

*Temperance Alcohol-*

*Physical  
Effects*

LATEST

# Drink Sophistries

VERSUS

TOTAL ABSTINENCE.

BY DANIEL DORCHESTER, D.D.

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DRINK SOPHISTRIES

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This little book has been prepared under the pressure of deep convictions. Actuated by the persuasion that *moral reforms depend primarily upon intelligent moral convictions in the minds of the people*, and that efforts for liquor legislation and for the enforcement of liquor laws will be feeble, inconstant, and ineffectual if the sentiment of total abstinence is weak in the public mind; and being fully convinced that, in considerable portions of the native population, the sentiment of total abstinence has been weakened by various specious sophistries in regard to natural laws, the mild intoxicants, and the utility of alcohol,—the following pages have been written, in the hope that they may promote true temperance. The munificence of several benevolent gentlemen has provided for the gratuitous circulation of 5,000 copies in Massachusetts, as a contribution to the public welfare.

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## INTRODUCTION.

FROM 1845 to 1860 was the period of the best condition in respect to temperance, in average American communities, ever known since the earlier colonial era. It had been preceded by twenty years of exceedingly vigorous and effective temperance agitation, in which the most influential citizens, statesmen, and divines participated, great facts and principles constituting the chief pabulum of the movement. As early as 1845, and in some States earlier, the principle of prohibition had been substantially adopted, in the local option form, under nominal license laws, and a prohibitory regimen actually existed in large areas outside of the large cities; and from 1851 to 1856 the Maine Law was adopted in twelve or fourteen States. The principle of total abstinence, the germinal basis of prohibition, prevailed in almost all circles of native American society, and alcoholic beverages were generally excluded from entertainments and from social life. At the inauguration of Hon. Edward Everett, LL.D., as President of Harvard College, in 1846, six hundred gentlemen sat down to dinner without any kind of alcoholic liquors. In 1849, a grand entertainment was given in Boston to the National Medical Convention held in that city, and not a drop of liquor was provided. The Philadelphia and New York Medical Societies had their annual dinners without liquors.

Within the last twenty years, in some classes of our native population, reactionary tendencies in respect to the principle of total abstinence have been apparent. The question of the use of alcoholic beverages has been re-opened and re-examined by a considerable class of influential persons, and many classes have felt a downward tendency. Several things have contributed to this reaction: the infusion of more than ten millions of immigrants into our population since 1850, very few of whom had been favored with temperance tutelage, has been a prominent cause; the intimate association of large numbers of our citizens with the habits of the



Old World, by foreign travel, is another cause; and the low moral condition of *post bellum* periods is another.

But there are other causes which have operated widely and potentially. In 1855, the *Westminster Review* defended the use of alcohol in health, as necessary, indeed, as food for the body. Notwithstanding, in 1860, this journal magnanimously acknowledged that recent scientific French investigators of the highest rank had exploded that doctrine, yet there were those who continued to advocate it, prominent among whom was that great man and patriot, ex-Gov. John A. Andrew, one of the most idolized and influential men Massachusetts ever numbered among its eminent civilians, who conducted an investigation before the Liquor Committee of the Legislature, in 1867, in which he strongly antagonized total abstinence and prohibition. Again, in 1872-73, able articles written by that highly cultivated physician, Henry I. Bowditch, M.D., in the "Reports of the Massachusetts Board of Health," advocated the existence of certain cosmic laws which determine intemperance. All of these discussions attracted wide attention, and unsettled the confidence of many in the principle of total abstinence. Many persons first doubted, then vacillated, then apologized for the use of intoxicants, subsequently became advocates of the liquor cause, and freely indulged in the fatal beverage. The argument of Gov. Andrew has recently been republished, in an immense edition, by the liquor fraternity, for wide circulation in certain Western States, upon which they are concentrating their energies; and Dr. Bowditch's paper has also been lately reprinted by the advocates of "Moderation," in New York City. Dr. Howard Crosby's advocacy of moderate drinking is still fresh in the public mind.

The number of persons affected by these theories is not small. Literary and scientific men, gentlemen of leisure, educators, statesmen, and persons of lesser note, have been beguiled by the specious sophistries. The recent advance movements in temperance have felt their solid resistance as barriers in the path of progress. One of the most urgent duties of temperance men is to sift out and expose these sophistries which are beguiling and ruining so many.

These theories may be summed up under two heads, —

SUPPOSED COSMIC LAWS; and  
THE SUPPOSED UTILITY OF ALCOHOL.

## I.—THE COSMIC THEORY.

### IS INTEMPERANCE DETERMINED BY NATURAL LAWS?

CONSIDERABLE research has been expended in the endeavor to discover some individual race peculiarities, or some uniform tendencies in the history of the race, as a whole, or some universal laws in the constitution of nature, which may account for the existence and prevalence of intemperance. Such inquiries are of great fundamental importance. If these suppositions can be shown to be anything more than hypotheses, and can be vindicated upon a true scientific basis, then intemperance ceases to be a question of morals and reform; for, if this theory is true intemperance is controlled by material laws, and must be assigned a place in the category of things which are inevitable, to be tolerated, and, possibly, slightly regulated, but not eradicated. Some intelligent persons seem to have settled down upon such convictions, indulging in alcoholic drinks with hushed consciences, and indifferent to efforts for reform.

To specify: Different theorists claim that the prevalence of intemperance depends upon one or more of the following great influences:—

*Civilization; race; climate; the prevalence or non-prevalence of native wines or beers; and an innate love, as it is claimed to be, for alcoholic liquors.*

It is an important inquiry — and legitimate, too — whether the history of the drinking customs of the world, and modern scientific research, furnish any light upon these specious hypotheses which will determine their acceptance or rejection.



It is a familiar fact that people of every clime and age have found means for gratifying the susceptibility to stimulation: — the Hindoo, betel-nut and pepper-wort; the Indian of the Andes, cocoa leaves or the thorn-apple; the Kamtschatkan, a poisonous mushroom; the Seminoles, of Florida, a species of holly-tree; the Chinese, opium; the North American Indians, tobacco; the Turks, haschisch, etc. Cocoa is used among ten millions of earth's inhabitants; haschisch, two hundred and fifty millions; opium, five hundred millions; tobacco, eight hundred millions; tea, hundreds of millions — in some cases several of these stimulants being used by the same people. "From tea to haschisch, we have, through hops, alcohol, opium, and tobacco, a sort of graduated scale of intoxicants, which stimulate in small doses, and narcotize in larger." But in this discussion, we have to do solely with *alcoholic* stimulants.

Of the two processes, fermentation and distillation, by which alcohol is produced, the former has been the longest known, being traced back to the earliest and most primitive times. We turn to the East, the cradle of the human race, for the first evidences of its existence. The process of distillation, by which the stronger liquors are produced, is more modern. The first distinct record of this method is in Southern Europe, about six centuries ago. Some traces, however, have been discovered of rude processes of distillation, in the far East, in more remote antiquity. It has been supposed to have been discovered by Arabian alchemists in search of a universal solvent, and wholly restricted to such uses. Raymond Lully, a physician of Majorca, in the thirteenth century, under the name of *aqua vite*, introduced it as a medicine. The first common use of distilled spirits was the *usquebaugh*, a species of whiskey among the Irish; and there is no other trace of its introduction into common life, until it was furnished to the English soldiers sent to assist the Dutch in the Netherlands, about 300 years ago. The origin of gin dates back only 260 years; West India rum about 230 years; and New England rum 180 years.

These potent factors of drunkenness, which have produced such havoc in modern life, some would have us believe are dependent for their prevalence chiefly upon influences largely conventional or materialistic. Let us see.

*I. — Is intemperance dependent upon the higher civilization — a product of the artificial conditions of cultivated life?*

A popular fallacy has declared that drunkenness is an invariable concomitant of high civilization; that an aboriginal condition means purity and sobriety; and that to civilization is to be charged the introduction of intemperance among savage races. But so far as any information has reached us in regard to uncivilized people in former ages, it attests the fact that the use of some kind of stimulant has been coeval with the earliest beginnings of social life; that the most primitive people have reflected the same vices which accompany the use of intoxicants in civilized nations; and the knowledge afforded by the recent exploration of thoroughly savage tribes, just brought within the scope of our acquaintance, shows the same propensity to intoxication, even in very excessive degrees, by the use of drinks peculiarly their own, which we witness in our own towns and cities. These drinks are so peculiar, crude, coarse, and unlike those used by civilized nations, though scarcely less intoxicating, that it is quite clear they were not derived from civilized people. Poverty, violence, crime, and general debasement follow their use, as among us. The uncivilized tribes exhibit the same tendency to excess, protracted revelry, and bestiality; and these things are found, on the first visits of civilized people, to have been immemorial customs.

African travelers in our day have reported the drinking customs of some tribes carried to such an excess as to involve a wasteful consumption of grain in the preparation of their drinks, reducing themselves to the straits of grubbing, or beggary. This has been found to be an old custom, in portions of that dark continent only a little time ago marked in our geographies as "unexplored," and entirely beyond the influence of the great nations and their commerce. The palm-tree also liberally furnishes a sap which, when collected and fermented, is very intoxicating.

From time immemorial the Nubians have made a liquor called *bouza* from barley, and also a kind of wine from the palm-tree. Other African, and also Asiatic tribes, from remote antiquity, have had indulgences producing crimes and other effects similar to those witnessed from the use of alcoholic drinks in civilized nations. Dr. Livingstone has testified to the existence of these



practices among the natives of South Africa, whose savage intoxication he witnessed. "The men of all classes trust to their wives for food, and spend most of their time in drinking the palm-toddy. This toddy is the juice of the palm-oil tree, which, when tapped, yields a clear, sweet liquid not at all intoxicating when fresh, but when allowed to stand until the afternoon, causes inebriation and many crimes. This toddy, called *malova*, is the bane of the country. Culprits are continually brought before the commandants, for assaults committed through its influence. Men come up with deep gashes cut on their heads," etc. Similar facts are related by Dr. Livingstone concerning other African tribes.

Dr. Alfred R. Wallace mentions that the inhabitants of the Malay Archipelago have long been addicted to intoxication by drinking palm-wine. This drink is more like cider than beer, but more intoxicating than the latter. Dalzel found a native intoxicating drink on the coast of Dahomey; Bosman, on the coast of Guinea; and Bowditch, as early as 1817, at Ashantee. An old-time custom of certain Tartar tribes provided an intoxicating drink called *koomise*, from mares'-milk. Scheinfurth\* found in the interior of Africa a beer made from malted grain, which was drank in large quantities. While on the White Nile, he found the natives abandoning themselves to wild drunken orgies. "In the preparation of their beer they encroached very lavishly upon their corn-stores, quite indifferent to the fact that for the next two months they would be reduced to the necessity of grubbing after roots, and devouring any chance bird or even any creeping thing that might come in their way. Incredible quantities of *legyee* were consumed, so as to raise the party to a degree of excitement necessary for a prolonged revel," etc. These people all lived beyond the reach of modern civilization. Nor were the American aborigines wholly exempt from this vice, the Seminoles of Florida being addicted to the use of a tea made from a species of holly-tree, which excited them to a powerful frenzy.

The inhabitants of the South Sea Islands have a drink called *kava*, or *cava*, made from the root of a plant belonging to the pepper tribe (*macropiper methysticum*), prepared by masticating, and then expectorating, the chewed plant into a vessel with water, where

it is allowed to ferment. This process certainly was not learned from contact with civilized people. Morewood says that in the South Sea Islands no one is allowed to chew the root but young persons with good teeth, clean mouths, and free from disease. He describes it as an aromatic, stimulating narcotic, with sudorific properties; and to a stranger unaccustomed to its use, it operates like spirits, quickly causing intoxication. This drink is freely used in religious rites and other festivals, which are often of a riotous character; and it affords another illustration of the fact that the passion for intoxicating drink is strong with the unbridled savage, as well as with civilized man. Aboriginal tribes are often the most debauched of all.

The theory, therefore, that savage tribes have derived intemperate habits from civilized people, is not sustained.

## II.—Is the influence of race a determining cause of the prevalence of intemperance?

It is claimed\* that "a glance at the map of the world, coupled with some knowledge of its history, teaches us that, whether in temperate, sub-tropical, or tropical regions, wherever the *Teuton* is, there drunkenness prevails;" and the wild orgies in which Tacitus tells us the Teuton of his day indulged, in the cold climate of Northern Europe, are reproduced with wonderful circumstantiality, irrespective of climate or temperature. A recent speaker has said that "a national love for strong drink is a characteristic of the nobler and more energetic populations of the world;" that "it accompanies public and private enterprise, constancy of purpose, liberality of thought, and aptitude for war;" and that it "exhibits itself prominently in strong and nervous constitutions."

Abundant facts, showing the drinks and the drinking-customs of uncivilized tribes in all divisions of the human family all over the world, demonstrate that the race theory, while doubtless containing some elements of truth, does not fully meet the conditions of the case. It appears that, outside of the Teutonic race, numerous native tribes, for the most part scattered in uncultivated wilds, — in Africa, from Nubia on the east to Dahomey on the west,

\* "Encyclopedia Britannica" — Article, *Drunkenness*.

\* "Heart of Africa," Vol. I., p. 183.



also in the regions far down toward South Africa, and in the interior only recently traversed by explorers; in South America, from the Patagonians on the south to tribes in the Orinoco in the north; in the Tartar and other tribes in Asia; in the Malayan Archipelago; and in Polynesia, — have been, and still are, addicted to intoxication; that they abandon themselves to excessive drinking, to drunken orgies, and prolonged revels; and that, under the influence of drink, atrocities and crimes are committed — phenomena similar to those witnessed in the great Teutonic race. We have abundant evidence of gross drunkenness in the Turanian, the Aryan, and the Semitic branches of the human family. The Teuton certainly has been a terrible drinker; but the Babylonians and the Persians antedated and equaled, if they did not excel him in this vice. And where and when was there such desperate, continuous, and shameful intoxication as in the Bacchanalian orgies of the ancient Greeks and Romans in their luxurious feasts?

### III. — *Is intemperance produced by climatic influences?*

It is claimed that, "within the isothermal lines of 77° Fahr., north and south of the equatorial line of 82° 4' Fahr., the mild native tribes seek their happiness in a quiet, introspective self-complacency termed *keyf*, induced by opium, or *haschisch*. Between the isothermal lines of 77° Fahr. and 50° Fahr., north and south, lie those regions where the grape-vine grows luxuriantly, — and in these, riotous intemperance, though still comparatively rare, is no longer regarded as the disgraceful social crime it is looked on in the tropics; while beyond the isotherms of 50° Fahr., north and south, the vine is no longer grown, and the stronger beers and distilled spirits become the wide-spread sources of a deeper intoxication, which too often terminates in crime — a result almost unknown in southern latitudes."

In the "Third Report of the Massachusetts Board of Health,"† in a very able paper over the celebrated name of Henry I. Bowditch, M.D., this ingenious Cosmic Theory was first published. He says: —

\* "Encyclopedia Britannica" — Article, *Drunkenness*.  
† 1872, p. 77.

Finally, we come above the isothermal lines of 50° Fahr., north, and probably south. Over these regions the vine, although it is found wild, is of less luxuriant growth; and the grapes seem less fitted for the making of wine than grapes grown nearer the isothermal line 77° Fahr. But whether it is owing to the imperfection of the grape, matters but little for our statement, which, I believe, is true; viz., that Russia and all the great Scandinavian people, the Anglo-Saxon and Celt of Great Britain, above 50° Fahr., drink deeply, and of more fiery liquor than the men of the South. Instead of simple exhilaration, such as is generally seen on the shores of the Adriatic and the vine-clad hills of Southern Germany and Spain, the dwellers along the Baltic and the northern seas drink even to narcotism, and lie in beastly intoxication — perchance in the very gutters of many a northern city.

Dr. Bowditch condenses his theory into the statement of a general law: "*Intemperance prevails the world over, but it is very rare at the equator. The tendency increases according to latitude, becoming more frequent, and more brutal and disastrous in its effects on man and society, as we approach the northern regions.*"

The Climatic Theory, however plausible and with whatever measure of truth, fails to adequately cover the case. We have already cited facts showing that natives within the tropics, in the interior of Africa, drink large quantities of intoxicating liquors which they make; that on the White Nile they "abandon themselves to wild, drunken orgies," drinking "incredible quantities," raising themselves "to a degree of excitement necessary for a prolonged revel;" that early in this century intoxicating drinks of native production were found on the coast of Guinea and in Dahomey; that in South America, in Guiana, and along the Orinoco, almost under the equator, enormous quantities of native intoxicants are consumed, and scenes of frenzy produced; and that in Borneo and portions of Polynesia, in equatorial regions, similar customs exist. "In Ceylon, *arrack* (like whiskey) is an *unmitigated* evil, and ruins many every year."

From Batoe, on the west coast of Sumatra, directly under the equator, in 1834, a gentleman wrote: —

My heart is sick unto death with seeing the glass filled and emptied before breakfast, with breakfast, at eleven o'clock, before dinner, with dinner, and continually after, till bed-time. Wherever I have been in India, wine is placed on the table. In the morning, when the table is cleared away, the decanter-stand of strong drink makes its appearance; with the dinner, wine and strong drink are abundant; and after dinner,



again the strong stuff. It was formerly so pernicious at Padang, that it obtained the Malay name *pakoe*, "a nail," because the people said it drove one more nail into their coffins. It was *pakoe* with a vengeance.\*

Rev. Dr. Graham, a well-known co-laborer with the late Dr. Duff in India, bears painful testimony to the sad havoc which intoxicating drinks produce among the Santhals. He says:—

During the famine of 1874, the people, having exhausted their grain, betook themselves to cutting wood, and selling it, in order to keep themselves from starving. The men would take the money brought in by their wives and children from the sale of wood, which they had lugged to the market, and spend it for intoxicating liquors, leaving their wretched families to seek their food in the jungles. These men, after drinking for days, had no food except what refuse rice had been thrown out after the spirit had been distilled from it.

Another testimony from equatorial regions. A gentleman writing from San Fernando, on the island of Trinidad, within ten degrees of the equator, Aug. 9, 1876, said †:—

When I came here, very few total abstainers could be found. Nearly every person used spirits in some form, under the supposition that their use was absolutely necessary in this hot climate.

