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THE HUMAN CONSTITUTION IN ITS RELATIONS
WITH THE ALCOHOLIC CRAVE.

By T. L. WRIGHT, M.D., BELLEFONTAINE, OHIO.

His life was gentle: and the elements
So mix'd in him, that Nature might stand up
And say to all the world, *This was a man!*

— SHAKESPEARE.

In the present inquiry the word *constitution* denotes that assemblage of essential properties necessary to the conception of personal identity in the human being.

It is obvious that the elements referred to most commonly represent traits of individuality in parentage. But parentage, even in its simplest form, is dual. There is a mingling of constituent qualities drawn from two sources at the very start. Both of these sources, also, are derivatives, and a very few generations backward will disclose the fountains of an impressive ancestry, almost beyond computation in number, as well as in modifying characteristics. The duality of proximate parentage is multiplied indefinitely by the immense number of dominant and constructive powers which enter into and make up the constitution of each parent.

The component parts of the human constitution are, however, usually viewed as belonging to one or another of three groups. These comprehend the motor, the moral, and the intellectual capacities. But this simple division of the elements of human nature covers infinite diversities in their several constituents.

For they include not only particulars in qualities and kinds, but also modifications in grades, degrees, and shadings, to say nothing of contrasts and distinctions, likes and unlikes. They also include the infinitely varying relationships which the essential qualities entering into the human constitution, mutually assume towards each other, in different races, families, and individuals. They include, moreover, the ever-changing attitudes which the three great divisions of human nature — the body, the mind, and spirit — sustain towards one another in the multiform and inconstant experiences of life.

The endless peculiarities of the motor constitution that are to be perceived in each human being, as well as those of the moral and mental departments of man's nature, point to such an incredible number of essential traits in each and every individual that it is manifest no two persons can possess precisely the same constitution. No two individuals can appear, or move, or feel, or think exactly alike. Add to these causes of diversity in the natures of men the fact that the accidents, diseases, and customs of human existence modify old characteristics and impress new ones upon the race — then the impossibility of escaping the facts and responsibilities of well-defined personality becomes apparent.

It has been denied that the accidents and customs of living really impress upon posterity new and corresponding constitutional traits. It is claimed, for example, that the rite of circumcision would then exercise a physical impression upon the races of people who practice it. That there is anything in this rite to sensibly impress the constitutions of men cannot justly be claimed. It is too inconsiderable to produce profound results. To expect that a peculiar effect

should become apparent in the physical element of humanity when there was no lasting constitutional disturbance in ancestry to produce it would be unreasonable. It is only when the elements of the constitution are clearly operative and dominant in ancestry that they are capable of displaying their power for good or evil in reproduction. There can be no inheritance unless there is, pre-existing, something positive and substantial to inherit.

But inebriety may reproduce itself through heredity. Profound and fundamental constitutional changes are likely to become established when the use of alcohol is persisted in for a considerable length of time. A sensible evidence of this may be seen in the *alcoholic countenance*, indicating permanent morbid alterations within the brain. This characteristic is perceptible even when the man is sober. There is a scowl upon the brows which are drawn into a line, the eyes looking coldly and fiercely from beneath, while the mouth, most noticeable of all the features, is obstinately and strongly closed, its corners being rigidly drawn downward, the cheeks falling low and giving to the jaw and chin a determined and pitiless look. There is partial paralysis of one set of muscles and a corresponding stiffness of another set. The lineaments of the countenance are forbidding and stony — not mobile. Look, for example, upon the likenesses of certain drunkards who have occupied very high positions in public life. The muscular system in general also partakes of similar characteristics, a greater or less difficulty of movement being prevalent throughout.

The moral nature suffers still more severely, for it is exceedingly sensitive, readily impressed, and, therefore, easily wrecked. The chronic inebriate is saved from criminal conduct, very largely by automatism, habit, and imitation.

The mental constitution likewise exhibits analogous conditions of brain injury. These hurts are often permanently established — constitutional — and when so, they are brought under the laws of heredity.

When inebriety is merely a disease in itself, it is a proper

subject for treatment. The plan of nature is best. She is always conservative, always patient. Under her influence the inebriate family strain will either die out and there end, or in milder cases, the diseased tendencies may be gradually toned down and in time they may be eliminated from the constitution.

Cultivate and strengthen the natural relationship of the physical, moral, and intellectual capacities, thus contributing to the establishment of a stable and well-balanced constitution. In this way the evil and disturbing elements of the inebriate diathesis may be gradually but favorably impressed.

I say *impressed*, for it is apparent that a *perfect* constitution is an ideality. It is never encountered in actual life. The true constitution of humanity is either too lax or too strained. Take an average and we have simply a mental picture — never a reality.

But in the infinite variety of human constitutions there must arise many instances where individuals are born with natures very much below the average. Constitutions' exceedingly imperfect appear, that are the direct offsprings of some serious ancestral defect. Such congenital incompleteness may show itself in physical malformations and in moral or mental susceptibilities. It is needless to say that serious imperfections of structure are necessarily attended by inadequacies of function. This rule is applicable equally in deficiencies of the grosser bodily organs and the finer and sensitive structures of the nerve centers.

To illustrate: There are, perhaps, few more constant physical disorders in the habitual inebriate than those of the heart. It has been pointed out that excessive alcoholic indulgence has a direct tendency to injure the walls and valves of the heart and also to stretch and derange the caliber of blood-vessels. But what was the condition of the heart before the drinking habit was formed? And who knows how much a congenitally defective heart has had to do in driving its possessor to drink? Hereditary heart affections are by no means uncommon. They are more prevalent, in truth,

than is generally imagined. Many cases of heart imperfection have passed through the world undetected and unknown even to those who suffered from them. *Post-mortems* and sudden deaths fully establish that fact.

A person laboring under heart disease has of necessity a mind and disposition of great instability and inquietude. At one time, when circumstances are propitious and general health prevails, the circulation is propelled freely and naturally throughout the regions of the brain. Life is cheerful. Mind is active and acute and the feelings are elate. Again, the same heart acts badly, possibly the liver or kidneys fail in function. At any rate, the circulation is weak, intermittent, insufficient. The brain and nerve centers suffer in common with the system at large. The mind is slow, stupid, melancholy. Irritability of temper, sullen anger, universal distress prevail and assume control.

And now, either by accident or design, the alcoholic potion is taken. Instantly, a pleasing and most welcome relief is experienced. The undefined, but wide-spread and nagging pain and discomfort, are assuaged by the anæsthetic effects of the lethal draught. The circulation for the time being resumes its activity. The sluggish current of dark and stale blood is forced onward through the brain and it is replaced by a supply of fresh blood of superior vitality. Care takes wings and flies away, while the mind finds solace in soothing dreams and unsubstantial fancies and the *dolce far niente* of recent alcoholism.

The man with heart disease is a man of *moods*, just as the dipsomaniac is a man of moods, and sometimes the cause of them is in the two persons one and the same. It is heart disease. An important fact now comes into view. Heart disease is one of the most common forms of heredity. It is not essential either that in inebriety from heart troubles, ancestry should owe heart disease to the alcoholic habit. It may be congenital from causes that are apart from alcoholism — from a family strain of rheumatism, for example.

It is apparent, therefore, that the so-called "appetite" for

strong drink may come from widely differing sources and may possess various qualities. The fundamental character of this appetite or "thirst" may evidently be such as to preclude the idea that it may be overcome by the mere ingestion of certain medicinal antidotes or incompatibles.

But it is indubitable that inebriety may become hereditary through certain qualities and forces inherent in its own nature. The damage inflicted by alcohol upon a given person may be so profound and extensive as materially to impress and direct the movements of the whole constitution. It is in cases of this kind that inebriety may clearly display its own hereditary power and character.

Parents who drink to alleviate, though unconsciously, the distress arising from deranged heart functions, will, quite likely, be followed by sons who will also drink in consequence of heart disease. Here, it is the cardiac affection, not the inebriety, that is strictly hereditary. Alcohol is always a fraud and a traitor, and it is true that while it relieves the pressing symptoms and present agony of deranged heart function, it really intensifies the pathological conditions which underlie the whole matter. For it is certain that while alcohol may be taken from simple frivolousness or from worse motives, its tendency is to produce heart imperfections, *de novo*, and there is no reason to doubt the opinion that they, too, may become constitutionally impressive and hereditary.

Physical defects, other than those of the heart, also may tend to the development of dipsomaniacal excesses. Serious imperfections of the lungs sometimes lead to habitual inebriety. Lung incompleteness is liable to be attended by severe difficulties in the respiratory, as well as circulatory functions, and these may be alleviated by the alcoholic influence.

Hereditary brain diseases are very common and they, too, may invite the intervention of alcoholic anæsthesia. The profound neurasthenia, symptomatized by forms of megrim and neuralgia, is usually congenital, and it is not infre-

quently a source of inebriety, only, alas, to the final increment and firmer establishment of the original constitutional malady.

It will be observed that in these examples of severe functional derangements, alcohol is not used as an article of superfluity, not as something unnecessary and therefore inexcusable, but it is taken for a rational purpose, namely, to relieve a present and harassing lesion of function.

These considerations and various others of a like nature may possibly induce the ultra-scrupulous moralist to moderate his judgment somewhat when a brother stumbles. They may, perchance, lead certain persons noted for legal acumen to abate the stubbornness of their assumptions about the inexcusable criminal responsibility of drunkenness. There are many inebriates who do not indulge in alcoholic drinks with a view to their effects upon the mind and disposition and who indeed do not clearly know what those effects will be.

Respecting the proportion of dipsomaniacs whose neurotic propensity descends to posterity in the same form, I think it is a subject worthy of inquiry whether inebriates who owe their besetment to obvious congenital defects do not nearly always inherit the dipsomaniacal constitution; and also whether dipsomaniacs from alcoholic perversity alone do not mainly furnish the examples where the descent is in other neurotic forms, such as insanity, epilepsy, chorea, criminality, hysteria, and the like.

It is wise to consider the origin as well as the features of dipsomania in the scheme of treatment. The importance of various appliances differ in separate cases. In some instances, moral influences occupy a prominent place in treatment; in others, intellectual instruction is imperative, while again, hygienic agents and medicines are necessary. And yet so many elements enter into the inebriate constitution that a certain mingling of all these means of treatment is required to obtain the best results. It is proper to understand that *time* is an essential element in caring for inebriety. Se-

clusion in a well-ordered and well-equipped retreat is also of great advantage and is sometimes indispensable in the preliminary treatment of severe cases. The patient has a great deal to learn by precept, example, and experience if he would be well and would stay well.

I would sound a note of warning to him who has divested himself of the shackles of inebriety. A great danger will be sure to arise. There will come a time when there will intrude a desire to *test the reality of the cure*. The feeling of strength will be great and "why not show to self and to the whole world that I am competent to stand up as others do?" There is but one course of safety — one sure rule. You now can abstain *altogether*, but you can *never* drink in moderation. The first cup will disable you, will take possession of you, and no longer master of yourself, you will swiftly go to destruction. Offenses of this kind cause many people to decry the efficacy of sanitary institutions for inebriates. Men expect too much and think "treatment" should accomplish results that are matters of personality exclusively, such as the exercise of reasonable fortitude, some application of the returning capacity of will and a recognition of the qualities of a growing sense of honor. There are certain conditions in all diseases, wherein "the patient must minister to himself."

In the Swiss Canton of St. Gaul, a law passed in 1890 provides that habitual drunkards may be placed under care in an inebriate asylum, for periods varying from nine to eighteen months, either on the ground of voluntary submission, or by direction of the local authority (District Council). Proceedings may be initiated by a relation or guardian of the drunkard, by any public body, or on the sole responsibility of the council, but they must be justified by a certificate from the medical officer of health, that such seclusion is necessary for the cure of the patient. If his personal property is insufficient to meet the expense, the public funds are to be applied, not only for his own maintenance, but, if necessary, for the support of his family during his enforced absence.

CLIMATIC INFLUENCES AS RELATED TO INEBRIETY.*

BY E. P. THWING, M.D., BROOKLYN, N. Y.

