

poorer classes, is the direct cause of an incalculable and appalling amount of disease and death, the Doctor said, "It is strictly so in regard to the destruction of life."

"There cannot," says Dr. Rush, "be a greater error than to suppose that spirituous liquors lessen the effects of cold upon the body; on the contrary, they render the body more liable to be affected and injured by cold; the temporary warmth they produce is always succeeded by chillness."

A convict ship took out 300 culprits; they were allowed only water, while the crew had ardent spirits. On arriving at Sydney every convict was in perfect health, no case of illness or death had occurred during the seven months voyage: but of the crew several died, and several were sick on landing.

The long and rapid marches of the ancient Greek and Roman armies, and the privations and labours they underwent, are much greater than could be endured by any modern European soldiery; and yet these men drank no ardent spirits. Some of the native East India troops in the employment of the British Government possess the same power, and their religious ideas and customs deny them spirituous liquors. Sir John Moore's army was found to improve in health during their distressing march to Corunna, as soon as the usual allowance of ardent spirits was unattainable. It is related of Niger, that he forbade the use of wine in his army, wishing the soldiers to accustom themselves to vinegar mixed with water, in conformity with the ancient regulation.

Captain Ross, in the frozen regions, found that men enjoyed better health, and suffered less from frost without these liquors than with them. The writer has travelled in the midst of frost and snow, and drunk brandy and water until he was himself nearly frozen: he has travelled in the same kind of weather, and drunk nothing but water, and been comfortably warm. The brandy increased circulation, and produced heat for a short time; but then Dr. Farre's law of the forcing system was regularly observed; after every glass of spirits, "the circulation fell off in a greater degree than it was forced," and much more intense cold was felt as the consequence. Mr. Hoskins in his late visits to the Pyramids, found by his own experience, and that of others that the water of the Nile was, in that hot country, the most refreshing and invigorating beverage. And he says that spirit-drinkers very soon become incapable of enduring the climate. This is perfectly natural. If the absorption is great, and the perspiration profuse, nothing can better supply this waste than the simplest beverage; and that beverage is water. To drink alcoholic drinks at such a time would be to increase the evil which drinking is intended to remove.

Mr. Buckingham says, in Mesopotamia he himself had ridden 300 miles in ten successive days, with the thermometer at 75 degrees in some parts of the journey, and below freezing point in others, and yet he drank nothing stronger than water. Dr. Jackson says that he travelled in Jamaica, on foot, 118 miles in four days, and carried baggage equal to the knapsack of a common soldier, and drank only tea—water or lemonade. He attributed his escape from disease to his entire abstinence.

Lord Ashley wrote to the Chaplain of a country jail to ask "How much of the crimes which brought prisoners to the jail he could trace to habits of intoxication?" In reply he wrote, "I am within the word in saying that three-fourths of the crimes committed is the result of intemperance." In corroboration of that testimony, Mr. Smith, the governor of the prison at Edinburgh, wrote—"Having been for a number of years a missionary among the poor in Edinburgh, and having for two years had charge of the house of refuge for the destitute, I have had perhaps the best opportunities of observing how far drunkenness produced ignorance, destitution and crime; and the result of my experience is a firm conviction, that but for the effects of intemperance, directly and indirectly instead of having 500 persons in the prison at this time, there would not have been fifty." He (Lord Ashley) said there was another very important consideration to which his attention had been for some time directed, and his experience of which had been confirmed by medical men—he alluded to the effects of intoxication on the social and intellectual state of the people; and it was well worth inquiring to what extent intellect had been destroyed by, and madness ascribable to, that vice.—"This was more than a curious fact, because, although there were hundreds and thousands whose derangement of mind was such as to make confinement necessary, yet how many more must be not be, whose intellects were impaired to an extent which fell short of that state which rendered restraint indispensable. Dr. Cozzell, of the Wakefield Asylum, states—"I am led to believe that intemperance is the existing cause, of insanity in about one-