John Forbes, M.D., F.R.S., in an article in the *British and Foreign Medical Review*, in 1847, said:—

Some years since, while stationed in the West Indies, we conversed with a gentleman resident at Tobago, who informed us that the average annual mortality of Europeans of that island was one in three. Upon inquiry into the habits of the residents, we found that intemperance prevailed amongst them to a most fearful extent; few getting up in the morning without their glass of *saugaree* (wine and water); and the strength of their beverage being gradually increased during the day, until it arrived at neat brandy at night. He further spoke of it as no uncommon occurrence for a party of friends who had met at a drinking bout, to be summoned in two or three days to the funeral of one of their number.

So much for the theory that there is little tendency to intemperance in tropical countries.

An English gentleman who visited Constantinople in the summer of 1882, writes:—

When in Constantinople we saw many wine-shops, principally for the sale of light wines used in the country, and for Bordeaux wines; but the

\* See "Permanent Temperance Documents," p. 488.

† *National Temperance Advocate* (October, 1876), p. 151.

stronger liquors were also to be had. Although the temperature in the shade (during the time I was there) stood at nearly ninety degrees Fahr., there were to be found many persons who indulged in *cognac* as a beverage. Others took a lighter spirit called *nastic*, made in the country. With all these temptations abounding, I need not say that drunkenness does exist. I myself saw more than one case in the streets of helpless intoxication; and I was sorry to observe that these cases did not seem to excite surprise or astonishment among the bystanders.

Cases of continuous drunkenness were related, but not so numerous, he says, as in Great Britain.

The *Pall Mall Gazette* (London), last summer, quoted from the *Hindoo Patriot* the following item:—

In Surat there are 100,000 drunkards of the higher and middle classes, 14,000 being females; and 15,000 of the lower classes are drunkards, of whom 4,000 are women.

Similar figures were given respecting Broach, Barodo, and Ahmedabad.

The author of the article in the "Encyclopedia Britannica" mentions another fact worthy of notice in connection with the climate theory. He says:—

How much of this is actually due to the more highly intoxicating qualities of the fluids imbibed, and how much to what Parry would rightly have termed the intoxicating quality of the climate, has never been fairly ascertained; but this much is known, that in these northern climes, what is merely a stimulant dose in moderate weather, becomes stupefying under the influence of cold;—not because cold increases the intoxicating power of any liquor, but because the previous excitement of the cerebro-spinal system produces a condition of functional exhaustion which makes it more readily succumb to the benumbing influence of cold—renders it, as we say, more liable to become morbidly congested by the reflex action of cold applied to the surface.

Captain Parry has said, in his "Journal of Arctic Adventures":—

I cannot help thinking that many a man may have been punished for intoxication who was only suffering from the benumbing effects of frost; for I have more than once seen our people in a state so exactly resembling that of the most stupid intoxication, that I could certainly have charged them with that offense had I not been quite sure that no possible means were afforded them on Melville Island to procure anything stronger than snow-water.

Several defects are evident in Dr. Bowditch's Climatic Theory:—

(1) Certain tendencies which are more or less irregular and fitful, he exaggerates to the importance and certainty of "laws."



(2) He confesses that his so-called "laws" are often "over-ridden" by other influences.

(3) He seems not to have given due weight to the fact which he admits—that the correspondence on which his Cosmic Theory is predicated "virtually embraces the civilized parts of the globe;" and, also, that the number of replies received "was too small to allow us to lay down perfectly positive laws in regard to the topics suggested."\*

(4) If intemperance is thus governed by natural laws, why does Dr. Bowditch, in his inferences, say, "The horrid nature of drunkenness should be impressed, by every means in our power, upon the moral sense of the people," and that "the habitual drunkard should be punished?"†

#### IV.—Are the milder liquors a remedy for intemperance?

It is claimed that the prevalence of native wines and beer is promotive of temperance.

This theory requires more extended notice, because more widely circulated, and more insinuating and pernicious in its practical effects.

This theory is very popular in some circles, and specious arguments in support of it are too current. The claim that there is little drunkenness in Germany under the beer regimen, and in wine-producing countries, has been reiterated *ad nauseum*, in spite of numerous testimonies which clearly demonstrate that such declarations should be largely discounted. We have been told that "grape culture is a means of promoting temperance;" that "the present condition of our country, in respect to sobriety, would have been much better if, a century or two ago, our fathers had cultivated widely the grape-vine;" that "the example set by California and Ohio should be followed by the whole country, wherever the vine can grow;" that, "as a temperance measure, it behooves every good citizen to promote that most desirable object;" that "we should also allow the light, unfortified wines of Europe to be introduced free of duty, instead of the large one now

\* "Third Annual Report of the Massachusetts Board of Health," p. 73.  
† *Idem*, p. 112.

imposed;" and that instead of refusing the German lager-beer, we should seek to introduce it into the present "grog-shops," and thus substitute a comparatively innoxious article for those potent liquors which now bring disaster and death into so many families"\*

This theory, so plausible and gratifying to the advocates of alcoholic drinks, overlooks important facts.

On the theory that the current use of native wines and beer is promotive of temperance, we should logically infer that there was no gross intemperance in the world prior to the discovery of distilled liquors, and their introduction into common life, less than four hundred years ago. But this hypothesis is not sustained by history. Not only did excessive drinking prevail among the Germans in their primeval forests long centuries before, but in France, Charlemagne found it necessary to restrain it by severe enactments; and in England, as far back as the early days of beer and metheglin,—more than one thousand years ago,—edicts were issued against this vice. Going still further back, we find in Rome, in the days of her power and splendor, that feats of excessive and shameful drinking were common.

In Italy and Greece, the best wine-growing countries of the Old World, wild and tragic Bacchanalian revelries, exceeding in grossness and bloody rage any in our times, were popular. Characterized by extravagant indulgencies, they led to the coarsest excesses, immorality, and even barbarities. Not only eating and drinking, but also, when heated by liquor, the most unnatural vices were indulged in. Every kind of vice found full satisfaction. The consequences seriously affected society, for false testimonies, denunciations, poisonings, and assassinations proceeded from this focus of crime. Men were seized as if by fits of madness, and had great convulsions, and females dressed as Baccahæ, with disheveled hair and burning torches, ran down into the Tiber.

In Babylon and Persia, the cradle of the vine, drunken carousals were common. The wine banquets of Alexander the Great were characterized by gross dissipation. The story of his death at Babylon by excessive drinking of wine, discredited by some critics, is

\* Dr. H. I. Bowditch, in "Third Annual Report of the Massachusetts Board of Health."



accepted by Grote in his "History of Greece," and corroborated by the recorded efforts of Androcydes, the noble sage who attempted to reform Alexander, and by Seneca, who speaks of him as "conquered by his intemperance, and struck to the earth by the fatal cup of Hercules." Pliny the Younger gives a painful view of drinking customs of the Romans:—

"The most prudent facilitate the digestion of various crudities by resorting to sweating-rooms, whence they are sometimes carried forth half dead. Some cannot even reach their couch on the first quitting of the bath, nor even put on their tunic; but, naked and panting as they are, rush eagerly on great pitchers of wine, which they drain to the bottom, as if to exhibit the strength of their stomachs. They next vomit, and drink anew, renewing the like career once, twice, or three times, as though born only to waste wine—as though men were under obligation to be the channel by which wine should return to the earth. Others borrow from the barbarians most extraordinary exercises, to show that they are constituted genuine wine-bibbers. They tumble in the mire, where they affect to lay the head flat upon the back, and to display a broad and muscular chest. All this they shamefully practice because these violent acts cause them to drink with increased avidity.

In all that vast region, from Italy to the eastward beyond the Euphrates,—the very paradise of the grape,—for long centuries before the Christian era, the people who were addicted to the use of wine craved still more powerful intoxicants, and human ingenuity was taxed to invent vile compounds of drugged liquors to gratify vitiated appetites. Foreign substances of more intoxicating character, mixed with wine, produced greater revelry and drunkenness. Prov. xxiii. 30, says that drunkards "seek mixed wine;" probably because the appetite vitiated by long wine-drinking craved something more powerful. In the early days of Egypt and Greece, and in the remote times of the Hebrew Commonwealth, by the introduction of drugs into wine, men sought to regale themselves with the most dangerous dissipation. Such was the intemperance of the most favorable wine countries the world ever saw, long centuries before distilled liquors existed.

### (1.) THE WINE FALLACY.

The theory under consideration ignores present and past tendencies in France, Switzerland, and other wine countries, to use the more powerful stimulants.

#### FRANCE.

This specious theory is somewhat weakened when it is remembered that in France, a wine-producing country, and where light wines have been a common beverage of the people, the use of absinthe and other stronger liquors has become so great, that the physicians of that country, "after various academic discussions of the evils resulting therefrom, have felt called upon to solemnly warn the French nation against such use." The free use of light wines has not prevented the people of France from indulging in the use of stronger and more injurious stimulants.\*

The impression extensively exists, that in the wine-growing countries of Europe intemperance is less prevalent than in the United States, and is also relieved of many of its worst features; that this advantage is owing to the cheapness and general use of wine and beer; and hence the inference that temperance would be promoted by the introduction of those beverages here.

The fallacy of this reasoning is fully attested by many testimonies, among which is that of a gentleman, a close and accurate observer, who spent a long time on the Continent, and took pains to look beyond the more common observed scenes, into phases of life less observed by travelers. He was, withal, entirely unbiased by any pet theories, not being identified with any temperance organization. He says:—

During a residence of three months in Paris, I saw as many men intoxicated as I have ever seen in New York. Of course, this difference in the results of our observations does not attribute any perversion of the truth to those from whom I differ; nor does it derogate from the accuracy of their investigations, so far as they went. It springs out of the limited extent of their explorations. It has been well said that Paris is like a

\*Judge P. Emery Aldrich, in the "Fourth Annual Report of Massachusetts Board of Health," 1873, p. 141.

NOTE.—B. W. Richardson, before the Committee on Intemperance of the English House of Lords, in 1878, said: "Absinthe is made from wormwood (*artemisia absinthium*) a plant which yields a sort of narcotic extract. I have a specimen. It is the wine of *man-* dragora of the ancients, made after the direction of Dioscorides, and referred to by Pliny. It is the draught which Shakespeare refers to in "Macbeth," and in "Romeo and Juliet," which puts to sleep for a great many hours, and from the effects of which the person or animal awakens startled. It was used through the Middle Ages for procuring insensibility to pain during surgical operations. It seems to have been used, under the name of *morion*, by Jewish women in Jerusalem, and probably in Rome, also, to mitigate the sufferings of persons subjected to painful punishment, such as crucifixion."



Brussels carpet: it has a right side and a wrong side; and the wrong side is carefully kept out of sight. . . .

Municipal regulations and the daily practice of the police tend to produce neatness, order, and quiet. From dawn to darkness, and from darkness to dawn, no offensive sounds or sights are permitted. A street-fight is as rarely seen as in the most orderly village in New England; for a regulation (inexorably enforced) imposes a fine of \$100 on the man who fights the first blow, no matter how great the provocation. . . A drunken man in the streets is arrested and removed as soon as seen by the ever-vigilant, and almost omnipresent, police: he belongs to the wrong side of the carpet, and must be kept out of sight.

But if you want to see the wrong side, you have only to go outside of the barriers of the city. In all the cities and market-towns of France, a tax is assessed on every article of food entering the gates. In Paris, this tax is very heavy; and hence spirits, in common with all articles of food, are exceedingly dear. When I say that a little glass of brandy, holding perhaps a tablespoonful, costs, at any respectable *café* in the city, ten cents, and when it is remembered that this sum forms a much larger proportion of a day's wages than with us, it will readily be understood that there is little likelihood that the laboring classes will drink to excess of this stimulant. But outside of the walls the tax is evaded, and hence the *cabarets*, or low grogeries, just without the city limits are crowded with the poorer classes, who thus get their vile brandy and their drugged wines at very low prices. Here are witnessed nightly scenes of the most beastly debauchery. Viler dens of drunkenness and crime cannot be found in the worst districts of London or New York. No intelligent Parisian would dream of denying these things.

With the Frenchmen of the better class the case is somewhat different. He is governed by a stronger passion than appetite. His highest ambition is to be fashionable; and it is not fashionable to be stupidly drunk in public. Therefore he avoids such an exhibition of intoxication. But even fashion is not an absolute safeguard, and the practice of drinking absinthe, a maddening and pernicious cordial, is beginning to produce most terrible effects among the higher order of Parisians, and among Americans visiting Paris.

I am convinced that the prevalence of intemperance all over the continent is vastly greater than has been supposed and reputed; that the place of spirits is supplied by liquors hardly, if at all, less hurtful; and that the absence of some of the more revolting exhibitions of drunkenness is due, not to the use of wine and beer, but rather to the high price of the spirits, to the poverty of the people, and especially to the unslumbering vigilance of the police. If any one of the cities of Europe were as badly governed as is New York, and if brandy and other spirits were as accessible to the people as among us, it would cease to be civilized or habitable.\*

\* This testimony was originally given to the public by the Rev. H. L. Wayland, D.D., the writer being his personal friend.

Louis Philippe told Hon. E. C. Delevan, in 1838, that "the drunkenness of France was on wine;" that "in one district of his empire there was much intemperance on gin; but he considered wine the great evil." Mr. Delevan remarked that he had been outside the barriers, where the common people resort to drink wine, because there it is free of duty. "Oh," said the king, "there you will see drunkenness!" "And, truly, I have seen it there in all its horrors and debasing effects, and chiefly on wine."

In an article in a magazine called *The Work-a-day World of France*, the following alarming picture is drawn of the condition of the French industrial centers:—

Drunkenness is the beginning and ending of life in the great French industrial centres. Against this vice what can the salaries of women and children do? The woman's labors help the drunken husband on the road to ruin. The child is born with disease in his bones, and with evil example before him. There are manufacturing towns (Lille, for instance) where the women have followed the example of the men, and have added drunkenness to their other vices. It is estimated that at Lille, twenty-five out of every one hundred men, and twelve out of every one hundred women, are confirmed drunkards. Here there are even women's wine-shops, where the unfortunate frequenters drink coffee and spirits, while their babes lie drugged at home with a "*dormant*," as the popular infants' narcotic is called.

While in France in 1859-60, Mr. Delevan wrote:—

"I learned that pretty much all the common wine sold in the shops, is manufactured in the city, and is of the most injurious quality, from the materials used in its manufacture aside from alcohol. A wine-merchant directed me where I could see the results of wine-drinking in all its debasement. I visited one wine-shop with my guide last evening.

\* \* \* \* \*  
At the lowest, 500 persons were already assembled, and the people were flocking there in droves—men, women, and children, whole families, young girls alone, boys alone, taking their seats at tables; a mother with an infant on her arm came reeling up one of the passages. It was an immense establishment, occupying three sides of a square, three or four stories high, and filling rapidly with wine-votaries. I saw hundreds in a state of intoxication, to a greater or less degree. All, or nearly all, had wine before them. The attendant stated to me that the day before, Sunday, at least 2,000 visited the establishment, and that the average consumption of wine was 2,000 bottles per day. This place was considered rather a respectable wine-shop.

My guide then took me to another establishment, not ten minutes' ride from the Emperor's palace. The scene here beggars description. I



found myself in a narrow lane, filled with men and women of the lowest grade. \* \* \* I then entered into the outer room of the establishment, which was packed full of the most degraded human beings I ever beheld, drinking wine, and talking in loud voices. I did not dare to proceed further. It was much worse than the wine-shops I visited in Rome, in 1839, when I was sent by Cardinal Acton to see the result of wine-drinking there. \* \* \* I was informed by the cabman, that in the establishment last visited he had seen from 80 to 150 lying drunk at a time; that they frequently drank to beastly drunkenness, and remained until the fumes passed off; for if found drunk in the streets the police take them in charge.

Mr. Jules Simon says that in the manufacturing towns of France, which some presume to be models of temperance, "the working-classes, who inhabit the squalid lodgings of the back slums, are as violently addicted to liquor as the most degraded of the same class in England." Mr. Delevan says: "I can find no parallel in London to the picture drawn by Mr. Simon of a Rouen wine-shop. The workmen are no sooner let loose from the factory, than they rush in a mass to the *cabaret* (or wine-shop), while a crowd of weeping wives may be seen waiting for them, for weary hours, outside the doors. The apprentices, at the early age of twelve years, may be seen drinking the coarse brandy which they very aptly call 'cruel.' As a body, these workmen and their families are feeble and sickly. They die at a terrible rate."

Many Americans visiting Paris and other continental cities honestly suppose that wine countries are comparatively free from the vice of drunkenness; but it is a great mistake. Mr. Delevan says he was told there were "hundreds of such places as he visited in Paris."

With great power Charles Dickens wrote:—

The wine-shops are the colleges and chapels of the poor in France. \* \* \* The wine-shops breed, in a physical atmosphere of malaria and a moral pestilence of envy and vengeance, the men of crime and revolution.

In the year 1872, *The Constitutional*, a newspaper in Paris, said:—

It is unanimously admitted that the habit of drunkenness has increased in France year by year since the beginning of the century. In all directions its increase is remarked, and complaints are made of the disastrous effects which it produces on public health, as well as on public morality. The *habitués* of the taverns and the wine-sellers lose all inclination for work; they desert the work-shop during several days of the

week, and the gains of the other days are entirely devoted to the indulgence of their passion for drink.

\* \* \* \* \*

The drunkard's children are feeble and sickly, and the deterioration of the populations of the towns and districts in which drunkenness is most common is clearly perceptible. *The French race is deteriorating daily.* It is especially the drunkenness produced by alcohol which exercises a deplorable effect on the public health. The drunkenness caused by wine is less dangerous. *Unhappily the passage from one to the other is rapid. Men begin with wine; soon the palate is palled, and asks for stronger excitement.* Alcohol is taken. In forty years the consumption of alcohol has tripled in France. From 350,000 hectolitres in 1820, it increased to 620,000 in 1850, and to 976,000 in 1868. These are the amounts on which duty was paid, and to these must be added all that escaped the customs' officers. In 1869, the quantity taxed in Paris was 130,000 hectolitres. Divided among a population of 1,900,000 souls, this gives something over 6 litres a head; but the division per head is a fiction. The number of those who participate more or less in the consumption of alcohol, is estimated at about 300,000, which gives about 43 litres for each. In 1839 the average annual consumption per adult was reckoned at 8 litres. These figures show how rapid the increase has been. Must we allow it to go on indefinitely?"

