

deney of alcoholic drinks, amongst whom were Christison, Pereira, &c., in the course of which, the Dr. stated that all liquors of the above description ought to be kept nowhere except on the shelves of the druggist or chemist. The drinking of beer was also noticed, although this vice was not so common here as in Great Britain. Many people were of opinion that beer was good for nursing mothers, but this was a downright fallacy, as it rendered the milk of the nurse of the same class as that of the cow which was fed upon the wash of the distilleries, which they all knew to be thin and deleterious. Some people also used intoxicating liquors for the prevention of contagion. This act the doctor condemned as ridiculous. As an instance of their utter worthlessness for such a purpose, he stated that last year, when fever was raging, a young medical gentleman of his acquaintance, went to attend on the patients at the sheds, who, previous to his going, was advised not to taste intoxicating liquor. This course he pursued, and he remained in perfect health up to October. Some others who went on the same errand, indulged in the drinking of brandy and water, and before they were a fortnight in attendance, they were seized with fever. Others used these liquors as a narcotic, but the effect of this was, that the system became habituated to it, and, as a consequence, the dose had to be increased the longer it was used, in order to arrive at the desired result. This constant use led to the fact, as stated by Dr. Jane, the Temperance pioneer of Ireland, that the man who began with a glass, generally ended with a bottle. No one, therefore, who began to drink, could consider himself safe, so long as he tasted. The influence of alcoholic liquor upon the body next came under the notice of the lecturer, one of the first effects of which, he said, was to exhilarate the pulse, by which a larger quantity of blood was sent to the brain, than otherwise would be. Dr. Percy, who had received the gold medal for an inaugural address delivered by him, when he graduated in Edinburgh, had taken from the brain of a man who had died a drunkard, two spoonfuls of alcohol. He, Dr. Sewell, was a believer in phrenology, and, as the head was composed of various organs, the effect of alcohol was to stimulate those organs to an unnatural degree, which was the cause of so many crimes being committed when under the influence of alcohol, both by men and women. Intemperance also induced inflammation of the lungs, and pleurisy, which might ultimately end in delirium tremens or apoplexy. Insanity was another of the effects of intemperance. In 1840, 110 insane persons had been admitted into an asylum in London, thirty-one cases of which were directly ascribed to intemperance, thirty-four indirectly; and of the remainder, it was suspected, some of them arose from the same cause.—Delirium tremens was a disease of much more frequent occurrence than the public were generally aware of. Four years ago, he had attended the Montreal General Hospital during the summer. Besides the cases treated in the hospital during two months, there, were six admitted which he had never seen. These six were brought to the hospital when he was absent on his other duties. They were young men of about twenty-two or twenty-four years of age, and they died

before he returned to the hospital; in fact, two of them died in the receiving hall. Five years ago, he attended a tavern keeper, who had been in the habit of drinking from thirty-six to forty glasses of whisky a day. He died of delirium tremens. Epilepsy was another disease attributable to alcoholic liquor. He had cured a number of cases, by advising people to let liquor alone, along with other means which he used. Stomachs, diseased by alcohol, caused a nausea, and a desire for vomiting in the morning; and if the practice of using these drinks was continued, the stomach became inflamed perpetually, till at last it refused all food, and the miserable victim sometimes died of starvation. It was necessary that both the stomach and the liver should be in perfect health, properly to perform their functions; the one could not be diseased without affecting the other. He had seen the liver of a man so much enlarged by the use of intoxicating liquors, that it nearly filled the half of the abdominal cavity. Dr. Sewell went over a long list of diseases the "drunkard is heir to," idiocy among their children being one, exhibiting the effects of moderate drinking and intemperance on the brain, liver, &c., by several well designed and faithfully delineated plates, which added greatly to the interest of the address. He concluded by expressing his conviction, that but for the degrading vice of drunkenness, the lives of many persons would be considerably prolonged, and adding a hope that what he had said would be sufficient to convince the audience of the evil effects of alcoholic liquors on the human body.

J. Dougall, Esq., President of the Montreal Society, occupied the chair on both evenings. At the conclusion of Dr. Sewell's lecture, he said he had been conversing with Dr. Sewell on the desirableness of repeating the lecture during the winter, which announcement was received with applause. We can only hope that these lectures will bring many within the pale of the society, who at present are standing aloof.

To the Editor of the Canada Temperance Advocate.

SIR,—You are no doubt aware of the existence of the Essex Temperance Union—a society composed of delegates from the respective societies in this District Union, who meet three times a year, to deliberate on the best means for promoting the temperance cause in this district of country. That body, at its last meeting, appointed a pic-nic to be held on the farm of Mr. Henry Wright, Malding, on the 24th August, which pic-nic is the subject of the following communication. But before giving you a description of it, I shall give you some idea how the temperance cause was moving in this region. For some time back, many of the friends of the cause had been growing lukewarm; that zeal and energy which used to characterise the total abstinence society here, had almost left it; the enemy was making slow but stealthy progress, undermining some whose foundation was not secure, whose moral courage was unable to withstand the onset; thus they gave way, and became more the aiders than the opponents of drinking usages. This state of things began to wear a serious aspect; groggeries