



A POPULAR TREATISE

—ON—

Drunkennes

and the **Opium Habit**

**AND THEIR SUCCESSFUL
TREATMENT**

WITH THE

Double Chloride of Gold

THE ONLY CURE

LAKEHURST SANITARIUM
OAKVILLE



TORONTO OFFICE:

ROOM 35, BANK OF COMMERCE BUILDING.





Introduction

THIS treatise is written for thinking men—men who enjoy the delight of logical proof and the beatitudes of their reason.

We have not written for men who believe that a tumor of the brain is a result of sin, that insanity is a crime against the gods, and that Drunkenness is simply a social vice which a man can overcome by force of will.

Drunkenness is more prevalent this year and day than it ever was in any other year or day. It is as rational from a medical point of view, to treat Drunkenness by expostulation, pledge-signing, reproaches and legislation, as it formerly was to treat insanity by incantations, and the laying on of hands. A fair enumeration of the signatures of total abstinence pledges, and of the succeeding relapses into drunken ways, has always shown a model balance sheet. The tears, the agony, the starvation, the social misery of the drunkard's family; the insanity, mental imbecility and criminality of his progeny, as well as the overflowing penitentiaries, jails, and poor-houses, and the millions of headless, dishonored drunkard's graves are all powerless—have always been powerless—to cure the disease of Drunkenness.

In the middle ages the intellect of humanity was obscured by the gross ignorance which then prevailed. There were but few avenues in life open to the man of genius and ability. Painting and sculpture were regarded by the great masses as

master-callings, and he who would win fame and renown must seek it in the chiselled marble or frescoed wall. Chemistry was given over to charlatans and impostors, while the noble science of medicine was neglected and despised. War and diplomacy held out attractions which were eagerly sought by some, but the higher forms of intellectuality, and the nobler schools of thought, reaching out and beyond the teachings of previous ages, were alike unknown and uncared for. Hidden secrets remained hidden ; undiscovered treasure lay all untouched in its resting place, and the race plodded on in the worn groove of the centuries, groping its way slowly and painfully towards the light of reason and knowledge. Alcoholism, advantaged by this deplorable condition of affairs, held high carnival, and fastening its terrible fangs upon the human family with remorseless grip, left its fearful impress in the taint which has passed down through the ages to the present time.

But at length "the grim belt of the middle ages" yielded to the bright ray of surer light and more certain truth, which in three great discoveries, broke through the midnight pall and brought intellectual daylight to a benighted world. Gunpowder dispelled the chivalric sentiment of feudal times, and the horseman panoplied in coat of mail, who had been counted the peer of a hundred spears in battle, was left without a place in war, the pigmy equalling the giant.

During these long ages the art of writing was known only to a few, those in high places deeming it unmanly and effeminate to learn how to read or write. The monks and scribes were the only

penmen, and books were almost priceless treasures, and handed down as heirlooms. General knowledge, at best of a limited character, was stored away in archives, and seen only by a privileged few. The printing press folded the little types to its bosom, and gave to the world a new impetus which has surged onward through the centuries, diffusing information, enlightening dark minds, and civilizing people of the habitable globe.

The different nations of the earth knew little of each other; the great ocean had never been traversed, and mariners were afraid to venture from the well-known tracks of their predecessors. Astronomy taught them latitudes and longitudes while its twin sister, navigation, followed in the wake of astronomical revelations, pushed out upon the great ocean of waters, till the anxious sailor gazed upon a new world, and in America found the home for Europe's over-burdened people, and opened up the grandest continent upon which God's sun has ever shone.

It was thus that science took the place of superstition, reason of blinded judgment, and the race gradually grew out of the chrysalis condition, until it gained the wings of knowledge, and soared to heights of intellectuality of which the human mind had never dreamt or conceived. As then, so now, science comes to us with her wonderful power, and teaches us that through her agency, the hereditary taint of drunkenness can be taken away. To the drunkard in his degradation, there comes a new revelation of joy, and hereafter to him the magic ring of the word "Gold" will have a double meaning, for it will

lead him from danger and despair to safety and hope, and place him on the golden way to prosperity and peace.

ALCOHOLISM, OR DRUNKENNESS.

