

when visited with a fever, might be raised up as well as not were it not for that state of the system, which daily moderate drinking occasions, who, even in spite of all that can be done, sinks down and dies."

Dr. Julius Jeffreys: "Extensive opportunities of observing the habits of various classes and of different races among the inhabitants of Hindostan, have brought before me abundant evidence that in using no alcoholic drinks, they are exempted from the more complicated forms of disease. Upon my return to England, the contrast was striking and painful. Moderation in the use of these liquors is in fact inapplicable, and total abstinence is the only step."

Dr. Alden, "To a man in health, there is no such thing as a temperate use of ardent spirits. In any quantity, they are an enemy to the human constitution; their influence upon the physical organs is unfavourable to health and life; they produce weakness and not strength: sickness and not health: death and not life. Is the moderate use, or any use, of such an article as this, to be accounted temperance?"

Dr. E. Johnson, "Are ardent spirits, wines, and strong ales, necessary or pernicious, or neither? I assert that they are in every instance as articles of diet, pernicious."

Dr. Garnitt, "Most persons have so indulged themselves in this pernicious habit of drinking wine, that they imagine they cannot live without a little every day; they think that their very existence depends upon it and that their stomachs require it. Similar arguments may be brought in favour of every other habit."

Dr. Trotter: "Sober drunkards, if I may be allowed the expression, deceive themselves as well as others, and though they pace slowly along the road to ruin, their journey terminates at the goal."

Dr. Tothill, "My own opinion, from long practical observation, is, that a total abstinence of all alcoholic liquors, would make a greater change for the better in the moral and civil condition of mankind, than all other known remedies whatever."

Prof. Hitchcoe, "The use of ardent spirits, even in the greatest moderation, tends to shorten life."

Dr. Totter, "Intoxicating liquors, in all their forms, and however disguised, are the most productive cause of disease with which I am acquainted."

Dr. R. G. Dods, "No one is safe from the approach of countless maladies, who is in the daily habit of using even the smallest portion of ardent spirit. The practice cannot possibly do any good, and it has often done much harm."

Dr. Kirk, of Scotland, "That men who were never considered intemperate, by daily drinking have often shortened life more than twenty years, and that the respectable use of this poison kills more than even drunkenness."

Dr. Carrick, "Unnatural excitement by means of strong liquors, occasions a premature old age, a life of suffering, and an early grave."

Dr. Gordon, "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; and, therefore, the gin shops are spreading disease and death to a degree that is frightful."

Dr. Harris, "The moderate use of spirituous liquors has destroyed many who were never drunk."

Dr. Alden, "I appeal to every philanthropist, patriot and Christian, to take part in the reform; to avoid the use of spirits as a violation of the laws of life; to abstain from the unholy traffic as from a traffic in human blood."

I. Higginbotham, Surg. "I consider I shall do more in curing and preventing disease, in one year, by prescribing total abstinence, than I could do, in the ordinary course of an extensive practice, in one hundred years."

"I had visited a patient, a minister who was suffering from a hardened liver. He had, it appeared, been in the

habit of taking whisky. He had some stomach complaint, and every time he felt uneasy he took a little. No one had given him any caution. As soon as I saw him I pronounced him a dead man.— He died soon after!

"One day when I was visiting him, a deacon of the church called in, to whom I related my suspicions as to the practice of the minister. The deacon exclaimed, 'oh, dear, no; nothing of the kind—he only takes a little drop, now and then, when he feels himself unwell.' The deacon himself had a ruby nose, and certain streaks of purple and red in his face. On being asked respecting his habits, he said 'that he took two or three glasses of wine after dinner, and sometimes a little toddy, especially at night.' I cautioned him, and told him he must soon expect to follow his minister."

Dr. Gordon, of the London Hospital, "Most of the bodies of moderate drinkers which, when in Edinburgh I opened, were found diseased in the liver, and these symptoms appeared also in bodies of temperate people, which I had examined in the West Indies." He also adds, "that the mortality among the coal whippers, who are brought to the London Hospital, is frightful; that the moment these beer drinkers are attacked with any acute disease, they are unable to bear depletion, and die directly."

Sir Astley Cooper, "No person has a greater hostility to dram drinking than myself, inso much that I never suffer any ardent spirits in my house, thinking them evil spirits; and if the poor could witness the white livers, the dropsies, the shattered, nervous systems which I have seen, as the consequences of drinking, they would be aware that spirits and poisons are synonymous terms."

Dr. Batty, lecturer at the medical school, Royal Institution, Liverpool; and sixty-nine other distinguished physicians—"Man in ordinary health requires not any stimulants, as wine, beer, or spirits, and cannot be benefited by the habitual quantity of them, large or small. Their use can do no good to him, even in the most moderate quantities, which sooner or later prove injurious to the human constitution."

Dr. Cheyne, "I have no doubt, if a man, beginning at twenty, were to take one large glass of spirits regularly every day, he would thereby affect the duration of his life, probably abridging it by at least ten years."

Dr. Trotter, "No cause of disease has so wide a range or so large a share as the use of spirituous liquors."

Dr. Cheyne, of Dublin, "Should ten young men begin at twenty-one years of age to use but one glass of two ounces a day, and never increase the quantity, nine out of ten would shorten life more than ten years."

Dr. Dods, "Its (alcohol) effects on the blood vessels seem to be two-fold: an increased excitement, and contraction of diameter. This tends to produce enlargement in some parts; or effusion diminishes the healthy functions of the organs, and slowly, though certainly, leads to alteration both in structure and function."

"It were easy to extend my remarks; but enough has been said to convince those who will yield to facts, of the injurious effects of ardent spirits, when used even moderately, for any length of time. The use of ardent spirits is one of the greatest evils that has ever befallen the human race. It destroys the gastro hepatic system, producing a variety of liver diseases. Alcohol destroys the lacteal absorbent surface."

Dr. Higginbotham, the celebrated surgeon, speaking of stimulating liquors, says, "I am fully persuaded that many chronic diseases are brought on and continued by their use."

"It is decidedly my conviction, that those who belong to such a society, (temperance society,) will seldom have occasion for medical men. By adopting the principles of this society, the public health will be immeasurably improved."

Dr. J. Upton, "I witnessed, when a student in Edinburgh, its fatal consequences, in the Infirmary, by an en-