Climatology is a fruitful study. It is vitally related to agriculture, sanitary science, engineering, mechanical arts; also to psychology, physiology, and medicine. It is an old study. This department of physics received attention from Hippocrates and Theophrastus, centuries before Christ. They noticed the instabilities of the elements and the influence they had on the nutritive and nervous functions of organic life. They treated these atmospheric phenomena with more sobriety of discussion than did Chaldean scholars before them, who—careful in studying the heavens—failed to see the kinship of solar energy and terrestrial magnetism. Not till within the last eighty years, however, have electric disturbances, variations of temperature, diurnal currents, tidal forces, and other dynamics of climate, been so fully investigated as to found a science of meteorology, that is, a science of weather and climate. It was not known to these ancient sages that the earth is an engine, the sun a furnace, the tropics a boiler, and the poles a condenser.

From 1817, when Humboldt's work on Isothermal Lines was published, to the present time, physicists have widened the field, perfected their appliances, and so have enriched the science of climatology, each in his special line of observation. For example, Professor Draper of New York shows how climate has changed not only complexion, but cranial development. Austere conditions furnish a ruder, baser type, while a more genial clime produces a finer grade of skulls, with brains to match, inasmuch as social and intellectual develop-

* Read at the Medical Congress, Staten Island, July 15, 1891.

ment depends upon exemption from the exacting demands of either extreme of climate. Uniformity of climate tends to create homogeneity of national character. This means immobility, as among Asiatic races, unless higher factors modify. As science provides improved means of locomotion, man's migratory tastes are quickened, and his intellectual life. Climate itself may be modified by civilization, as when vast forests are removed along the water-sheds of a continent, or inland seas created, as is proposed in the case of extensive deserts. This fact shows that Montesquieu's epigram is to be taken with some allowance, "the first of all empires is the empire of climate." Professor Dunbar of Aberdeen University contrasts the munificence of nature in one zone, and the temptations to indolence and self-indulgence thus created, with the rigor of other climes where her gifts are doled out with a frugal hand, and personal effort stimulated. Milton and Young among the poets, and Descartes among the philosophers, have hinted at the modifying influence of climate on character. Referring to William of Orange, De Foe says that he was "too great a genius for so damp a soil." Disraeli, however, reckons these theories among the imbecilities of great men, and makes education and legislation so potent as to practically exclude physical factors entirely, which ground is contradicted by history and experience.

What temperament is to a man, that is, the angle at which he looks at things, climate may be said to be to a country. In one sense, temperament is one's fate and climate is a country's fate. The slant of solar rays, varying from the vertical in equatorial regions to the angle which makes Arctic frost at the poles, imposes a destiny on the races of men. I have realized this in a recent journey of 30,000 miles to and from India by the way of China and Japan. The immobility and social petrification, the torpid and tepid life of the average Asiatic is, in part, the product of physical factors. Inebriety is not common there as with us. As Canon Farrar says, we found India sober and made it drunken, we have belted the globe with drunkenness, sending from English and American

ports cargoes of that which has cursed our own lands to ruin the tribes of Africa and Asia.

Before western civilization gained a foothold, Buddhism was a repressive influence, and so was Islam with its law of total abstinence. Conditions are rapidly changing. Potent as are climate and religious agencies, appetite and example are equally so. Man is fond of stimulants, the world over. The tinder only needs the torch. When a Moslem falls a victim to the liquor brought by Christian nations, you may hear it said: "He has left Mahomet and gone over to *Jesus!*" Thus is Christianity blackened and the sacred name of its founder defiled by associating the rum traffic with the religion of our land. Heathen compare their system to our own, and not to our advantage.

The United States has been called by Dr. Beard "The Intemperate Belt." Here is the birthplace of the disease Inebriety, as distinct from the habit of drunkenness. Here this malady has developed sooner and more rapidly than elsewhere. Here it was first studied. Here inebriate asylums were first established. Here total abstinence societies started, for it was seen that here, at last, no half-way treatment availed. No moderate use of liquors is wise where climatic influences have so intensified the feverish rush of life to which racial, social, and political factors contribute. First, notice the extremes of thermal changes in our American climate as related to this heightened nerve sensibility; and secondly, the influence of the peculiarly dry, electric quality of our atmosphere upon the nervous system of our people.

1. The great extreme in thermal changes. I have seen in New England a range of 125° , from 25° below zero to 100° above, in the shade. The year's record at Minnesota reads from 39° below to 99° above, a range of 138° . Even within twenty-four hours, and in balmy regions like Florida, the glass has shown a leap from torrid heat to frosty chill.

No wonder, then, that the greatest fear of some is the atmosphere! They dread to face alike Arctic rigor or Tropic fire, and get in the habit of staying indoors even in exquisite

weather of June and October. Rooms are made small, with double windows and list on the doors. In winter a roaring fire is in the cellar; another in the grate. The difference between this hot, dry, devitalized air within and the wintry air without is sometimes 80°, on an average 60°, while the difference of temperature inside and outside an English home is 20°. The relation of this to the nervousness of the people is apparent.

2. The uniform brightness of American skies favors evaporation. The Yankee is not plump and ruddy like his moist, solid, British brother, but lean, angular, wiry, with a dry, electrical skin. He lights the gas with his fingers, and foretells the coming storm by his neuralgic bones. Hourly observations were made for five years with Capt. Catlin, U. S. A., a sufferer from traumatic neuralgia, in care of Dr. Mitchell. The relation of these prognostic pains to barometric depression and to the earth's magnetism was certified beyond doubt, and was reported to the National Academy of Science, 1879. Even animals in the Sacramento Valley and on the Pacific coast are unusually irritable while the north desert winds are blowing, and while electricity, seeking equilibrium, is going to and from the earth. Fruits, foliage, and grass towards the wind shrivel. Jets of lightning appear on the rocks and sometimes on one's walking stick. The heart beats faster in New York than in London, and faster still in the Western altitudes. "I can do more here," said Newman Hall of London; "I feel it to my finger's end." Climate helps to put a tremendous strain on heart and brain. Talmage truly says, "We are born in a hurry, live in a hurry, die in a hurry, and are driven to Greenwood on a trot!" The perpetual play of this accelerated nervous energy is exhausting. As a result, a neurotic diathesis is created, and men and women on the verge of physical bankruptcy cannot afford to add the stimulus of intoxicants.

Climatologists speak strongly, as when Dr. Coan says that the Gulf Stream gave Europe her civilization, and the occlusion of the Pacific, shutting out the cold of Arctic seas,

made Polynesian character what it is; and Buckle, in his "History of Civilization," who says that climatic influences form a definite part of the anatomy of national life, yet their conclusions are justified by facts.

The limit allowed for this paper is reached, but a closing suggestion as to its bearing upon the subject of crime may be added.

In the study of criminal anthropology we now have a new school, of which Dr. Lombroso, Professor of Medical Jurisprudence, is leader, which makes crime to be the accumulated result of the criminal's physical and mental constitution and environment. He and his colleagues have abundant materials in Italy, for there are ten times as many assassinations there as in France. They have been very minute and patient in studying the material and mental increments of crime. Nothing is overlooked. Eyes, ears, hands, feet, internal and external organs are examined. Abnormalities of vision, taste, and other perceptions are noted. Asymmetries of person are detected by anthropometric examination.

But what concerns us most just now is this: while the electrical experiments of Du Bois Raymond prove a dull tactile sensibility in the average criminal, they reveal the fact that "he is much more sensitive to meteorological influences." This may be supposed to be true to a marked degree in the case of inebriates. I would therefore commend the subject of climatology, as related to the neorotic diathesis, to the studious attention of the members of this congress.

THE Commissioners of the Lancashire Lunatic Asylums state in their annual report just issued, that "although drunkards are not generally regarded as insane, it is a question whether the habitual tippler might not with advantage be considered an irresponsible being, and treated as such." They point to the fact that in not a few cases the only cause that can be detected for a patient's insanity is the intemperance of one or both parents.

ADDRESS ON ALCOHOL.

BY N. S. DAVIS, M.D.,

*President American Medical Temperance Association at Staten Island, July 17,
1891.**Members of the medical profession and fellow citizens :*

We have assembled here and now for the purpose of considering one of the most important subjects that can engage the attention of an American citizen. From the most accurate sources of information available, I learn that, during the year 1890, more than 80,000,000 gallons of distilled spirits, 40,000,000 gallons of wine, and 800,000,000 gallons of malt liquor, were consumed in the United States, making a total of fermented liquors and distilled spirits of 920,000,000 gallons. From the same sources, it is ascertained that about 10,000,000 gallons of distilled spirits were consumed in the arts, manufactures, and medicine during the same year, leaving the amount consumed for drinking purposes 910,000,000 gallons, at a cost to the consumer of more than \$800,000,000, or about \$13 per head for the entire population. During the same year, 1890, according to a carefully prepared statement in the *London Times*, the amount of distilled spirits consumed in Great Britain was 38,324,000 gallons; of wines, 30,000,000; and of beer, 1,124,956,000 gallons, making a total of 1,193,298,000 gallons at a cost to the consumers of more than \$697,000,000. If we deduct from the total of distilled spirits the same ratio as is used in the arts, manufactures, etc., in this country, it will leave the amount paid for these drinks \$632,000,000, or more than \$16 per head for the entire population of that country.

If we add to the \$800,000,000 paid in our country annually, directly for intoxicating drinks, the value of the time lost by its effects on those who drink it, in stopping

their work, in inducing sickness, and in increasing both crime and pauperism, we shall have an aggregate of indirect cost of much more than another \$800,000,000, or a total bill resulting from the use of intoxicating drinks in this country of more than \$1,600,000,000 in a single year.

And what does the consumer get for all this enormous pecuniary expenditure? Does it bring a single item of clothing for himself, his wife, or his children? Does it take the place of food so that he or his family needs less provisions, or can get board at less price per day or week? Does it strengthen him in body and mind, and thereby enable him to do more work and do it better? Does it promote his physical health, sharpen his intellect, and elevate his morals? Is there an intelligent man or woman in this audience, or anywhere in this country, who can conscientiously answer any of these questions in the affirmative? Certainly not.

Why does an intelligent and free people continue to spend such enormous sums of money for drinks that so plainly bring nothing but evil in return? I answer: First, because of the erroneous education of the greater portion of the people in regard to the true nature and effects of alcoholic drinks when taken into the human system; and, second, because of their power to pervert the sensibility of the brain and nervous system, and thereby develop the most fascinating and persistent mental delusions.

A large majority of the inhabitants of every country receive the most influential and enduring part of their education, not in the schoolroom nor from books, but from the opinions, maxims, and practices that they hear and see from infancy to adult age in the family, on the street, and in the social circles of the neighborhood. From a very early period in the history of these drinks, before chemistry had separated and revealed the nature of the active ingredient that pervades them all, the people, judging only from the sensations and actions induced by their use, were very generally persuaded to regard them as stimulating, warming, soothing, and restorative. Consequently, they speedily found their way into

almost every household in Christendom, and were ever ready to relieve the baby's colic, to enable the mother to give more milk, to relieve the father's weariness, and to prevent the boys and girls from "taking colds" when exposed to wet or cold weather; and, of course, doctors, priests, and people, all united in calling them tonics, stimulants, and restoratives for the body and soothing exhilarants for the mind. And it is true that these same designations and the ideas conveyed by them are still dominant in the family circles, the highways, and the newspapers of this and other countries. Even the great majority of medical men still contribute their full share to the support and perpetuation of these very general and destructive popular errors, by habitually using the same language and sanctioning the same practices regarding them.

By all chemists and other scientific men, it is classed as an active poison capable of speedily destroying life when taken in sufficient doses; and if taken pure or undiluted, it destroys the vitality of the tissues with which it comes in contact as readily as creosote or pure carbolic acid.

The most varied and painstaking experiments of chemists and physiologists, both in this country and Europe, have shown conclusively that the presence of alcohol in the blood diminishes the amount of oxygen taken up through the air-cells of the lungs, retards the molecular or metabolic changes of both nutrition and waste throughout the whole system, and diminishes the sensibility and action of the nervous structures in direct proportion to the quantity of the alcohol present. By its strong affinity for water and albumen, with which it readily unites in all proportions, it so alters the hemoglobin of the blood as to lessen its power to take the oxygen from the air-cells of the lungs and carry it as oxy-hemoglobin to all the tissues of the body; and by the same affinity it retards all atomic or molecular changes in the muscular, secretory, and nervous structures; and in the same ratio, it diminishes the elimination of carbon-dioxide, urea, phosphates, heat and nerve force. In other words, its presence diminishes all the physical phenomena of life.