Alcoholism, or Drunkenness, viewed from its physiological side is a disease; viewed from its social side it is generally estimated as a vice. Insanity was once believed to be a vice, or a sin against the gods, and the miserable unfortunates, who were believed to be possessed by a Demon, were, by way of Divine vengeance, simply punished for a disease of the nervous system.

The brains of sane men and sober men are so greatly differentiated in their development that, since the middle ages, scientists begin to look on many of the moral vices as having a physical basis in diseased functions or structure of the nervous system. Insanity is now, and has been for many years, regarded as being dependent upon changed nerve tissues and functions—fully as much as paralysis, and equally with the latter disease is referred to the domain of the physician for cure. If it were not for the ignorance of the general public, (who formerly maltreated the insane) but, now, rightly estimate Drunkenness a disease, the viciousness in this case would, in accordance with the science of social morals, be acknowledged as on the side opposite to that occupied by the insane and drunkards.

The science of nerve physiology and pathology has now so far advanced that in the minds of thinking men, Alcoholism, like insanity, is verified as dependent upon a diseased condition of the nervous system. Drunkenness, then,

although a cause, so far as its evil results extend, of social evils in the community, is one of the results of physical disease. People, therefore, err in their estimate of the relation of Drunkenness to social degradation in its moral, physical and financial aspects. The primary cause of these social evils is a nervous disease, and drunkenness is as much an effect as is the poverty, absence of morality, and general degradation with which Drunkenness is always associated.

THE PHYSICAL EFFECTS OF ALCOHOL.

When Alcohol is taken into the body it at once enters the blood from the stomach without digestion, or chemical change, and in a short time has reached every nerve, muscle and gland of the body. The fact that no vital force is expended in effecting its digestion, renders Alcohol, as a medicine, of inestimable value, for the reason that in the shock of injury or collapse of disease the vital forces are paralyzed, and if Alcohol had to be digested before it could act as a stimulant, it would lie in the stomach without absorption and be utterly useless.

After Alcohol enters the blood it undergoes oxidation: it is burned up as literally as it is when burned in a lamp.

From these facts we learn that Alcohol is to be studied in two regards as to its physiological effects: (1) the effect it exerts when it is yet Alcohol and before it is burned up or oxidized; and (2) the effects due to its oxidation.

The mischief that is done by Alcohol in the production of Drunkenness, with all that this im-

plies, is done before it is oxidized and while it yet circulates through the system as Alcohol. All are acquainted with the signs and symptoms of Drunkenness.

The first effect is stimulation of all the so-called vital forces—nervous, muscular and glandular. If the dose exceeds greatly the amount of two ounces, the stimulant effects are rapidly followed by paresis, or inhibition of nerve, muscle and gland forces. The faculties of the mind become confused, then fail; consciousness is lost, and the person is in that condition of “beastly intoxication” so called, to the disgrace of humanity, and to the libel of the beasts.

The reason why a condition of intoxication is recovered from is due to the fact that in time the Alcohol is all consumed, and the person regains his natural condition, and in a short time the effect of the poison acting directly as Alcohol—as a specific irritant upon the nerve centres and other structures—has passed away.

The phenomenon of acute Alcoholism, or a Drunken Fit, is caused by an isomeric change produced upon the nerve tissue by the Alcohol coming into actual contact with the nerve tissue itself. This change is very well understood, and may be illustrated or verified by anyone who pleases to make the following experiments:

The white of an egg, being pure albumen, may be beaten up and put into a glass. If enough Alcohol be added a change is caused in the albumen similar to that produced by heat or cooking. It is coagulated or hardened. It is isomerically changed, and is now an allotropic condition of albumen. The effects of Alcohol upon the system

will be readily understood when it is known that a large part of nerve tissue is albuminous. Alcohol coagulates the albumen in the tissues more or less in every Drunken Fit. When taken habitually it causes a permanent isomeric change in all albuminous tissues as a preliminary step to the condition and effects known as Chronic Alcoholism. In this condition the nerves are so changed in their action and anatomy that the presence of Alcohol is required to enable the nerves and other organs to perform their physiological duties.

This is the condition of the Drunkard on the EGO or subjective side. It is a great change, indeed from the natural man; quite as great as that on the objective side, *i.e.*, in his social relations.