We give one more valuable testimony, later than any of the others. In 1882, Mr. Gifford, United States Consul at La Rochelle, said that in France a "beverage called brandy, manufactured from German alcohol," and "an active poison of 90° strength, is making serious ravages, especially among the working-classes. . . . It is the favorite beverage of the artisan and peasant, while absinthe is preferred by the intemperate among the rich. It is difficult to say which is the most deadly in its effects. In addition to the ordinary exciting qualities of other stimulants," this spurious brandy has "a specific tendency to excite to violence and madness. . . . It is this beverage which is filling with its victims the asylums for the insane in this country, where it is so popularly supposed that intemperance is almost wholly unknown. This may have once been so, but at present the visible effects of intemperance are not more striking, even in the United States, than in this wine-producing country. The director of a very important asylum for the insane tells me that the greater part of his patients, women as well as men, owe their mental condition to the use of stimulants—that is to say, of *eau-de-vie* (brandy) and absinthe."\*

\* Letter, June 5, 1882. "Report of Consuls of United States Department of State, Washington, D. C., 1882," pp. 386-389.



## SWITZERLAND.

In some parts of Switzerland, and especially in the Canton of Berne, intemperance prevails to such an extent that recently the cantonal legislation has sought to find measures for abating the evil. . . . Man-slaughter and many acts of violence are frequently the result of intemperance. Many persons destroy themselves while in a state of intoxication. . . . The evil effects of intemperance here are chiefly visible in that class of the population addicted to the drinking of schnapps (a liquor made from rye or potatoes, and distilled with sugar). This liquor is very cheap, and is the principal stimulant used by the poorer classes. Its manufacture and use have greatly increased of late years.\*

A recent Swiss document states that "in little less than nine months, from April 12th to December 31st, 1876, there were 349 arrests in the city of Geneva, of individuals found in a state of intoxication on the public streets, and carried to the police station; and from January 1st to October 2d, 1877, there were 610 arrests of the same character. The reports of the cantonal hospital from 1865 to 1873, indicate 224 cases of *delirium tremens*, 402 of *chronic alcoholism*. From 1874 to 1876 there were 26 cases of *alcoholic pneumonia*, 114 of *delirium tremens*, 52 of *chronic alcoholism*, 11 of *absintheism*, and 4 of 'vermouthism,'—207 in three years, or 67 a year, not including some cases of drunkenness." Mr. Rilliet, Director of the Central Bureau of Benevolence, declares that "when we examine into the causes which lead mothers and children to the bureau to ask aid, we find in 80 per cent of the cases tippling at first—that is to say, the habit of going from the café to the smoking-room, from the brandy-shop to the public house—in short, the drunkenness of the father of the family." Within a few months,† a Geneva correspondent of the *London Times* said:—

The vice of intemperance is growing so fast in Switzerland, as to occasion grave anxiety among public men of all classes. So palpable and portentous are the evils to which, in some districts, insobriety is giving rise, that people speak of alcohol as "the enemy," and of *eau-de-vie*, the old term for cognac, as *eau-de-mort* [water of death]. "Even the public fortune is compromised by the excessive drinking of the population," runs a report on the subject lately addressed by the Associated Mayors of Ajoie (in the Bernese Jura) to the Cantonal Government. "Failures, bankrupt-

\* "Second Annual Report of the Massachusetts Board of Health," pp. 261, 262.  
† In December, 1882.

cies, and forced sales of property are alarmingly on the increase." The official *Gazette* can hardly contain them. As a natural consequence, land is depreciating in value, and mortgagees who are compelled to foreclose, can often find neither buyers nor tenants. The evil affects all classes, and is even rife among the other sex. We could name several communes of Ajoie in which the consumption of schnapps is at the frightful rate of eight litres per month per head of population. In one village, with a population of 600, a single *aubergiste* [inn-keeper] has sold in the month 1,200 litres of cognac alone—equal to a daily sale of 40 litres. It is easy to understand in what a terrible ruin this drunkenness must end. It is a whirlpool which swallows up every year thousands and thousands of francs.

The Associated Mayors of Ajoie are not alone in their alarm and their denunciations. Almost every Church Synod that meets passes resolutions condemnatory of intemperance; the Federal Department of the Interior is now engaged, at the instance of the National Assembly, in making inquiries with a view of combating "the enemy" by restrictive legislation; and no subject more frequently engages the attention of "Societies of Public Utility" and the press than the "war against drunkenness."

Such is the condition in wine-producing Switzerland, often declared to be free from intemperance.

## SOUTHERN EUROPE.

*Scribner's Magazine*\* furnishes a fact illustrating the same truth. An article on "Life in Florence" states that the Florentines drink home-made red wine instead of water, and that it "is indulged in by the poorest beggar." The grape crop failing, some years ago, the people resorted to rum-punch. "This," he says, "was too strong for their unaccustomed heads, and, worse than all, gave them a taste for liquor which they had not previously had, making them unwilling to return to their comparatively insipid *vino nostrale* [domestic wine]."

Mr. Robert H. Holdsworth, Chairman of the Wine Dealers' Association in London, before the House of Lords' Committee on Intemperance, in 1878, said: "I believe that in Portugal and Spain, there is more drunkenness than there was thirty years ago. The vines failed in 1853, 1854, 1855, and 1856, and there was no wine to drink. Those who could afford to bought spirits, and continued to use them, in preference to wine." The use of native wines does not preserve men from intemperance.

\* June, 1880, p. 281.



As to Italy, the testimony of Cardinal Wiseman will be accepted:—

Though, compared with other nations, the Italians cannot be considered as unsober, and the lightness of their ordinary wines does not so easily produce lightness of head as heavier potations, they are fond of the *osteria* and the *bettola*, in which they sit and sip for hours, encouraged by the very sobriety of their drinks. There, time is lost, and evil conversation is exchanged; there, stupid discussions are raised, whence spring noisy brawls, the jar of which kindles fierce passions, and sometimes deadly hate. Occasionally even worse ensues. From the tongue sharpened as a sword, the inward fury flies to the sharper steel lurking in the vest or legging; and the body pierced by a fatal wound, stretched on the threshold of the hostelry, proves the deadly violence to which a quarrel over cups may lead.

Lord Acton, subsequently Cardinal, while Supreme Judge of Rome, stated:—

I beg leave to state my opinion upon the proportion of crimes which in this country may be traced for their origin, either to the immoderate use of wine, or to the too great frequenting of public-houses. I think I may fairly record one-third under this head.

A correspondent of the *Episcopal Recorder*, in 1865, said:—

We have heard Americans earnestly declaring that nobody gets drunk in Italy, or in any country where wine takes the place of stronger liquors. Now, we have sifted this matter thoroughly, both in Switzerland and in Italy, and are bound to deny the assertion. The Italian laborer rarely begins his potations until his day's work is done; consequently travelers see and know very little of the extent of them. They carouse from about sundown to ten, eleven, or twelve o'clock at night. Their money spent, or midnight come, they reel to their wretched homes; and the cries of brutality which mark the drunkard the world over, whether he wear homespun or broadcloth. During a few years of residence in Italy, our household was served at different times by some eleven men and women servants. Four of this number were occasionally more or less useless to us from the effect of too much wine, and four of the remaining seven had their homes made miserable from the same cause.

#### ASIA.

Take next an Asiatic vine-growing country—Persia, for instance. Rev. I. S. Cochran, long a resident there, says:—

In the wine-making season, the whole village of male adults will be habitually intoxicated for a month or six weeks. . . . Wine-drinking is the greatest bane and curse of the people of the wine-making districts.

Mr. Labaree, another missionary in Persia, writes:—

If I had any sentiments favorable to the use of wine when I left America, my observations during the seven years I have resided in this paradise of vineyards, have convinced me that the principle of total abstinence is the only safeguard against the great social and religious evils that flow from the practice of wine-drinking. \* \* \* There is scarcely a community to be found where the blighting influences of intemperance are not seen in families distressed and ruined, property squandered, character destroyed, and lives lost.

#### CALIFORNIA.

Evidence from the vine-growing portions of the United States does not favor the theory that the free use of native wines would promote temperance. Has the culture and use of wine in California contributed to the lessening of intemperance in that State? A distinguished clergyman formerly of New England, but who has resided many years in California, says\*:—

This is undoubtedly one of the most favorable countries of the world, in soil and climate, for the cultivation of the vine. We have an immense capital already invested in the business—certainly not less than \$30,000,000. Every year extends our vineyards, and adds to the number of gallons of wine and of brandy manufactured on this coast. Last year's vintage yielded about 6,000,000 gallons of wine, and there was manufactured over 200,000 gallons of grape brandy. The annual average increase in the business is not far from \$2,000,000. It is more and more evident that the abundance and cheapness of our wines, as well as their quality (both pleasant and strong), increase fearfully the amount of intemperance in California. In our vine-growing districts—and these are everywhere—there are very few families who do not use wine freely. Whole communities are saturated with wine—men and women, young and old. *Nor does the drinking stop with wine. Beginning with this comparatively pure product, it graduates speedily into the use of brandy and whiskey, and the worst of adulterated liquors.*

The editor of *The Pacific*, writing from his office in San Francisco, under date of April 15, 1872, says:—

Lager-beer has been freely made and used in this State for many years. It is not limited by any means to the German population, and is consumed in large quantities in mining districts, grain districts, fruit districts, and wine districts. Nothing displaces it, nor does it displace

\* Over date of April 22, 1872. For these two testimonies see "Fourth Annual Report of Massachusetts Board of Health," pp. 141, 142.



anything. We have never heard of it as a temperance drink; lager drunkenness is too frequent for that. Our impression is, that the lowest, slowest, most illiterate, most unimpressible, most unimprovable, if not vicious population outside of the great cities, is found in the oldest wine districts in this State, and that the use of the product of vineyards has been the most active cause of this condition of the population; that the increased production and consumption of wine on this coast in the most recent years has diminished the use of neither distilled liquor nor lager-beer, but rather increased the demand for both. We never hear of people who forsake liquor and beer for the sake of wine, and then many who never use an intoxicant till they learn to love wine, and then have abandoned wine for something more stimulating. In a word, we do not believe that wines reform anybody, and we do believe that they beguile many into drinking-habits, and finally into drunkenness, who would never have drank a drop but for wine.

Professor Calvin E. Stowe, D.D., bore the following testimony:—

Some men propose to remedy the evil by the introduction of light wines. This was not a remedy in Solomon's time. It is not now, and can never be. I was in Europe in 1828, 1853, 1856, and 1859, and have investigated this subject. In wine countries, a pint of common wine costs as much as a day-laborer earns in a day. In France, where railroad-laborers were earning one franc per day, I found wine one franc per pint. In Ohio, when I was there, wine was one dollar a pint, and a day's wages of a laborer about the same; choice wines in each case were from three to five times as much. Now, how can you drive out whiskey with wine, where wine is a dollar a pint and whiskey twenty-five cents a gallon? If there is little drunkenness in wine countries, it is because wine is beyond the reach of the common laborer—because he must buy that which is diluted and weak, and chiefly because the culture of the grape exhausts the best land, and impoverishes the people. In some sections of France there is an absolute scarcity of food, on account of the use of all the soil for the vine. I once followed a laboring-man into an eating-house, to see what he would take for his dinner, and found that all he could afford was a slice of brown bread and a few radishes. It is ten times as bad as the exhaustion of the soil in the Connecticut Valley by the culture of tobacco. It is for these reasons that there is comparatively little drunkenness in some wine countries. Wherever laborers can obtain it they will drink to intoxication. In Paris, cheap adulterated liquors have been introduced, and, in spite of the vigilance of the police, there is a fearful amount of intoxication among the laboring classes.

The introduction of light wines is not the remedy. What, then, is? There must be some agency which shall keep the right kind of information before the people. They are generally honest and well-intentioned, and only need to be well informed.

Rev. A. L. Stone, D.D., after residing some years in California, said:—

I had entertained a sort of hope that the manufacture of pure wines, and their introduction into general use, would crowd out the gross, strong liquors, and diminish intemperance. *I am now fully convinced that this hope was groundless and delusive.* It is in evidence that fully two-thirds of all the wine manufactured is converted by the manufacturers into brandy. It also appears that in the wine-growing districts intemperance is on the increase, extending even to the youth of both sexes.

In his work on California, Mr. Nordhoff says:—

I have now seen the grape grow in almost every part of California where wine is made. The temptation to a new settler in this State is always strong to plant a vineyard; and I am moved by much that I have seen, to repeat publicly the advice that I have often given to persons newly coming into the State: *Do not make wine.* I remember a wine-cellar, . . . and on a pleasant, sunny afternoon, around these casks, a group of tipsy men—hopeless, irredeemable beasts, with nothing much to do except to encourage each other to another glass, and to wonder at the Eastern man who would not drink. There were two or three Indians staggering about the door; there was swearing and filthy talk inside; there was a pretentious tasting of this, that, or the other cask by a parcel of sots who in their hearts would have preferred “forty-rod” whiskey. And a little way off there was a house with women and children in it, who had only to look out of the door to see this miserable sight of husband, father, friends, visitors, and the hired men, spending the afternoon in getting drunk.

\* \* \* \* \*

*I advise no settler in the State to make wine. He runs too many risks with children and laborers, even if he himself escapes.*

In July, 1878, Rev. T. L. Cuyler, D.D., wrote from San Francisco:—

The profligacy of this seaport cosmopolitan city is equal to that of a continental town in Europe. There are over 8,000 drinking-saloons in full blast; and I see more drunken people on the streets than I ever see in any Eastern city.

The theory, then, that mild native wines promote temperance is not sustained by facts.

## (II.) THE BEER FALLACY.

We have already noticed that the use of beer has been advocated as a means for promoting temperance. The organ of the



"Business Men's Moderation Society," in New York City, speaks\* of "our friends, the brewers," and says, "The brewers of good beer are friends of the cause of temperance." And Thomas Dunn English, M.D., in the same paper, said, "The absurd position taken by extremists, that beer-drinking leads to whiskey-drinking, is not sustained by facts." Let us see.

## GERMANY.

Drunkenness in *Germany* has often been underrated by the partisans of the "moderation theory." Dr. English says, "They have been drinking beer from time immemorial in Germany, and they have not got to whiskey-drinking yet." The excessive drinking "bouts" of the Germans prior to the discovery of distillation, as far back as the days of Tacitus, have passed into history. Their drunken revelries during the Middle Ages on wine and beer became notorious.

Martin Luther said † of the Germans in his time:—

Every land must have its own particular devil. Italy has hers, and France hers; our German devil is a genuine wine-topper, whose name should be "Sauß" (a noun formed from the German verb *saufen*, to wine and beer cannot refresh him. Such will, I fear, ever remain Germany's curse until the latest day.

In the seventeenth and eighteenth centuries it was currently said, "The Germans led the van of drunkards."

Coming to the period included in the last fifty years, the facts are sufficiently convincing that the free use of wine and beer have not allayed the thirst for the stronger liquors.

Mr. McCulloch, whose authority will not be disputed, stated that in 1837, in Prussia, with a population of 14,157,573, there was an annual consumption of spirits of from 40,000,000 to 45,000,000 gallons, besides beer and wine. He adds:—

If we take Prussia for a standard, the people of the United Kingdom [Great Britain and Ireland] may be said to be temperate in the extreme. For while the consumption of spirits in Prussia averages about three gallons to each individual, the consumption in Great Britain and Ireland is only about three-fourths of a gallon; and we believe the consumption of beer in Prussia exceeds its consumption in the United Kingdom in a corresponding proportion.

\* The *Moderation*, New York, October, 1881.

† Quoted from a recent work by Dr. Barr, of Berlin, on Alcoholism.

Coming down to 1852, we give statements extracted almost literally from a high German authority.\* He states that in the States of the Zollverein (including Prussia, and other German States), according to official returns, there was a yearly consumption of 367,000,000 quarts of distilled spirits, or three gallons per capita, besides beer and wine [In the year 1850, the average consumption of distilled spirits in the United States did not much exceed two gallons per capita, while the beer and wine consumed was only a fractional part of that consumed in Germany];—that Berlin had 1,500 more public-houses than in one hundred years before, and one church less; that in an orphan asylum in that city, out of 60 children under six years of age, 40 had daily been accustomed, with their parents, to taste distilled spirits, and nine of them had a depraved appetite for them;—that in the vale of Barmen, one of the most religious districts of Rhenish Prussia, there were more than 400 public-houses where *branntwein* [brandy] was sold; and out of its population of 80,000, not less than 13,000, or about one-sixth, were habitual brandy-drinkers;—that in taking the conscription, in the spring of 1852, for a district of Western Prussia, out of 174 young men, only four were declared admissible by the reviewing army surgeons, the rest being physically incapacitated by the use of alcohol; that from year to year the prisons and the lunatic asylums became more crowded, there being thousands of the inmates of the latter reduced to permanent insanity by *delirium tremens*, of which disease about one hundred persons die annually in the hospitals of Berlin alone;—that in the electorate of Hesse-Cassel, more than half of the whole corn and potatoes requisite for the annual consumption are turned into spirits;—and that in the entire North of Germany, the quantity of *branntwein* [the general name for spirituous liquors] now used is nine times more per head than it was in 1817, or has increased ninefold in thirty-five years, so as to threaten the entire land with a deluge of alcohol, unless speedily checked.

Coming to a later date, 1876,† we find that while Germany (including Alsace-Lorraine) made 1,000,000,000 gallons of wine,

\* Published by authority of the German Kirchentag Berlin Hertz, 1852. A paper read by Superintendent Dr. Wald, of Königsberg, before the German Protestant Conference for Inner Missions, at Bremen, Sept. 16, 1852. See "Temperance Cyclopaedia," by Rev. Wm. Reid, Glasgow and London, pp. 388, 389.

† "Encyclopaedia Britannica." Article, Germany.



and 857,000,000 gallons of beer, in the same year the Prussian provinces east of the Elbe, including Mecklenburg and Saxony, with a population of 19,000,000, produced 72,000,000 gallons of spirits; and the rest of Germany, with 24,000,000 people, produced 25,000,000 gallons. Of these spirits no appreciable quantity was exported. Here is a total average of 20 gallons of beer and  $2\frac{1}{4}$  gallons of spirits per capita. In the United States of America, in the year 1870, the average consumption of spirits, including foreign wines, was only  $2\frac{1}{4}$  gallons, and beer 5 gallons per capita.

