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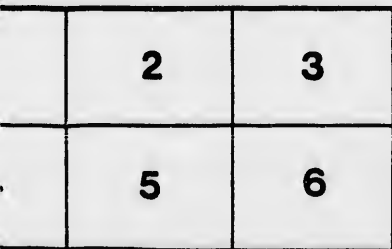
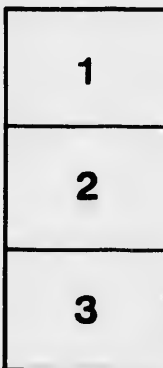
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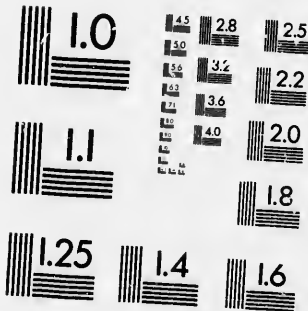
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The Dietetics of Temperance.

BY THOMAS C. WATKINS.

The really important question is not so much how alcohol is generated, as what it does when introduced into a healthy human being. None hold that it is a neutral element. Does it act as nourishing food or as mere stimulant—as nutriment or as poison? Will it help to sustain health and strength, which is the chief use of food, or, will it act in the opposite way, and lessen the strength, and injure the health of its votaries? If it really is adapted to man's organism, so as to strengthen and nourish the system, then the use of it is no violation of temperance principles; but if its properties or relations are unsuitable to man's normal wants, then temperance positively dictates abstinence from it. I am happy to say that the chemical experiments of late years, conducted by men of the greatest renown in that science, and the experience of the most daring and successful explorers, and commanders of armies, all go to prove incontestibly that alcohol is a poison which slays more men, and women too, in all the walks of life, from the beggar to the prince, from the private soldier to the general or admiral in command, from the poor Indian on our Northwestern shores, or the Hottentot in the vast jungles of Africa, to those wealthy merchants, whose god is Mammon, who disgrace the fair fame of Canada, Great Britain, the United States and most of the great commercial countries

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of Europe, by sending out cargoes of whisky, brandy and rum, to poison, to imbrute, to destroy those poor, simple children of nature, to slay them by the thousand—yea, the million! And to offer upon the altar of Bacchus more victims from every nation, than the destroying angels of pestilence, famine and war have ever done. The experience of hundreds of thousands of total abstainers, under the severest trials, the most varied circumstances—in all regions; as well amongst arctic or antarctic ice and snow, as on the burning sands of equatorial regions; has proved that people are better able to perform the labor and the duties, and enjoy the natural pleasures of existence, without alcoholic liquor than with it. The fact has been incontestibly proved amongst the soldiers in India, China, Afghanistan, the Crimea, Africa, Canada, amongst the farmers and workers of all classes in Britain, the United States, Canada, etc. The abstainer has also a decided advantage on the score of health, and length of days over the moderate drinker. The death rate amongst the British troops in one presidency, after an experiment extending over several years, was, that out of equal numbers, four free-drinkers and two moderate drinkers died to one abstainer. The *British and Foreign Medical Review* gives the following report from Mr. Bell, Surgeon to the Cameronian regiment at Fort William,

Bengal: "During the years 1832, 1833 and 1834, there were 386 men laid up with liver complaint, of whom 76 died, and during those years they consumed from 10,000, to 14,000 gallons of spirits. In 1837 and 1838 the spirit ration was reduced to 2,000, or 3,000 gallons, when only 132 men were afflicted with that disease, of whom only 48 died." The *South Indian Temperance Journal* gives the following report of the British regiment stationed at Cannamore: "241 teetotalers sent 198 to the hospital, sick, during one year, equal to 80 per cent. The non-teetotalers sent 2,202, equal to 286 per cent., during the same time. The teetotalers had five deaths, equal to two per cent. of their number. The drinkers of all grades had 23 deaths, equal to three per cent." In the Crimean war, the Turkish troops, though badly encamped and fed, never had a death-rate higher than five per cent., even when scurvy prevailed. The British troops never sank lower than ten per cent. Dr. Lyons' Report on the Army of the Crimea, says: "Porter rations were injurious, while the rum rations were simply deadly." In Bengal, when rum rations were given, the death-rate per thousand was 63 yearly, over an average of twenty years. In Bombay, when porter was tried, the death-rate was reduced to twenty per thousand. In Madras the deaths were reduced to 38 in the thousand when porter was given, while total abstainers had only a death-rate of eleven per thousand during the same period, thus plainly showing that rum killed 52 per thousand, and porter 27 per thousand. The greatest marksmen, athletes, hunters, travellers, and soldiers have been abstainers. Hannibal and Mahomed, Saladin and Gari-

