

respiration are requisite. The digestion having been disturbed, it is useless to supply other than fluid nutriment (I have found milk the best) until some renewal of nervous energy takes place. This restoration will not be expedited by stimulants. The elaborate statistics published in 1864 as to the treatment of typhus fever in the hospital at Glasgow, by Dr. W. T. Gairdner, professor of physic, are of the greatest weight, and must eventually settle the problem with the profession. In nearly 600 cases of all ages, the mortality lessened exactly as the doses of alcohol diminished, milk or buttermilk being given in place. Wine, reduced from an average of 34 ounces to 2½ ounces, was followed by a reduction of deaths from 17 to 11 per cent. Of 209 children under 15 years of age, treated without any alcohol, not one died, though the very same class of cases, treated with alcohol in the Infirmary, had a mortality of six per cent. An inquest should have sat on the six, and the just verdict would have been 'Infanticide by medical routine and obstinacy.'

It is quite plain to any ordinary person who studies the matter, that it is worse than useless when in health, as every function of the system is performed noiselessly and perfectly without it. In sickness it weakens the life powers, the stomach, the lungs, the heart, the kidneys, and above all the brain, and sends millions of our race to premature graves. Even one ounce of alcohol taken into the system daily has a decided effect in destroying the power and harmonious working of the vital organs. Professor Parkes and Count Wollowicz state: "It appears to us unlikely, in the face of chemical results, that it (alcohol) can enable the body to perform more work on less food, though by quickening a failing heart, it may enable work to be done which otherwise could not be. It may then act like the spur in the side of a horse, eliciting force, though not supplying it. . . . In spite of our experience in the use of brandy, we were hardly prepared for the ease with which

appetite may be destroyed, the heart unduly excited, and the capillary circulation improperly increased."

Dr. King Chambers, in his "Clinical Lectures," says "Alcohol has not, like mercury, a virtue which makes you over-look its felony. It seems to do nothing but harm in that deficiency of life which is the essence of the disease." He further states: "We can hardly hesitate to call alcohol an arrester of nerve life, and consequently a controller of nervous action in the rest of the frame. On the whole, the effect of continued small doses of alcohol is to diminish vital metamorphosis, to make it irregular, and to induce in healthy people the necessity for crises of evacuation. Its secondary effect is a diminution of vital functions in general, and of digestion among the number. I do not think we shall be able to trace any direct increase of force to alcohol, even in the smallest doses, or for the minutest periods of time. Researches show pretty clearly that its continued use does not add power to vitality. What I wish particularly to remark is, that the primary as well as the secondary action is a diminution of vitality. We may, without hesitation, conclude that alcohol is primarily and essentially a lessener of the power of the nervous system." And again, "It is clear that we must cease to regard alcohol as in any sense an aliment."

Dr. E. F. Smith gives us the experience of a temperate man who takes a glass of brandy on a fasting stomach, he says: "First, lessened consciousness and lessened sensibility to light, sound and touch. Then a peculiar sensation of stiffness, with swelling of the skin, particularly in the upper lip and cheeks. This is very unlike a spur to extra exertion. In a patient at present under our care, the same peculiar sensation of stiffness, and the objective phenomenon of rigidity of the skin without loss of sensation, is produced by the pressure of injured bone on the fifth nerve in the skull. It is a partial paralysis of a sensitive nerve and cannot in any sense be considered as an increase of vigor."

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