The human system will admit of the oxidation of about six ounces of Alcohol in twenty-four hours, or its equivalent of Brandy, Whisky, Beer or Wine. This is the estimate placed on a man when he is considered as a SPIRIT LAMP.

Alcohol may be burned up in any tissue, organ or gland of the body where oxygen can reach it. When taken in excessive quantities by a person whose capacity for absorbing oxygen, from lung disease "or other disease" is not good, the Alcohol may remain in the tissues of various organs for a long time, and has been found in the brain, liver and other parts on *post-mortem* examination when the person so examined had not taken Alcohol for several weeks prior to death.

The poisonous effects of Alcohol are, therefore, due to the coagulation of Albumen in all albuminous tissues. This process causes hardening of various tissues and organs of the primary lesion.

The effects of Alcohol when consumed by union with oxygen in the various organs of the body are the same primarily, as when Alcohol is burned in a lamp ; heat is the result.

It is known that all forces, whether physical or biological, are correlated originally with heat. The life on the surface of this planet, and its geological condition, are due to the sun's heat. When Alcohol is burned in the liver, it produces heat, and this heat is correlative with force. When Alcohol is burned in the nervous system, it produces heat, and this heat is changed into nerve force, whatever the nerve force may be—whether brain force, sensation or volition.

In THIS sense Alcohol is a food. It does not furnish the SUBSTANCE of tissue or BUILD UP the tissues of the body ; it simply (when oxidized) furnishes heat, which heat is correlated with, or changed into vital force. It is as useless to deny these facts as to deny the correlation of force. A man might as well deny that Spring, and its germination of seeds in their season, is due to the sun's heat as to deny that Alcohol, when consumed in the body, is correlated with vital force.

This explanation of the physiological effect of Alcohol accounts for all the consequences that Alcohol produces whether used or abused. In large quantities it is a poison, and we have shown how it acts as a poison. In small quantities it is a medicine, both as a food and as a stimulant, both in its effects as Alcohol and when it is consumed.

In small quantities Alcohol acts as a stimulant in this way : By a very slight impression upon the albuminous tissue it prevents the breaking

down of the tissue molecules, and thus prevents waste of the body. Fatigue is a sensation of rapid breaking down of the tissue molecules of the body due to their functions in hard work. When a person is over-worked until fatigued he has destroyed millions of the tissue molecules of his body ; they are rapidly breaking down and passing out of the body. A few hours rest will restore the waste of the tissues by new material from the blood. When a person is in this condition, if a moderate amount of Alcohol be taken it notably lessens the sense of fatigue, and does this by making the molecules of the tissues MORE STABLE by a hardening of the illuminous portion of the molecules.

Many superficial writers deny this fact, and claim that Alcohol is simply an anæsthetic ; but when they can disprove the fact that Alcohol coagulates albumen and lessens the elimination of UREA, which is the product of the broken down molecules, or waste of the body, it will be time to listen to their argument.

That this estimate of Drunkenness is the true one, scientifically, is verified by its analogy with other diseases, *e.g.*, (1) with hereditary, (2) with those in which the evidence of organic disease, is determined by the customary means used in investigation of diseases, and (3) by the fact that, like other diseases, it is susceptible of Cure.

HEREDITY.

The writings of Maudsley and others, being largely clinical reports of cases, are all proofs of the heredity of Alcoholism. Besides the proof of the direct transmission of Alcoholism, these

clinical reports show that Drunkenness is a disease force that is readily correlated with other diseases, as epilepsy, lunacy, and idiocy. The children of an epileptic may be epileptics or drunkards. The children of a drunkard may be lunatics, epileptics, idiots, or have other manifestations of nervous diseases.

If clinical cases prove these facts, we are justified in generalizing by induction from them, and in applying these generalizations in their widest sense to all the facts relating to Alcoholism. It will be seen that wide applications prove these laws to be true. Christendom has been drinking Alcohol for nearly nineteen centuries. Alcoholism is a disease of Christendom. These laws, deduced by observation of individuals, are proven by observation of the people of Christendom at large. The greater number of these people who drink at all, began to drink at the age of 18 years; the greater number cease at the age of 35 years. The greater number of those who continue to drink after the age of 35 years never recover from the disease, or, as is generally said, they never reform, and are beyond the reach of Christian and other influences.

