

T. S. ARTHUR



***GRAPPLING WITH
THE MONSTER;
OR, THE CURSE
AND THE CURE
OF STRONG
DRINK***

T. S. Arthur

Grappling with the Monster; Or, the Curse and the Cure of Strong Drink

EAN 8596547311133

DigiCat, 2022

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Table of Contents

INTRODUCTION

LIST OF ILLUSTRATIONS.

CHAPTER I.

THE MONSTER, STRONG DRINK.

ALCOHOL AN ENEMY.

PLACE AND POWER IN THE HOUSEHOLD.

FREEDOM OF THE NATION;

ENORMOUS CONSUMPTION.

POVERTY AND DESTITUTION

LOSS TO LABOR.

TAXATION.

CURSING THE POOR.

CRIME AND PAUPERISM.

THE BLIGHT EVERYWHERE.

CHAPTER II.

IT CURSES THE BODY.

ALCOHOL NOT A FOOD AND OF DOUBTFUL USE AS A
MEDICINE.

DIGESTION.

ALCOHOL RETARDS DIGESTION.

ITS EFFECT ON THE BLOOD.

ON THE MINUTE CIRCULATION.

PARALYZES THE MINUTE BLOOD-VESSELS.

HEART DISTURBANCE.

OTHER ORGANS INVOLVED.

EFFECT ON THE BRAIN.

THE SPINAL CORD AND NERVES.

EFFECT ON THE BRAIN CENTRES.

CHAPTER III.

IT CURSES THE BODY.—CONTINUED.

EFFECT ON THE MEMBRANES.

MEMBRANOUS DETERIORATIONS.

ACTION OF ALCOHOL ON THE STOMACH.

TIC-DOULOUREUX AND SCIATICA.

DEGENERATION OF THE LIVER.

HOW THE KIDNEYS SUFFER.

CONGESTION OF THE LUNGS.

ORGANIC DETERIORATIONS OF THE HEART.

EPILEPSY AND PARALYSIS.

FARTHER MEDICAL TESTIMONY.

CHAPTER IV.

IT CURSES THE SOUL.

HEAVENLY ORDER IN THE BODY.

MENTAL DISTURBANCES.

INSANITY.

NO SUBSTANCE AFFECTS THE BRAIN LIKE ALCOHOL.

INHERITED LATENT EVIL FORCES.

MENTAL AND MORAL CHANGES OF A DISASTROUS
CHARACTER

"BECOMES THE HELPLESS SUBJECT OF THE FORCES OF
EVIL,"

HOMICIDAL MANIA.

KLEPTOMANIA.

LOSS OF MENTAL CLEARNESS.

IMPAIRMENT OF MEMORY.

MENTAL AND MORAL DISEASES.

RELATION BETWEEN INSANITY AND DRUNKENNESS.

"GREAT SIMILARITY BETWEEN INEBRIETY AND INSANITY.

GENERAL IMPAIRMENT OF THE FACULTIES.

"ALCOHOL SELLS THE REASONING POWERS,

IT EXCITES MAN'S WORST PASSIONS.

A SAD AND TERRIBLE PICTURE.

"VOLUNTARY EXTINCTION OF REASON.

CHAPTER V.

NOT A FOOD, AND VERY LIMITED IN ITS RANGE AS A
MEDICINE.

INTERNATIONAL MEDICAL CONGRESS,

ALCOHOL HAS NO FOOD VALUE,

ALCOHOL NOT A PRODUCER OF HEAT.

ALCOHOL REDUCES THE TEMPERATURE OF THE BODY,

ALCOHOL DOES NOT GIVE STRENGTH.

DRIVEN TO THE WALL.

"NOT KNOWN TO BE IN ANY SENSE AN ORIGINATOR OF
VITAL FORCE;

"ALCOHOL ACTS AS A DISTURBING ELEMENT

WHAT IS ITS VALUE AS A MEDICINE?

TYPHOID FEVER.

ACCUMULATIVE TESTIMONY.

CHAPTER VI.

THE GROWTH AND POWER OF APPETITE.

NO MAN SAFE WHO DRINKS.

A DANGEROUS DELUSION.

A MOST EXEMPLARY NUN

INHERITED PREDISPOSITION TO DRINK,

EXTINGUISHMENT OF FAMILIES!

"MORE READILY BECOME DRUNKARDS,

INHERITED NERVOUS SUSCEPTIBILITY

A REMARKABLE CASE.