baldi were warrior teetotalers. Waterton and Dunlop as travellers, Charles XII. of Sweden, and Angus Cameron, who won the Queen's prize at Wimbledon in 1867 and 1869, and carried off the Caledonian Challenge Shield (valued at £500) at Edinburgh, were all good specimens of the steadiness of nerve, the calmness in danger, the intrepid bravery, the heroic actions, the power of endurance, and the indefatigable exertions, toil and exposure they bore with impunity, while sustained by nutritious food, entirely free from any alcoholic excitement, as they were all teetotalers. Sale's Brigade, in Afghanistan, was out of the reach of alcohol during a long, fatiguing march through the country, and enjoyed unusual exemption from sickness, crime and death. Gleig, the historian of the campaign, says: "No sickness, no crime." General Napier and the heroic General Havelock, the hero of the Indian Mutiny, both bear strong testimony to the great advantage of abstinence from all intoxicants in the army. The American generals, Stewart and Stonewall Jackson, who fought so heroically, were teetotalers, and ascribed their power of endurance to their abstinence from strong drink, during the burning heat of summer, and the freezing cold of their winter campaigns. Extreme exertion under high artificial temperature, is borne much better by teetotalers. The anchor-smiths at Portsmouth, the forgers of the great Lancaster shells at Woolwich, and the workers at armour-plates for war-ships at the Atlas works at Sheffield, give splendid testimony to the benefit of abstinence. The *London Times* says, in describing the rolling of a 15-inch armour-plate: "The slab of iron to be rolled weighed

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totalers. Water-travellers, Charles Angus Cameron, prize at Wimbledon, 1869, and carried the Challenge Shield to Edinburgh, were the steadiness in danger, the heroic actions, and the independence and exposure of life, while suspended, entirely free of all elements, as they were in the Brigade, in the reach of the fighting march and enjoyed unimpeded, crime and sickness, no other and the hero of the bear strong advantage of the elements, Stewart who fought so, and ascribed to their drink, during winter, and the winter campaign under high borne much the anchor-forgers of the Wool-mour-plates works at testimony to The Londoning the roll: "The weighed

twenty-one tons. Sometimes one came on groups of men, who were saturating the rough hands of sacking in which they were enveloped with water, before going to wrestle with some white-heat forging; sometimes on men nearly naked, with the perspiration pouring from them, who had come to rest for a moment from the puddling furnaces, and to take a long drink of the thick oatmeal and water, which is all that they venture on drinking during their labor, and which long experience has proved to be *the most sustaining of all drinks*, under the tremendous heats to which they are subjected." Dr. Beddoes records the fact that "total abstinents worked far better, and with less subsequent fatigue, than those who drank alcoholic liquors."

"The Temperance Provident and General Life Assurance Society, of England," taking the most favorable adult period for each class of risk, shows that for a period of years, the rate of mortality amongst abstainers has been eleven per thousand, while in other offices, very careful in their selections of lives, the death-rate is from 16 to 23, at the same age. In the Provident, separate books are kept for abstainers, and respectable limited drinkers; but when the quin-quennial profits were divided, one-third more profit accrued to the teetotalers, than to the respectable limited drinkers, owing to a much larger proportion of the latter dying than of the teetotalers. In the Moderate Section, from 1866 to 1880, the estimated deaths were 3,761, the actual deaths were 3,754, or within seven of the estimate. In the abstaining section, at the same rate of mortality and for a similar number, the deaths would have been 2,205, but the actual deaths were only 1,573. In other

words, 632 teetotalers refused to fulfil the calculation of the actuary, who remarks: "Count how much more time is given to the human race, time to improve, time to repent, time to amend. Listen to the home rejoicings of the women and children, for the further years granted to their protectors! Reckon how many thousand more children can be educated into good men and women by the prolonged existence of sober fathers. Estimate, if you can, the value of a matured citizen, who is spared to complete the schemes ripened by experience."