Still later testimonies are available. A correspondent of the *Nation* (N. Y. City), March 10, 1881, writing from Germany, said:—

Dram and whiskey drinking have, with fearful rapidity, spread more and more among the working-classes. . . . In Belgium, the consumption of alcohol since 1840 has increased from eighteen to forty-three millions\* six or seven persons. Thus in Belgium, the working-classes spend between fifty and sixty million of francs for alcohol. The same evil has manifested itself in Germany. . . .

In Germany, and especially in the eastern provinces of Prussia, whiskey-making is a very aristocratic business, which is carried on by the nobility and the proprietors of large estates, whose value is greatly enhanced by this side branch of agriculture. That the Prussian aristocracy does not disdain to turn a penny by the retail whiskey trade, I myself discovered when, some years ago, I spent a few weeks on a large farm in Eastern Prussia. My host's neighbor, a Baron So-and-so, was a wholesale distiller of whiskey, ran several large distilleries, and sold his article at home and abroad. The lady of the manor and the young baroness attended to the retail trade. On a Saturday evening I saw them in the basement of the old and noble baronial hall, standing behind a counter, selling whiskey to the servants and working-men, who had just received their wages, filling bottles, gills, and tumblers with whiskey, changing dirty small money, and doing a very lively business till late in the evening. . . . The money interest in whiskey pervades the whole landed aristocracy, and prevents the present government from laying heavier taxes on the distillers of alcoholic drinks. . . . Lately the government has submitted a bill to the Bundesrath, which, in my opinion, will be passed, but it is only a makeshift in proportion to the great task that is to be achieved. The emperor, yesterday, in his opening address, introduced the new measure to the Reichstag, with the words that the serious increase of crimes and misdemeanors committed in a state of drunkenness, and hitherto not falling within the reach of criminal law, had manifested the need of supplementing the existing penal code with a new statute.

\* The population increased 35 per cent, and the consumption of spirits 140 per cent.

At the session of the Sanitary Congress in Geneva, in 1882, the consumption of alcohol per head of the population was estimated as follows:—

In Denmark . . . . .	23 litres.	In Switzerland . . . . .	7½ litres.
" Russia . . . . .	16 "	" United States . . . . .	7½ "
" Sweden . . . . .	10 "	" England . . . . .	6 "
" Germany . . . . .	10 "	" Austria . . . . .	4 "
" Belgium . . . . .	9 "	" France . . . . .	3 "

It will be noticed that Germany, with its beer-quaffing habits, outranks England and the United States in the consumption of alcohol. So much for the boasted exemption of Germany from drunkenness.

#### BEER IN ENGLAND.

The fallacy of the plea for beer as a means of reducing the amount of intemperance, is already demonstrated by the effects of the English "Beer Act" of 1830. The object sought by this "Act" was "to wean the people from the stronger liquors," by "cheapening beer," and giving them "a wholesome beverage," as was thought, and as some now claim. Lord Brougham and the Duke of Wellington advocated the measure, confident that it would be "attended with the most beneficial consequences to the lower orders." When it was enacted, the Duke declared it was "a greater achievement than any of his military victories." These men supposed that if beer and other "light liquors" were extensively introduced, they would be accepted as a substitute for gin, rum, and other stronger liquors.

What were the effects? The strongest supporters of the measure were surprised at the sudden and general demoralization which followed. Rev. Sidney Smith, who had favored the bill, soon after it went into effect, said: "The new Beer Bill has begun its operations. Everybody is drunk; those who are not singing are sprawling. The sovereign people are in a beastly state." Nearly forty years later, the permanent effects were described as follows by a very high authority, after a very thorough and detailed investigation. The "Report by the Committee on Intemperance, for the Lower House of Convocation of the Province of Canterbury," England, in 1869, declares:—

This measure, though introduced, in 1830, for the avowed purpose of repressing intemperance by counteracting the temptations to the excessive



*drinking of ardent spirits (distilled liquors) afforded in public houses, has been abundantly proved, not only to have failed of its benevolent purpose, but to have served throughout the country to multiply and intensify the very evils it was intended to remove.*

This statement the Committee sustain by an overwhelming amount of testimony from clergymen, coroners, chief constables, superintendents of police, governors of work-houses, district attorneys, physicians, etc., etc., who declared:—

Intemperance has much increased since beer-shops were introduced some years ago, especially among young men.

The beer-houses are an unmitigated nuisance.

Intemperance has increased here with the number of beer-shops.

The act permitting beer-shops is here, and I think everywhere a curse.

The great cause and encouragement of intemperance I have no hesitation in ascribing, in a great measure, to that most disastrous act of Parliament which set beer-shops on foot.

The only remedy I can suggest is, a repeal of the law which enables the beer-house to be opened everywhere.

Beer-houses are the seats of vice and intemperance.

The abolition of the beer-houses would be a boon to the country.

It does not decrease it, as under the free-beer law the doors for the sale of ale and beer are thrown wide open, their sale and consumption increased, and the sale of distilled liquors is in no way diminished. That "free beer" diminishes drunkenness may be logic, but it isn't fact.

One other testimony should be given. A magistrate \* of Edinburgh said of the Beer Act:—

The effect of this measure, passed as it was in the interest of sobriety, was to open the flood-gates of intemperance, and to deluge many cities and large towns throughout England with violence and crimes of the most horrible and disgusting character. This unfortunate act not only increased enormously the consumption of beer, but also generated and stimulated an appetite for stronger liquors, and the consumption of them largely increased.

Upon the same lines of this mistaken policy additional legislation was taken in hand and carried through in 1860. Strangely enough, notwithstanding the lesson furnished by the operation of the "Beer Act," Mr. Gladstone introduced his "Wine Licenses Bill" in that year. The object of this measure was precisely that contemplated by the measure of 1830; but, like the "Beer Act," the "Wine Licenses Act" signally failed in that object, and its effect was to promote, rather than to arrest drunkenness. The promoters of this other well-intentioned measure were still

\* Hon. David Lewis, J.P. "Drink Problem," p. 151.

blind to the poisonous nature of alcohol, and to the fact that its tendency is to increase the thirst of the consumer, and to create an insatiable desire for more. Hence the fatal flaw in the theory that by the introduction into the country of cheap, light wines, the people would be weaned from the use of the more potent and fiery liquors. Never did efforts made in the interest of national sobriety prove more delusive than these; for not only did they fail in their object, and contribute largely to the increase of the national vice which they sought to modify, but, by inspiring false hopes of success, they affected most prejudicially the progress of the temperance movement. The hopelessness of getting spirit-drinkers generally to betake themselves to the consumption of lighter, and to them comparatively insipid beverages, and the ease and readiness with which the consumers of light wines are led to the drinking of more exciting and stimulating liquor, are facts which, though absent from the minds of our legislators, medical men as well as temperance reformers have learned by bitter experience.

#### MEDICAL TESTIMONY AGAINST BEER.

Touching the general question whether wines, malt liquors, and cider tend to create an appetite for stronger liquors, we close with several medical testimonies. One who has had very great experience in the treatment and cure of the intemperate, says\*:—

As far as my observation goes, the use of ale, wine, and other fermented liquors does stimulate the desire for stronger drinks. The very nature of the case proves this. The disease, drunkenness, alcoholism, or whatever you please to call it, is generally superinduced by fermented drinks. Primarily, they lay the foundation for the disease, and stronger liquors are usually resorted to, for the reason that the weaker drinks fail to meet the demand of the diseased organism; and when once this disease is acquired, the miserable victim goes on, from day to day, demanding more and more of the poison, until death or curative agents release him from this thralldom.

Another physician, of great eminence and extensive practice, says†:—

*Alcohol taken into the system produces the same effect, whether it be pure alcohol, rum, whiskey, gin, or brandy, or if it be wine, malt liquor, or cider. So far as alcohol is concerned the effect is the same; but the effect upon the system is greatly modified by the amount contained in the drink, and by the vehicle in which it is conveyed. In wines there is less of alcohol than in ardent spirits. Different wines contain a different amount of stimulant. Malt liquors and cider do also contain alcohol, but in com-*

\* "Fourth Annual Report of the Massachusetts Board of Health," p. 140.

† *Idem.*



paratively small amounts, and it is combined with other ingredients which are nutritious in some degree, and this makes the effects of each of them somewhat specific in their character. The beer-drinker carries his marks with him; and the cider-drinker is readily recognized in our country. So far, then, as alcohol is taken, it tends to create an appetite for stronger liquors.

The editor of the *Quarterly Journal of Inebriety*, Dr. Crothers, an experienced physician and scientist, commenting, in 1879, upon the plan of substituting beer for the stronger alcoholic liquors, declared that this theory has "no confirmation in the observation of physicians and chemists where either has been used for any length of time." He affirms that "the constant use of beer is found to produce a species of degeneration of all the organism, profound, and deep seated." He also says:—

In appearance the beer-drinker may be the picture of health, but in reality he is most incapable of resisting disease. A slight injury, severe cold, or shock to the body or mind, will commonly provoke acute disease, ending fatally. Compared with inebriates who use different forms of alcohol, he is more generally diseased. The constant use of beer every day gives the system no time for recuperation, but steadily lowers the vital forces. It is our observation that beer-drinking in this country produces the very lowest forms of inebriety, closely allied to criminal insanity. The most dangerous class of tramps and ruffians in our large cities is beer-drinkers. It is asserted by competent authority that the evils of heredity are more positive in this class than from alcoholics. If these facts are well founded, the recourse to beer as a substitute for alcohol merely increases the danger and fatality following.

M. L. Holbrook, M.D., says:—

It is claimed that the drinking of lager does not excite to crime so much as other alcoholic drinks. Of this there is no evidence. Murders abound in all beer-drinking countries. I was once a juror in a Criminal Court for several weeks, and several murderers were on trial there. I noted at the time the fact that some six of them were drunk on lager-beer when they did the dreadful deed. I am not at all sure but lager-beer causes as many murders as any other intoxicant.

That lager-beer drinking has increased the amount of gout in all communities where drunk, is well known to medical men; and if they are wise, they always prohibit its use to their gouty patients. Until recently this disease was confined largely to Germany and England; but it has come to America, to stay—till the beer goes. The laborers in beer-breweries who drink lager freely, when once taken with any serious disease generally die. This is a well-known fact. During the heat of summer, when multitudes are sun-struck, it is the beer-drinkers who first succumb, and they

are the most difficult to cure. This has been noticed in all large cities, and especially in St. Louis, during the heated term two or three years ago. The chronic lager beer drinker is sure to become stupid, sullen, morose, weak-minded, and incapable of good thinking. Diseases of the liver are caused by lager beer in frequent cases. Most of it when drunk is taken up by the portal system, which pours all its contents into this organ, through which it must pass to get into the general circulation. The liver suffers much from lager beer. The kidneys, too, are impaired by it. There are not a few physicians who claim that the great increase of diseases of the kidneys is due to the increased consumption of lager.

V. — *The supposed innateness of the love for alcoholic liquors remains to be considered.*

This is a popular objection to all total abstinence movements, and with many it is presumed to be unanswerable. How often is it asserted that love for alcohol is a universal attribute of humanity. With what indiscriminating haste are the wildest inferences drawn in vindication of the terrible enormities of the liquor traffic and liquor drinking. We shall do well to carefully discriminate, and seek out the exact truth in the matter.

Accepting the fact of the universality and consequent innateness of a susceptibility to stimulants, and the kindred fact that abundant materials for its gratification exist everywhere in nature, we shall need to guard against hasty and unwarranted deductions. A natural susceptibility to stimulants does not imply a natural love for alcoholic drinks; it is well known that the contrary is the truth, for many abhor them. To infer that susceptibility to stimulants affords *prima facie* evidence that the Creator designed it should be freely gratified by alcoholic drinks, and that such free indulgence is in the legitimate line of our being, is palpably fallacious and ruinous; for the world has seen too much of the effects of such indulgences to believe that they come within the scope of the wise Creator's plan.

This susceptibility should be viewed more broadly. It has a wide range. Man may be stimulated either through his physical, intellectual, or moral powers. Even thought is stimulating. What a powerful influence motives exert? Man's constitutional outfit makes him a sensitive and excitable being. This susceptibility is a necessity in the constitution of an intelligent moral agent, in order to his acting effectively and intensely in the accom-



plishment of the higher ends of his being. Without it he would be incapable of any quickened action.

A susceptibility to alcoholic stimulation is only a part of this constitutional outfit, on the physical side, where man is liable to vitiated and perverse impulses, as well as to those which are normal, necessary, and beneficent in their legitimate and wisely-directed indulgence. Alcoholic stimulation may sometimes serve a useful end as a part of the *vis medicatrix* of nature, while the continuous indulgence of it in any quantity, may, nevertheless, be illegitimate and ruinous.

From the innateness of this susceptibility to stimulants, some have inferred the impossibility of overcoming and controlling the desire for alcoholic liquors, and that the aims of temperance reformers are Utopian and vain, forgetting that we draw no such inference from the existence of other original susceptibilities, and that we do not excuse assault and murder because man is susceptible to anger and retaliation, but insist that men must overcome such impulses. Moral progress implies the control of our passions and appetites by the dominating influence of moral principles. This is what the Temperance Reformation means, in which great progress has been made during the present century, exceeding all previous advances, however much yet remains to be done.

Nor is it a just inference from the foregoing premises that a moderate use of alcoholic stimulants is the only rational basis of the temperance reform, because it is in harmony with what is claimed to be man's universal love for alcoholic drinks, and the provisions of nature for its indulgence. Coupled with this view is the monstrous statement that "there is not a shadow of proof that the moderate use of any stimulant has any definite tendency to lead to its abuse." Does not universal observation show the falsity of these positions? Not that every one who moderately uses intoxicants will become a sot; but it seems too palpable to be a matter of argument, that indulgence in any stimulant is almost certain to lead to its repetition; and with the repetition comes an increase in the quantity, and a habit which determines the victim in an accelerated downward career.

This theory of moderation, to which Dr. Crosby and the Moderation Society in New York City have given so much prominence of late, has been thoroughly tried, and invariably failed. All the

first temperance societies in this country started on this plan. From the first, in 1808, to 1836, when the principles of total abstinence were adopted by the National Temperance Convention at Saratoga Springs, almost all the societies were formed on the moderation theory. The first Massachusetts society only obligated its members against "*the too free use of ardent spirits*," or distilled liquors, putting no restriction whatever on the use of fermented liquors, such as wine, beer, and cider. This was in 1813. Numerous auxiliary societies were formed on this basis. They ran a staggering career, and one after another of the societies themselves "died of drunkenness," as was quaintly said by those who knew them well. When the American Temperance Society was formed, in 1826, they found it necessary to take stronger ground, and required total abstinence from distilled spirits. But they still allowed the use of fermented liquors. This was a little advance, but not enough. The drink evil was so virulent that more radical treatment was required, and in 1836 total abstinence was adopted as the measure of reform. This was the key-note of the Washingtonian movement also, from 1840 onward. More substantial progress was made in temperance, after 1836, under the total abstinence regimen, than at any other time. The moderation plan has always been a failure. It has been tried over and over, in organized societies, and by individuals. The whole history of the movement is strewn with wrecks. And yet new advocates, every now and then, rise up, with great affectation of supreme wisdom, to advocate the oft exploded theory.

As to the popular assumption that the love of *alcoholic* drinks is universal, and therefore natural, it is evidently indiscriminating, and too sweeping. The logical statement of the question would seem to be that a susceptibility, not a love of stimulants, nor a desire for stimulants, but a susceptibility to their influence, is universal; that the use, also, of some kind of stimulants may be traced in all quarters of the globe, among people of all races, climes, and conditions; that these indulgencies are often very excessive and destructive; but that other stimulants than the alcoholic are used, and are largely in the ascendency in the whole world; that there are, and always have been, individuals, and even large groups of men all over the globe, who have habitually abstained from all stimulants, and have even positively discarded



them; and that the abstainers have been coeval and coterminous, though possibly not numerically co-equal, with those who have indulged. We therefore conclude that the inference that the love of alcoholic liquors is universal and innate, is wholly unwarranted. With equal consistency might we infer that the abhorrence of alcoholic liquors is universal and innate. But neither position is true.

In the consideration of the question of stimulants, one thing is often overlooked—that temperance is older than intemperance. Even total abstinence is not of such recent origin as many suppose. Dr. Lees (correctly) says: "Teetotalism everywhere pervaded the primeval empires of the world, and it was preached and practiced by the greatest moral reformers and teachers of antiquity. It was, indeed, a part of the religious culture of the Egyptians centuries before the Jewish nation existed." Another writer, in the *Medico-Chirurgical Review*, said, "Without contention, in every age of the world there has been a total abstinence movement." Another has said: "Every student of the antique parchments and moth-eaten volumes in which are written the histories of the most ancient nations, every student who has ever sought to decipher old inscriptions and scrutinize Egyptian and Assyrian hieroglyphics found on long-buried rocky pages, knows that the temperance reform teaches no new doctrine, but is only a revival of what was inculcated in the writings of the most ancient sages, and practiced by people of the greatest antiquity, both Jew and Pagan."

The foregoing cosmic theories, so specious and misleading to minds predisposed to favor the use of intoxicants, are predicated on a substantially materialistic basis. If they could be sustained by facts, they would remove the question of intemperance from the domain of morals and reform, and leave society to struggle under a fearful fatalistic scourge, with no hope of alleviation. But no such vindication is possible. The specious theories fall to the ground when brought to the test of truth. No such insuperable obstacles to reform exist. Whatever innate susceptibility to stimulants inheres in man's constitution, it is not beyond the possibility of rational and moral control; for it co-exists with a susceptibility to intensified moral action, vastly stronger and more controlling because under the constraining and sustaining power of the Infinite Spirit.