LOCK HIMSELF IN HIS ROOM FOR DAYS

CHAPTER VII.

MEANS OF CURE.

HOPEFUL SIGNS.

FRUITS OF TEMPERANCE WORK.

REDUCTION OF POVERTY, PAUPERISM AND CRIME,

JUDGES ON THE BENCH

THE WORK OF HEALING AND SAVING.

A TRUER, PURER, NOBLER MAN,

CHAPTER VIII.

INEBRIATE ASYLUMS.

ABSOLUTE WITHDRAWAL OF ALL INTOXICANTS FROM THE
PATIENT,

TOBACCO.

RESULTS OF CHRONIC INEBRIATION.

REMOVAL FROM TEMPTATION.

"THE HYGIENIC AND SANITARY MEASURES

THE BINGHAMPTON ASYLUM.

SAVING AND REFORMING INFLUENCES.

TREATMENT.

DEEPLY INTERESTING CASES.

THE CARE AND TREATMENT OF DRUNKARDS.

LEGISLATIVE CONTROL.

LOSS TO THE STATE IN NOT ESTABLISHING ASYLUMS

CHAPTER IX.

REFORMATORY HOMES.

WASHINGTONIAN HOME AT BOSTON,

BENEFICIAL RESULTS.

THE WASHINGTONIAN HOME AT CHICAGO

TESTIMONY OF THE REFORMED.

HOW I WAS TREATED IN THE HOME.

A RELIGIOUS HOME.

WHO ARE RECEIVED INTO "THE FRANKLIN HOME."

USE OF TOBACCO DISCOURAGED.

WHAT HAS BEEN ACCOMPLISHED.

WOMAN'S WORK IN THE HOME.

TOUCHING INCIDENTS.

THE TESTIMONY OF INMATES.

AFTER FIVE YEARS.

DANGERS THAT BESET THE REFORMED INEBRIATE.

CHAPTER X.

TOBACCO AS AN INCITANT TO THE USE OF ALCOHOLIC
STIMULANTS, AND AN OBSTACLE IN THE WAY OF A
PERMANENT REFORMATION.

ASSOCIATED WITH THE HABIT OF DRINKING.

DERANGEMENT OF THE DIGESTIVE ORGANS

FELT A DESIRE FOR A LITTLE WHISKY AFTER A SMOKE,

TEN TIMES AS DIFFICULT TO CONQUER AS THAT OF WHISKY-
DRINKING.

ONE OF THE GREAT CURSES OF THE RISING GENERATION

CHAPTER XI.

THE WOMAN'S CRUSADE.

BEGINNING OF THE CRUSADE.

HOW THE CRUSADERS WERE TREATED.

DECLINE OF THE CRUSADING SPIRIT.

CHAPTER XII.

THE WOMAN'S NATIONAL CHRISTIAN TEMPERANCE UNION.
ORGANIZATION.

FIRST YEAR'S WORK.

THE SECOND YEAR'S WORK.
A WORKING ORGANIZATION.
LOOKING AFTER THE CHILDREN.
THE WORK OF REFORM AND RESCUE.
KEEPING ALIVE A SENTIMENT ADVERSE TO THE LIQUOR
TRAFFIC.
INFLUENCE ON THE MEDICAL PROFESSION.
ACTION OF THE INTERNATIONAL MEDICAL CONGRESS.
CHAPTER XIII.
REFORM CLUBS.
DR. HENRY A. REYNOLDS.
FORMATION OF CLUBS.
FRANCIS MURPHY.
CHAPTER XIV.
GOSPEL TEMPERANCE.
THE VALUE OF PRAYER AND FAITH ALONE.
PRAYER SUPPLEMENTED BY ORGANIZED WORK.
THE APPETITE FOR DRINK NOT TAKEN AWAY IN A MOMENT.
HOW MANY ARE REALLY SAVED.
THE TRIAL AND THE TEST,
THE DIVINE GRACE THAT SAVES.
AN UNSOUND AND DANGEROUS DOCTRINE.
CHAPTER XV.
TEMPERANCE COFFEE-HOUSES AND FRIENDLY INNS.
THE EXPERIMENT IN PHILADELPHIA.
SIGNAL SUCCESS.
CROWDED FROM THE FIRST.
THE GOOD DONE.
FRIENDLY INNS.
CHAPTER XVI.