These direct effects of alcohol, as demonstrated by rigid experimental inquiries, are in perfect harmony with the phenomena presented by their use in all the grades and conditions of human society. The diminution of nerve sensibility, developed in proportion to the quantity of alcohol taken, may be seen in all stages, from simple exemption from all feeling of fatigue, pain, and sense of weight, as exhibited by ease, buoyancy, hilarity, etc., to that of complete unconsciousness and loss of muscular power. It is this anæsthetic effect of the alcohol that has led to all the popular errors and contradictory uses which have proved so destructive to human health and happiness. It has long been one of the noted paradoxes of human action that the same individual would resort to the use of the same alcoholic drink to warm him in winter, to protect him from the heat in summer, to strengthen him when weak or weary, and to soothe and cheer him when afflicted in body or mind. From the facts already stated in regard to the action of alcohol on the constituents of the blood and tissues, all this is easily explained. The alcoholic drink does not relieve the individual from cold by increasing his temperature, nor from heat by cooling him, nor from weakness and exhaustion by nourishing his tissues, nor yet from affliction by increasing his nerve force, but simply by diminishing the sensibility of the brain and nerves, and thereby lessening his consciousness of impressions of all kinds, whether from heat or cold, weariness or pain. In other words, the alcohol by its presence does not in any degree lessen the effects of the evils to which he is exposed, but directly diminishes his consciousness of their existence, and thereby impairs his judgment concerning the degree of their effects upon him.

And yet the same errors and delusions concerning their use in the treatment of diseases and accidents are entertained and daily acted upon by a large majority of medical men as are entertained by the non-professional part of the public.

Throughout the greater part of our medical literature,

they are represented as stimulating and restorative, capable of increasing the force and efficiency of the circulation, and of conserving the normal living tissues by diminishing their waste; and hence they are the first to be resorted to in all cases of sudden exhaustion, faintness, or shock, the last to be given to the dying, and the most constant remedies through the most important and protracted acute general diseases. Indeed, it is this position and practice of the profession that constitutes at the present time the strongest influence in support of all the popular though erroneous and destructive drinking customs of the people. The same anæsthetic properties of the alcohol that render the laboring man less conscious of the cold or heat or weariness, also render the sick man less conscious of suffering, either mental or physical, and thereby deceive both him and his physician by the appearance temporarily of more comfort. But if administered during the progress of fevers or acute general diseases, while it thus quiets the patient's restlessness and lessens his consciousness of suffering, it also directly diminishes the vaso-motor and excito-motor nerve force with slight reduction of temperature, and steadily diminishes both the tissue metabolism and excretory products, thereby favoring the retention in the system of both the specific causes of disease and the natural excretory materials that should have been eliminated through the skin, lungs, kidneys, and other glandular organs. Although the immediate effect of the remedy is thus to give the patient an appearance of more comfort, the continued dulling or anæsthetic effect on the nervous centers, the diminished oxygenation of the blood, and the continued retention of morbid and excretory products, all serve to protract the disease, increase molecular degeneration, and add to the number of fatal results.

I am well aware that the foregoing views, founded on the results of numerous and varied researches and well-known physiological laws, and corroborated by a wide clinical experience, are in direct conflict with the very generally accepted doctrine that alcohol is a cardiac tonic, capable of increasing the force and efficiency of the circulation, and

therefore of great value in the treatment of the lower grades of general fevers. But there have been many generally accepted doctrines in the history of medicine that have proved fallacious. And the more recent experiments of Prof. Martin, Sidney Ringer, and Sainsbury, Reichert, H. C. Wood, and others, have as clearly demonstrated that the presence of alcohol in the blood as certainly diminishes the sensibility of the vaso-motor and cardiac nerves in proportion to its quantity until the heart stops paralyzed, as that two and two make four.

But without further taxing your patience with the details of investigations and statistical results, I will answer three of the questions proposed for discussion by this assembly, by saying first, that alcohol is a poison, or in the words of Dr. Joseph Frank Payne, Vice-President of the Pathological Society of London, that "the action of alcohol on tissue or tissue elements is three-fold: (1) as a functional poison; (2) as a tissue poison or destructive; (3) as a checker of oxidation." Second, that alcohol is in no proper sense a food, either direct or indirect. And third, there are no proper or necessary uses of alcohol as a medicine, except by the chemist and pharmacist, except in the manufacture and preparation of drugs. It is true that a physician can make the anæsthetic properties of alcohol available for the temporary relief of pain and the induction of sleep, but it is equally true that he has many other remedies more efficient for those purposes, and less objectionable than the alcohol; consequently, the use of the latter is neither necessary nor proper.

A MAN who had been intoxicated every week for ten years, and was in a state of delirium all the time, shot a bartender and set fire to the saloon, without any words or altercation. The jury found him guilty and he was hung. The *post mortem* revealed a splinter of bone that had been pressing on the brain for over ten years, dating from a blow on the head, a short time before he began to drink.

INEBRIETY NOTES, No. III.

By S. V. CLEVENGER, M.D., CHICAGO.

That drunkenness should be studied to be understood would appear to the ordinary mind preposterous, but the ordinary mind always has an off-hand opinion upon every subject, however complex, without ever having necessarily given that subject a moment's consideration.

The universality and commonness of inebriety render it so familiar that a proposition to study it would raise a smile and the suspicion of soft-headedness. Yet, there is such a thing as a sign being too large to read except at a distance; towns may not be seen for the houses, and the extent of a forest may not be known to the one who has seen many of its trees. Inebriety problems merit the attention of the ablest students of sociology and pathology, because alcoholism is responsible for more disease, insanity, and crime than any other single cause. Hysterical, political, or other efforts to suppress the "vice" of intemperance effect a few transient reforms, but the rabidity of well-meaning ignorance is as apt to do great harm in other than the intended direction.

Even though some healthy tissue may have to be sacrificed in a surgical operation, it would be better to have the operation performed by a surgeon rather than a butcher. In attacking the social cancer drunkenness, butchers heretofore blindly brandished their cleavers. Often well-intentioned, good, honest, and justly angry butchers—at home, in the pulpit, in editorial rooms, on the rostrum, unable to separate the sin from the sinner, destroying the patient rather than the disorder, exorcising the demon by ostracizing the possessed.

All diseases have, as such, passed through the same

history. Primitive races abandoned their sick as accursed; finally they resorted to beating the ailment out of the afflicted. The American Indian scares the devil out of disease with noises, the Chinaman by burning rice paper prayers, and the "civilized" indulge in the same species of nonsense in many cases. The latter has for a few decades back kindly changed the responsibility of disease in general from Satan to the Deity, and is beginning to look upon insanity as amenable in many cases to decent treatment; but as for intemperance, its time for rational care is just beginning. At a Chicago political institution, that has been occasionally ventilated by the newspapers, a clerical gentleman gives "lectures" to the inmates upon the folly of their ways. Pre-raphaelite pictures of the stomach, in various stages of alcoholic pickling, are exhibited, and the pathology of inebriety is emotionally discoursed upon by one who is absolutely ignorant of the subject. But public opinion counts for something in suppressing the evil, however ignorantly that opinion may be grounded. The dying out of the old custom of New Year's calling has made a change for the better, the amusing part of this instance being the popular mistaking of cause and effect. When intoxicants were no longer given away, callers dropped off until the custom of calling at all fell into disuse.

Among the many features of alcoholism the following have thrust themselves upon my attention :

After prolonged use of liquor, abstinence, sometimes, is followed by acute melancholia in which the delusions of that psychosis are commingled with some that are peculiar to alcoholic insanity. This depressed state seems to be owing to exhaustion of the system habituated to alcoholic sustenance, and not yet readjusted to the assimilation of proper food.

A demented condition, also, more or less profound, may set in from the same causes. A well-known stock-yard's millionaire of Chicago, had, up to his sixtieth year, guzzled fuel oil in all its disguises as ethyl alcohol compounds, and

a sharper, shrewder skinflint was hard to find; but he abandoned his drinking utterly and completely, and during the past three or four years has gradually become incapable of attending to business; presenting the apathy, memory loss, and other characteristics, of what was formerly known as "primary mental deterioration," but which Voisin established as "atheromatous insanity"; the blood vessel destruction found, *post mortem*, associated with the disease justifying the designation. While this mental malady is often independent of alcoholic habits, its appearance, as apparently connected with the stoppage of drinking, is worth noting. In those who indulge many years and then quit drinking, the alteration in behavior is quite observable; they are certainly quieter, calmer, and while, doubtless, far better off than when stimulating, the general tone is below what it would have been had they not drunk at all; meddling with fire must be at the expense of some scars. While atheromatous insanity may occur in the temperate, a condition like it could readily be conceived as consequent upon abstinence after long addiction, or the pathological condition itself may be induced by the alcohol, and persist, whether it is or is not taken after the condition is instituted.

The hyperæmic state necessarily alters the cerebral arteries in various ways, causing endarteritis, leucocytic exudation, neoplastic organization, and capillary extravasations into the cerebral tissues comparable to the rosacea observable in drunkards' cheeks and noses.

In my autopsies of the alcoholic insane at the Cook County Asylum, I invariably noticed a rusty discoloration of the dura mater along the course of the superior longitudinal sinus, and other evidences of old inflammatory conditions, such as adhesions of the membranes and cerebral tissue in this region. The vascular and meningeal alterations varied in degree according to the age of the patient, and of course where frailty of blood vessel organization existed congenitally, then there was all the more likelihood of danger from potations.

The finer mental co-ordinations in any one are maintained by persistent effort; being the latest faculties acquired, and their tenure being so dependent upon full brain integrity, it is plain that the moral nature, when possessed, has been superimposed upon the less easily destroyed brute nature, through less definite and strong histological arrangements acquired and inherited, demanding for their enjoyment and exercise the clearest kind of a brain activity. Vitiating blood quickly blots out these better but feebler functions, just as general exhaustion is felt first and mostly in our weakest joints. So the moral nature, which is merely the higher grade of intelligence, may depart, when the seat of intellect in general is weakened by any cause, such as senility, drinking, insanity, arrest of development, traumatism, and some diseases.

When certain pathological adjustments involving imperfect compensations occur, such as thickened arterial walls which resist the increased flow of blood, then a new plane of mental operation is established, which, if disturbed by change of habits, as by withdrawal of the customary greater heart impulse, is but partly recompensated by the purer blood supply.

Practically the adjacent cerebral tissue must suffer from anæmia to a greater or less extent, and where before the blood was driven through disarranged avenues, it now makes its way feebly and in places not at all. Nor is this all; the sclerosed and otherwise changed tissue becomes a more prominent hindrance to function when the artificial nutrition and circulation is cut off.

The poor fool of a drunkard is thus "damned if he does and damned if he don't" continue, but the short pull up is infinitely less risky than the continuance.

The hallucinations of the tremens patient have been accounted for by Krafft-Ebing as due to the optic scotoma and circulatory cortical interference by the poison, suggesting unpleasant objects such as snakes.

A little philosophizing upon this point would not be amiss,

for important psychological processes are revealed in that connection.

Wundt says that the cerebral tissue acts in sleep somewhat as the retina does when tired, affording complementary impressions, in the latter case of colors, and in the former dreams. But my records show that however this analogy may be justified in making our dreams differ from the events that have transpired while awake, it does not convert unpleasant or painful impressions of the day into pleasant ones when asleep. Quite the reverse; pleasant events are usually followed by either dreamless sleep or by indifferent or pleasant dreams, and unpleasant happenings make uncomfortable dreams, though in changed terms, *to less intellectual conceptions*, markedly. For example, if some complicated abstruse subject—as a matter of research—has worried the student, unsolved, he is apt to dream of sinking steamboats, tedious journeying, hill climbing, and obstructed traveling. Very true, the starving man dreams of feasting, but it must not be forgotten that the memory of past feasting is uppermost and constant in the starving man's waking thoughts, and he dreams of realizing what his animal nature so strongly desires; so the waking and sleeping thoughts are continued in the same general direction and the complementary rule does not operate. I believe that it does so in certain instances, however, and may be called Wundt's law of a certain class of dreams induced by minor unimportant routine events, such as a former janitor of the Pennsylvania University is said to have experienced. When asked if his duties in the dissecting room did not give him unpleasant dreams, he said that, on the contrary, he usually dreamed of flower gardens and pretty romping children. Troubles and difficulties tinge dreams, as we all experience, but what are humdrum events to us—even though not such to others—may render Wundt's law effective.