It may correctly be inferred from this verification by statistics, that Drunkenness, or Alcoholism, like many other diseases, is self-limited. The average duration of this disease—this heirloom of Noah—is about seventeen years. That there is every possible variation from these averages, in intensity of the disease, age, and other points, in individuals, is apparent to any observer.

PATHOLOGY.

The pathology of the Liquor Habit, as it is inherited, cannot be demonstrated by post-mortem examinations, or other means, any more definitely than inherited lunacy, idiocy, epilepsy or paralysis. The pathological condition, as transmitted in all these cases, is alike unknown until the disease is developed. The nature, or essence, lies in a tendency of the molecules to act in a certain manner when they are properly stimulated by relations of the environment. The lunatic becomes unable, by force of irregular action of the higher cerebral centres, to reason correctly upon the relations between himself and his environment. In the epileptic the motor discharges are given off so abruptly, and with such explosions, when the centres are acted upon by the peripheral nerves, that a convulsion occurs. In the person who inherits Alcoholism, the opportunity to drink at once develops him into a drunkard. The pathology, as transmitted, lies in the molecules of the higher centres, which determine the character of brain action and which are the field where pathological action arises in most nervous diseases that affect the character of the man, and give him his mental status. We can determine the effects of light in the arts and sciences, and in the development of growth in animal and vegetable life; but we cannot tell all about the constitution and motion of the molecules of ether, which are objectively, what we recognize as light.

The pathology of DEVELOPED Alcoholism is determined by post-mortem examinations, and is

as well known as that of any other disease. The gray matter of the brain is congested, as well as the membranes. Generally there is found in the ventricles of the brain, and in the arachnoidal cavity, an effusion of serum. In more advanced cases there is a chronic inflammation of the brain and membranes, with a thickening of the structure of the latter, blood engorgement of the vessels, and various morbid products, as pus, sero-pus, and serum.

It is well known that many other diseases may develop the latent hereditary taint, Alcoholism, which lies in the brain of every son of a drinking nation. The clinical reports of the physicians, who have made a special study of Alcoholism, notably those of Dr. Richardson, show that tumor of the brain, syphilis or scrofula, affecting the brain, and Neurasthenia, may develop a mania for Drunkenness. Other diseases, as epilepsy, lunacy, etc., may develop Drunkenness in the person himself, by transformation into this sort of mania, as well as by transmission of hereditary descent.

Excessive emotion may render a person epileptic, may make him a chattering idiot, or send him to a madhouse, and may even take away his life as by a blow from a giant. What wonder then, that the terrible emotional forces, generated by an overwhelming "sea of trouble," spending their strength like a cyclone upon the very unstable brain tissue, should make him a Drunkard?

DIPSOMANIA, OR PERIODICAL DRUNKENNESS.

The unprofessional reader, into whose hands this book may come, will not readily understand that any difference exists between Alcoholism and Dipsomania. The terms have so often been used convertibly to express Drunkenness that the distinction between them has been lost sight of entirely. Alcoholism is that form of the disease in which the subject uses alcoholic liquor daily without restraint. Dipsomania, however, is that form of the disease in which the subject has an irresistible desire, at certain periods, for liquor. It is as much a mania as any other condition which leads a man to do some act contrary to his reason, judgment and will. These are dominated by an unseen and unknown power, and he is but a tool in its hands. This unknown impulse leads him, at certain periods, to drink liquor and he cannot resist it. He is a Dipsomaniac, and this, in the fullest meaning of the word.

Thousands of men are afflicted with this form of disease, and hitherto the only relief offered them has been the seclusion and restraint of the asylum. It has been held that the temptations of liquor must not only be removed from the patient, but the patient must be removed from the temptation of liquor! Science has, for many years, been investigating this difficult subject, and it has at length been proved that force is not a necessary factor in the cure of Dipsomania; while it is undoubtedly true that it would be useful in some cases. The theory has been advanced that, as the will is completely in subjec-

tion to the animal passion, or the morbid desire for liquor, therefore the patient has no power, of himself, to shun the tempting cup. Hence, it is said, the physical must be restrained in order to control the mental powers.

A long and extensive experience, added to a thorough examination of the subject, has shown that Periodical Drunkenness can be overcome and cured by MEDICAL means, and during the last thirteen years it has been demonstrated in hundreds of cases.