TEMPERANCE LITERATURE.
NATIONAL TEMPERANCE SOCIETY AND PUBLICATION HOUSE,
FIRST BOOK PUBLISHED.
AFTER TWELVE YEARS.
REMARKABLE GROWTH OF TEMPERANCE LITERATURE.
A MOST IMPORTANT AGENCY.
CHAPTER XVII.
LICENSE A FAILURE AND A DISGRACE.
HISTORY OF LICENSE IN MASSACHUSETTS.
THE EVIL STILL INCREASING.
WORSE AND WORSE.
TESTIMONY OF JOHN ADAMS.
OPENING A WIDER DOOR.
A CHANGE FOR THE BETTER.
THE LIQUOR POWER IN THE ASCENDANT AGAIN.
SUBMITTING AGAIN TO THE YOKE.
CHAPTER XVIII.
PROHIBITION.
NO REMEDY BUT PROHIBITION.
PROHIBITION NOT UNCONSTITUTIONAL.
CAN PROHIBITORY LAWS BE ENFORCED?
THE VALUE OF PROHIBITORY LAWS WHEN ENFORCED.
THE MAINE LAW—ITS COMPLETE VINDICATION.
TESTIMONY OF HON. NEAL DOW.

INTRODUCTION

[Table of Contents](#)

In preparing this, his latest volume, the author found himself embarrassed from the beginning, because of the large amount of material which came into his hands, and the consequent difficulty of selection and condensation. There is not a chapter which might not have been extended to twice its present length, nor a fact stated, or argument used, which might not have been supplemented by many equally pertinent and conclusive. The extent to which alcohol curses the whole people cannot be shown in a few pages: the sad and terrible history would fill hundreds of volumes. And the same may be said of the curse which this poisonous substance lays upon the souls and bodies of men. Fearful as is the record which will be found in the chapters devoted to the curse of drink, let the reader bear in mind that a thousandth part has not been told.

In treating of the means of reformation, prevention and cure, our effort has been to give to each agency the largest possible credit for what it is doing. There is no movement, organization or work, however broad or limited in its sphere, which has for its object the cure of drunkenness in the individual, or the suppression of the liquor traffic in the State, that is not contributing its measure of service to the great cause every true temperance advocate has at heart; and what we largely need is, toleration for those who do not see with us, nor act with us in our special methods. Let us never forget the Divine admonition—"Forbid him not: for he that is not against us is for us."

Patience, toleration and self-repression are of vital importance in any good cause. If we cannot see with another, let us be careful that, by opposition, we do not cripple him in his work. If we can assist him by friendly counsel to clearer seeing, or, by a careful study of his methods, gain a large efficiency for our own, far more good will be done than by hard antagonism, which rarely helps, and too surely blinds and hinders.

Our book treats of the curse and cure of drunkenness. How much better not to come under the terrible curse! How much better to run no risks where the malady is so disastrous, and the cure so difficult!

To young men who are drifting easily into the dangerous drinking habits of society, we earnestly commend the chapters in which will be found the medical testimony against alcohol, and also the one on "The Growth and Power of Appetite." They will see that it is impossible for a man to use alcoholic drinks regularly without laying the foundation for both physical and mental diseases, and, at the same time, lessening his power to make the best of himself in his life-work; while beyond this lies the awful risk of acquiring an appetite which may enslave, degrade and ruin him, body and soul, as it is degrading and ruining its tens of thousands yearly.

It is sincerely hoped that many may be led by the facts here presented, to grapple with the monster and to thus promote his final overthrow.



LIST OF ILLUSTRATIONS.

Table of Contents

IN THE MONSTER'S CLUTCHES

GOD'S BEST BEVERAGE, PURE WATER

HEAPING BURDENS UPON POVERTY

AN UTTER WRECK

"TAKE WARNING BY MY CAREER"

CRAZED BY DRINK

ALCOHOL AND GAMBLING (12 *sequence pictures*)

FOUR STAGES OF THE DOWNWARD COURSE

A VICTIM OF THE DRINKING CLUB

FINANCIAL VIEW OF THE LICENSE SYSTEM

"Woe unto him that giveth his neighbor drink, that puttest thy bottle to him, and makest him drunken also."—HABAKKUK ii, 15.

CHAPTER I.

[Table of Contents](#)

THE MONSTER, STRONG DRINK.