The alcoholic disarrangement of the physical functions is shared by the mind, and hypochondria, melancholia, remorse, unpleasant retrospection, and horrible anticipation are the

waking penalties of the sot, and unless drunken slumber is almost comatose, the tossings and mutterings of the poor wretch sufficiently indicate that in his slumbers he is no less unhappy. If the soaking culminates in "jim jams," practically the higher mentality is asleep, and drunken dreams afflict him while he is apparently awake. Some insane who have recovered recall their insane thoughts as hideous dreams. The intellectual life is to all intents and purposes really asleep in tremens and insanity, in varying degrees, according to the education and capacity of the person to resist insane tendencies and to correct mental misconceptions, a very interesting point in this connection being that an ignorant person is less able to resist hallucinations than one who is educated in physiological matters.

Then another physiological factor steps into this matter of hallucinations or illusions: The limner, with a few strokes of a crayon, will cause you to recall animals or other objects distinctly, and you are apt to imagine, unless given to close analysis, that details innumerable have been filled into the picture, when such is far from being the case.

The artist knows the value of "suggestion," and the sanest person can be thus deceived in any of his senses, through the workings of the "law of association," which supplies through the imagination what is missing, and human testimony is thus so apt to be fallible. An odor may recall vividly an event of long past years and account for many "mysterious" workings of the mind, mysterious just as anything else is, when unfathomed, not necessarily because it is unfathomable.

I recollect suddenly stopping in a walk one day, wondering at the suddenness and intensity of a certain remembrance of a very pleasant boyhood scene, in which every little sight and sound were recalled.

Determined, if possible, to find the cause of this revival of what had passed out of my recollection for perhaps twenty years or more, I looked about and found it in the fragrance of some prairie flowers and freshly cut hay.

It is the unconscious picturing of the whole from a part, the suggestion, the association, that when properly studied clears up many an otherwise inexplicable mental process, and we may profitably apply a knowledge of it to hallucinations and illusions in health and disease, for they exist in both, with the difference that in the latter they are less apt to be recognized as such.

You feel a fly on your hand, while looking at your hand and knowing that no fly is there. That is a hallucination or an illusion (depending upon its cause), which you have mentally corrected. If abstracted when feeling this impression, your thoughts engaged elsewhere, you may have difficulty in recollecting immediately after whether the fly really were there or not, and when the mind is so dimmed by disease as to be unable to correct these subjectively originated impressions, the insane condition dominates. A chain of *musca* floating in the vision, which would cause a sane person to rub his eyes or his spectacles, may recall a snake or other image to the whisky-debased mind; and the reason why a snake may be thus suggested, rather than something pleasanter, or harmless, is because the general mental and bodily discomfort suggests and is on the lookout for disagreeable things.

There are times when "everything goes wrong" with you, the heavens look black, friends seem distant, duns instead of remittances arrive, and you fully expect any sort of a calamity to happen next, when in reality there may be little, if any, basis for all this experience.

Again, little happy events may enable you to laugh at real troubles, which, occurring at any other time, would weigh you down. The relativity of things is thus apparent. If in our ordinary moods we are such automata, what can be expected of brains through which filth is circulating, kidneys, livers, stomachs, and nervous systems disarranged, and the entire organism on the lookout for additional horrors?

The drinker experiences multitudes of deranged sensations; pain, cramps, numbness, aches, empty gnawing feeling

in his vitals, burnings in his stomach, crawlings, creepings, tinglings, twitchings, and other paræsthesias, as well as "swell head," anæsthesias, etc., and the material causes underlying these deranged sensations are circulatory disturbances, hyperæmias mainly, with a *tendency* to neuritis, which may culminate in the real disorder. So long as either education, or preservation of enough mind to account for these aberrant feelings exists, the sufferer realizes that his system is merely out of order, and he rationally explains his condition; but let ignorance, or its equivalent, a mental impairment, accompany these, and forthwith, according to the previous means of accounting for things in general enjoyed by the patient, he will assign erroneous causes for their origin, such as magnetism, electricity, hypnotism, diabolical or other persecution. In former days, witchcraft and the devil were blamed, but as the people grew more familiar with scientific workings, electricity, etc., was substituted. This is true of all insane delusions and hallucinations.

The delusion of being persecuted is the insane endeavor to account for the horrible subjective feelings, just as the animal is terrorized by unpleasant things it cannot understand; and, for the time being, the lunatic is reduced to unintelligent ways of accounting for things, as much so as when undergoing a nightmare. Every degree of these usually unsystematized persecutory delusions may be found, sometimes alternating with sane moments, and from feeble suspicion to positive conviction of the entire world being against the patient.

From tinnitus aurium to hallucinations of hearing is but a step, and the threats, obscenity, and commands to violence, render those who suffer from auditory hallucinations extremely dangerous to themselves and others. It is also a matter of grave prognosis.

The perverted tastes and smell of the alcoholic insane lead them to cast about for insane ways to account for such perversions, and, guided by their persecutory delusions, they most generally claim that their food is poisoned, and

this often leads to the refusal of nourishment altogether, or it is taken only under most ridiculous safeguards; of course they often, for this reason, cannot be induced to take medicine, and forcing them to do so merely confirms their ideas of your murderous intentions.

One of the most common delusions of alcoholic insanity is that the wife is unfaithful. To account for this, we must remember that drunkards are too often brutal to their wives, and frequently seem to invent excuses to abuse them, and the wife is the most convenient person upon whom accusations can be loaded, being, as a rule, defenseless against her husband, her natural protector. The nagging and reproaches unwisely administered by her awaken resentment and mean ways of getting even, and savage methods of revenge are resorted to all too frequently by the ordinary tippler, who at heart really does not believe that his wife deserves the abuse he gives her. Now, since these cowardly and contemptible suggestions arise in the drunkard's mind at a time when he can realize their injustice, it is natural that when he is still further demoralized he is not able to discriminate between the real and the fancied unfaithfulness, and from hinting it to believing in it, as part of the general persecution he is undergoing, is simply an easy gradation, according as liquor has more and more brutalized him. But this alone will not account for the singular fact that marital infidelity delusions are characteristic of alcoholic insanity, occurring oftener than in other forms of mental alienation.

An attempt has been made to explain the delusions of alcoholics that their sexual organs were mutilated or absent, by assuming alcoholic fatty degeneration of the seminal vesicles and central nervous disorganization produced anæsthesia of the parts. Doubtless numbness of these organs is common, with sensory disturbances of other parts, and this suggests such delusions, and may also lead the alcoholic insane mind to account to himself for his aversion for his wife, or for her resisting his approaches. It

is more than likely that the fitful satyriasis, that oftener occurs than complete sexual loss, and the incessant repulsions give rise to the marital infidelity delusion.

Some one else is preferred to him, he imagines, and I have known alcoholics to have hallucinations of having witnessed gross amours between their spouses and men carried on in public, or under impossible circumstances. At the same time, the alcoholic may content himself with mere wordy abuse of his wife for this, or, as has happened in innumerable instances, he may murder her in some atrocious manner, the peculiarly horrible method of the wife-killing being a matter of medico-legal importance, as raising a suspicion of the cause of insanity.

Well worth noting is the extraordinary tolerance of some individuals, as compared with the intolerance of others. One person, most often female, is flushed and made otherwise very uncomfortable by the smallest indulgence, when, on the other hand, a well-known railway magnate of this city, it is credibly stated, has taken over a quart of raw whisky daily for thirty years, and, while his moral nature never was probably very exalted, he was never known to be intoxicated or unfit for business by reason of his indulgence.

An old gentleman of seventy years complained of fainting attacks, especially in the mornings. He said that the bed would rise up and hit him in the back of the head when he attempted to get up on awakening. His heart was quite feeble and there was general anæmia. He had been strictly temperate all of his life, and objected strongly to any tampering with liquor under any pretext. In addition to prescribing tonics I advised him to resort to some light wine as an absolute necessity, assuring him that there was little danger of his carrying the habit to extremes.

He reluctantly took the wine and experienced the greatest possible benefit from it, and he now uses it judiciously as an indispensable medicine. In addition to such cardiac stimulant action, we frequently find phthisical patients benefited by alcohol, and in two instances I know of most extraor-

dinary tolerance existing in pulmonary tuberculosis. Both the patients have had hæmorrhages for fifteen years or more; the strongest liquor affects them "no more than drinking so much water would," as they both claim. Yet I think that gastric derangements are the penalties they suffer for over-indulgence; while lung tissue is conserved, the heart's action maintained, and general strength is kept up by the stimulant, which apparently does no harm to them mentally.

Taking a bird's-eye view, at this stage of our notes, we can sum up alcohol as at once the enemy and friend of man; ships have gone down at sea and millions have been drowned in water, and yet we continue to use hydraulic machines and can safely assuage thirst. If just the right application of alcohol could be made in all cases, it would cease to be dangerous; but instead of wishing its destruction or advocating its freer use, under the circumstances, the masses should be educated to an appreciation of its exact nature, and that all are not alike in susceptibility. There are those who indulge in moderation without harm to them, either through their constitutional tolerance or because disease enables them to do so; others cannot stand even moderate drinking without harm to themselves. Some are rapidly destroyed by tampering with it, others are gradually wrecked during a long lifetime. Some over-indulge, and the brunt falls upon other organs than the brain, leaving their minds apparently clear (though inevitably some degradation must follow); others are warned away by gastritis, and a fortunate warning it is; still others are propelled into greater business activity, for a time at least, and acquire cash at the expense of their health finally. There are those who cannot touch it through idiosyncrasy, and those who will not from principle, or because it is repulsive by association. Manifold are the questions involved, and when we come to examine into the weakness of one neighbor and the strength of another; the peril that alcohol places one in, and the good it does to another; the frailty of flesh and blood in general,

and what a struggle it is to evolve civilization out of savagery ; how thinly the latter is veneered with the former; the temptations that beset us, and that many a grand mind and noble life have been destroyed by an accidentally encountered drinking environment, and particularly when we know that we are individually what our morphological structure enables us to be, and that character, position, ability, everything, depends upon mere circumstance, that we are exempt from some troubles by good fortune, which was denied others ; that a fall, a fever, a blow on the head, a grief, may change any nature in the world for the worse; we then experience some of the mental broadening which all correct knowledge gives ; we grow more merciful, more charitable, less inclined to rant against the sins of our neighbors, less pharasaical, and more anxious to help, as we would desire to be helped under similar circumstances. In fact, science compels charity, knowledge of the truth makes us merciful, where ignorant, self-sufficient railings at "sin" drive drunkards to deeper degradation. Intolerance and bigotry are the result of ignorance, and all three have done as much harm in the world, if not more, than intemperance.

THE second report of the Institution for the Treatment of Inebriates at Ellikon-on-Thur, Germany, which has recently been issued, shows that, during the year 1890, 55 persons were under treatment. Of 36 discharged in the course of the year, 17 were found after strict inquiry to have remained total abstainers up to the date of the report, 11 had continued temperate, though not abstaining entirely, 6 had relapsed, and 2 had become insane. Of 10 patients discharged in 1889, 7 had remained total abstainers up to date, and 3 had relapsed.

EFFECT OF MODERATE USE OF ALCOHOLIC
DRINKS ON LONGEVITY.*

BY DR. M. L. HOLBROOK,

Editor of the Herald of Health.

In discussing the question of the moderate use of alcoholic beverages and their effect on longevity, one labors under some difficulties, because as yet we have no very accurate definition of what their moderate use is, and besides this, if we had a clear definition, we have not as yet sufficient statistics and facts to make out the case as I should like to present it, that is, so strong as to admit of no controversy. We define the word moderate to be temperate, within bounds, or not extreme. With this definition, I suppose any use of alcoholic drinks short of intoxication would be its moderate use; anything beyond this immoderate, or extreme. Now to the question, Does such a use shorten life or not? In the first place, let me consider what are the conditions of long life and why is it that many persons live to be very old.