We find that a man remains steady, sober, upright, and industrious for a year or more; when, suddenly, he commences to drink; and after a debauch of several days, and sometimes weeks, he stops and remains sober for another year or more, and then he gets drunk again. If you follow that man on through the years you will notice that the intervals between his sprees become shorter every year, until he falls into the every day use of stimulants, and sinks into the grave a sodden, maudlin, boastful drunkard. Some men have a spree every two weeks; and the periods vary in different cases from weeks to years.

The Dipsomaniac is always aware of an impending attack of the disease. It does not strike him suddenly, like a blow from a midnight assassin; it gives him full and fair warning of the danger ahead. For two or three days previous he is languid, restless, troubled with loss of appetite, has an indefinable longing to GO SOMEWHERE OR DO SOMETHING; and an intense uneasiness pervading every movement. Every hour draws him nearer to the goal, and he knows

it ; he is like a boat caught in the maelstrom, every circling eddy of which draws him nearer to destruction ; every hour he is being brought closer to the dangerous cup, and he is passively pushed to the point at which he can no longer refrain from Liquor. Then follows the terrible debauch, ending in sickness, misery, shame, remorse, and a loathing of Alcohol in all its forms. He now becomes sober from necessity. He has reached a point of saturation, and his stomach takes charge, and refuses the admission of any more Alcohol. The taste, smell, or even thought of Alcohol produces nausea and vomiting. Why is this? He has reached a point of saturation, the cells and tissues of the body acting as store-houses. The oxidation of Alcohol, now taking place, forms an essence of Alcohol, a paraldehyde—Alcohol changed by chemical decomposition. There is now no feeling of necessity or desire, as from this cellular store-house the system is supplied with its needs, and while this supply lasts there is no feeling of necessity or desire for Alcohol. With a regular mode of living and an absence of any emotional disturbances, the supply will last for months, and in some cases, years ; but under any great emotional disturbance this supply is rapidly exhausted, and the spree occurs before the usual period. Habit is a factor at this time, as the cells will supply themselves with the amount usually required for the accustomed period.

TREATMENT.

The question whether drunkenness has a physical basis in a diseased condition of the nervous system, being answered it follows, that the treatment belongs to the domain of the physician rather than to the persuasive efforts of Christian ladies, the benevolent labors of pastors, or the inspiring zeal of temperance lecturers who know something of the effects of Drunkenness, but very little of the cause. Medical treatment, heretofore, has been limited in a general way to treatment of the secondary results of Alcoholism, or of the direct effects of large quantities of Alcohol acting as a poison. Poisoning by Alcohol is one of the effects of hereditary Drunkenness. The TRUE medical treatment of this disease consists in the employment of remedies that will cure the hereditary taint, or the appetite for strong drink—that will PREVENT Drunkenness. The medical treatment of DELIRIUM TREMENS is one thing, and the treatment of the CAUSE OF DELIRIUM TREMENS is another and a very different thing.

We come now to speak of our discovery of the Double Chloride of Gold in the treatment of the drunken habit—the specific cure for Drunkenness, or Alcoholism. So far as the pathology of this disease is understood, the indication for the Gold Remedy is a rational one, and not empirical. The action of gold, as a medicine, is primarily upon the higher cerebral nerve centres, the very seat of diseased will, and of the mania for strong drink. It acts directly upon those portions of the nervous system in which disease causes lunacy,

epilepsy, dementia, and the drinking habit Gold has long been used by physicians for that form of insanity known as melancholia. Our latest authors, Bartholow, Wood, and Trousseau, speak highly of its beneficial effects in insanity. In the new disease of the nervous system, Neurasthenia, or Nerve exhaustion, at present so prevalent among Canadians, the Double Chloride of Gold is daily prescribed by physicians. It is beneficial in these diseases, but its specific effect as a Remedy, is against the mania for Drunkenness. The Double Chloride of Gold has long been used in syphilis, scrofula, tumors of the brain, as well as in epilepsy and other nervous diseases. Dr. Richardson's reports prove that syphilis, scrofula, and diseases of the brain may originate the mania for drink. In such cases of blood-taint the Gold Remedy fills a double mission. It will remove the constitutional taint better than any other Remedy known, and at the same time Cure the induced disease of Drunkenness.