third of the institution." He adds that, "In Glasgow 26 per cent; in Aberdeen 18 per cent." Doctor Browne of the Crichton Asylum states—"The application for the introduction of individuals who have lost their reason from excessive drinking, continues to be very numerous." At Northampton, the superintendent says: amongst the causes of insanity, intemperance predominates. At Monrose, Dr. Poole says, twenty-four per cent. of insane cases arise from intemperance. Dr. Pritchard, who was well known not only in the medical, but the literary world, wrote to him (Lord Ashley) "The medical writers of all countries reckon intemperance among the most influential exciting causes of insanity. Esquirol who has been most celebrated on the Continent for his researches into the statistics of madness and who is well known to have extended his enquiries into all Countries, was of opinion that the cause gives rise to one-half of the cases of insanity that occur in Great Britain."

In their annual report for 1829, the Directors of the Glasgow Lunatic Asylum say, "In accordance with the humane purpose of our institution, we feel it our duty to mention any remarkable or prevalent cause of lunacy, against the operation of which it may be possible to guard. We regret that we should have occasion to repeat, that a considerable number of our patients become affected with their malady in consequence of abuse of spirituous liquors."

Dr. Gordon says, "Leaving drunkenness out of the question, the frequent consumption of a small quantity of spirits, gradually increased is as surely destructive of life as more habitual intoxication; therefore the gin-shops are spreading disease and death, to a degree that is frightful." Dr. Fothergill says, "Of all the articles of the popular Materia Medica, there are none so frequently used, so seldom required, or so dangerous to administer, as ardent spirits, wine, and malt liquors; and their total rejection would be the means of preventing the ruin of many constitutions, and the loss of innumerable lives which are now sacrificed directly or indirectly, to their injudicious employment." In addition to all this, Beaumont on Alcoholic drinks, declares; "It is not hazarding too much to say, that while hundreds and thousands have committed suicide, by the agency of hemp and steel, tens of thousands have destroyed themselves by intoxicating drink."

Dr. Cheyne showed that in the West and East Indies, the mortality among the troops in 1827, amounted to one in every sixteen, and that the chief cause of these deaths was drinking.

Dr. Elliotson of London says, "the total abstinence from alcoholic drinks, and other narcotic substances, will greatly augment health, and lengthen life. Plenty of wholesome food and fresh air are the best strengtheners, and rest when we are fatigued, is the best restorer."

A. Courtney, Surgeon Royal Navy says, "I have in eight years attended one thousand one hundred and thirty-seven cases of midwifery, and have invariably found that other circumstances being equal, those mothers who never tasted malt liquors, wine or spirits, during and subsequent to the period of labour, have had the easiest labours, the earliest recoveries, and the best health afterwards."

In America, it was computed that 40,000 persons die annually from drinking. Dr. Gordon of the London Hospital, stated that, from accurate observations on his own patients, he knew that seventy-five cases of disease out of every hundred, could be traced to drinking. He also declared that most of the bodies of moderate drinkers which, when at Edinburgh, he had opened, were found diseased in the liver, and that these symptoms appeared also in the bodies of temperate people which he had examined in the West Indies. He more than once says, "that the bodies whose livers he had found diseased, were those of moral and religious people." This came with so observed, that "the mortality among the coal-whippers who are brought to the London Hospital is frightful."

An army of 15,000 fellow subjects dead on the field of battle would fill us with horror, yet, according to Mr. Wakley, 15,000 citizens of London are annually slain in the most brutal manner by alcoholic drink.

In an American report, the *London Morning Herald* is quoted thus:—"Speaking of Cholera, it says, "Intemperance is a qualification it never overlooks. Often has it passed harmless over a wide population of temperate country people, and poured down as an overflowing scourge on the drunkards of some distant town. In some towns the drunkards are all dead. Rammehan Fingee, the famous Indian doctor, says with regard to India, that the people who do not take opium or take the dissipants, do not order, even when they are with those who have it. M. Kubler, who was