They are these:

1. A good constitution, by which is meant one that will stand the wear and tear of daily existence without breaking. The body will be evenly but not excessively developed. In all very old people, the evidence goes to show that the heart has originally been sound, the lungs have performed their functions faithfully, digestion has been good and the nervous system, especially the one controlling functional, bodily activities, well balanced and healthful. These are the general conditions. If we examine the constitution, however, from the standpoint of a biologist, or microscopically, we shall find that those with strong ones have a liberal supply

* A paper read before the American Medical Temperance Association at Prohibition Park, New York, July 16th.

of living matter, or protoplasm. Living matter is the base on which the vigor, healthfulness, and length of life have their foundation. If there is a large supply, the possessor will withstand the strains of life, the competitions that he must meet; will ward off disease and death, when with a small supply except with great economy he would not. Under the microscope the white blood corpuscles, the pus globules of an inflamed surface or part, or any epithelium that can be studied before it has lost its structure or been worn out will be seen to be loaded down with brilliant living matter. The granules are coarse and crowd on each other and the reticulum is also large and strong.

There is as much difference between a living cell or corpuscles in a strong and a weak man as between a house well built with good material and a slender, poorly made one. Sometimes a person who seems healthy and well to the external eye shows, when a fragment or a bit of blood is examined with the lens of 500 diameter power, defects on which we may predict a short life, unless all his resources are husbanded in the most economical manner. Now what are the effects of alcohol, moderately used, on these conditions. Let us take the organs of the body first. In a healthy man the heart beats normally. It needs no whip or spur to urge it on. Alcohol acts on it as a whip or spur and makes it beat faster than it should. Reasoning on general principles we are justified in saying that all abnormal action of the heart, even if it is only slightly abnormal, kept up year after year must injure this important organ and shorten life. Experience justified this conclusion.

2. What is the effect on the lungs and their function? The office of these organs is first to take up from the air oxygen, without which we cannot live at all, and second, to separate from the blood carbon-dioxide, and other products of transformation constantly being produced in the processes going on in the body, all of which products, excepting water, are poisonous and some of them so in a high degree, and both of these functions of the lungs are lessened even by the

moderate use of alcohol ; that is, less oxygen is taken in and less carbon-dioxide thrown off. Laboratory experiments show this conclusively. Are we justified in saying this cannot in even a small degree injure the constitution, which ends in shortening life? I think not, but even if it could be shown that life is not shortened we all know it diminishes its fullness. We live in proportion as we breathe, that is take on oxygen and throw off the waste off bodily activity, and anything that lessens this makes life less full, less complete, less perfect, if not less in length, which is if anything worse. We now and then meet persons who have lived long and used alcohol more or less extensively. We generally, though perhaps not always, find they have accomplished little in the world. If there are exceptions they can no doubt be explained.

If we turn to the nervous system we find still another illustration supporting our belief that alcohol shortens life, even if not used to intoxication. The healthy, well-trained brain is a fountain of strength to its owner. The man whose brain is stimulated by alcohol never thinks quite straight. Hope is magnified and caution diminished. He often rushes into dangers that ends life abruptly or does deeds that disgrace him for ever. Can we for a moment believe that the substitution of abnormal for normal neural processes, incorrect for correct thinking, does not injure the constitution and diminish life both in quantity and quality? I will not for a moment say that all total abstainers think clearly and correctly. Many of them are more or less hazy on some subjects and make extravagant statements more the result of incorrect training and imperfect knowledge, but if they do these things sober, what would they not do when even slightly under the influence of alcohol?

Dr. Richardson says :

"I had learned purely by experimental observation that, in its actions on the living body, this chemical substance, alcohol, deranges the constitution of the blood ; unduly excites the heart and respiration ; paralyses 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 teaching of the sternest of all evidences, the evidence of experiment, of natural fact revealed to man by experimental testing of natural phenomena. . . . 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."

The general effect of alcohol on the protoplasm is very serious. The alcohol taken into the stomach is absorbed into the blood and traverses the entire system. In the brain, the alcohol goes into the brain cells together with the nutriment designed for them. Abnormal action is set up at once. We know this from the fact that the thinking is abnormal. Protoplasm is a very precious material, the most costly of anything we can name. It gradually wastes away when age comes on, and waste is less than repair. It gradually clogs up as we grow old with the debris of the system. A brain cell of a young man of twenty is bright and clear, but as age comes on much of its brightness is gone. It is tattered and torn, so to say, and darkened by the sediment left in it which it cannot throw off. In the moderate drinker it is tattered much sooner. Alcohol is inimical to it, causes it to waste unduly. We ought to care for the living matter of our bodies as for this most precious treasure, for with its departure life departs. If by any manner of living we could preserve it from wasting beyond the power of the nutritive system to repair it, and if we could keep it pure and clean, life would be prolonged indefinitely, some have claimed forever, accidents and diseases excepted.

Now how does all this harmonize with experience? Does moderate drinking *actually* shorten life, and can it be proved

by stubborn facts, or are we only guessing at it, theorizing, as some will say? Let us see.

As I have already said, statistics are somewhat meagre, but it is not necessary always to wait for statistics to get at a truth. The true prophet will see a truth long before statistics and facts have been tabulated to prove it. It is only those of less power of foresight and discrimination that need the crutch of statistics to give them assurance and support; still so far as support goes they support us in every way.

1. Insurance companies, I think, universally prefer, other things being equal, abstainers to even moderate drinkers, and some societies have classes for such at less cost.

2. In an English society, which has been in existence for over a quarter of a century, the death rate per 1,000 annually among the abstainers is only a little over one-half that among the non-abstainers, who are usually moderate drinkers.

Dr. Alexander, in a lecture on life insurance in Bombay, makes the following statement:

"Abstainers have not yet received proper recognition for the undoubted superior value of their lives as proved by vital statistics. This arises, no doubt, partly from three causes, — the absence of data establishing the exact degree of superiority, the absence of any guarantee for lifelong abstinence, and the experience of reformed drunkards, whose lives might have sustained permanent damage already. But due recognition of the advantages of abstinence was only a question of time. The experience and practice of life-assurance societies was decidedly adverse to the intemperate."

3. I have myself had since 1864 a very large correspondence and acquaintance with persons who have lived to be very old. It would tire you to go into details, but it may surprise some doubting ones to learn that among them the number of total abstainers who have lived from ninety to 100 years and some over 100 is very much larger than the number of moderate drinkers. Indeed, I know only a very few of the latter who have passed the ninetieth year in good working condi-

tion. I can to-day count up a dozen total abstainers from eighty-five to ninety-five, some still doing good work and only one at ninety still hale and strong, who, while he was never drunk in his life, drinks a little every day.

Horace Greeley once said, "That some men live long in spite of moderate drinking no more proves the practice safe and healthful than the fact that some soldiers who fought through all Napoleon's wars are still alive proves fighting a vocation conducive to longevity."

SOME STARTLING STATISTICS.

The thirty-fifth report of the Reformatory and Refuge Union states that in Great Britain and Ireland 145,000 persons are every year committed to prison as drunkards, of whom 112,000 are men and the rest women.

An English paper, from statistics taken from the press of the United Kingdom, reports the records of murders of women by inebriated husbands, since January 1, 1889, to January 1, 1891, to be 3,004.

In a late debate in the German Reichstag it was stated that there are at present 11,000 persons in hospitals and insane asylums who are suffering from delirium tremens.

The police report states that the licensed houses in London, England, number 14,085, giving one to every 413 of the population.

Of the 30,000 criminals in German prisons, 14,000 were arrested for crimes committed under the influence of intoxicating drinks.

During the seven months of 1891 ending August 1st, California shipped to eastern cities 6,094,616 gallons of wine being an increase of 1,240,120 gallons over the shipments during the same period in 1890.

A CANADA Medical Temperance Association was formed last month at Montreal on the same basis as the American Medical Temperance Association.

RECEPTION TO DR. DAY.

The President and Board of Directors of the Washingtonian Home at Boston gave Dr. Day a reception at the Home in honor of his seventieth birthday, Oct. 15, 1891.

Our association, recognizing the importance of the occasion, decided to hold a public meeting at the same time and place, and make the event memorable by a wider recognition of Dr. Day and his lifelong work.

The reception was held early in the evening, and was a notable gathering of distinguished people and personal friends of Dr. Day from all parts of the country. The public meeting in the chapel was organized by Mr. S. B. Stebbins, the President of the Home, and after prayer by Rev. J. W. Day, Dr. Mason of Brooklyn, New York, gave the opening address as follows :

We come to offer our congratulations to Dr. Day that he has lived to see some results of his lifelong work. As a rule, pioneers seldom see the promised land ; they must go on in faith that another generation after them will reap the results of their work. The period included in Dr. Day's life has been noted for the most extraordinary changes of facts, theories, and conceptions of inebriety and the inebriate.

For ages the inebriate was regarded only from the moral side, and even down to the present time was fined and imprisoned as a willful, voluntary criminal.

In the middle ages the death penalty was applied to his so-called "criminal offense." The Church, after vain endeavors to reform the inebriate, excommunicated him, including him in its wholesale denunciation against drunkenness.

And while Church and State thus dealt with the inebriate, the "science of medicine" stood aloof, as though medicine had nothing to do with such a, (as was then supposed,) "moral evil."

And so excommunicated, legally condemned, socially ostracized, the friendless inebriate drifted as a waif on the tide of humanity,—a sort of flotsam and jetsam, branded with the legend, “no drunkard can inherit the kingdom of heaven,” and enrolled by the law among its criminal classes; despised and dishonored, he sank beneath the tide, and the waters closed over him; his nearest of kin gave a sigh of relief, and, if there were any regrets, they were swallowed up in the universal congratulations at his departure.

Science claimed another endorsement of her favorite theory, “The survival of the fittest,” while humanity alone bowed her head in silent pity. The ecclesiastical doctors and the legal doctors had failed to recognize the disease which they proposed to treat; they had simply made a mistaken diagnosis, and applied the most violent of supposed remedial measures. And so the years rolled on into decades, and the decades into centuries, and until within a comparatively short time, the regulation treatment of the inebriate has been practically the same, varied only by time and circumstance. But a change was destined to appear; in the latter part of the last century an American physician, Dr. Benjamin Rush of Philadelphia, made the assertion that *medical science* held out that relief for the inebriate which Church and State had failed to give him after centuries of fair trial; he asserted that inebriety was a *disease*, and not only thus pointed out the character of inebriety and the standpoint from which it should properly be considered, but also the method of its treatment. Not in prisons, it was not a *crime*,—not in reformatories, it was not a *mere moral delinquency*,—but in hospitals, it was a *disease*.

It is very evident that society, as represented in Church and State, did not take kindly to this suggestion of Dr. Rush, for we do not hear of any grand movement for the relief of the inebriate through the aid of medical science; and so half a century passed. Dr. Rush had long since lain down his armor, and completed his life work, and it would

seem as if the axiom he uttered had passed from the minds of men.

It may have been there was too much to occupy the public mind in the earlier history of the young Republic, but the seed was simply dormant.

"Often do the spirits
Of great events stride on before the events,
And in to-day already walks to-morrow."

Within the latter half of the present century, we see the germ of truth expanding into that which it should eventually become, in the mind of another American physician, whose name was to be as prominently connected with the history and medical treatment of inebriety as that of Dr. Rush. We refer to the late Dr. J. Edward Turner of Wilton, Conn., the founder of the first inebriate asylum in the world.

Dr. Turner, as a young physician, grasped at the idea of Dr. Rush, the immediate cause being an inebriate relative who was placed directly under his care. Whether the Rushonian theory had made its impress upon him or whether by a course of independent reasoning he arrived at the same conclusion as Dr. Rush is not material. Independent thinkers often meet at the same cross-roads. Suffice it to say that his thoughts and efforts found their full development in the establishment (1859) of the first and largest asylum or special hospital for the treatment of inebriates this country or the world has ever seen. Dr. Turner conducted this asylum a sufficient length of time to demonstrate the feasibility of the theory advanced by Dr. Rush in the preceding century, namely, "That inebriety was a disease requiring special hospitals for its treatment."

Among Dr. Turner's coadjutors who endorsed the disease theory of inebriety was Dr. Valentine Mott, the celebrated New York surgeon, who for over twenty-one years was connected with the work of founding the New York State Inebriate Asylum, and for four years its president.

While over 1,500 of the leading physicians and surgeons

of New York city and vicinity signed a petition memorializing the State legislature in behalf of the establishment of said asylum, among the signers of this appeal, we note the familiar names of Francis, Bedford, Metcalfe, Watts, Van Buren, Draper, Clark, Stevens, Doremus, Barker, Post, Wood, Peaslee, Marion Sims, Hamilton, Moore, Alex. B. Mott, Swinburne, Detmold, March, McNaughton, White, Rochester, Quackenbush, Armsby, and a host of other well-known physicians and surgeons.