## II. — THE ALCOHOL THEORY.

### IS ALCOHOL USEFUL OR HARMFUL IN A HEALTHY BODY?

It remains to consider some recent theories in opposition to total abstinence predicated on

#### THE SUPPOSED UTILITY OF ALCOHOL IN THE HUMAN SYSTEM.

We will not attempt to exhaustively trace the history of the progress which has been made in the knowledge of the properties and effects of alcohol. Going back only a few centuries, we find distilled spirits regarded as the *water of life*, and, under this supposition, introduced as a remedy for almost all the physical ills of life. Since that time, alcohol has occupied a large place in *materia medica*.

In this country, Dr. Benjamin Rush was one of the first physicians to break from the alcohol regimen in medicine, though even he only partially dissented from it; yet this dissent became more marked and decided during the last thirty years of his life.

After the Temperance Reformation was fairly launched on its career, in 1826, the attention of medical gentlemen was more fully directed to the question of the effects of alcoholic liquors on the physical constitution. Powerful testimonies against alcohol were given by the leading medical societies in the United States prior to 1835; and numerous essays were written and published on this subject by Reuben D. Muzzey, M.D., of New Hampshire, Dr. Kittridge, and others. As early as 1827, the Massachusetts Medical Society resolved "to discourage the use of ardent spirits," and "to discontinue the employment of spirituous preparations whenever they could find substitutes." They also said, "the uses of wine in fevers, etc., is often carried too far." The



Medical Society of New Hampshire, the Hartford Medical Society, (Conn.), the College of Physicians and Surgeons in Philadelphia, and others, nine in all, in the year 1827, 1828, and 1829, embodied in resolutions strong declarations, expressing the necessity of great care to diminish the use of alcohol even in medical treatment.

Dr. Thomas Sewall, of Washington, D. C., startled multitudes by his celebrated plates of the human stomach, showing its condition in total abstainers, and in various stages of intemperance. Dr. Valentine Mott of New York City, Dr. J. Sullivan Warren of Boston, and Dr. Horner of Philadelphia, were medical reformers of the highest mark. Dr. Charles Jewett, of Massachusetts, also, as a lecturer, exerted a wide influence in this country, and Drs. Yeomans, Carpenter, and Lees, in England, in portraying the effects of alcohol on the human system. Other weighty names, in all the stages of the movement, must be omitted — of gentlemen on both continents, of the highest scientific eminence, who have unequivocally declared that alcohol is a pernicious, destructive poison in any healthy human body.

Notwithstanding the varied and most convincing demonstrations of the truth of this position, by the best medical scientists, some of the old notions so gratifying to the lovers of alcoholic beverages are still clung to with great tenacity. The utility of alcohol is advocated on the ground that *it imparts strength and warmth to the body, is a sedative to the nervous system, and is an article of food, or, at least, that it aids in assimilating food.* These are the principal virtues claimed for it.

It does not come within the purpose of the author to enter upon an original discussion of the questions involved in this investigation, but to present some of the weightiest testimonies, which demonstrate not only the inutility, but the deleterious and destructive effects of alcohol in a healthy body.

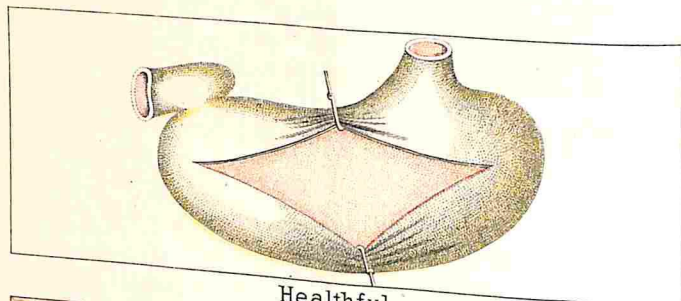
#### TESTIMONY OF DR. THOMAS SEWALL.

We give herewith Dr. Sewall's celebrated diagrams of the stomach.

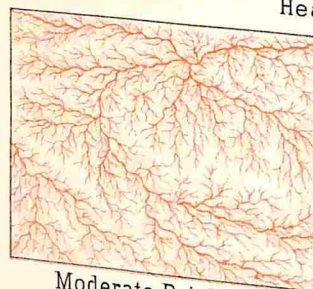
These diagrams were taken from drawings made from actual dissections, in 1842, by Dr. Sewall. Perfect correspondence in all cases is not claimed, as probably no two cases present exactly



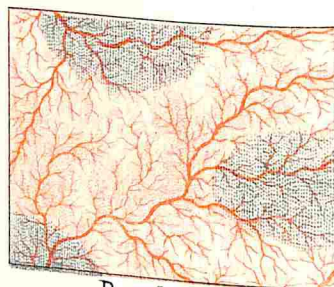
# DIAGRAMS OF THE STOMACH IN VARIOUS CONDITIONS.



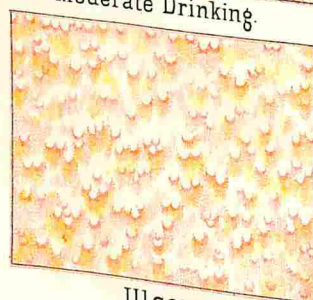
Healthful.



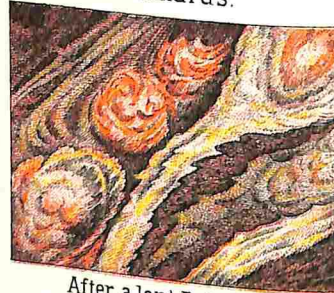
Moderate Drinking.



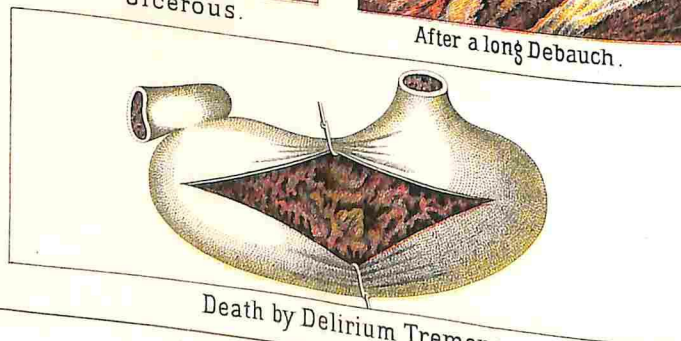
Drunkards.



Ulcerous.



After a long Debauch.



Death by Delirium Tremens.

the same appearance, owing to some natural variations; but they truthfully represent the ravages of alcohol, from its first introduction into a healthy stomach to its fatal results. Before these representations were submitted to the public, in 1842, they were indorsed by those celebrated surgeons, Drs. John C. Warren of Boston, Valentine Mott of New York, and W. E. Horner of Philadelphia.

Dr. Warren said:—

Temperate drinking, as defined by Dr. Sewall, has a tendency to alter the condition of the mucous membrane of the stomach, and to give origin to that state of it which is represented in Dr. Sewall's Plate No. II.

Dr. Mott said:—

It is my full conviction that the pernicious practice of even temperate drinking, as set forth by Dr. Sewall, cannot be too severely reprobated. By whomsoever this is practiced, it will be found to be the beginning of that sad derangement of the mucous membrane represented in Plate No. II., which will, sooner or later, lead to the most disastrous results.

Dr. Horner expressed the hope that "the wide circulation of the plates will deter the rising generation from the dangerous practice of even temperate drinking."

Dr. Sewall thus describes the plates:—

Figure 1 represents the mucous coats of the stomach in a healthy state, which in color is slightly reddish, tinged with yellow.

Figure 2 represents a part of the internal portion of the stomach of a temperate drinker, a man who takes his grog daily, but moderately, the effect of which is to distend the blood-vessels of the inner surface of the stomach; or, in other words produce a degree of inflammation which makes the blood-vessels visible.

Figure 3 represents the stomach of a habitual drunkard—a hard drinker. It was drawn from life, or, rather, from death, of one who had been such for many years, and the stomach resembled what are called *rum-blossoms*, which are sometimes seen upon the face of the hard drinker.

In this state the inebriate is never entirely satisfied unless the stomach is excited by the presence of alcohol or some other narcotic poison; and whenever these are withheld he is afflicted by the loss of appetite, nausea, gnawing pains, and a sinking sensation at the stomach, also lassitude, and temporary disturbance of all the functions of the body. It is under these circumstances, and in this condition of the body, that the drunkard finds it so difficult to resist the cravings of his appetite, and to reform his habits—difficult, but not impossible. Thousands of those far sunk to ruin have reformed, and thousands are



now undergoing the experiment; but it is only by total abstinence that the reform can be accomplished. No one may hope to reform by degrees, or to be cured by substituting one form of alcohol for another. So long as he indulges in the smallest degree, so long will his propensity to drink be perpetuated.

Figure 4 represents the inner coat of the stomach ulcerated, as the result of alcoholic inflammation.

Figure 5 is the drawing of the stomach of a drunkard who died immediately after a long debauch. It shows a high degree of inflammation, and the color is changed to a livid red.

The last of these plates represents the internal coat of the stomach of a drunkard who had died with the *delirium tremens*. The fearful effects of the alcoholic poison, as thus shown in color, are indescribable in words. In some places the coats of the stomach seem even to be in an incipient state of mortification.

Other eminent testimonies follow.

#### TESTIMONY OF DR W. B. CARPENTER.

In the year 1850, there appeared in London a remarkable book, a prize essay on "The Use and Abuse of Alcoholic Liquors, in Health and Disease," by Wm. B. Carpenter, M.D., F.R.S., F.G.S., Examiner in Physiology in the University of London, and Professor of Medical Jurisprudence in University College. The conditions stipulated by the gentleman offering the prize of one hundred guineas, were the following:—

1. What are the effects, corporeal and mental, of alcoholic liquors on the healthy human system?
2. Does physiology or experience teach us that alcoholic liquors should form part of the ordinary sustenance of man, particularly under circumstances of exposure to severe labor or to extremes of temperature? Or, on the other hand, is there reason for believing that such use of them is not sanctioned by the principles of science, or the results of practical observation?
3. Are there any special modifications of the bodily or mental condition of man, short of actual disease, in which the occasional or habitual use of alcoholic liquors may be necessary or beneficial?
4. Is the employment of alcoholic liquors necessary in the practice of medicine? If so, in what diseases, or in what forms and stages of disease, is the use of them necessary or beneficial?

The adjudicators were Dr. John Forbes, F.R.S., Physician to the Queen's household, Prince Albert, and the Duke of Cambridge; Dr. G. L. Roupell, F.R.S., Physician to St. Bartholomew's Hos-

pital; and Dr. W. A. Guy, M.B., Cantab. Professor of Forensic Medicine, King's College, London.

The propositions successfully maintained in Dr. Carpenter's book are thus stated by himself:—

In the *first* place, That from a scientific examination of the *modus operandi* of alcohol upon the human body when taken in a *poisonous* dose, or to such an extent as to produce intoxication, we may fairly draw inferences with regard to the specific effects which it is likely to produce when repeatedly taken in excess, but not to an immediately fatal amount.

*Secondly*, That the consequences of the *excessive* use of alcoholic liquors, as proved by the experience of the medical profession, and universally admitted by medical writers, being precisely such as the study of its effects in poisonous and immediately fatal doses would lead us to anticipate, we are further justified in expecting that the habitual use of smaller quantities of these liquors, if sufficiently prolonged, will ultimately be attended, in a large proportion of cases, with consequences prejudicial to the human system; the morbid actions thus engendered being likely, rather, to be chronic than acute in their character.

*Thirdly*, That as such morbid actions are actually found to be among the most common disorders of persons advanced in life who have been in the habit of taking a "moderate" allowance of alcoholic liquors, there is very strong ground for regarding them as in great degree dependent upon the asserted cause, although the long postponement of their effects may render it impossible to *demonstrate* the existence of such a connection.

*Fourthly*, That the preceding conclusion is fully borne out by the proved results of the "moderate" use of alcoholic liquors, in producing a marked liability to the acute forms of similar diseases in hot climates, where their action is accelerated by other conditions; and also by the analogous facts, now universally admitted, in regard to the remotely injurious effects of slight excess in diet, imperfect aëration of the blood, insufficient repose, and other like violations of the laws of health, when habitually practiced through a long period of time.

*Fifthly*, That the capacity of the healthy human system to sustain as much bodily or mental labor as it can be legitimately called upon to perform, and its power of resisting the extremes of heat and cold, as well as other depressing agencies, are not augmented by the use of alcoholic liquors; but that, on the other hand, their use under such circumstances tends positively to the impairment of that capacity.

*Sixthly*, That where there is a deficiency of power on the part of the system to carry on its normal actions with the energy and regularity which constitute health, such power can rarely be imparted by the habitual use of alcoholic liquors; its deficiency being generally consequent upon some habitual departure from the laws of health, for which the use of alcoholic liquors cannot compensate; and the employment of such liquors, although with the temporary effect of palliating the disorder, having not merely a remotely injurious effect *per se*, but also tending



to mask the action of other morbid causes, by rendering the system more tolerant of them.

*Seventhly*, That, consequently, it is the duty of the medical practitioner to discourage as much as possible the *habitual* use of alcoholic liquors, in however "moderate" a quantity, by all persons in ordinary health; and to seek to remedy those slight departures from health which result from the "wear and tear" of active life, by the means which shall most directly remove or antagonize their causes, instead of by such as simply palliate their effects.

*Eighthly*, That whilst the habitual use of alcoholic liquors, even in the most "moderate" amount, is likely (except in a few rare instances) to be rather injurious than beneficial, great benefit may be derived, in the treatment of disease, from the *medicinal* use of alcohol in appropriate cases; but that the same care should be employed in the discriminating selection of those cases as would be taken by the conscientious practitioner in regard to the administration of any other powerful remedy which is poisonous in large doses.

In a public address in Tremont Temple, Boston, Dec. 10, 1882, His Excellency Gov. John D. Long presiding, Dr. Carpenter substantially reaffirmed the foregoing views as sustained by over thirty years of additional experience and study.

In the preface to his Prize Essay, Dr. Carpenter said that he had the satisfaction of finding himself supported by the recorded opinion of a very large body of his professional brethren, upward of *two thousand* of whom, in all grades and degrees, — from the court-physicians and leading metropolitan surgeons, who are conversant with the wants of the upper ranks of society, to the humble country practitioner, who is familiar with the requirements of the artisan in his workshop and the laborer in the field, — have signed the following certificate: —

We the undersigned are of opinion, —

1. That a very large proportion of human misery, including poverty, disease, and crime, is induced by the use of alcoholic or fermented liquors as beverages.
2. That the most perfect health is compatible with total abstinence from all such intoxicating beverages, whether in the form of ardent spirits, or as wine, beer, ale, porter, cider, etc.
3. That persons accustomed to such drinks may, with perfect safety, discontinue them entirely, either at once, or gradually after a short time.
4. That total and universal abstinence from alcoholic beverages of all sorts would greatly contribute to the health, the prosperity, the morality, and the happiness of the human race.

Among the two thousand medical practitioners who signed the foregoing certificate, Dr. Carpenter gives the following weighty names: —

- Adams, Alex. Maxwell, M.D., Professor, Glasgow.
- Addison, T., M.D., Senior Physician to Guy's Hospital.
- Addison, Wm., M.D., F.R.S., etc., London.
- Aikman, Geo., Surgeon, East Linton, Haddingtonshire.
- Alison, W. P., M.D., Professor of the Practice of Physic and Clinical Medicine in the University of Edinburgh, and Physician to the Queen.
- Anderson, Alex., Surgeon, Tranent, Haddingtonshire.
- Arnott, J. Moncrieff, F.R.S., Vice-President of the Royal College of Surgeons of England, etc.
- Arnott, Neil, M.D., F.R.S., Physician Extr. to the Queen; Author of "Elements of Physics," London.
- Babington, Ben. Guy, M.D., F.R.S., Physician to Guy's Hospital.
- Baly, William, M.D., F.R.S., Physician to the Mill-bank Prison, London.
- Barber John, M.R.C.S., Aldborough, Suffolk.
- Beattie, William, M.D., Edinburgh and London, Physician Extraordinary to his late Majesty William IV., etc., London.
- Beaumont, Thos., Surgeon, Bradford, Yorkshire.
- Bell, Chas. W., M.D., Physician to the Manchester Royal Infirmary.
- Billing, A., M.D., F.R.S., late Senior Physician to the London Hospital.
- Bostock, John, M.D., F.R.S.
- Bowman, W., F.R.S., Professor of Physiology in King's College, London.
- Bright, Richard, M.D., F.R.S., Physician Ext. to the Queen, Consulting Physician to Guy's Hospital.
- Brodie, Sir Ben. C., Bart., F.R.S., Sergeant-Surgeon to the Queen.
- Buchanan, M. S., M.D., Professor of Anatomy in the Andersonian University, Glasgow.
- Budd, G., M.D., F.R.S., Physician to King's College Hospital, London.
- Burn, J., M.D., Edinburgh.
- Burnett, Sir W., M.D., F.R.S., Physician-General to the Navy, etc.
- Burrows, Geo., M.D., F.R.S., Physician to St. Bartholomew's Hospital.
- Carmichael, R., F.R.S., M.R.I.A., Dublin.
- Carpenter, W. B., M.D., F.R.S., etc., London.
- Chalmers, Wm., M.D., late Physician to the Royal Infirmary of Glasgow, Croydon, Surrey.
- Chambers, Wm. F., M.D., F.R.S., Physician to the Queen and to the Queen Dowager.
- Clark, Sir James, Bart., M.D., F.R.S., Physician in Ordinary to the Queen and his Royal Highness Prince Albert.
- Clay, Chas., M.D., Editor of the "British Record of Obstetric Medicine."
- Clanny, Wm. R., M.D., F.R.S., Edinburgh, Consulting Physician to the Sunderland Infirmary.
- Cluley, Wm., M.R.C.S., Ashton-under-Lyne, Lancashire.
- Collette, B., M.R.C.S., Guernsey.
- Collet, H. J., M.R.C.S., Worthing, Sussex.
- Combe, And. M.D., Physician in Ordinary to the Queen for Scotland.
- Cooke, Wm., M.D., M.R.C.S., etc., London.
- Copland, James, M.D., F.R.S., Author of "Dictionary of Practical Medicine."
- Couper, John, M.D., Professor of Materia Medica in the University of Glasgow.
- Courtney, A., M.R.C.S., late Surgeon, R.N. Ramsgate.
- Crampton, Sir Philip, Bart., M.D., F.R.S., Surgeon-General to the Forces, Ireland.
- Crisp, Edwards, M.D., M.R.C.S., London.
- Crisp, Fred. A., M.R.C.S., Walworth, Surrey.
- Currie, Claud, Surgeon-General, Madras.
- Davies, J. B., M.D., Senior Physician to Queen's Hospital, Birmingham.
- Duncan, Robert, M.D., M.R.C.S., Tunbridge Wells.
- Eden, T., M.R.C.S., Liverpool.
- Eyre, Sir Jas., M.D., M.R.C.S., London.
- Farre, Arthur, M.D., F.R.S., Professor of Midwifery in King's College, London.
- Ferguson, Robert, M.D., Physician-Accoucheur to the Queen, London.
- Fergusson, W., F.R.S., F.R.C.S., Surgeon to King's College Hospital, London.