[Table of Contents](#)

There are two remarkable passages in a very old book, known as the Proverbs of Solomon, which cannot be read too often, nor pondered too deeply. Let us quote them here:

1. "Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise."

2. "Who hath woe? who hath sorrow? who hath contentions? who hath babblings? who hath wounds without cause? who hath, redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his color in the cup, when it moveth itself aright. At the last it biteth like a serpent and stingeth like an adder."

It is many thousands of years since this record was made, and to-day, as in that far distant age of the world, wine is a mocker, and strong drink raging; and still, as then, they who tarry long at the wine; who go to seek mixed wine, discover that, "*at the last*," it biteth like a serpent and stingeth like an adder.

This mocking and raging! These bitings and stings! These woes and woundings! Alas, for the exceeding bitter cry of

their pain, which is heard above every other cry of sorrow and suffering.

ALCOHOL AN ENEMY.

[Table of Contents](#)

The curse of strong drink! Where shall we begin, where end, or how, in the clear and truthful sentences that wrest conviction from doubt, make plain the allegations we shall bring against an enemy that is sowing disease, poverty, crime and sorrow throughout the land?

Among our most intelligent, respectable and influential people, this enemy finds a welcome and a place of honor. Indeed, with many he is regarded as a friend and treated as such. Every possible opportunity is given him to gain favor in the household and with intimate and valued friends. He is given the amplest confidence and the largest freedom; and he always repays this confidence with treachery and spoliation; too often blinding and deceiving his victims while his work of robbery goes on. He is not only a robber, but a cruel master; and his bondsmen and abject slaves are to be found in hundreds and thousands, and even tens of thousands, of our homes, from the poor dwelling of the day-laborer, up to the palace of the merchant-prince.

PLACE AND POWER IN THE HOUSEHOLD.

[Table of Contents](#)

Of this fact no one is ignorant; and yet, strange to tell, large numbers of our most intelligent, respectable and influential people continue to smile upon this enemy; to give him place and power in their households, and to cherish him as a friend; but with this singular reserve of thought and purpose, that he is to be trusted just so far and no farther. He is so pleasant and genial, that, for the sake of his favor, they are ready to encounter the risk of his acquiring, through the license they afford, the vantage-ground of a pitiless enemy!

But, it is not only in their social life that the people hold this enemy in favorable regard, and give him the opportunity to hurt and destroy. Our great Republic has entered into a compact with him, and, for a money-consideration, given him the

FREEDOM OF THE NATION;

[Table of Contents](#)

so that he can go up and down the land at will. And not only has our great Republic done this but the States of which it is composed, with only one or two exceptions, accord to him the same freedom. Still more surprising, in almost every town and city, his right to plunder, degrade, enslave and destroy the people has been established under the safe guarantee of law.

Let us give ourselves to the sober consideration of what we are suffering at his hands, and take measures of defense and safety, instead of burying our heads in the sand, like the foolish, ostrich, while the huntsmen are sweeping down upon us.

ENORMOUS CONSUMPTION.

[Table of Contents](#)

Only those who have given the subject careful consideration have any true idea of the enormous annual consumption, in this country, of spirits, wines and malt liquors. Dr. Hargreaves, in "Our Wasted Resources," gives these startling figures: It amounted in 1870 to 72,425,353 gallons of domestic spirits, 188,527,120 gallons of fermented liquors, 1,441,747 gallons of imported spirits, 9,088,894 gallons of wines, 34,239 gallons of spirituous compounds, and 1,012,754 gallons of ale, beer, etc., or a total of 272,530,107 gallons for 1870, with a total increase of 30,000,000 gallons in 1871, and of 35,000,000 gallons in addition in 1872.

All this in a single year, and at a cost variously estimated at from six to seven hundred millions of dollars! Or, a sum, as statistics tell us, nearly equal to the cost of all the flour, cotton and woolen goods, boots and shoes, clothing, and books and newspapers purchased by the people in the same period of time.

If this were all the cost? If the people wasted no more than seven hundred millions of dollars on these beverages every year, the question of their use would be only one of pecuniary loss or gain. But what farther, in connection with this subject, are we told by statistics? Why, that, in consequence of using these beverages, we have six hundred thousand drunkards; and that of these, sixty thousand die every year. That we have over three hundred murders and four hundred suicides. That over two hundred thousand children are left homeless and friendless. And that

at least eighty per cent. of all the crime and pauperism of the land arises from the consumption of this enormous quantity of intoxicating drinks.