But while the State of New York, through the exertions of Dr. Turner, seems to have been thus early and active in establishing medical relief for the inebriate, we find almost as his cotemporary and co-laborer in this new field, Dr. Albert Day, who was quietly and unostentatiously working out a similar problem in this venerable city of Boston. "A city that is set on a hill cannot be hid," and Boston, not only topographically so situated, but eminent in the historical annals of this country, in literature, in science, in art, and in her numerous charities, by these very facts, gave prominence to the efforts that Dr. Day was endeavoring to establish on behalf of the inebriate and so Massachusetts in 1857, took her place by the side of the Empire State.

The great State of Pennsylvania is also astir, as if to redeem her prestige of precedence. The mantle of Dr. Rush has fallen on a son of Philadelphia—the late Dr. Joseph Parrish, whose family name was so intimately connected with the medical and charitable interests of the "city of brotherly love"—who became not only a teacher of the new doctrine, but practically demonstrated it by the establishment of an asylum (1865) of his own; and so we see these three great States, after the lapse of a century, join hands in behalf of the inebriate.

Turner, Parrish, Day,—glorious triumvirate! These men, all founders and heads of inebriate asylums, constituted the nucleus of this association, and gathered about them such men as the late Dr. Theodore L. Mason of Brooklyn, L. I.,

— my revered father — who gave the last twenty-five years of an honorable and useful life to the consideration of the medical care and treatment of the inebriate, his efforts finally resulting in the establishment (in the year 1866) of the present inebriate asylum at Fort Hamilton, L. I.

The late Dr. Willard Parker of New York city, who was an earnest advocate of the disease theory of inebriety, and who wrote and spoke much on the subject. Dr. N. S. Davis of Chicago, Ill., now president of the "American Medical Temperance Association," these men, and others not so prominently active in the work, came forward to endorse the efforts of Drs. Turner, Parrish, Day. Dr. Parrish was the active mind that organized (1871) "The American Association for the Study and Cure of Inebriety." As our able secretary and editor is the one through whose energies its activities are being so universally known, we need not go further into the personnel of our organization, or the medical men, who from time to time have joined us, having been convinced of the truth of our theory. Suffice it to say, that these men, as a rule, stand as peers in the medical profession, and as leaders of medical thought, and, like all such independent thinkers, are accustomed to lead, not to be led.

Our theory was not a popular one. Some looked in on us, investigated our motives, read our "principles," and then departed. But the best of causes had deserters at a critical hour in its history. "They went out from us because they were not of us, for if they had been of us, they would no doubt have continued with us."

Our creed, our principles were of great benefit to us in the earlier stages of our history as an association; all who joined us read these principles on which we founded our association, and to accept or reject our views meant membership or non-membership. Hence, those who joined us joined with a clear understanding and an intelligent purpose, and thus

"The curse of growing factions and divisions never vexed our councils."

This association, a mere handful of men convinced of the

importance of the cause they espoused, believed as your own late lamented poet, Lowell, wrote, that

“ To side with Truth is noble,
When we share her wretched crust,
Ere her cause bring fame and profit,
And 'tis prosperous to be just.”

We were subject to much criticism. The law assailed us on the ground that we were endeavoring to transform the “*Crime of Drunkenness*” into the “*Disease of Inebriety*”; the church, on the ground that we were endeavoring to transform the “*Vice of Drunkenness*” into the “*Disease of Inebriety*.” The politicians opposed us because we desired that the liquor dealers and distillers should be taxed to support the inebriate asylums that they were so instrumental in filling. The medical profession were coldly indifferent or mildly sarcastic or lukewarm in their support; to the large majority there was not anything in the new departure that promised fame or adequate remuneration of any sort. There were other fields of medicine more attractive, and therefore more desirable. You can always count up on your fingers the pioneers in any department of advanced thought and action, and medicine forms no exception. The secular and religious press objected most strenuously to this little handful of doctors meddling with affairs of church and State. To use their expression, we were “coddling drunkards” and putting a “premium on drunkenness.”

It is a glorious thing to live for a principle, especially when that principle carried out results in the emancipation from a most terrible bondage and curse a large proportion of the human race; to take our stand by the side of a Luther, a Wilberforce, or a Shaftsbury; overcome opposition, conquer prejudice, and win peace; and to do all this under the inspiration —

“ Thrice armed is he whose cause is just.”

“ We live in deeds, not years; in thoughts, not breaths;
In feelings, not in figures on a dial.
We should count time by heart-throbs. He most lives
Who thinks most, feels the noblest, acts the best.”

What a comfort must it be, for you, Dr. Day, in your silent hours of contemplation, to take a retrospective glance of the years that have passed. What discouragements, trials, rebuke, sarcasm, opposition, disappointment has filled the cup that you had to drink of; and yet the draught was mingled with encouragement, commendation, fair, honorable, and just criticism and helpfulness, and as the years progressed the light about you has grown brighter; and now, as we have met to-night to celebrate your birthday, and to exchange mutual congratulations, in what place could we have met more appropriately than in this asylum you have established and carried on successfully for thirty-four years?

We place to-night the laurel wreath of victory and success upon your brow. You have extended the helping hand of the kind physician to thousands of your fellow-creatures; you have restored to the widow her only child; you have reunited the gray-haired sire and his prodigal son; you have made the domestic circle again complete, for through your instrumentality the wanderer has come back.

To literature, art, and professional life you have redeemed those whose light had grown dim, and had almost gone out in the blackness of darkness forever.

Many to-night, as they seek refreshing and health-giving slumber, who otherwise might have "slept the sleep of the drunken," will repeat your name with affection and thankfulness.

Nay, further, if, as some assert, there is not any distinction between the vice of drunkenness and the disease of inebriety, there are those among that "multitude whom no man can number" who will "rise up and call you blessed," for under an almighty and beneficent Providence you exercised an instrumentality that brought them "clothed and in their right mind" to the feet of the Great Physician; and "Paradise Lost," apparently lost to them, became "Paradise Regained," and that instrumentality was "The Inebriate Asylum."

Yes, the seed of thought planted by Dr. Rush took a century to grow; the ruthless axe of opposition was often lifted against it; the storms of ignorance, bigotry, and prejudice swept over it; but, behold! the tender sapling has grown into a tree fair to look upon, whose roots are embedded firm and deep in the genial soil of success finally achieved; scions from the parent tree have been planted and acclimated in every civilized land; under the shade of this tree the inebriate, no longer uncared for, may rest; at its mossy roots; the pure and limpid spring of total abstinence and sobriety wells forth, and the leaves of this tree are for the healing of the nations.

Behold the inebriate asylum, extending its sheltering arms to a most unfortunate class, perchance to heal them, perchance to give them a place to die in — to give them that which family and church and State cannot directly give them! Hear the monotonous tramp of a mighty host passing through the valley of the shadow of death to an eternal doom! "Is there no balm in Gilead, no kind physician here?" Is man more merciful than his Maker? Are human agencies to supplant divine agencies in the redemption of the inebriate? Nay, we cannot divorce religion and medicine. The Great Physician Himself, who went about healing all manner of disease, has set the everlasting stamp of His approval upon their union: "What God hath joined together let no man put asunder."

While the church may as a body not have understood the inebriate, the God-given principles of religion and humanity on which the church is founded are not inoperative.

While the law may have misapplied its authority, the law is invaluable; without law we could not have that personal control of the inebriate — that *habeas corpus* so essential, indeed a *sine qua non* in the treatment of inebriety. So, then, from the church, which is the visible embodiment of religion and all that constitutes the best part of humanity, we get the animus or motive that causes us to stir ourselves in behalf of the inebriate; from the law the power

to execute, to put into operation the plans for the relief of the inebriate; and from *medical science* the intelligent means by which we restore the inebriate to his family, his friends, and his business and social relations.

Thus the church, the law, and medicine, once at such strange variance, join hands in behalf of the inebriate, forming a true "triple alliance." Now, this reconciliation of church, State, and medicine has been brought about largely by the efforts of this association, and all the facts concerning inebriety have been brought out and elaborated, tested and adopted, and presented to the medical profession and the public by this association during its period of existence of over twenty years.

The combined work of its members represents the experience of several inebriate asylums, whose patients furnish the facts and figures on which this association bases its conclusions, and which have appeared in over 200 papers published by this association, prepared as the result of careful study of the inebriate, his family and personal history, diseases, injuries, and social statistics concerning him and results of treatment. A well-conducted "Journal," which has been issued quarterly for the past twenty years, has embodied these papers not only, but the results of foreign thought in England, Germany, France, Switzerland, Holland, and elsewhere on this momentous question; and it has exchanged views with Dr. Kerr and the late Drs. Alford and Dalrymple, Richardson, and Carpenter, the leaders of English thought on this subject; and with writers on this topic in every medical center in France, Germany, Holland, Austria, Belgium, Switzerland, and the English colonies. So, my friends, we come to you with knowledge and experience. We are not simply theorists—closet philosophers. It is safe to say that over 20,000 inebriates have passed before the members of this association. Dr. Day has treated a large number of these, the balance being divided between the different members having asylum connection. We are still seekers after truth. Knowledge is ever progressive. We

thing of the heavy storms, dense fogs, icebergs, and hidden reefs that have constantly added peril to the voyage.

To-night, as he crosses the outer bar of the long seventy-years voyage, with the distant lights of the highlands pointing out the harbor still many years beyond, we raise the flags and fire the salutes of welcome. Looking backward over the long journey of nearly fifty years, in which Dr. Day has been almost exclusively engaged in the care and treatment of inebriates, many very startling outline facts appear. Facts of history and great reform movements, whose meaning and significance is yet obscure, have been very closely associated with Dr. Day's work. A brief tracing of some of these facts will add to the interest of this occasion.

Up to 1840, the temperance problem was a chaos. On the moral side, a few clergymen and reformers had preached and protested against the abuse of alcohol. A temperance society had started in New York and one in Boston. Public sentiment regarded these efforts with pity and contempt. On the scientific side, Drs. Rush *Calbanis Salvator*, and a few others, declared inebriety a disease; but the same silent contempt greeted these views.

In April, 1840, a small drinking club of Baltimore changed to a temperance society, and called themselves the Washingtonians. Two months later, John Hawkins stopped drinking and joined this society. All this, together with John Hawkins' infectious earnestness, would have passed unnoticed, had it not been for the political campaign of that year. The struggle for the presidency between *Van Buren* and *Harrison* began early, and, for some obscure reason, became associated with the excessive use of cider and stronger spirits. Hard cider, free whisky, and free rum seemed a large part of every political gathering. And, as the struggle grew in intensity and excitement, the use of spirits increased. Temperate men drank, moderate drinkers became delirious from excesses. Business halted, and never before or since has the excitement of politics been so great and so intimately associated with drunkenness in all its forms, extending

through all classes. At the close of the campaign, Dr. Jewett estimated that over a million voters were practically inebriated or had been repeatedly intoxicated; due very largely to the excitement and excesses of the campaign.

By-and-by, a strong reaction took place, and just at this moment the Washingtonians appeared. Its leaders were reformed men, and urged the pledge with intense earnestness. The excitement of the campaign and its drink excesses had prepared the public mind for this great emotional remedy, the pledge. John Hawkins became the leader, and was a wild, passionate orator, that everywhere enthused his auditors, and roused up an army of lecturers which scattered to every town and hamlet, from Maine to Mississippi.

The political campaign of 1840 broke out again in a great temperance reform wave, and steadily rolled up in numbers and enthusiasm until 1842, when a high tidal point was reached and reaction began. Over half a million persons had signed the pledge, and the evils of alcohol had been discussed in almost every neighborhood in the land. Never before had any reform movement been urged with such terrible earnestness and honest enthusiasm. All the selfish motives of parties and personal interests had disappeared, and the old crusaders' spirit filled all its advocates.