- Ferrier, J. C., M.D., Member of the Council of "The Provincial Medical and Surgical Association," late Physician to the Worthing Dispensary, Brixton, Surrey.
- Fife, Sir John, F.R.C.S., Surgeon to the Infirmary, Newcastle-upon-Tyne.
- Forbes, John, M.D., F.R.S., Physician in Ordinary to her Majesty's Household.
- Fothergill John, M.R.C.S., Darlington, Durham.
- Gay, J., F.R.C.S., Surgeon to the Royal Free Hospital, London.
- Gaved, Arthur, M.R.C.S., St. Maby, Cornwall.
- Grainger, R. D., F.R.S., Member of the Council of the Royal College of Surgeons of England.
- Grant, Geo., M.D., Richmond Hill, Surrey.
- Gray, Wm. A., M.D., Edinburgh.
- Gregory, Geo., M.D., F.R.C.P., Physician to the Small Pox and Vaccination Hospitals, London.
- Grindrod, R. B., LL.D., Author of "Bacchus."
- Guy, W. Augustus, F.R.C.P., Physician to King's College Hospital, London.
- Hall, Marshall, M.D., F.R.S., etc., London.
- Harvey, Joshua, M.D., Physician to the Retreat for persons afflicted with disorders of the Mind, Dublin.
- Hawkins, Caesar H., F.R.C.S., Surgeon to St. George's Hospital, London.
- Hawkins, Francis, M.D., F.R.C.P., Physician to the Middlesex Hospital.
- Hawkins, James, M.R.C.S., London.
- Henderson, William, M.D., Professor of General Pathology in the University of Edinburgh.
- Hicks, R., Surgeon, London.
- Higginbottom, John, F.R.C.S., Author of "Alcohol as a Medicine," etc., Nottingham.
- Hills, Geo., M.R.C.S., Arundel, Sussex.
- Hingston, Andrew, M.R.C.S., Liskeard, Cornwall.
- Hingston, Richard, Surgeon, Cornwall.
- Hofmann, A. W., Professor to the Royal College of Chemistry, London.
- Holland, G. C., M.D., Physician Extra. to the Sheffield General Infirmary.
- Holland, Henry, M.D., F.R.S., Physician Extraordinary to the Queen; Author of "Medical Notes and Reflections."
- Hue, C., M.D., F.R.C.P., Senior Physician to St. Bartholomew's Hospital.
- Hume, Joseph, M.D. and M.P.
- Hunter, Robert, M.D., F.R.C.P., Edin. and Lecturer on Anatomy, Glasgow.
- Jeffreys, Julius, F.R.S., F.G.S., etc., London.
- Judd, W. H., F.R.C.S., Surgeon in Ordinary to H. R. H. Prince Albert.
- Key, C. Aston, F.R.S., Senior Surgeon to Guy's Hospital.
- Kiernan, Fran., F.R.S., F.R.C.S., etc., London.
- Kirk, James B., M.D., Glasgow.
- Latham, P. M., M.D., Physician Extraordinary to the Queen, late Physician to St. Bartholomew's Hospital.
- Laurie, James A., M.D., Surgeon to the Glasgow Royal Infirmary.
- Little, W. J. M.D., Physician to the London Hospital.
- Lonsdale, H., M.D., F.R.C.P., Edinburgh, Physician to the Cumberland Infirmary, Carlisle.
- M'Gregor, Sir James, Bart., M.D., F.R.S., Director-General of the Army Medical Department.
- M'Kenzie, Wm., M.D., Surgeon-Occulist to her Majesty, Glasgow.
- Mantell, G. A., LL.D., F.R.S., F.R.C.S., London.
- Marsh, Sir H., Bart., M.D., Physician to the Queen, Dublin.
- Moore, G., M.D., Author of "Man and his Motives," Tunbridge Wells.
- Mudge, H., M.R.C.S., Surgeon to the Hospital and Dispensary, Bodmin, Cornwall.
- Munro, Sir Alex., M.D., late Professor of Anatomy in the University of Edin.
- Newth, Geo. Elisha, M.R.C.S., Edinburgh, Assistant Accoucheur to St. Thomas's Hospital, London.
- Oxley, W., M.D., Hackney, Middlesex.
- Paris, J. A., M.D., F.R.S., President of the Royal College of Physicians, Lond.
- Percy, John, M.D., F.R.S., Professor of Chemistry, Queen's College, Birmingham.
- Pereira, Jonathan, M.D., F.R.S., Assistant Physician to the London Hospital, etc.
- Perry, Robert, M.D., Physician to the Glasgow Royal Infirmary.
- Pettigrew, T. J., F.R.S., F.R.C.S., etc., London.
- Prout, Wm., M.D., F.R.S., Author of "Stomach and Renal Diseases," etc.

- Reid, John, M.D., Professor of Anatomy in the University of St. Andrews.
- Roget, P. M., M.D., F.R.S., London.
- Roupell, G. L., M.D., F.R.S., Physician to St. Bartholomew's Hospital.
- Royle, J. F., M.D., F.R.S., Professor of Materia Medica in King's College, London.
- Sladen, Ramsay, Phys.-Gen., Madras.
- Sleman, R., M.R.C.S., Tavistock, Devon.
- Smith, A., M.D., Deputy-Inspector of Army Hospitals.
- Snow, John, M.D., Vice-President of the Westminster Medical Society, London.
- Syme, J., M.D., Professor of Clinical Surgery in the University of Edinburgh, and Surgeon to the Queen for Scotland.
- Tatum, T., F.R.C.S., Surgeon to St. George's Hospital.
- Taylor, Alfred S., F.R.S., Professor of Medical Jurisprudence and Chemistry in Guy's Hospital.
- Taylor, John, M.D., Professor of Natural Philosophy in the Andersonian University, Glasgow.
- Thomson, John, M.D., Hamilton, Lanarkshire.
- Thomson, Robert Dundas, M.D., Professor of Chemistry in the University of Glasgow.
- Toone, John, M.R.C.S., Salisbury.

- Toynbee, Joseph, F.R.S., F.R.C.S., Lond.
- Tweedie, A., M.D., F.R.S., Physician to the Fever and to the Foundling Hospital, London.
- Ure, And., M.D., F.R.S., London.
- Ure, Alexander, F.R.C.S., London.
- Watson, James H., M.D., Tranent, Haddingtonshire.
- Watson, Thomas, M.D., F.R.C.P., Consulting Physician to King's College Hospital, London.
- Webster G., M.D., M.R.C.S., Edinburgh, Duxwich, Surrey.
- Whitfield, H., M.R.C.S., Ashford, Kent.
- Whittle, Edward John, Surgeon, Lambherst, Sussex.
- Wilkins, Ignatius, M.R.C.S., Wadebridge, Cornwall.
- Williams, C. J. B., M.D., F.R.S., Professor of Medicine in the University of London.
- Wilson, Erasmus, F.R.S., F.R.C.S., etc., London.
- Winslow, Forbes, M.D., M.R.C.S., Editor of the "Journal of Psychological Medicine and Mental Pathology," London.
- Wood, Andrew, M.D., F.R.C.S., Edinburgh.
- Wright, Samuel, M.D., LL.D., Physician to Queen's College, Birmingham.
- Young, J. Forbes, M.D., Kennington, Surrey.

## MEDICAL DECLARATION\*

- BY PHYSICIANS AND SURGEONS OF NEW YORK CITY AND VICINITY.
1. In view of the alarming prevalence and ill effects of intemperance, with which none are so familiar as members of the medical profession, and which have called forth from eminent English physicians the voice of warning to the people of Great Britain concerning the use of alcoholic beverages, we, the undersigned, members of the medical profession of New York and vicinity, unite in the declaration that we believe alcohol should be classed with other powerful drugs; that when prescribed medicinally, it should be with conscientious caution, and a sense of grave responsibility.
  2. We are of opinion that the use of alcoholic liquor as a beverage is productive of a large amount of physical disease; that it entails diseased appetites upon offspring; and that it is the cause of a large percentage of the crime and pauperism of our cities and country.

\*See "Speech of Hon. H. W. Blair, U. S. Senator from N. H., on Constitutional Prohibition," published by National Publication House, N. Y., pp. 13-15.



3. We would welcome any judicious and effective legislation — State and National — which should seek to confine the traffic in alcohol to the legitimate purposes of medical and other sciences, art, and mechanism.

Adams, Elizabeth S., M.D., No. 156 West 23d Street, Physician New York Medical College for Women.  
 Agnew, R., M.D., ex-President Medical Society of the State of New York.  
 Allen, F. F., M.D.  
 Anderson, James, M.D., No. 30 University Place, Ex-President Academy of Medicine, and President Physician's Mutual Aid Association.  
 Baldwin, Jared G., M.D., No. 8 East 41st Street.  
 Ball, A. S., M.D.  
 Bartlett, E. G., M.D.  
 Bauer, William J., M.D., No. 13 East 33d Street.  
 Bayard, Edward, M.D., No. 8 West 40th Street.  
 Bell, A. N., M.D., editor of *The Sanitarian*.  
 Belden, E. B., M.D.; Hutchins, Alexander, M.D., No. 796 De Kalb Avenue, Brooklyn.  
 Bennett, J. A., M.D., No. 121 Second Ave.  
 Bennet, George I., M.D., Brooklyn.  
 Birdsall, A. Houghton, M.D.  
 Birdsall, S. T., M.D.  
 Bissell, Sarah E. M.D., No. 104 East 17th Street.  
 Blumenthal, Charles E., M.D., LL.D., Chairman Medical Board of Hahnemann Hospital.  
 Bond, Frank, A.B., M.D., No. 27 Schermerhorn Street, Brooklyn.  
 Bowers, B. F., M.D., ex-President New York County Homœopathic Medical Society.  
 Bozeman, Nathan, M.D.  
 Brown, J. L., M.D., No. 51 West 36th Street.  
 Bronson, C. H., M.D., Brooklyn.  
 Brown, Mrs. Mary C., M.D., Brooklyn.  
 Burdick, S. P., M.D., Professor of Obstetrics, Homœopathic Medical College, New York.  
 Campbell, Alice Boole, M.D., No. 114 South 3d Street, Brooklyn.  
 Cetlinski, B. L., M.D., New Haven (Ct.) Homœopathic Dispensary.  
 Chamberlin, W. M., M.D., Physician to Charity Hospital and Demilt Dispensary.  
 Clark, A., M.D., Professor College of Physicians and Surgeons, and Senior Physician Bellevue Hospital.  
 Clements, J. W. G., M.D.  
 Cuyler, John M., M.D., Surgeon United States Army, Medical Director Department of the East, New York.  
 Delafield, Edward, M.D., President College of Physicians and Surgeons, and of Roosevelt Hospital.  
 DeLuna, A. B., M.D., Visiting Physician Northwestern Dispensary, New York.  
 De Marmon, Paluel, M.D., Physician to the Academy of Mount St. Vincent.  
 Detmold, William, M.D.  
 Dowling, J. W., M.D., No. 568 Fifth Ave., Registrar and Professor of Practice New York Homœopathic Medical College.  
 Dunster, E. S., M.D., Professor of Obstetrics in the Long Island College Hospital, and the Medical Department of Dartmouth College, and Resident Physician Infants' Hospital, Randall's Island.  
 Eager, William B., M.D., Physician to Charity Hospital.  
 Eliot, Ellsworth, M.D., President of the New York County Medical Society.  
 Elliot, Augustus G., M.D., ex-Physician Bellevue Hospital, and New York Institute for Deaf and Dumb.  
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 Elliott, J. B., M.D., No. 493 Clinton Ave., Brooklyn.  
 Ellis, John, M.D., Author of the "Avoidable Causes of Disease."  
 Ellis, Sarah M., M.D., late Professor of Anatomy New York Medical College for Women.  
 Ensign, Jennie, M.D.  
 Everett, May H., M.D.  
 Fisher, G. J., M.D., Late Vice-President New York State Medical Society, late President Westchester County Medical Society.  
 Fiske, W. M. L., M.D., Brooklyn.  
 Fowler, Edmund, M.D.  
 Fraye, Edward C., M.D.  
 Freligh, Edwin G., M.D., Toxicological and Analytical Chemist.  
 Freligh, M., Author of "Practice of Medicine and Materia Medica."

Freeman, Warren, M.D., No. 39 West 36th Street.  
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 Gorhu, D. A., M.D., Brooklyn.  
 Guy, Samuel S., M.D., ex-President New York State Homœopathic Medical Society, and ex-President American Institute of Homœopathy, etc.  
 Hall, George W., M.D., Brooklyn.  
 Hall, William H., M.D.  
 Hallock, Lewis, M.D.  
 Hamilton, Frank H., M.D., LL.D., Surgeon Bellevue Hospital and St. Francis's Hospital; Professor of Practice of Surgery in Bellevue Hospital Medical College.  
 Harris, Elisha, M.D., Secretary American Public Health Association, late Sanitary Superintendent Metropolitan Board of Health, and Corresponding Secretary Prison Association of New York.  
 Harris, F. L., M.D., No. 43 East 30th Street, late Deputy Health Officer of the Port of New York.  
 Hastings, Daniel H., M.D., No. 214 West 28th Street.  
 Hoffman, Ernst T., M.D.  
 Houghton, Henry C., M.D., Professor of Physiology New York Medical College for Women, Visiting Physician Five Points House of Industry, etc.  
 Hudson, E. D., Jr., M.D., Professor of Theory and Practice of Medicine, Woman's Medical College of N. Y. Infirmary.  
 Hudson, Erasmus D., M.D., Physician and Surgeon.  
 Janvrin, J. E., M.D.  
 Jenkins, John A., M.D., Brooklyn.  
 Joslin, B. F., M.D.  
 Leaming, J. R., M.D., Physician to St. Luke's Hospital, President University Alumni Association, Emeritus Professor of Medicine, etc.  
 Little, J. L., M.D., Lecturer College of Physicians and Surgeons, New York, Surgeon to St. Luke's Hospital.  
 Mason, Theodore L., M.D., Consulting Surgeon Kings Co. Inebriates' Home, Consulting Surgeon Long Island College Hospital, etc., and President Collegiate Department.  
 McDonald, William D., M.D., New York Homœopathic Medical College.  
 McQuesten, C. B., M.D.  
 Minton, Henry, M.D., ex-President Homœopathic Medical Society Kings County.  
 Moffat, R. C., M.D., Brooklyn.  
 Morgan, Jr., E. D., M.D., Attending Physician Brick Church Chapel Dispensary, Physician New York Post-Office.  
 Morse, Verranus, M.D., Brooklyn.  
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 Patridge, H. P., M.D.  
 Peaslee, E. R., M.D., ex-President Academy of Medicine (N. Y.)  
 Peterson, Wilson, M.D., Physician.  
 Pond, James O., M.D., Treasurer N.Y. Academy of Medicine.  
 Post, Alfred C., M.D., LL.D., Professor of Surgery in University Medical College, and ex-President N. Y. Academy of Medicine.  
 Powell, Hans, M.D., Surgeon-General Grand Army of the Republic.  
 Pratt, W. M., M.D.  
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 Rodgers, Charles F., M.D.  
 Rogers, Stephen, M.D., President of the Medico-Legal Society of New York.  
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 Seeger, F., M.D.  
 Simmons, D., M.D.  
 Smith, Andrew H., M.D., Visiting Physician to St. Luke's Hospital, etc.  
 Smith, Stephen, M.D., Surgeon Bellevue Hospital, Commissioner of Health, and President American Health Association.  
 Spier, S. Fleet, M.D., Surgeon Brooklyn Eye City Hospital, Surgeon Brooklyn Eye and Ear Infirmary, etc.  
 Stiles, Henry A., M.D., Sanitary Inspector Board of Health.



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 County Homœopathic Medical Society.

Ward, Edwin T., M.D.

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West, Edwin, M.D., No. 42 West Washing-  
 ton Place.

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Willets, Samuel, President Woman's Medi-  
 cal College of the New York Infirmary.

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 Street.

Wright, Albert, M.D., Brooklyn.

In the *Alliance News* (Manchester, England), July 1, 1882, is a list of 244 Medical Practitioners in the British Isles, certified to by J. James Ridge, M.D., the Honorable Secretary of the British Medical Temperance Association, as members of said Association, who are total abstainers. The list, he says, is only "a beginning" of a long list of physicians who are teetotallers.

Messrs. Lallemand, Perrin, and Duroy, in France, have published carefully conducted experiments proving that *alcohol undergoes no change in the body*; that it cannot be digested and incorporated into tissue or any bodily substance, but is a disorganizer of the system. Edward Smith, LL.D., F.R.S., of London, said, "It should be prescribed medicinally as carefully as any other poisonous agent." The *British Medical Journal* said, "Not only is alcohol not of service to the body, but it is actually injurious." Dr. Romeyn Beck's *Medical Jurisprudence* says that alcohol is one of "those substances which are known by physicians as capable of altering or destroying, in a majority of cases, some of the functions necessary to life."

SIR WM. GULL.

Testimony of Sir William Gull, M.D., F.R.S., Fellow of the College of Physicians and Consulting Physician to Guy's Hospital, London, before the House of Lords' Investigating Committee, July 13, 1877.

Ques. 10,005.—Many people believe that intellectual work cannot be half so well done without wine or alcohol?

Ans.—There I should join issue at once.

Ques. 10,006.—You deny that proposition?

Ans.—I should.

Ques. 10,007.—You would hold the very opposite?

Ans.—I should hold the opposite.

Ques. 10,008.—Would you say that a moderately temperate person might be benefited by the slight use of wine or alcohol?

