

who loves company, and is usually good-hearted, generous and free with his money.

(c) The mean-souled man, who cannot resist the temptation to take a glass or two when others pay for them, or who delights to "sponge" on the goodwill and pockets of his more free-giving neighbors.

Any or all of these varieties begin to imbibe as sober men, but, by repetition, the custom becomes a habit, and at last it degenerates into a vice. Such stimulants are insidious, and often do their stealthy work before the victims are thoroughly aware of the mighty grip these have upon them. They wake up to the fact that they have generated and nursed a craving want which it is misery not to satisfy. Some can by the exercise of great determination refrain from drinking in spite of the quenchless desire, but the many drift down the fatal stream without making one effort to reach the shore of safety.

Those who become drunkards by nightly potations, to relieve mental trouble, are more numerous than is supposed. They are not usually found among the drunk and disorderly in a police court; they may not make exhibitions of themselves in public places; they may even give little trouble to their friends or families, and many are not even suspected of drinking, until a vicious habit has been formed. The drinking is done in secret. The victims pass sleepless nights without partaking of some narcotic, and so drink themselves nightly into profound stupor. It is a drunkenness of which no one may know, because the person has no excited stage, seeing he has at once saturated his brain with an overpowering quantity of the stupefying potion. This demoralizing habit may go on for years without any particular symptoms being seen by others during the daytime, as the nocturnal drunkard will only take a small dose in the morning to enable him to throw off the stupidity of the nightly debauch, and to appear as usual before the public. This truce cannot last, and outraged nature takes the punishment upon itself. Paralysis, or apoplexy, or insanity, may be the result. In many, before these sad inflictions supervene, the nightly soporific is followed by the daily spree. The disguise is thrown off, and there is a full surrender to the

persistent victor. This class usually belongs to our active members of society.

The daily brain work above normal; the worry of competitive business; the humdrum of all work and no relaxation; the fierce battle for life all along the line; the envies and jealousies in the world of fuss and fashion; which end in commercial ruin and disappointed ambition, and a thousand such malign influences cause sleeplessness, mental anguish and general nervousness. Such victims flee for refuge to any temporary relief, and they find it most readily in the oblivion of debauch from the use of alcohol or opium.

It might be mentioned here that such nightly stupefactions are more fatal to mental integrity than is any other form of drinking. In such, the excretories have not time to remove the poison from the system nor the brain to recover its tone from the daily invasion, before they are again called upon to defend the citadel of life. Each assault makes the resistance more feeble, until, at last, there is unconditional surrender. It really means daily drunkenness up to the point of stupor and narcotism. No system can stand this nightly strain and live out all its appointed time.

The third class include all the unfortunate victims of a hereditary tendency. These have bequeathed to them a heritage of woe. "Our fathers have sinned, and we bear their iniquities." It is not to be forgotten that it is not drunkenness which is inherited, but only the nervous bias in that direction. It is a sleeping lion, which is harmless until aroused. It is a magazine of dynamite, which is as inert as a piece of granite until rudely shaken or percussed. It is a battery of electricity, whose latent energy is not known until a condition favorable to its manifestation is created. Under the same law this dangerous element of tendency in a man's nature may remain latent until evoked by alcoholic stimulation. The sleeping demon is then aroused and will-power is tied hand and foot by an infernal tenant, which no exorcism can lay. The paroxysms come on the man thus stricken intermittently, as do the periodic impulses of some forms of insanity. The dipsomaniac has his tidal wave of all-conquering impulse. Occasionally men of giant self-control belonging to