It is obvious that, however apparent may be the rational or *a priori* indication of the Gold Treatment, as a specific for Drunkenness, that *a posteriori* proof from actual trial is necessary. The Treatment has never yet failed when properly used. Thousands of Cures have been already made, and they alone are sufficient proof.

After thirteen years of persistent and continued experience, the Double Chloride of Gold Treatment has uniformly effected a CURE IN FROM FOUR TO SIX WEEKS, and left the patient without a desire for intoxicants, or for any stimulant as a substitute. Thus far it has been successful, and no patient so cured need ever

relapse. The Liquor Habit, on the contrary, and intoxicants, will become abhorrent to all who have taken the Treatment.

It must not be assumed, however, that Dipsonmaniacs can be treated the same as Habitual drunkards; they cannot. The Habitual drunkard takes a course of treatment, and, in all ordinary cases, the Alcoholic appetite is eradicated, and that element having an affinity for the poison of Alcohol removed from the system. With the Periodical drinker it is different. To make his cure a satisfactory and permanent one the nervous system has to be rebuilt and reinvigorated, and a thorough condition of stamina and stability imparted to the nerve cells, even imparting to them a greater degree of stamina, and condition favorable to self control, or inhibition, than they ever possessed before. This, experience has demonstrated, the Double Chloride of Gold Cure will accomplish, and during the past twelve years has been demonstrated in thousands of cases.

OPIUM AND MORPHINE HABIT CURED.

**The Double Chloride of Gold Treatment
Never Fails.**

The habit of using Opium or Morphine has grown to a fearful extent during the past few years. A comparatively short time ago it was seldom used except as prescribed by a physician, but now every city, village and hamlet furnishes its quota of victims. They are numbered by thousands, and tens of thousands, and are to be found everywhere. Taken at first to allay pain

or relieve suffering, it rapidly becomes a necessity of existence, and finally assumes despotic control over its victim.

In this condition the confirmed Opium User seeks some method of escape from an enemy which is as relentless as it is powerful, as powerful as it is deadly; for the continued use of the drug must eventually eat out the life of its devotee. The tortures that have to be endured beggar all attempts at description, and the imagination fails to conceive, or the tongue of the most eloquent describe, all the horrors which attend the use of Opium. It may well be said that the unfortunate victim suffers a living death, from which there seems no refuge, no hope of deliverance.

To this large and constantly increasing class have been brought many remedies which offered a speedy and permanent relief. Men, trading upon the sufferings and credulity of humanity, have attempted to foist upon them nostrums to which they dare not give a name, and the elements of whose composition were kept a profound secret. It has been definitely ascertained that these so-called "cures," or "antidotes," are composed chiefly of glycerine and a solution of Morphine.

It is needless to say that the "cures" did not Cure, and to-day thousands of men and women, who have been duped, are looking eagerly for some ray of hope to illumine the darkness of their lives, and yet they are fearful of trying any more antidotes for the Opium Habit.

We confidently recommend our Sanitarium treatment to all sufferers from this destroying

habit. Scientists unite in saying that the patent medical agent which forms the basis of our treatment is infallible in all the diseases that effect the nervous system and hence is peculiarly valuable in the eradication of the desire for opium or morphine. It destroys all desire for the drug, and does so WITHOUT PAIN OR INCONVENIENCE TO THE PATIENT. The cure is made so quietly and gently, that the patient hardly realizes that he or she is under treatment till the cure is made, and they are ready to return to their homes in hearty, buoyant health, and as strong physically as they were in the hey day of life.

THE TOBACCO HABIT

ITS USE, ABUSE AND CURE.

The use of Tobacco is now so prevalent among Canadians, and so rapidly increasing, that the attention of the medical profession has been particularly drawn to it. Many remedies have been proposed and tried, with some good results and many vexatious failures, but the most effective agent yet employed is Gold. During a long and extensive experience it has invariably been found that, when properly prepared and administered, Gold is an invaluable and never-failing Remedy for the Tobacco Habit—a habit which to-day is sapping the foundations of Canadian manhood.