This psychological storm wave crossed the continent and was felt everywhere. In 1842 it began to decline, until five years later it was practically a matter of the past. While a large number of inebriates were saved, its real work was in a different direction, that even to-day it is scarcely yet realized. Like a storm on a close, murky day, it cleared away the mists of ignorance, it destroyed old theories and prejudices, and gave clearer conceptions of inebriety and its evils. The very impetuosity of its appeals to the emotions alone clearly pointed out its ephemeral nature, and gave glimpses of broader and more effectual means yet to come. It not only broke down old theories, but started new ranges of thought, and new fields for humanitarian work. While this reform wave died away it sent out an inspiration and impetus

to the whole subject that has been the foundation of every temperance organization to this time. The moral side of this subject was suddenly projected far out among the great topics of the times.

When this reform wave receded, it left in embryo the first inebriate asylum in the world — The Washingtonian Hall, a lodging place for inebriates in 1845. Twelve years later, the Home for the Fallen grew out of this lodging house, and Dr. Day appeared as *captain, pilot, mate, and crew*, all in one. Two years later, the State incorporated it as the Washingtonian Home. But few people will ever know the struggle and trials and storm clouds which Dr. Day passed through to get this Home down through the narrows of persecution and savage criticism into the ocean of recognized truth.

The great Pioneer Asylums at Binghamton and Fort Hamilton grew indirectly out of this Washingtonian movement. Literally this apparent exotic wave was the beginning of a great advance, and the starting point from which all concentrated effort to understand and remedy the drink evil began. It was a force that fused and mobilized a tide of oncoming truth that is not yet fully understood. All the temperance organizations and reform movements are outgrowths of the old Washingtonians. The prohibition party to-day is only another Washingtonian movement, more matured and organized, and with a clearer conception of objects to be attained. This last great moral protest against the evils following the indiscriminate use of alcohol is now in the ascendancy. It has not reached its high tidal level yet; everywhere it is growing and widening in its influence and power. By and by the maximum point will be reached; and a retrograde movement will follow, and like the Washingtonians, it will be known only in history. The Washingtonians had but one motive and purpose, and they urged this with a terrible earnestness that carried conviction; and had this been a universal truth, it would have lived in the form and machinery they gave to it. The enthusiasm and tremendous efforts

of prohibitionists are not all lost. Some day we shall see the fruitage; but far away from any present conceptions of what it will be. This last great psychological reform wave is building far wiser than they know.

If we turn away from the popular agitation of moralists concerning inebriety, another view appears. The Washingtonian Home and the small vanguard of asylums for the special study and treatment of inebriety are forerunners of another movement to understand this drink evil. Approaching this problem along the narrow road of science and evolution, the magnitude of the subject increases, and we become conscious of a new unexplored continent looming up through the mists before us, the magnitude of which awes us into silence.

The scientific work in this field alone during this year is a fair illustration of the restless activity and march of this great army of advance. In the first four months of the year, our Association held four meetings in New York city, where eighteen papers were read and discussed on the disease of inebriety and its remedies. In May, at Washington, before the American Medical Association, eight papers were read on alcohol and opium inebriety. An American Medical Temperance Association, with sixty members, was formed; the central purpose of which was to study medically the action of alcohol on the body, and its remedies.

In July, this association had a two-days' session at Staten Island, where thirty-one different papers were read by medical men on the effects of alcohol and the remedies for this evil. In the different State medical societies in the past six months, eight papers on this same subject have been read and discussed by physicians alone. Two attractive symposiums of medical opinions on this topic have appeared, one in the *New York Independent*, and the other in the *North American Review*. In England, the British Medical Association which met in July, gave an entire session to the discussion of this topic. A few weeks later at London, the International Congress of Hygiene discussed this same subject as a

purely scientific one. This is the work of part of a year in this country. In Europe, still greater activity has been manifested. Thus behind the roar of moral agitation the vanguards of science are appearing in all directions. Silently they are crossing frontiers into this new realm, and who can predict what new discoveries are before them?

The drink evil and its remedy is yet in the renascent period. The half century which has passed from the old Washingtonian movement has brought with it a great advance in our knowledge of the nature and causation of inebriety. Dr. Day and the Washingtonian Home have been pioneers clearing the ground and removing prejudices for better work in the coming century.

Through all these years from 1857, this Home has been rescuing the wrecks and castaways that cover the ocean of humanity, and sending back to health thousands of lost ones; and yet far beyond this it has been a solitary beacon light, of a new shore and new continent yet to be explored. We, who are in the dust and conflict of the present, cannot see clearly the influence of any one individual, or note the exact drift of events, except in a very general way. But while we express our congratulations and joy to our honored guest to-night, there is a deep consciousness that the real power and influence of his life and work will appear when the subject of inebriety has passed to higher levels of study.

The pilot who has grown old in guiding the ship down through the tortuous channels, and about the bars and shoals into the great ocean, may be forgotten, but the ship goes on, a silent monument of his skill and memory forever. More than a quarter of a century has passed since Dr. Day helped to form the American Association for the Study and Cure of Inebriety. Nearly all the original members have finished their work and passed away. Dr. Day remains, and as President of our society whose members are scattered over all this country, we offer our warmest greetings. We rejoice with him that he is permitted to see some of the fruitage of his long years of trial and struggle; to see the dawn of a new

day of psychological study of inebriety that long ago was only foreshadowed by a few stars. Dr. Day and his work have already become a part of the history of the scientific advance of the century. High-sounding compliments and extravagant praise are fulsome at this hour. The army of co-workers and friends who have been with him salute in silence. Across the space which separates him from their personal presence, invisible hands are stretched with warmest welcomes. In the coming centuries, when this great evolutionary march of discovering of the laws which govern inebriety is written, the influence and power of Dr. Day's life and work will be understood. Nearly forty years has come and gone since the old rescue flag was swung out to the breeze on the Washingtonian Hall. Thirty-three years have rolled away since Dr. Day first appeared on the quarter deck in command. To-night the same flag is still flying, the same captain, bronzed and scarred, is on deck. The dark storm-clouds in front have lifted, and a clear sky with beacon lights stretch out into the future. Some time in the future, the captain will go ashore, but the old rescue ship will go on, and the logs and charts of the past will still point out the course for future generations.

To-night, a few old comrades climb up on deck, and with the veteran captain glance back into the cloudy past, and turn with glistening eyes to scan the future. We grow silent with emotion as the thought presses upon us, that this great drink evil will be solved, and the vast ocean, now covered with drowning victims, will be clear and free again.

"Ay, it must come! Old Error's throne
Is crumbling, with our hot tears rusted;
The wrongs which humanity have leaned upon,
Are conquer'd with the heart's blood crusted.
Room! for the higher truths make way;
The dark old theories can live no longer;
They cannot check the opening day;
The world rolls on, the light grows stronger."

The peoples' advent is coming. We separate, but the memory of this event and this hour, and our unexpressed joy

and thankfulness in again meeting our honored president and guest, is imperishable.

As a slight expression of this feeling, we offer the following:

Resolved, That this association esteem it an unusual pleasure to convey to Dr. Day our warmest congratulations on this the seventieth anniversary of his birthday.

Resolved, That we take great pleasure in noting the fact that Dr. Day has treated more cases of inebriety, and been longer engaged in the work of the medical treatment of inebriates than any other person.

Resolved, That his personal labors in behalf of our association, and the cause of physical study and treatment of inebriety have been always a conscious power which will be felt in the long years to come. We most earnestly desire to place on record our obligations to him for his earnest and persistent efforts to organize the study of inebriety into the realms of science; also, to prove to the world that the physical treatment of inebriates in asylums is the great cornerstone of its future study and success.

Resolved, That a copy of this be published in the JOURNAL OF INEBRIETY and placed on the minutes of our association as a permanent record of our esteem and personal regard.

Again, in the name of our Association, and in behalf of its widely scattered members who are unable to be with us to-night, we send our warmest greetings.

An answer to the watchman cry of, What of the night? comes back to us: The night is passing, the dawn is breaking up the skies, the harbor is in sight, the results and purposes of the seventy-years voyage are looming up before us, and involuntarily a prayer of thankfulness goes up for Dr. Day and his grand life work, and an earnest petition that he may for long years to come be with us, and give further aid in the great evolutionary struggle of the race.

Dr. Quimby of Jersey City remarked as follows :

Mr. President and Gentlemen :

I hope I may be permitted without any preliminary remarks to congratulate Dr. Day on this his seventieth birthday. Seventy years, most of which time has been faithfully spent in anxious toil, thought, and investigation to alleviate and cure the afflicted. Seventy years in hard and unremitting labor in attempting to correct the mistakes and cure the diseases of others.

Seventy years of life, lived in the most eventful period of the world's history. Mighty battles have been fought. Mighty victories for right and for humanity have been won. Monarchies have trembled, kings have been dethroned and republics established.

Seventy years— what momentous struggles and changes have taken place within that period. Governments have been remodeled, old theories and customs apparently firmly established have been broken up, giving way before the irresistible force of more accurate and scientific investigation.

The medical profession no longer asserts that delirium tremens is caused by the sudden withdrawal of alcohol. It no longer gives alcohol in the treatment and cure of delirium tremens, the hair of the dog no longer cures the bite. The scientific physician no longer asserts that alcohol keeps out the cold, or imparts normal heat, or prevents disease, or promotes *per se* healthy cell growth, or imparts normal mental or physical power. Seventy years has witnessed all this change and revolution. Seventy years of labor and of love, in which ten thousand patients have been treated by Dr. Day. And could this large army pass in review before this audience to-night, could Dr. Day read from his well-kept daily journal, the history, treatment, and progress of each individual case, how grand, interesting, and instructive it would be! He could give facts that would startle the world and throw a flood of light on many dark problems. I hope Dr. Day may be spared to write up these histories for the profession, so we shall know more of this great drink problem and have

the benefit of his long experience and observation. While many of the great battles fought in the world's history have been carried on by selfish and ambitious men for greed, place, and power, Dr. Day has gone on in his quiet and unobserved way, devising and perfecting a plan of treatment, which has and will be of more benefit to the human race than half the battles of the world, so that the poet may truly sing,—

“ A wise physician, our wounds to heal,
Is more than armies to the public weal.”

As an officer of the American Medical Temperance Association formed in Washington in May last, I convey to you our hearty greetings. We are the latest-born society for the study of alcohol, and already over a hundred physicians have become members to help on the good work. The cause with which you so long ago became identified, has now come to the “front,” and at last the profession are turning to the great drink problem for a solution of one of the great evils of the times. Now, Dr. Day, I feel that I express the hope and wish of a vast number of friends when I say, May your life be like Enoch of old who remained over three hundred years, then was not. He vanished away, and while your body may disappear, may your life go on ever youthful and never ending. Seventy years of life in the field you have labored in is only a short part of the infancy of the subject. You cannot grow old although your stay here may far exceed Enoch's, and you cannot die only in the body; your work and influence have passed beyond the limits of the mortal. May it grow and widen on and on in the restless march of the coming ages.

Hon. Joseph Story, the first president of Washingtonian Home, made some very eloquent remarks about the first struggles and early history, after which Dr. Day replied as follows:

An eloquent writer has hazarded the assertion that “words are the only things that last forever.” Nor is this merely a splendid saying, or a startling paradox, that may be qualified by explanation into commonplace, but with respect

to man and his works on earth it is literally true. Temples and palaces, amphitheatres and catacombs, monuments of power and magnificence and skill, to perpetuate the memory, and preserve the ashes, of those who lived in past ages, must, in the revolution of mundane events, not only perish themselves by violence or decay, but the very dust in which they perish be so scattered as to leave no trace of their material existence behind.

There is no security, beyond the passing moment, for the most permanent and precious of these. They are as much in jeopardy as ever, often having escaped the changes and chances of thousands of years. An earthquake may suddenly engulf the pyramids of Egypt, and leave the sand of the desert as blank as the tide would have left it on the seashore. A hammer, in the hand of an idiot may break to pieces the Apollo Belvidere or the Venus de Medici, which are scarcely less worshiped as miracles of art in our day than they were by idolaters of old as representatives of deities.

Looking abroad over the whole world, after the lapse of nearly six thousand years, what have we of the past but the words in which its history is recorded? What, beside a few mouldering and brittle ruins, which time is imperceptibly touching down into dust,—what, beside these, remains of the glory and grandeur, the intelligence, the supremacy, of the Grecian republics, or the empire of Rome? Nothing but the words of poets, historians, philosophers, and orators, who, being dead, yet speak, and, in their immortal words, still maintain their dominion over inferior minds through all posterity. And these intellectual sovereigns not only govern our spirits from the tomb by the power of their thoughts, but their very voices are heard by our living ears in the accents of their mother tongue.

