

TEMPERANCE ADVOCATE,

DEVOTED TO TEMPERANCE, EDUCATION, AGRICULTURE & NEWS.

PLEDGE.—We, the undersigned, do agree, that we will not use Intoxicating Liquors as a Beverage, nor Traffic in them; that we will not provide them as an article of Entertainment, nor for persons in our Employment; and that in all suitable ways we will discountenance their use throughout the community.

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Intoxicating Drinks.

A book has just appeared, which we cordially commend to the attention of our Young Men, entitled, "Elementary Anatomy and Physiology, for Schools and Private Instruction; with Lessons on Diet, Intoxicating Drinks, Tobacco, and Diseases." By William Lovett, Darton and Co. The Work is one of very considerable interest, as being the result of self-instruction in such matters, by a man of a clear and vigorous understanding, who, although he has not received a professional education, has contrived to make himself master of the combined store of professional literature already within reach on the subjects in hand. It is to be noticed also, that the book has been prepared to supply a defect with which Mr. Lovett met in the prosecution of his studies. Notwithstanding the variety and abundance of existing works, he found none adapted to his object—communicating knowledge in the lesson form; and hence he has labored to effect a digest on that principle, presenting to the public, within very limited dimensions, the results of the labors of Jones, Quain, Wilson, South, Elliotson, Southwood, Smith, Andrew and George Coombe, Carpenter, Paris, Thompson, and Magendie. Mr. Lovett, after a long series of lessons, gives four additional dissertations on Diet, Drink, Tobacco, and Diseases. That on drinks, is so interesting and important, that we have great pleasure in setting part of it before our Young Men, by whom it may be read with the utmost advantage; and if they possess only a portion of the philanthropy for which we give them credit, they will lend the Magazine, on every hand, to individuals to whom such instructions may be seasonable and important:

INTOXICATING DRINKS.

The intoxicating principle in all liquors is alcohol; a limpid colorless fluid, of a strong pungent nature, obtained from various substances by the processes of fermentation and distillation.

By fermentation is meant the peculiar change which all vegetable matter undergoes in a state of decay; which in the making of wines, cider, berry, and other fruit liquors, spontaneously takes place, and being checked at a particular point forms the liquor; but in the making of beer, ale, porter, and other grain liquors, the fermentation is artificially produced by the process of brewing.

By distillation is meant the separation of the alcohol contained in fermented vegetable substances, by the agency of heat; with the aid of an apparatus for collecting the alcoholized vapor which arises from them in the process of boiling.

The effects of alcohol on the stomach is first to irritate its mucous lining, and over excite its nerves and secretory vessels, so as to create a morbid appetite for food beyond the wants of the system; causing the bloated and inflamed appearance we see in many persons. If the stimulant is continued, inflammatory patches and ulcerous spots break out in the interior of the stomach, accompanied by a vitiated state of the gastric juice, and a diminished appetite and power of digestion. If the habit is persevered in this is followed by a still more diseased state of the stomach; such as inflammation, dyspeptic spasm, morning vomiting, spitting of blood, and ulcerated states of its interior.

The bowels are not only affected by this inflamed and diseased state of the stomach, but they are otherwise injured; first, by the alcohol weakning the fibres of the pylorus it permits the undigested food to pass out and irritate them; secondly, by its

coagulating and fermenting the food in the stomach it also tends to disorder them; thirdly, by its rendering the bile less alkaline it ceases to be a proper stimulant for promoting the healthy action of the bowels, which leads to a costive habit of body, and that state too frequently to other diseases. It also often brings on (more especially in females), such an irritable state of the intestines, as to produce an almost constant state of diarrhoea.

Diseases of the liver are common and notorious among those who indulge in the use of intoxicating drinks; and more especially among those of sedentary habits, or who work in-doors. The alcoholized blood, being almost immediately conveyed to the liver, tends to inflammatory disease, in consequence of the excess of carbon to be removed, as well as from the acrid nature of the alcohol.

The liver thus constantly over-gorged with venous blood, and inflamed by over-exertion, becomes at last soft and flaccid in its texture, and weak and torpid in its functions. The diseases sometimes causing it to expand to double its size, with a fatty degenerate kind of matter deposited between its lobes, and at other times causing it to waste away considerably below its usual dimensions.

A peculiar disease of this organ, in which it becomes granular, or full of small brown tubercles, while its surface is covered with small hard prominences, is called, the "hobnailed" or "gin-drinker's liver;" from its being so common among drunkards.

In hot weather, and in hot countries, all these diseases are aggravated; by reason of the atmosphere being so rarified that the same volume of air does not contain the same quantity of oxygen to burn off the excess of carbon which intoxicating drink occasions.

The kidneys, being like the liver depurating organs, are subject to similar inflammatory and degenerating diseases, from the use of intoxicating drinks; such as enlargement and change of structure, granular deposit, and general derangement. From their impaired functions, as well as from mineral and acid substances combined in different drinks, serious diseases of another description arise, such as gravelly deposits and stony concretions in the bladder.—diseases exceedingly dangerous, and accompanied with pain of the most intense nature. These last diseases are common among wine and porter drinkers.

Diseases of the lungs, both acute and chronic, are also prevalent among those who indulge in intoxicating drinks. Consumptive disease is induced by a vitiated state and obstructed circulation of the blood; such as is produced by strong drinks. An inflammatory state of the lungs is frequently occasioned by the acrid nature of the blood, and the fumes of the drink, irritating the delicate lining of the air vesicles and bronchial tubes; rendering the whole organs highly susceptible of changes of temperature, and consequent disease. And nervous affection, and diminished action of the lungs are produced by the pernicious effect of alcohol on the nerves of respiration.

The heart and blood-vessels are also liable to disease from the use of those drinks. The irregular circulation caused by the alcohol, and its effects on their interior producing frequent inflammation tends to weaken the elasticity of the arteries, and to ossify the valves of the heart; giving rise to palpitations, aneurisms, and other maladies.

The secretory glands, nerves, and vessels of the skin, have their functions also impaired by alcohol, which prevents noxious