Ans.—I should hold the opposite as regards the intellect. All alcohol, and all things of an alcoholic nature, injure the nerve tissues *pro tempore*, if not altogether: you may quicken the operations, but you do not improve them.

Ques. 10,009.—Therefore, the constant use of alcohol, even in a moderate measure, may injure the nerve tissues?

Ans.—Yes, certainly; and be deleterious to health.

Ques. 10,010.—Have you known cases, may I ask, where the effects of alcohol have been quite manifested, although there has not been any outrageous drinking or obvious excess?

Ans.—That is very common; I should say that one of the commonest things in our society is that people are injured by drink without being drunkards. It goes on so quietly that it is very difficult to observe, even.

Ques. 10,011.—The effects are marked and distinct to your professional eye?

Ans.—Perfectly, although in many cases even the man's nearest friends will not know it. I might mention that on one occasion I was called to see a medical man who was so injured by drink that he was yellow, like a lemon. He was in a state of *delirium tremens*, and his system was saturated to the last degree with alcohol. I was surprised that I should be sent for, but coming down stairs I said to his wife, "I need not trouble you by saying what is the matter with your husband." She said, "Sir, I do not understand you." I said, "Your husband is an habitual drunkard." She said, "Drunkard, sir! You never made a greater mistake in your life; he only drinks water;" which was plain evidence to me how quietly a man may drink, day by day, and almost kill himself with drink, and even his near friends not know it.

Ques. 10,012.—Did you understand the cause in that case to be that he had drank something every day?



*Ans.*—He was a sly drinker, drinking all day, most likely, in a sly way.

*Ques.* 10,013.—But may I just come back for a moment to my former question; there is a point short of drunkenness in which a man may injure his constitution considerably by means of alcohol?

*Ans.*—Very materially. I should say, from my experience, that it is the most destructive agent that we are aware of in this country.

*Ques.* 10,014.—Setting aside the drunken part of the community altogether, great injury is being done by the use of alcohol in what is supposed by the consumer to be a most moderate quantity?

*Ans.*—Yes; I think so. I think that, taking it as a whole, there is a great deal of injury done to health by the habitual use of wines in their various kinds, and alcohol in its various shapes, even in so-called moderate quantities.

*Ques.* 10,015.—Does that remark apply to both sexes?

*Ans.*—Yes; and the people who are not in the least intemperate.

*Ques.* 10,016.—And people who are in good health?

*Ans.*—Yes; people who are supposed to be fairly well. I think drinking leads to a degeneration of tissues. It spoils the health, and it spoils the intellect.

*Ques.* 10,027.—It is a fallacy to say that a man ought to take a glass of brandy upon a cold morning to keep himself warm?

*Ans.*—Certainly.

*Ques.* 10,028.—We were told by Dr. Brunton that it acts in a contrary direction?

*Ans.*—I should say it would.

*Ques.* 10,029.—Because bringing up the blood to the capillary vessels on the surface, it would there get cold?

*Ans.*—You had better give a man food; I would rather eat my raisins or take some cod-liver oil.

*Ques.* 10,034.—Used in large quantities, alcohol is a poison?

*Ans.*—I would like to say that a very large number of people in society are dying day by day—poisoned by alcohol, but not supposed to be poisoned by it.

*Ques.* 10,040.—Stimulants have a strong effect?

*Ans.*—They have a strong effect, and people feel that they give strength. I believe that a very large number of people have fallen into that error, and fallen into the error every day, of believing that strong wine gives strength.

*Ques.* 10,051.—Have you gone into the question of the various diseases arising from excess of drink?

*Ans.*—There is disease of the liver, which is of very common occurrence; and then from disease of the liver we get disordered conditions of the blood; and, consequent upon that, we get diseased kidneys. We get a diseased nervous system; we get gout; and we get diseased hearts. I hardly know any more potent cause of disease than alcohol, leaving out of view the fact that it is a frequent source of crime of all descriptions.

*Ques.* 10,060.—Did I understand you to say that there is an affiliation of disorders; that the evil effect began at the liver, and went into the blood?

*Ans.*—Yes; and from the blood to the circulation, and from the circulation to the lungs, heart, brain, and kidneys. I think that is about the order. The stomach will very often go on a long time. It is accustomed to receive a variety of things. The public ought to know that of all the dilutents of solvents for the nutritious part of food, there is nothing like water. Water carries into the system the nutriment in its purest form.

*Ques.* 10,061.—I suppose 90 per cent of us is water?

*Ans.*—About 90 per cent of us is water. Alcohol interferes with the carrying of food into the system to a certain extent.

*Ques.* 10,102.—There is a very common experiment which is shown with reference to the effects of alcohol, by dropping some upon a piece of raw liver. Is that any criterion as to what takes place in the human body?

*Ans.*—No; it is not a criterion as to what takes place. There is a much better experience from the daily numerous deaths from liver disease in drunkards. I can mention what I once saw myself, in the case of one of Barclay & Perkins's draymen. The case is recorded. The man was admitted into Guy's Hospital with heart disease. I just now said that heart disease may come through drink. He was a very strong man. He died at about a quarter-past



ten at night, at about this season of the year, and the next day he was so distended with gas in all directions that he was quite a curious sight. Wishing to know what this gas meant, we punctured the skin in many parts, and tested it. It was carbureted hydrogen, and I remember lighting on his body fifteen or sixteen gas-lights at once. They continued burning until the gas had burned away.

*Ques.* 10,103.— That has happened in several instances, has it not?

*Ans.*— Yes; it has.

*Ques.* 10,105.— He had been drinking, I presume, up to the last moment?

*Ans.*— I could not say, but I have no doubt he had a large amount of unconsumed stuff in him.

*Ques.* 10,107.— Would that state of things lead to spontaneous combustion?

*Ans.*— It is the nearest condition to it, and it makes it reasonable to suppose that there are conditions under which that result might arise.

*Ques.* 10,121.— Is it not a fact that if men are engaged in any work which necessarily induces perspiration, they must drink a good deal?

*Ans.*— They do. Men working in foundries drink oatmeal and water for the most part.

*Ques.* 10,122.— Yes; and they find, as a matter of fact, that they had better not drink alcohol or alcoholic drinks.

*Ques.* 10,148.— Could not intemperate men leave off by degrees?

*Ans.*— I do not see any good in degrees. If you are taking poison into the blood, I do not see the advantage of diminishing the degrees of it from day to day. That point has been frequently put to me by medical men; but my reply has been, "If your patient was poisoned by arsenic, would you still go on putting in the arsenic?"

JOHN BURDON SANDERSON, M.D.,  
Professor of Physiology in University College, London, under examination before the House of Lords' Investigating Committee (question 9,398), said:—

"My belief is, that, upon the whole, the human race would be situated just as favorably, if the use of alcohol did not exist. I

think that for two reasons: in the first place, because the evils preponderate over the benefits—that is certainly one reason; and the other consideration is, simply, that all the benefits are dispensable benefits. There is no benefit that we derive from the use of alcohol in a state of health which we could not do without, although we could not possibly do without the use of alcohol in disease." Dr. Sanderson, however, thinks the necessary use of alcohol as a medicine is much more limited than was formerly supposed; and among truly scientific physicians it is dispensed with except in some extreme cases.

*The Independent*, New York City, March 1, 1883, editorially gave the following *resumé* of the most recent studies in alcohol.\*

In 1879, there was a somewhat peculiar attempt to throw overboard many of the views which had been entertained as to alcohol, and to assume for it a food value, which insisted that it must have recognition in the list of aliments. The *Contemporary Review*, *Harper's Magazine*, the *New York Times*, etc., put forth these views as if the army of temperance reformers had been overthrown, so far as this part of the subject was concerned. The sanitary articles of this paper, July 3d and July 17th of 1879, considered the grounds for such conclusions. The new views had been based upon some utterances and experiments of Prof. Binz, which did, indeed, contradict some of the conclusions of Lallemand, Duroy, and Perrin; but were not capable of application to the extent to which they were pushed.

The address of Dr. Baer on "The Abuse of Alcohol," at the ninth annual meeting of the German Society of Public Health, while it attempted to condemn spirits and vindicate beer, brought forth an array of facts and a series of limitations which showed how unduly these views had been quoted in favor of a more liberal use of alcohol. But still more important is the fact that Prof. Binz has again been heard from in further experiment, and in his own expression as to the significance of the views expressed. In response to an invitation of the Congress of Hygiene, held in Vienna, September, 1881, he laid down these two theses: 1. That alcohol in any form is to be recommended as a means of diminishing tissue waste only *under abnormal circumstances*. 2. That alcoholic drinks frequently contain by-products of fermentation or of distillation, more hurtful than ethyl alcohol itself. To the question whether alcohol can be considered as a food, he answers, No, as well as Yes. He then defines his Yes. If a body is in disease, and nutrition has failed, and "the tissues themselves, especially the fat, are so far consumed as not to maintain the

\*The italics and small capitals are ours.



animal heat essential to the working of the machine—when this limit is reached, the oxidation of alcohol in the cells acts directly in restoring the energy of the respiratory and circulating centers.” He further adds that on the relation between the consumption of alcohol and the elimination of carbonic acid and absorption of oxygen, we must confess to a gap in our knowledge.

Although his views are disputed as to this oxidation of alcohol, yet he, in defining and claiming its value under these *abnormal* circumstances of disease, adds that here we have reached the limits of its legitimate domain. Whatever may be said as to the possible value of alcohol as a possible food, is based upon the assumption that alimentation in its usual form is impossible, that the tissue and fat-food in reserve is about exhausted, and that thus alcohol may aid in the emergency. So narrow, even, is this agency that the good physician will not trust to any such hypothetical use, but bids you to watch very closely the effect. If it is claimed that by reason of overwork, of undue exposure, or of imperfect foods, very many are in a condition of approaching ill-health, in view of the perils of alcohol, the answer is, that we should seek the remedy of these, and also add “aromatic constituents of tea and coffee, which stimulate the heart and nerve centers and striated muscles, without the subsequent exhaustion that follows the use of alcohol.” It is a sorry excuse to say that, though they might thus appear to be valuable substitutes for it, they must, to obtain these effects, be taken in such quantities as, on the ground of cost, cannot be indulged in by the poorer classes.

*It is delightful to see how this evidence claimed in favor of alcohol is dwindling. With all that we are finding out as to the power of real foods, and the methods of their use, it is more and more evident that alcohol must be confined strictly to the domain of a medicine, and must not be accredited as an aliment for all the little ailments that may occur.*

It is very important, too, that Professor Binz does not at all accept the usual distinctions between spirituous and fermented liquors. While he cannot but lament the disastrous consequences, both to the individual and to society, of excessive indulgence in spirits, he maintains that “the confirmed beer-drinker is no less an alcoholist than the spirit-drinker, though the outward effect on his bodily frame may be different.” *The dire effects of beer-drinking is attracting the attention of the German Government, and the resulting race deterioration is making itself felt.* The other effects of the by-products, and does not confine his view to fusel oil. “It is the duty of science to acquire a more exact knowledge of these by-products of art, to eliminate them from alcoholic drinks, and of the State to repress the sale of impure alcohols.”

EVERY GAIN IN SANITARY KNOWLEDGE AND IN A STUDY OF THE CONDITIONS OF PERFECT HEALTH, TENDS TO DRIVE ALCOHOL FROM USE, AND TO FIND IN THOSE FOODS WHICH CORRESPOND WITH THE HUMAN SYSTEM THE ALIMENTS WHICH SUSTAIN HUMAN LIFE.

But other eminent testimonies are at hand embodying the latest and ripest thoughts on this subject.

SIR HENRY THOMPSON, M.D.

At a great public meeting in Exeter Hall, London, last year, Sir Henry Thompson, M.D., said: “Finally, I sum it all up. I find it (alcohol) to be an agent that gives no strength, that reduces the tone of the blood-vessels and heart, that reduces the nervous power, that builds up no tissue, can be of no use to me or any other animal as a substance for food. On this side of the question my mind is made up—that this agent, in the most moderate quantity, is perfectly useless for any of the conditions of life to which men are subjected, except under the most exceptional conditions, which none but skilled observers can declare.”

DR. ANDREW CLARK.

Dr. Andrew Clark,\* one of the physicians to her Majesty the Queen, with his great learning, his immense experience, and high standing in the medical profession, should be heard in a matter of this kind; and he says, when speaking of a perfect state of health: “Now, that is a state which cannot be benefited by alcohol in any degree. Nay, it is a state which nine times out of ten is injured by alcohol; it is a state which often bears alcohol without sensible injury. But I repeat to you, as the result of long continued and careful thought, it is not one which can in any sense be benefited by alcohol. I can bear it, sometimes without obvious injury, but be benefited by it, never.” “Bulk is not the measure of power, nor color the measure of health. I have the evidence of my own personal experience, and the experience of the enormous numbers of people who pass before me every year; and I state that alcohol is not only not a helper of work, but a certain hinderer of work, and every man who comes to the front of a profession in London is marked by this one characteristic, that the more busy he gets, the less in shape of alcohol he takes, and his excuse is, “I am sorry, but I cannot take it and do my work.”

In regard to physical labor, Dr. Clark accepts the famous experi-

\* In a public address in England, 1882.



ments made by the late Dr. Parkes, of Netley, as decisive of the whole question. Dr. Parkes, among other things, got a number of soldiers of the same age, of the same type of constitution, living under the same circumstances, eating the same food, breathing the same atmosphere, and he did this that the experiment might be fair; and he divided the soldiers into two gangs, — an alcoholic gang and a non-alcoholic gang, — and he engaged these two gangs in certain work, for which they were to be paid extra. He watched these gangs, and took the result of their work, and it turned out that the alcoholic gang went far ahead at first. They had buckets of beer by their side, and as they got a little tired they took beer, and the non-alcoholic gang were in an hour or two left nowhere; but he waited and watched, and as the experiment went on, the energies of the beer-drinkers speedily began to flag, and, do what they would, before the end of the day the non-alcoholic gang had left them far behind. When this had gone on for some days, the alcoholic gang begged that they might get into the non-alcoholic gang, that they might earn a little more money; but Dr. Parkes, in order to make the experiment clinching and conclusive, transposed the gangs. He made the alcoholic gang the non-alcoholic gang, and *vice versa*, — the men being very willing to lend themselves to the experiment, — and the results were exactly the same: the alcoholic gang beat the non-alcoholic gang at the starting, and failed utterly toward the end of the day.

## WESTON.

Weston, the great pedestrian, in a public address, said that during the last fourteen years he had walked twice the circumference of the earth, and he had endeavored to demonstrate that a pedestrian could accomplish a great deal more by relying upon his natural strength, than by dosing himself with artificial alcoholic stimulants. He had shown the same fact to trainers. When he first visited England, it had been their custom to administer stimulants; but they had learned "his little game," to use their own expression, and they found that they could get more out of competitors, and rely better upon their staying upon the track, if they gave them plain food only.

## HANLAN.

Mr. Hanlan, the famous oarsman, says: "In my opinion, the best physical performances can only be secured through absolute abstinence from the use of alcohol and tobacco. This is my rule, and I find, after three years' constant work at the oar, during which time I have rowed many notable match-races, that I am better able to contend in a great race than when I commenced. In fact, I believe that the use of liquor and tobacco has a very injurious effect upon the system of an athlete, by irritating the vitals, and, consequently, weakening the system."

## BENJ. W. RICHARDSON, M.D.

The most extensive and elaborate investigator of the scientific aspects of this question in late years is Benjamin W. Richardson, M.D., LL.D., F.R.S., Fellow of the Royal College of Physicians, and Honorary Physician to the Royal Literary Fund, to whose works we refer our readers for more full discussions. Attention is asked here only to the following extracts from his "Results in Researches on Alcohol" \* He says, pp. 19, 20: —

I have learned, purely by experimental observation, that in its action on the living body, this chemical substance, alcohol, deranges the constitution of the blood; unduly excites the heart and respiration; paralyzes the minute blood-vessels; increases and decreases, according to the degree of its application, the functions of the digestive organs, of the liver, and of the kidneys; disturbs the regularity of nervous action; lowers the animal temperature, and lessens the muscular power. Such, independently of any prejudice of party or influence of sentiment, are the unanswerable teachings of the sternest of all evidences — the evidences of experiment, of natural fact revealed to man by experimental testing of natural phenomena. If alcohol had never been heard of — as nitrite of amyl and many other chemical substances I have tested had never been heard of — by the masses of mankind, this is the evidence respecting alcohol which I should have collected, and these are the facts I should have recorded from the evidence. This record of simple experimental investigation and result respecting the action of alcohol on the body, were incomplete without two other observations, which come in as a natural supplement. It will be asked, Was there no evidence of any useful service rendered by the agent in the midst of so much obvious evidence of bad service? I answer to that ques-

\* National Temperance Publication House, 1882.



tion that there was no such evidence whatever; and there is none. It has been urged, as a last kind of resource and excuse, that alcohol aids digestion, and, so far, is useful. I support, in reply, the statement of the late Dr. Cheyne, that nothing more effectively hinders digestion than alcohol; that many "hours, and even a whole night, after a debauch in wine, it is common enough to eject a part or the whole of a dinner undigested." I hold that those who abstain from alcohol have the best digestion; and that more instances of indigestion, of flatulency, of acidity, and of depression of mind and body, are produced by alcohol than by any other single cause.

This excuse removed, there remains none other for alcohol that is reasonably assignable, except that temporary excitement of mind which, in spite of the assumption of jollity and happiness, is one of the surest ultimate introductions to pain and sorrow. But if there be no excuse favored by scientific research on behalf of alcohol, there is sufficient of appalling reason against it superadded when the pathological results of its use are surveyed upon the physiological. The mere question of the destructive effect of alcohol on the membranes of the body alone, would be a sufficient study for an address on the mischiefs of it. I cannot define it better, indeed, than to say that it is an agent as potent for evil as it is helpless for good. It begins by destroying, it ends by destruction, and it implants organic changes which progress independently of its presence even in those who are not born.