In this single view, the question of intemperance assumes a most appalling aspect. The

POVERTY AND DESTITUTION

[Table of Contents](#)

found in so large a portion of our laboring classes, and their consequent restlessness and discontent, come almost entirely from the waste of substance, idleness and physical incapacity for work, which attend the free use of alcoholic beverages. Of the six or seven hundred millions of dollars paid annually for these beverages, not less than two-thirds are taken out of the earnings of our artisans and laborers, and those who, like them, work for wages.

LOSS TO LABOR.

[Table of Contents](#)

But the loss does not, of course, stop here. The consequent waste of bodily vigor, and the idleness that is ever the sure accompaniment of drinking, rob this class of at least as much more. Total abstinence societies, building associations, and the use of banks for savings, instead of the dram-sellers' banks for losings, would do more for the well-being of our working classes than all the trades-unions or labor combinations, that ever have or ever will exist. The

laboring man's protective union lies in his own good common sense, united with temperance, self-denial and economy. There are very many in our land who know this way; and their condition, as compared with those who know it not, or knowing, will not walk therein, is found to be in striking contrast.

TAXATION.

[Table of Contents](#)

Besides the wasting drain for drink, and the loss in national wealth, growing out of the idleness and diminished power for work, that invariably follows the use of alcohol in any of its forms, the people are heavily taxed for the repression and punishment of crimes, and the support of paupers and destitute children. A fact or two will give the reader some idea of what this enormous cost must be. In "The Twentieth Annual Report of the Executive Committee of the Prison Association of New York," is this sentence: "There can be no doubt that, of all the proximate sources of crime, the use of intoxicating liquors is the most prolific and the most deadly. Of other causes it may be said that they slay their thousands; of this it may be acknowledged that it slays its tens of thousands. The committee asked for the opinion of the jail officers in nearly every county in the State as to the proportion of commitments due, either directly or indirectly, to strong drink."

The whole number of commitments is given in these words: "Not less than 60,000 to 70,000 [or the sixtieth portion of the inhabitants of the State of New York] human beings—men, women and children—either guilty, or arrested on suspicion of being guilty of crime, pass every year through

these institutions." The answers made to the committee by the jail officers, varied from two-thirds as the lowest, to nine-tenths as the highest; and, on taking the average of their figures, it gave seven-eighths as the proportion of commitments for crime directly ascribed to the use of intoxicating drinks!

Taking this as the proportion of those who are made criminals through intemperance, let us get at some estimate of the cost to tax-payers. We find it stated in Tract No. 28, issued by the National Temperance Society, that "a committee was appointed by the Ulster County Temperance Society, in 1861, for the express purpose of ascertaining, from reliable sources, the percentage on every dollar tax paid to the county to support her paupers and criminal justice. The committee, after due examination, came to the conclusion that upwards of sixty cents on the dollar was for the above purpose. This amount was required, *according to law*, to be paid by every tax-payer as a *penalty, or rather as a rum bill*, for allowing the liquor traffic to be carried on in the above county. What is said of Ulster County, may, more or less, if a like examination were entered into, be said of every other county, not only in the State of New York, but in every county in the United States."

From the same tract we take this statement: "In a document published by the Legislature of the State of New York, for 1863, being the report of the Secretary of the State to the Legislature, we have the following statements: 'The whole number of paupers relieved during the same period, was 261,252. During the year 1862, 257,354.' These numbers would be in the ratio of one pauper annually to every fifteen inhabitants throughout the State. In an examination made into the history of those paupers by a competent committee, *seven-eighths of them were reduced* to this low

and degraded condition, directly or indirectly, through intemperance."

CURSING THE POOR.

[Table of Contents](#)

