

There has long been a prevalent idea among the professional classes, that a "moderate" use of fermented or spirituous liquors conduces to intellectual vigour, and enables them better to endure the mental strain they have to undergo. But this opinion, too, disappears before the crucial test of actual experience. Those who indulge in wine or spirit drinking mistake the transient stimulation of the faculties for an increase of mental power, not considering that the subsequent reaction and depression are all the greater for the previous excitement. When men have sought the aid of these delusive supports, it has often failed them utterly after a short time. Hartley Coleridge, Mozart, Burns, Byron, E. A. Poe, and many other gifted sons of genius, who had recourse to alcoholic stimulus for the excitement of their powers, all died at an early age, "as if," says Dr. Carpenter, "in consequence of the premature exhaustion of their nervous energy."

S. C. Hall, the well-known author, and editor of the *Art-Journal*, gave his testimony as follows: "He lived by the labour of his brain, and could testify that since he became a teetotaler, he had an increase of intellectual power. He was better in body and mind, and was able to work three times longer than ever he could while he indulged, even moderately, in the use of strong drinks."

Few men have performed greater public labours than the late Mr. Cobden. He says: "No one has more faith than I have in the truth of the teetotal doctrine, both in a physical and moral point of view. I have acted upon the principle that fermented or distilled drinks are useless for sustaining our strength, for the more work I have had to do, the more I have resorted to the pump and the teapot. . . . From what I have seen of the House," he continues, "I must say that I have the belief that the men who are the most temperate are the men who bear the fatigue of the House best." The late Col. Thompson and Mr. Bright, those indefatigable workers in the public service, were both practical teetotalers. John Howard, the illustrious philanthropist, notwithstanding his constitutional weakness, seemed to bear a charmed life amid plague and pestilence, and the extraordinary fatigues of his extensive travels, the result, doubtless, of his abstemious diet. Some dried biscuit and a cup of milk or