, slightly mixed with alcohol, is poured upon a bed of cresses or flowers, it will blanch the leaves, wither the petals and arrest the growth. Some who love strong drink say that

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