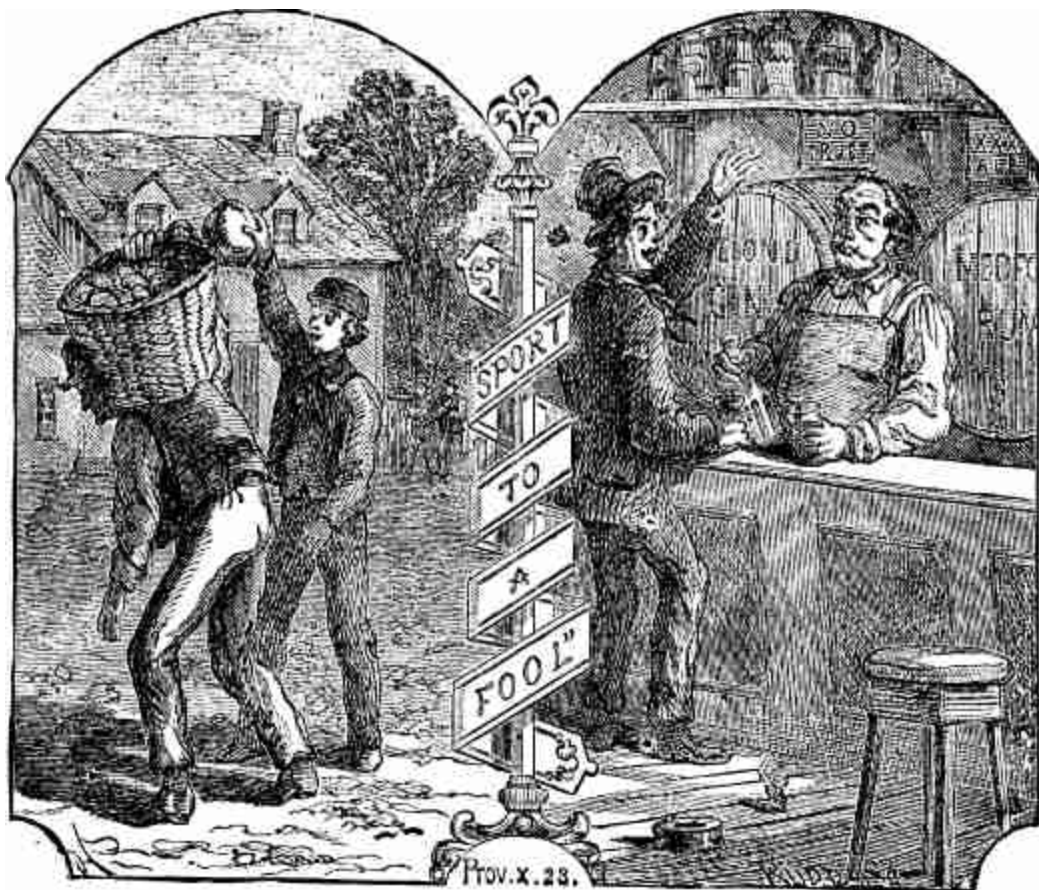
Looking at our laboring classes, with the fact before us, that the cost of the liquor sold annually by retail dealers is equal to nearly \$25 for every man, woman and child in our whole population, and we can readily see why so much destitution is to be found among them. Throwing out those who abstain altogether; the children, and a large proportion of women, and those who take a glass only now and then, and it will be seen that for the rest the average of cost must be more than treble. Among working men who drink the cheaper beverages, the ratio of cost to each cannot fall short of a hundred dollars a year. With many, drink consumes from a fourth to one-half of their entire earnings. Is it, then, any wonder that so much poverty and suffering are to be found among them?

CRIME AND PAUPERISM.

[Table of Contents](#)

The causes that produce crime and pauperism in our own country, work the same disastrous results in other lands where intoxicants are used. An English writer, speaking of the sad effects of intemperance in Great Britain, says: "One hundred million pounds, which is now annually wasted, is a sum as great as was spent in seven years upon all the

railways of the kingdom—in the very heyday of railway projects; a sum so vast, that if saved annually, for seven years, would blot out the national debt!" Another writer says, "that in the year 1865, over £6,000,000, or a tenth part of the whole national revenue, was required to support her paupers." Dr. Lees, of London, in speaking of Ireland, says: "Ireland has been a poor nation from want of capital, and has wanted capital chiefly because the people have preferred swallowing it to saving it." The Rev. G. Holt, chaplain of the Birmingham Workhouse, says: "From my own experience, I am convinced of the accuracy of a statement made by the late governor, that of every one hundred persons admitted, ninety-nine were reduced to this state of humiliation and dependence, either directly or indirectly, through the prevalent and ruinous drinking usages."