For this condition of the system reason as well as science would indicate a Remedy which will have a direct and positive effect upon the nerve centres. Such an agent is found in the Double Chloride of Gold. The remarkable therapeutical virtues of Gold have long been known, but its scientific and accurate application has not long

been understood by the profession, and hence its disuse. By the special method of preparation employed, the Double Chloride of Gold has become a great medical agent, which, acting promptly upon the nerve centres, gives to the worn-out and diseased Tobacco system renewed health, activity and life by antagonizing and eradicating the narcicene and carbon-monoxide of Tobacco.

CIGARETTES.

The Cigarette Habit has become so prevalent in the last twenty years that, in all the cities, they are constantly smoked by everything wearing male clothes, from a bootblack to a merchant's clerk. Too much cannot be said of this soul-sapping, body-demoralizing abomination of the present day,

The make-up and contents of the Cigarette generally found upon the market is that of unripe and imperfectly prepared Tobacco. This Tobacco is first soaked in nicotine, largely impregnated with Opium, Stramonium, or Belladonna. The wrapper is usually rice paper whitened with Arsenic. The main evil of Cigarette smoking arises from the inhalation of carbon-monoxide, which is extremely poisonous on account of its strong affinity for the hæmoglobin of the blood, which brings about cardiac inhibition and heart-failure. Every day the papers are filled with some story of death by heart-failure from the excessive use of Cigarettes, and in nearly every case they bring about a desire and necessity for either Opium or Alcoholic stimulants.

The Treatment at once arrests the progress known as isomeric change, caused by the use of

Tobacco and its poisonous nicotine products. It repairs the wasted and debilitated nerve tissue, and assists every organ of the body in its functional work. Its results will be at once manifest in an improved appetite, restful sleep, and active mental force. It will give back the freshness of youth in courage, hope and physical vigor. Gold as a Chloride, is the only medical agent known that will effectually break up an inveterate "Tobacco Habit" without injury to the patient.

Our Treatment of the "Tobacco Habit" is invariably successful and a two weeks' course is usually sufficient to accomplish a complete cure.

Acceding to the wishes of many who cannot avail themselves of our Sanitarium Treatment we have placed the Double Chloride of Gold in the form of a Home Treatment for the "Tobacco Habit." A special formula of the Double Chloride of Gold is carefully compounded with reference to every form of this Habit. It is put up in Packets with full directions enclosed. Price \$5.00 each.



OAKVILLE, ONT.

Was chosen by the company as a desirable location for its Sanitarium, owing to its accessible situation, being easily reached by boat or rail. The site of the village is delightfully surrounded by the richest fruit district in the Province, with charming drives leading in all directions. The fishing in the neighborhood is excellent, and for quiet retirement and freedom from family or business cares nothing more could be desired. the small expense in railway travel and the cheapness of living here is also a strong recommendation to many whose means would almost completely preclude them from seeking similar institutions in distant States. "Lakehurst" is one of the most delightfully situated properties on the north shore of Lake Ontario. The Sanitarium building was refitted throughout in a manner which renders it peculiarly suitable for our objects ; and we are in a position to offer our guests a degree of comfort, and if desired, seclusion, not elsewhere obtainable. The appointments and *Cuisine* are of the highest order. Our Medical Superintendent devotes his entire time to the care of patients at "Lakehurst" and does not engage in general practice.



We hope to welcome many an unfortunate victim of the Drink Habit to Oakville with the happy assurance of a pleasant, safe, lasting, and completely successful cure in every instance. The patient will depart in four weeks leaving liquor behind him forever, but retaining remembrances for the remainder of his life of perhaps the very happiest consecutive twenty-eight days of his existence.



Address for further information,

**THE MEDICAL SUPERINTENDENT,
LAKEHURST SANITARIUM,
OAKVILLE, ONT.**

OR

THE SECRETARY,

**35 BANK OF COMMERCE BUILDING,
TORONTO**

Telephone 1163





LAKEHURST SANITARIUM

OAKVILLE, ONTARIO

FOR THE TREATMENT OF NERVOUS DISEASES, INEBRIETY,
OPIUM HABIT, ETC.

C. A. McBRIDE, M.D. - L.R.C.P. & S., EDINBURGH
MEDICAL SUPERINTENDENT

TORONTO OFFICE:
35 BANK OF COMMERCE CHAMBERS

Telephone 1168