The great navigators to the polar regions, both British and American—Ross, Parry, Franklin, Richardson, Kennedy, Hays, Hall and Kane, have all with one voice asserted the pernicious, the evil results which follow from using alcoholic liquors in cold latitudes. Whatever tends to lower the vital activity, or to depress the heat-generating powers of the living frame, must be absolutely avoided in the rigorous climate prevailing in the arctic and antarctic circles. I might swell the host of witnesses, who, from actual experience, have testified, that all alcoholic liquors excite the nervous system, weaken the muscular action, increase the beating of the heart; but impart not one atom of strength-giving, or warming material, to sustain the increased nervous and muscular action it causes, and hence the lassitude, and craving for more of the poison, to raise the excitement again. Dr. Carpenter, in his Manual of Physiology, says: "Alcohol cannot supply any one of the important purposes for which the use of water is required in the system; while on the other hand, *it tends to antagonize many of those purposes*, by its power of precipitating

most of the organic compounds; whose solution in water is essential to their appropriation by the living body. The great end of food is, to impart force or power to the system, to enable man to perform his daily work; and the only possible ways by which food can generate power are three: 1st, by the organization of tissue; 2nd, by the supply of chemical ingredients to promote the change in the blood; and 3rd, by supplying fuel for oxidation, and thus producing the heat of the body. Anything which can perform these operations without injury to our systems is food; and nothing is food which does it harmfully." Professor Lehman, says in his "Physiological Chemistry:" "We cannot believe that alcohol, theine, etc., belong to the class of substances capable of contributing towards the maintenance of the vital functions." It is plain from the testimony of Dr. Smith, F.R.S., and of hundreds of the most skilful chemists and medical men in Great Britain, the European Continent, the United States and Canada, that alcohol does not contain one of the requisite elements necessary to nourish our bodies. It cannot make tissue, or supply salts and phosphates, or feed the furnace to maintain the warmth of the system. It prevents the excretion of foul gases from the body, and retains effete matter of various kinds; which are productive of rheumatism, gout, bilious and enteric fevers, etc. In the sixth edition of Dr. Turner's "Elements of Chemistry," he quotes Liebig's description of alcohol, in which he concurs, that "alcohol is a non-conductor of electricity, which greedily absorbs water from the atmosphere, and deprives animal substances of the water they contain, causing them to shrivel

up. Hence its use in anatomical preparations." These properties make alcohol a most hostile agent to digestion and circulation. No two agents in nature are more antagonistic in their action, than water and alcohol. What water does for our bodies, alcohol tends directly to undo. Everywhere water is hailed as a friend by all nature; the flowers in our gardens, the growing grain and grasses, the trees in the forest, the cattle on a thousand hills, the burning thirst of the wearied traveller, all illustrate the necessity, and the divine benefaction conferred upon the three Kingdoms of nature, by this glorious boon—the blood of nature, "the water of life!" We marvel at its numerous properties! "It cleanses, but never pollutes; it aids to nourish, but never starves; it excites to normal action, but never irritates to fever and inflammation. It absorbs heat, and circulates it equably throughout our systems, better than any other agent, and in suitable quantity, is always retained until the function which requires it is fulfilled. Hence, while it wastes no force, and does not in the slightest degree detract from the sum total of organic power; it aids in the performance of every natural work. Alcohol, then, contrasted in all its physiological properties with water, cannot rationally be regarded as Drink, any more than as food, since the one purpose of drink—that of acting as a vehicle or menstruum of digestion and circulation—is counteracted exactly to the extent that alcohol is introduced into any living thing, whether vegetable or animal. If water, slightly mixed with alcohol, is poured upon a bed of cresses or flowers, it will blanch the leaves, wither the petals and arrest the growth. Some who love strong drink say that