HEAPING BURDENS UPON POVERTY

Mr. Charles Buxton, M.P., in his pamphlet, "How to Stop Drunkenness," says: "It would not be too much to say that if all drinking of fermented liquors could be done away, crime of every kind would fall to a fourth of its present amount, and the whole tone of moral feeling in the lower order might be indefinitely raised. Not only does this vice produce all kinds of wanton mischief, but it has also a negative effect of great importance. It is the mightiest of all the forces that clog the progress of good. * * * The struggle of the school, the library and the church, all united against the beer-shop and the gin-palace, is but one development of the war between Heaven and hell. It is, in short, intoxication that fills our jails; it is intoxication that fills our lunatic asylums; it is intoxication that fills our work-houses with poor. Were it not for this one cause, pauperism would be nearly extinguished in England."

THE BLIGHT EVERYWHERE.

[Table of Contents](#)

We could go on and fill pages with corroborative facts and figures, drawn from the most reliable sources. But these are amply sufficient to show the extent and magnitude of the curse which the liquor traffic has laid upon our people. Its blight is everywhere—on our industries, on our social life; on our politics, and even on our religion.

And, now, let us take the individual man himself, and see in what manner this treacherous enemy deals with him when he gets him into his power.



CHAPTER II.

[Table of Contents](#)

IT CURSES THE BODY.

[Table of Contents](#)

First as to the body. One would suppose, from the marred and scarred, and sometimes awfully disfigured forms and faces of men who have indulged in intoxicating drinks, which are to be seen everywhere and among all classes of society, that there would be no need of other testimony to show that alcohol is an enemy to the body. And yet, strange to say, men of good sense, clear judgment and quick perception in all moral questions and in the general affairs of life, are often so blind, or infatuated here, as to affirm that this substance, alcohol, which they use under the various forms of wine, brandy, whisky, gin, ale or beer, is not only harmless, when taken in moderation—each being his own judge as to what "moderation" means—but actually useful and nutritious!

Until within the last fifteen or twenty years, a large proportion of the medical profession not only favored this view, but made constant prescription of alcohol in one form or another, the sad results of which too often made their appearance in exacerbations of disease, or in the formation of intemperate habits among their patients. Since then, the chemist and the physiologist have subjected alcohol to the most rigid tests, carried on often for years, and with a

faithfulness that could not be satisfied with guess work, or inference, or hasty conclusion.

ALCOHOL NOT A FOOD AND OF DOUBTFUL USE AS A MEDICINE.

[Table of Contents](#)

As a result of these carefully-conducted and long-continued examinations and experiments, the medical profession stands to-day almost as a unit against alcohol; and makes solemn public declaration to the people that it "is not shown to have a definite food value by any of the usual methods of chemical analysis or physiological investigations;" and that as a medicine its range is very limited, admitting often of a substitute, and that it should never be taken unless prescribed by a physician.

Reports of these investigations to which we have referred have appeared, from time to time, in the medical journals of Europe and America, and their results are now embodied in many of the standard and most reliable treatises and text-books of the medical profession.

In this chapter we shall endeavor to give our readers a description of the changes and deteriorations which take place in the blood, nerves, membranes, tissues and organs, in consequence of the continued introduction of alcohol into the human body; and in doing so, we shall quote freely from medical writers, in order that our readers may have the testimony before them in its directest form, and so be able to judge for themselves as to its value.

DIGESTION.

Table of Contents

And here, in order to give those who are not familiar with, the process of digestion, a clear idea of that important operation, and the effect produced when alcohol is taken with food, we quote from the lecture of an English physician, Dr. Henry Monroe, on "The Physiological Action of Alcohol." He says:

"Every kind of substance employed by man as food consists of sugar, starch, oil and glutinous matters, mingled together in various proportions; these are designed for the support of the animal frame. The glutinous principles of food—*fibrine*, *albumen* and *casein*—are employed to build up the structure; while the *oil*, *starch* and *sugar* are chiefly used to generate heat in the body.

"The first step of the digestive process is the breaking up of the food in the mouth by means of the jaws and teeth. On this being done, the saliva, a viscid liquor, is poured into the mouth from the salivary glands, and as it mixes with the food, it performs a very important part in the operation of digestion, rendering the starch of the food soluble, and gradually changing it into a sort of sugar, after which the other principles become more miscible with it. Nearly a pint of saliva is furnished every twenty-four hours for the use of an adult. When the food has been masticated and mixed with the saliva, it is then passed into the stomach, where it is acted upon by a juice secreted by the filaments of that organ, and poured into the stomach in large quantities whenever food comes in contact with its mucous coats. It consists of a dilute acid known to the chemists as hydrochloric acid, composed of hydrogen and chlorine, united together in certain definite proportions. The gastric