\* \* \* \* \*

A word on what is called the practice of *moderation* in the use of alcohol. I believe the Church of England Temperance Association is divided by two lines, one of which marks off total abstainers, the other moderate indulgers. I am one of those who have once been bitten by the plea of moderate indulgence. Mr. Worldly Wiseman, with his usual industry, tapped me on the shoulder, as he does every man, and held a long and plausible palaver on this very subject. If I had not been a physician, he might have converted me. But, side by side with his wisdom, there came, fortunately, the knowledge which I could not, dare not, ignore—that the mere moderate man is never safe, neither in the counsel he gives to others, nor in the practice he follows for himself. Furthermore, I observed, as a physiological, or, perhaps, a psychological fact, that the attraction of alcohol for itself is cumulative; that so long as it is present in a human body, even in small quantities, the longing for it, the sense of requirement for it, is present, and that as the amount of it insidiously increases, so does the desire.

On the other hand, I learned that entire freedom from the agent controls entirely the desire; that he who is actually emancipated is free; but that he who has a single link of the tyrant on his sleeve is still a slave, on whom more links are attached with an ease that gives no indication until the limbs are bound.

#### THE TESTIMONY OF ENGLISH LIFE ASSURANCE.

There is another phase of this question which places it under a rigid scientific test, and incontrovertibly demonstrates with impartial mathematical exactness that alcohol is an enemy to man's physical constitution. In 1840, the Temperance and General Mutual Assurance Office originated in London, from a conviction in the mind of Mr. R. Warner, its first chairman, that temperance is favorable to longevity. From that period to 1850, no policy was issued except to men who declared themselves total abstainers from all alcoholic beverages. In 1850, however, the office was opened to non-abstainers also, the accounts of both classes to be kept separate and distinct, but each class to pay the same premium. Thus the office has two books, in one of which are entered the policies of those who wholly abstain, and in the other the policies of those who do not. In the latter class, however, drunkards are not accepted; but moderate drinkers are. All the directors and the medical men are total abstainers, but the actuary, from whose reports the following statistics are gathered, is not a total abstainer. In these statistics it should be kept in mind that the "expectation" of life is the same in both sections; *i. e.*, a man aged thirty is expected to live a certain number of years. But the sixteen years' figures given below plainly show that the abstainers live considerably longer than they were expected to do, while the moderate drinkers die with almost mathematical precision.

The following table shows "the somewhat astounding fact" that in the Total Abstainers' Section, out of every 100 men who, according to the usual calculations of expectations of life, by the established methods of life insurance, should have died, no less than thirty survived, and persisted in living on; whereas in the Moderate Drinkers' Section, only one solitary individual kept his head above ground.

Another fact: the widows and other legatees of the Moderate Drinkers' Section were expected to have put in claims amounting to £833,792 in the sixteen years; instead of which they actually claimed £869,058, or £35,266 more than the company might have been expected to have laid aside for them. On the other hand, if the Total Abstainers had died according to the rated "expecta-



tion," their surviving relatives would have been entitled to claim £481,000; whereas the actual claim was only £321,840, leaving still in the hands of the Company, for dividends, the enormous sum of £159,160.

## TEMPERANCE PROVIDENT INSTITUTION.

TOTAL ABSTAINERS' SECTION.				MODERATE DRINKERS' SECTION.			Excess of Mod- erate Drinkers.
Year.	Expected Deaths.	Actual Deaths.	Per cent of Deaths.	Expected Deaths.	Actual Deaths.	Per cent of Deaths.	
1866-70	549	411	.74	1,008	944	.94	.20
1871	127	72	.57	234	217	.93	.36
1872	137	90	.66	244	282	1.16	.50
1873	144	118	.82	253	246	.97	.15
1874	153	110	.72	263	288	1.10	.33
1875	162	121	.75	273	297	1.09	.34
1876	168	102	.60	279	253	.90	.30
1877	179	132	.73	291	280	.96	.23
1878	187	117	.63	299	317	1.06	.43
1879	196	164	.84	305	326	1.07	.23
1880	203	136	.67	311	304	.98	.31
1881	213	131	.61	320	290	.90	.29
Total, 1866-81	2,418	1,704	.70	4,080	4,044	.99	.29

These indisputable facts, derived from a high authority\*, constitute a legitimate and incontrovertible demonstration of the truth of the theory of total abstinence.

The latest facts in regard to this great insurance company were stated as follows, by Hon. B. Whitworth, a director of the company, in the great debate in the House of Commons, April 27th, on Sir Wilfred Lawson's Permissive Prohibitory Resolution:—

I have a few figures here which were embodied in the Annual Report of the Life Insurance office to which I belong. The report was considered this very day. The general opinion of the public is, that a moderate use of intoxicating drink is not injurious to health or life. Now, what are the facts? In this office we keep the two classes of men—abstainers and moderate drinkers—entirely separate. During the last seventeen years the expected deaths among the abstaining section of the insurers were 2,644, but the actual deaths were 1,861. Among the moderate drinkers—we take no immoderate drinkers—the expected deaths during the same

\* See the *Alliance News*, Manchester, England, January 6, 1883.

period were 4,408, while the actual deaths were 4,339—scarcely any difference at all. These figures, therefore, show that among the temperate or total abstainers, the actual deaths are only seventy per cent of the expected deaths; whereas in the moderate-drinking section the actual deaths come within the merest fraction of the expected deaths. But there was a very remarkable state of things in the last two years, owing, I maintain, to the great spread of temperance during that time. In the last two years the general section of the moderate drinkers showed to very much greater advantage than they had ever done before, for the expected deaths were 647, while the actual deaths were only 585. That is a very great reduction as compared with the state of things during the whole period of seventeen years, and in my opinion it is only another evidence that the great wave of temperance that is now flowing over the country is affecting very largely and very beneficially the health of the population generally. Now, as regards the working-classes, let us turn to benefit societies composed exclusively of working-men. There are two large societies in Bradford, and it is found that among the Rechabites, who are total abstainers, the average sickness is not more than one-third the amount it is among the Odd Fellows. These facts show beyond question that it is altogether a mistake to believe that even a moderate use of intoxicating drink is at all useful to the human constitution.

## CONNECTICUT MUTUAL LIFE INSURANCE TESTIMONY.

At a recent meeting held in Hartford, Col. Jacob L. Green, President of the above company, delivered an address in which he made the following statements\*:—

It has been my duty to read the records of, and to make inquiry into, the last illness and death of many thousand persons of all classes in all parts of the country. Two great features are shown in these records: the value of a man's inheritance of vitality, and the modifying force of habits of living upon that vitality. Every man is born with an amount of vitality that ought, accidents apart and humanly speaking, to carry him a specific distance on the scale of years, and each man's inheritance can, on the average, be fairly determined. Among the persons selected with care for physical soundness and sobriety, and who are, as a rule, respectable and useful members of society, the death-rate is more profoundly affected by the use of intoxicating drinks than from any other one cause, apart from heredity."

The degree to which many diseases commonly referred to as malaria, overwork, and other vague, general, scapegoat causes, are actually grounded in what would almost invariably be called a temperate use of drink by persons of reputed temperate habits, would be incredible to the

\* From the *Insurance Budget and Commercial World*.



mass of people unaccustomed to careful observation and comparison of related cases. That habitual sottish drunkenness should issue in disease and death, most people can understand; but that *moderate, orderly, decorous indulgence* should issue in congested brains, insanity, suicide, paralysis, diseases of kidneys, liver, stomach, pneumonia, rheumatism, and in general in those diseases which at bottom mean a poison imparted into the blood, most persons do not know, and are slow to believe; but the reason is simple, and worth noting.

As to *beer*, this same high Insurance authority says:—

I protest against the notion so prevalent and so industriously urged that beer is harmless, and a desirable substitute for the more concentrated liquors. What beer may be, and what it may do in other countries and climates, I do not know from observation. That in this country and climate *its use is an evil only less than the use of whiskey, if less on the whole*, and that its effect is only longer delayed, not so immediately and obviously bad, its incidents not so repulsive, but destructive in the end, I have seen abundant proof. In one of our largest cities, containing a great population of beer-drinkers, I had occasion to note the deaths among a large group of persons whose habits, in their own eyes and in those of their friends and physicians, were temperate; but they were habitual users of beer. When the observation began, they were, upon the average, something under middle age, and they were, of course, *selected lives*. For two or three years there was nothing very remarkable to be noted among this group. Presently death began to strike it; and, until it had dwindled to a fraction of its original proportions, *the mortality in it was astounding in extent*, and still more remarkable in the *manifest identity of cause and mode*. There was no mistaking it; the history was almost invariable: robust, apparent health, full muscles, a fair outside, increasing weight, florid faces; then a touch of cold, or a sniff of malaria, and instantly some acute disease, with almost invariably typhoid symptoms, was in violent action, and ten days or less ended it. *It was as if the system had been kept fair outside while within it was eaten to a shell: and at the first touch of disease there was utter collapse; every fibre was poisoned and weak*. And this, in its main features, varying of course in degree, has been my observation of beer-drinking everywhere. *It is peculiarly deceptive at first; it is thoroughly destructive at the last*.

And so the sum of the lessons of our experience is this: Use alcohol in all its forms only from actual need, and only to the actual extent of that need, never as a mere indulgence or for pleasure, or the result will certainly be a diseased and enfeebled life, and a too early death.

#### ALCOHOLIC LIQUORS IN HOSPITALS.

The question of the use of alcoholic liquors in medical treatment is becoming a prominent one in England, from which country we

have some valuable facts. Figures compiled from the annual reports of the *Manchester Royal Infirmary* and its *adjunct hospitals* are full of significance, showing the strong and increasing tendency of the most advanced medical science to discard the use of alcoholic liquors in the treatment of disease.

Year ending June 24.	Number of In-Patients.	Cost of Wines, Spirits, and Malt Liquors Consumed.	Average Cost per Head.	Number of Deaths.	Percentage of Deaths.
1873	3,825	£1,378	6s. 7½d.	352	9.2
1874	3,631	1,153	6 4½	377	10.4
1875	3,828	1,388	7 2½	488	11.3
1876	4,938	1,248	5 0½	517	10.5
1877	5,977	1,170	3 11	575	9.6
1878	5,347	878	3 3½	440	8.2
1879	5,527	811	2 11½	421	7.6
1880	5,688	431	1 6	384	6.8
1881	5,817	404	1 4½	441	7.6
1882	6,092	292	0 11½	478	7.8
Total,	50,670			4,418	8.7

The medical staff of this hospital embraces physicians and surgeons of the highest eminence and widest experience. The foregoing figures show that they are gradually coming to the disuse of stimulants in the treatment of their patients; the average sum expended for alcoholic liquors having decreased from 7s. 2½d. for each patient in 1875, to 11½d. in 1882 — a reduction of about 62½ per cent in eight years. And what is remarkable, is the fact that the percentage of deaths in the same period has also steadily decreased, from 11.3 in 1875 to 7.8 in 1882.

Another fact should not be omitted. It is well known that in 1873 the London Temperance Hospital was established, from which alcoholic liquors of all kinds have been absolutely excluded in the treatment of disease. Recent reports show that in the 8½ years from October 1873 to April 1882, 1,354 patients were received, and 61 deaths occurred, or an average of 4.5 per cent, which is 4.2 less than occurred in the Manchester Institution. It is not claimed that these institutions are precisely parallel, the Manchester Infirmary receiving a number of accident cases. With this exception, however, the cases received by each are said to be of identically the same character, and call for the same wide



range of medical skill and experience. Under the Temperance regimen the mortality was only 4.5 per cent; but under the liquor regimen, in some years it exceeded 11 per cent, or more than twice as much. In the Manchester institution in 1875, when liquors averaging in value 7s. 2½d. were supplied to each patient, more than 11 per cent died; whereas in 1882, when only 11½d. were spent on alcoholics, the deaths fell below 8 per cent. This fact speaks volumes. Medical science is coming to demonstrate the great thesis of total abstinence.

A fuller statement of the operations and results of the Temperance Hospital, from an English paper, will be of great interest.

"At the annual meeting of the London Temperance Hospital, May 23, 1882, Dr. Edmunds, senior physician to the hospital, said that both Dr. Lee and himself were quite clear that, looking back upon the cases of the past year, they had done perfectly right in *not using alcohol in any one of them*. The plan of the hospital was this—*never to use alcohol as an article of diet at all*; never to use it in the preparation of tinctures; and, thirdly, to employ it, if required, as a medicine, pure and simple. They had succeeded in making the tinctures by simply using a solution of glycerine and water,—one part of glycerine to two of water,—which cost merely one-fifth of the alcoholic tinctures in ordinary use. The tinctures so prepared exhausted all the preparations of the drugs, and they kept perfectly well. Besides that of economy, there were other advantages, including this—that the dispensers never became intoxicated in making up the medicines, as they did often in other hospitals when the ordinary tinctures were used. Alcohol, then, was only used as a medicine, and *last year it had not been considered needful to prescribe it in a single case*. It used to be said that cases of amputation could not get on well without alcohol; but their experience was the reverse. Then, during the last eight years they had had twenty-one cases of typhoid fever; but so beautifully ventilated and admirably managed was the hospital, that although ordinarily they did not take infectious cases, yet these had been received without a single bad result, and the patients, with one exception, all got well on the non-alcoholic régime. An eminent physician stated, in the *British Medical Journal*, that they were jeopardizing these typhoid fever cases by the non-admin-

istration of alcohol; but he (Dr. Edmunds) invited this gentleman, for the sake of comparison, to publish his mortality tables, but he had not yet responded, and it was improbable that he would do so. *The mortality all round had been under 4½ per cent*. There were many terrible cases of accident, and the like, in the hospital now; but experience showed that they got on better without alcohol than with it. Among the out-door patients there were Band of Hope children brought every day by their mothers, inquiring whether it was necessary that they should break their pledge to recover health. Now, he looked at these children without the least prejudice, his duty as a physician being not to preach abstinence, but to do the best he could for his patients; and he had never seen a single case in which he could discover any sort of justification on the part of a medical man to order them to break their pledges so that they might recover their health. He had a routine prescription for such children—oatmeal porridge and milk and a slice of fat bacon, in the morning, at the breakfast-table. There was no mystery in the treatment pursued at this hospital, no enigma. They were delighted to be asked the reasons for the practice they adopted. He was much obliged to Mr. Raper for the interesting reminiscence he had recalled. He well remembered the meeting referred to, which must have been nearly twenty years ago. He remembered, too, how Mr. Raper's address completely altered the tone of his mind on the legislative part of the question. When he looked at a man like Mr. Bowly, a total abstainer, hale and hearty at eighty years of age, he ventured to think that the time would come when the justification would be required from those who used alcohol, and not from those who thought it their duty to abstain from that mischievous agent.

"In reply to a question put by Mr. Andrew Dunn, Dr. Edmunds stated that the mortality in the London Temperance Hospital was *four and a half per cent lower than any of the hospitals taking the same run of cases*."

The scientific investigation of the relation of alcoholic liquors to the human body has been much more extensive and thorough in England than in America. It is gratifying that these researches have been conducted by the foremost men in medicine and surgery, with such clear and unequivocal results.



## RÉSUMÉ.

THE following inferences in respect to the relation of alcohol to the human system are clearly deducible from the foregoing eminent testimonies:—

1. That no kind of alcoholic liquors — not even wine, beer, or ale — form any part of the necessary sustenance of man.
2. That alcohol produces no desirable effects upon a healthy living organism.
3. That there are no circumstances of extreme labor, or of severe heat or cold, in which the use of alcoholic liquors is beneficial.
4. That instead of warming the body, alcohol reduces its vitality.
5. That there are no special modifications of the mental or bodily condition, short of actual disease, in which the use of alcoholic liquors is necessary or beneficial.
6. That the capacity of the healthy human system to sustain either bodily or mental labor under depressing circumstances, is not augmented by the use of alcoholic liquors; but, on the other hand, their influence impairs that capacity.
7. That alcohol undergoes no change in the body, and cannot be digested and incorporated into any bodily substance, but it is a disorganizer of the system, injuring and destroying functions necessary to life.
8. That while a good state of health cannot be benefited by alcohol, yet the injury may not be at once apparent.
9. That "alcohol is not only not a helper of work, but a certain hinderer of work."
10. That "the best physical performances can only be secured through absolute abstinence from alcohol."
11. That the constant use of alcoholic drinks, in ever so moderate a measure, injures the nerve tissues.
12. That many people who are not known as drunkards are injured by these drinks.
13. That the moderate use of alcoholic drinks "produces a marked liability to acute diseases."

14. That "the merely moderate man is never safe, neither in the counsel he gives to others, nor in the practice he follows for himself."

15. That "alcohol taken into the system produces the same effect, whether it be pure alcohol, rum, whiskey, gin, or brandy, or if it be wine, malt liquor, or cider:" the difference is only in degree.

16. That "the use of beer is an evil only less than the use of whiskey, if less on the whole." "It is peculiarly deceptive at first, but is thoroughly destructive at the last."

17. That "the constant use of beer is found to produce a species of degeneration of all the organisms, profound and deep-seated."

18. That though "the beer-drinker may be the picture of health, yet, in reality, he is most incapable of resisting disease." "Compared with inebriates who use different forms of alcohol, he is more generally diseased."

19. That particularly does the liver suffer from the use of lager beer; and the kidneys, too, are impaired by it, causing Bright's disease very extensively.

20. That in Germany, attention is being called to "evidences of race deterioration caused by the free use of beer."

21. That it is more and more evident that all alcoholic liquors must be strictly confined to the domain of medicine.

22. That "when prescribed medicinally, it should be with conscientious caution, and a sense of grave responsibility."

23. That their use as a medicine is being greatly curtailed by the most scientific physicians.

24. That the most advanced medical science is discovering excellent substitutes, which inspire the hope that even in the treatment of disease, alcoholic liquors will yet be wholly superseded.

The preceding discussion of recent popular objections clearly shows that the facts of history, ethnography, life-insurance, and medical science fully vindicate the principle of total abstinence from alcoholic beverages as the only safe rule of health, and the only practicable measure of moral reform. No preceding century has made such advances in the direction of total abstinence, either theoretically or in practical life, as the



present. To throw off the fatal incubus of intemperance is one of the greatest struggles of modern civilization ; and it is gratifying to know that modern science is rapidly becoming an efficient helper in this work of reform. It is the hope of the author of this little book that it may contribute something to this advance movement, by breaking the spell of the drink sophistries, and promoting a safe and healthy total abstinence sentiment. Let every citizen share in the work, and help to suppress this "giant crime of crimes" against humanity.