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"although alcohol may be neither
nourishing or warming, they do not
drink pure alcohol, but only wine and
beer, and these contain other elements
which are food." This is a sad delu-
sion, bolstered up by the brewers,
distillers and wine merchants, who
advertise beer, porter, wine, etc., as
"highly nourishing." Professor Sir
Lyon Playfair, C.B., in his analysis of
these boasted drinks, while professor
of chemistry in the University of
Edinburgh, reported that of blood-
forming matter, he could only detect
one part in 1666 parts. Liebig shows
conclusively, that the main object of
the brewer is to get rid of all the nitro-
genous, blood-forming elements of the
grain, and to transmute the nutritious
sugar into alcohol. The whole prox-
imate source of physical power is found
in our food, into which force was put
by the Creator. That food, and wine
which cometh out of the earth, and
"strengthened man's heart," but which
derive their energy from the sun's rays,
interwoven with the cells and structure
of plants, during the natural process
of growth; this solar force fixed in
the food, but liberated in the blood
by the action of oxygen, reappears as
the heat and energy of the human
frame. Dr. Paris, late president of
the Royal College of Physicians, has
given a definite distinction between
food and stimulant. Of the latter he
says: "In their generally accepted
meaning, they denote any influence
which *accelerates* vital movements, but
action is not power. With the excep-
tion of 'vital stimuli,' such as food,
air, water, heat, the whole range of
the Materia Medica does not furnish a
single agent, which is capable of *directly*
increasing the *energies* of the body,
or of adding to the general stock of

vital power. Alcoholic liquors produce
a temporary excitement of the arterial
and nervous systems, but it is sure to
be followed by a corresponding depres-
sion. It merely disturbs the balance,
but adds nothing to the general amount
of power." Sir Benjamin Brodie,
F. R. S., Surgeon to Queen Victoria,
says: "Alcohol removes the uneasy
feeling, and the inability of exertion
which the want of sleep occasions. But
the relief is only temporary. Stimu-
lants do not create nervous power;
they merely enable you, as it were, to
use up that which is left, and then they
leave you more in need of rest than
before. Professor Pereira, in his great
"Treatise on Food," says: "Ales
are not fitted for ordinary use, on ac-
count of their intoxicating and stupi-
fying qualities." Dr. H. R. Madden
says "Alcohol is not a natural stimu-
lus to any of our organs, and hence
functions performed in consequence of
its application, tend to debilitate the
organ acted upon. Alcohol is incap-
able of being assimilated, or converted
into any organic proximate principle;
and hence cannot be considered nu-
tritious." Dr. Chas. Wilson says in his
admirable "Pathology of Drunkenness":
"No circumstance of ordinary life can
render even the moderate use of intox-
icating fluids, either beneficial, necessary
or even *inocuous*." Dr. Thomas King-
Chambers, F.R.S., in his Harveian
Oration before the College of Physi-
cians, says of alcohol: "Our pre-
decessors regarded it as a fuel to life's
flame, augmenting heat, secretion,
power. *We find it a damper to that
flame.*" Dr. B. W. Richardson, F.R.S.,
characterized "Alcohol as a *shroud*
both to the physical and mental being;"
and some years later, in his "Diseases
of Modern Life," he says that when

the intelligent physician follows the line of its effects round, *he sees nothing but death, physical and moral death.*" But when we think of the misery, the incomprehensible woe, suffered by wives from the brutality of drunken husbands—husbands mourning over the sad degradation of wives, and neglected children—parents agonizing over the ruin of sons or daughters who have fallen victims of this fell destroyer, which has maddened the brain of that young man, who was once the idol of an affectionate mother, the fond hope of a kind father, the dearest object in life to a loving sister, but who is now in a felon's cell, waiting a murderer's doom, waiting to expiate the crime committed under the frenzied influence of that "devil in solution." Up fathers and mothers! Up to the rescue, and save our people, save our nation from the baneful influences of this distilled damnation, and let us have a prohibitory liquor law to bless our land with peace and prosperity.

Fermented Wine at Communion.

Rev. John McNeillie, of London, arguing for the use of unfermented wine at the communion table, gave as the substance of his plea the following letter, which was handed to him by a brother clergyman with permission to read:

Dear Sir: As a Christian member of your congregation, may I ask if it would be possible for you to have unfermented wine at the Lord's table? I shall spend no time in apology for asking this, but give my just reason, and leave it to you. When you have read this, think what course Jesus would take, and ask: "Lord, what wouldst thou have me to do?" Just before I was six years old my father cut his throat, leaving my mother with five children—three girls older and one lad younger than myself. My eldest sister took to

