

tem, they should have called it the water of death, for it has caused the death of millions of our fellow-men.

4. Alcohol acts on the body of man, and through the body on the mind. Its effects are similar to those of many other chemical and medicinal substances. It produces a special and well defined train of symptoms which run a fixed course and lead to a fixed and uniform result. This course passes from a first stage through a second and a third. The fourth stage is insensibility and the fifth is death.

5. As it is neither a food nor a drink, alcohol cannot build up the natural structures or parts of the body. It cannot supply water to carry the different kinds of food through the canals to the various parts of the system, nor to carry the used up food out of the body. It cannot assuage the thirst; on the contrary, thirst is increased by it. It supplies no warmth to the body, and its actual effect is to lessen the animal heat and put out the vital fire.

6. All the action of alcohol is towards the impairment of health and the shortening of life. The drinking of wine and kindred liquors soon begets a desire for the continuance of the habit, and a craving for strong drink is soon developed. If men or women in private life acquire this dangerous habit it sticks to them, and they become slaves to its destructive power. In like manner, when the men and women that make up a nation become enamoured of the wine-cup that nation is doomed.