drink when she was quite young. Fourteen years ago I was converted. Twelve years ago I heard a sermon on Christians and total abstinence. I signed the pledge with two bigger sisters, and we tried to persuade the one given to drink to give it up. She was married and in a good position. Over and over again she signed the pledge and tried to keep it. Over and over again she was tempted and fell. At last, of her own accord she went into a home for the intemperate. Her husband paid twelve shillings per week, and she stayed one year. She came out a changed woman, a sober wife and mother and things went on very happily for a time. One day her husband had a very severe cold, but his duty compelled him to go out, so he fortified himself against the cold—he took a glass of hot whisky. He was careful enough not to have it in her presence for fear it should be a temptation. He drank it, and on his coming to kiss her before starting according to his custom, the fumes of alcohol were transmitted, and all the old craving came back. She went out soon after her husband, and in less than an hour was a drunken mad woman. Poor thing! she never tried again. She said it was of no use. No one knew the fearful struggle, and that unless she could keep out of sight or smell she never would be free. For years he wrestled with God in prayer for her, never doubting that He would give the needful strength some day. She could not keep sober, so she left her husband and children—one a dreadful cripple through her drinking. She has had eight children, and six of these had been victims to the curse. Her husband had allowed her enough to live on while he lived, but he died two years after she left him, a white haired, broken-hearted man, only forty-five. We never knew where she lived; she used to come to us at home now and then, and we gave her clothes. We tried in every way to win her back, and keep her back. If she was a mere beggar, she said she would always keep out of our way, but she must and would have drink. I need not follow the history, for if you have read the life of

Annie C. victims of you read t Yes, sir; a at unknow praying th to trust H shook our tion. I do He is too unkind. N drink dem family; bu the curse. painful task sister, and Instead of goad him c the date o out of a sit brave in the you to thin to my brot me to your of alcohol o might be lik sister, and h that momen might objec members. my breath afraid of it. is powerful righteous en the world w of God did and its fearl other brothe Oh! make t them, lest th from the tab

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John Bright is the greatest of education people."

Mr Bruce, Britain:—"I

Reader, what are you doing to stay this tide of intemperance that is sweeping over our land, and wrecking in its onward rushing course the fondest hopes of many a heart, burving beneath its relentless waves the poor and the rich, the ignorant and the learned, men of genius and of influence, and leaving its wake strewn with degradation and misery, heart-broken widows and wailing orphans? Are you sitting with folded hands looking idly on, and in effect saying, What is that to me? Ah, it is much to you. It may seem as nothing to-day, but on the morrow that tide rising higher and higher, may cross the threshold of your home, and the dearest idol of your heart, swept beyond your controlling influence, be wrecked body and soul. Why, then, sit ye there idle? Up and be doing. There is a great work for you to do. Will you not commence at once? Oh! that some voice coming from a heart warmed and filled with true charity, with pity for the tempted and fallen, could waken you from this lethargy, could rouse you to a true sense of your responsibility, and make you realize that an all-wise Judge will call you to an account, and ask what you did to save your tempted, fallen fellow-beings from the terrible curse of intemperance.

Bishop Foster, of the Methodist Church, United States, says: "If the Church will stand together one day at the ballot box, the liquor traffic will not stand one hour." Why does she not do so?

Mr. Mackay, the elect of the McCrie Roxburgh Church, at a temperance demonstration in Glasgow, said he never had admitted, and never would admit a drink-seller to church membership. He would say to the drink-sellers, "Make your choice; stand inside the church with Christ and his people, or go outside with the devil and drink." Is any other position consistent with the law of Christ.—*Hamilton W. C. T. U.*

Whisky's Work.

[By Dr. Alexander Ross, Toronto.]

Whisky enters the mouth, the stomach, the life of the parent and poisons the blood of the unborn.

Whisky debauches manhood and womanhood, and degrades and drags childhood from its throne of purity and innocence.

Whisky has at its command millions of dollars and armies of slaves.

Whisky makes men sluggish, stupid and indolent.

Whisky has twenty times more grosseries than religion has places of worship.

Whisky makes criminals, paupers and invalids.

Whisky enters the pulpit with the preacher, shuts his mouth to the truth and makes him a coward.

Whisky stupifies the brain of the physician, and takes the life of his patient.

Whisky enters the church with the members, and closes their ears to the heart-broken appeals of wives, widows and orphans.

Whisky enters the halls of legislation, and makes the legislators cringing cowards.

Whisky enslaves our mayors, aldermen and officials, and makes them cowardly and base.

Whisky enters the sanctum of the editor, and makes him weak, cowardly and treacherous to the dearest interests of humanity.

Whisky mounts the bench with the judge, lowers his dignity and extinguishes his sense of justice.

Whisky deadens the conscience of the lawyer, and makes him the thief of his clients' interests.

Whisky drives its victims into dens of dissipation and prostitution.

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