Words are the vehicles by which thought is made visible to the eye and intelligible to the mind of another; they are the palpable forms of ideas, without which these would be intangible as the spirit that conceives or the breath that would utter them.

And of such influence is speech on writing, as the conductor of thought, that, though all words do not "last forever,"—and it is well for the peace of the world and the happiness of individuals that they do not,—yet even here every word has its date and its effect: so that with the tongue or the pen we are continually doing good or evil to ourselves or our neighbor.

Yet, after all, how powerless are words to express the limits of grief or pleasure! How inadequate are words to express my gratitude to those assembled here on this occasion, on my seventieth anniversary, for the pleasure and honor conferred upon me, and for the noble and glowing sentiments that have been uttered! This teaches me that this is not a reprobate world that should be cut off from the visitation of charity; that should be represented as having no alternative but to inflict or bear. That mankind are not forever grappling one another by the throat. That there is such a thing as the grasp of friendship; as the outstretched hand of benevolence; as the interchange of good offices; as a mingling, a crowding, straining together for the relief or benefit of our species; and, for this, you, one and all, have my heartfelt thanks.

To give a detailed history of my past life would far exceed both my time and your patience; and, on the whole, be hardly necessary; as it would be almost a history of the temperance cause, from its inception to the present moment, to which my whole life has been devoted. There are a few facts, connected with my early life, which but few are acquainted with, and these I will mention.

I was born in the town of Wells, Maine, in 1821; consequently I am now seventy years of age; and, since the time when I became old enough to form opinions, and act in accordance with my own judgment, I have been an active combatant against the unnecessary use of alcoholic liquors of any description, and utterly opposed to their use, as a beverage, under any circumstances whatever: never admitting artificial stimulation to be designated as a social amenity; nor the

freedom of intoxication, as the ease of friendly and sympathetic association; nor the frivolity of drunkenness, as the hilarity of joyousness.

When so young as just to be able to write my name, I was enrolled as a member of a temperance society; and, at the age of eighteen, was recording secretary of the first total abstinence society formed in the State of Maine. If any of you are familiar with the history of the efforts which have been made by the people of New England against the power of alcohol, you must remember that here, temperance societies and total abstinence societies are far from being identical. My ardor increased with years; and, in every place where circumstances occasioned me to become a resident, particularly at Sanford, Maine, and Lowell, Mass., my influence made an impression. In 1850 I became a resident of Boston, and became identified with almost every true benevolent movement made in the city at that period.

In the summer of 1857, a small number of gentlemen, citizens of Boston, associated themselves under the name of "Home for the Fallen," of which, upon urgent request, I accepted charge; and, without tracing its growth step by step, I will simply state that, from this embryo, sprang the Washingtonian Home, incorporated in 1859, the pioneer of all kindred institutions. Thus it will be seen that, for fifty years, I have been an active agent in the temperance cause; during thirty-four of which I have had charge of institutions for the cure of inebriety. I have faith to believe that, in general, my efforts have been appreciated; and that my success has been equal to more than could reasonably be expected; thousands of letters on file in my possession will bear testimony. Much more could be said of personal efforts, experiences, failures, and successes; but I refrain, lest I be charged with egotism.

I cannot hope, in the present stage of the temperance effort, to render any important aid to the cause by novelty of suggestion, as its friends have pretty thoroughly explored the ground. Still, every man who is accustomed to think

for himself, is naturally attracted to particular views on points in the most familiar subject; and, by concentrating his thoughts on these, he sometimes succeeds in giving them a new prominence, in vindicating their just rank, and in securing to them an attention which they may not have received, but which is their due.

On the subject of intemperance, I have sometimes thought, perhaps without foundation, that its chief essential evil was not brought out as thoroughly and frequently as its secondary evils; and that there was not sufficient conviction of the depth of its causes and of the remedies which it demands. One of the essential evils of intemperance is the voluntary extinction of reason. The intemperate man divests himself, for a time, of his rational and moral nature; casts from himself self-consciousness and self-command; prostrates more and more his rational and moral powers; brings on frenzy, and, by repetition of this, insanity. He goes directly contrary to the rational nature; that divine principle which distinguishes between truth and falsehood, between right and wrong action; which distinguishes man from the brute.

Among the evils of intemperance, and their name is legion, much importance is given to poverty, as if it was the only cause.

We are apt to speak as if the laborious, uneducated, unimproved, were alone in danger, and as if we ourselves had no interest in this except as others are concerned. But it is not so; multitudes in all classes are in danger.

Men of a coarse, unrefined character fall easily into intemperance; because they see so little in its brutality to disgust them. It is a sadder thought, that men of genius and sensibility are hardly less in danger. Strong action of the mind is even more exhausting than the toil of the hands. It uses up, if I may so speak, the finer spirits, and leaves either a sinking of the system which craves for tonics, or a restlessness, which seeks relief in deceitful sedatives. Besides, it is natural for minds of great energy, to hunger for strong

excitement; and this, when not found in innocent occupation and amusement, is too often sought in criminal indulgence. These remarks apply peculiarly to men whose genius is poetical, imaginative, allied with and quickened by peculiar sensibility. Such men live in worlds of their own creation; kindling themselves with ideal beauty and joy; and too often losing themselves in reveries, in which imagination ministers to appetite, and the sensual triumphs over the spiritual nature. Such natures are peculiarly in danger of losing the balance of mind; of losing calm thought, clear judgment, and moral strength of will; become children of impulse; learn to despise simple and common pleasures; and are hurried to ruin by a feverish thirst of high-wrought, delirious gratification. Hence, the brightest lights of the intellectual world have so often undergone disastrous eclipse; and the inspired voice of genius, so thrilling, so exalting, has died away in the brutal or idiot cries of intemperance.

Would that I could stop here, but I cannot. There is another prey on which intemperance seizes, still more to be deplored; and that is women. I know no sight on earth more sad than woman's countenance, which once knew no suffusion but the glow of exquisite feeling, or the blush of hallowed modesty, crimsoned, deformed by intemperance. Even woman is not safe. The delicacy of her physical organization exposes her to inequalities of feeling, which tempt to the seductive relief given by cordials. Man with his iron nerves little knows what the sensitive frame of woman suffers; how many desponding imaginations throng in her solitude; how often she is exhausted by unremitting cares; how much the power of self-control is impaired by repeated derangements of her frail system. In all our families, no matter what their condition, these are endangered individuals, and fear and watchfulness in regard to intemperance belong to all. Do not say that I exaggerate your exposure to intemperance. Let no man say, when he thinks of the drunkard, broken in health and spoiled of intellect, "I can never fall so low." He thought as little of falling in his earlier years.

Among the causes of intemperance, not a few are to be found in the present state of society, more, in fact, than I have time to mention. Some of them I will speak of briefly, the first of which is, the heavy burden of care and toil which is laid on a large multitude of men, who, to earn subsistence for themselves and families, are often compelled to undergo a degree of labor exhausting to the spirits and injurious to health. As a consequence, relief is sought in stimulants. We do not find that civilization lightens men's toil; as yet, it has increased them; and, in this effect, I see the sign of deep defect in what we call the progress of society. That civilization is very imperfect in which the mass of men can redeem no time from bodily labor, for intellectual, moral, and social culture. How the condition of society can be so changed as to prevent excessive pressure on any class is undoubtedly a hard question. One thing seems plain, there is no tendency, in our present institutions and habit, to bring relief. On the contrary, rich and poor seem to be more and more oppressed with the incessant toil, exhausting forethought, anxious struggles, and feverish competitions.

Another cause, intimately connected with the last, is the intellectual depression, and the ignorance to which many are subjected. They who toil from morning to night, without season of thought and mental improvement, are, of course, exceedingly narrowed in their faculties, views, and sources of gratification. The present moment, and the body, engross their thoughts. Unused to reflection and forethought, how dim must be their perception of duty! Undoubtedly in this country, this cause of intemperance is less operative than in others; but, on the other hand, the facilities of excess are incomparably greater; so that, for the uneducated, the temptation may be twice stronger in this than in less enlightened lands. Our outward prosperity, unaccompanied with proportional moral and mental improvement, becomes a mighty impulse to intemperance.

Another cause of intemperance is the want of self respect which the present state of society induces among the

poor and laborious. Just as far as wealth is the object of worship, the measure of men's importance, the badge of distinction, so far there will be a tendency to self-contempt and self-abandonment among those whose lot gives them no chance of its acquisition. Their condition cuts them off from communication with the cultivated. They think they have little stake in the general weal. They do not feel as if they had a character to lose. Nothing reminds them of the greatness in their nature. Nothing teaches them that, in their obscure lot, they may secure the highest good on earth. Catching from the general tone of society the ruinous notion, that wealth is honor as well as happiness, they see in their narrow lot nothing to inspire self-respect. In this delusion, they are not more degraded than the prosperous; they but echo the voice of society; but, to them, the delusion brings a deeper immediate ruin. Of all classes of society, the poor should be treated with peculiar deference, as the means of counteracting their chief peril; I mean the loss of self-respect.

I might mention many other causes in our social constitution favoring intemperance; but I pass them by, and will suggest one characteristic of our times which increases the tendency to this evil. Our times are distinguished by what is called a love of excitement; in other words, by a love of strong stimulants. To be stimulated, excited, is the universal want. The calmness, sobriety, plodding industry of our fathers have been succeeded by a feverish restlessness. The books that are read are not the great, standard, immortal works of genius, which require calm thought and inspire deep feeling; but ephemeral works, which are run through with railroad rapidity and which give a pleasure not unlike that produced by exhilarating draughts. Business is become a race, and is hurried on by the excitement of great risks and the hope of great profits. Even religion partakes of the general restlessness. In some places, extravagant measures, which storm the nervous system, and drive the more sensitive to the borders of insanity, are resorted to for its promo-

tion ; and people go to church to be excited rather than be improved and instructed.

I have now set before you some of the causes of intemperance in our present social state, that you may have a general idea of what I have been contending against during nearly my whole life. How shall we arrest—how suppress this great evil,—how restore those who have fallen by it to manhood, has been my principal thought ; and the doctrines I have advocated and practiced have been as follows :

To heal a diseased limb or organ, you must relieve and strengthen the whole body. So it is with the mind. We cannot, if we would, remove those vices from the poor, which are annoying to ourselves, and leave them, in other respects, as corrupt as before. Nothing but general improvement of their nature can fortify them against that which makes them scourges alike to themselves and others ; and the best way to communicate moral strength and principle among the less prosperous, is to increase it among the most favored. Let selfishness and sensuality reign among the prosperous and educated, and the uneducated will reflect these evils in grosser forms. The greatest benefactor to society is not he who serves it by single acts ; but whose general character is the manifestation of a higher life and spirit than pervades the mass.

To educate is something more than to teach those elements of knowledge which are needed to get a subsistence. It is to exercise and call out the higher faculties and affections of a human being. Education is not the authoritative, compulsory, mechanical training of passive pupils ; but the influence of gifted and quickened minds, on the spirits of the young. Of what use is the wealth of this community but to train up a better generation than ourselves ? What, but human improvement, should be the great end of society ? The poorest child might, and ought to, have liberal means of self-improvement. We need an institution for the formation of better teachers. We want more and better teachers for all classes of society, for rich and poor, for children and

adults. One of the surest signs of the regeneration of society will be the elevation of the art of teaching to the highest rank. To teach, whether by word or action, is the highest function on earth. Was not Christ called "a teacher, come from God?"

We should discourage the use of ardent spirits in the community. To remove what intoxicates removes intoxication. In proportion as these are banished from our houses and tables, our hospitalities; in proportion as those who have influence in the community abstain from their use, and lead their dependents to do so, in that proportion the occasions of excess must be diminished, the temptations to it must disappear. It is objected, I know, that, if we begin to give up what others will abuse, we must give up everything, because there is nothing that men will not abuse. But no such plea can be set up in the case before us.

After these remarks it will follow, that we should discourage the sale of ardent spirits. What ought not to be used as a beverage, ought not to be sold as such. What the good of the community requires us to expel, no man has a moral right to supply. That intemperance is dreadfully multiplied by the licensed shops for the selling of liquors, we all know. That they should be shut up, every good man desires. Law, however, cannot shut them up, except to a limited extent. Law is here the will of the people, and the legislature can do little unless sustained by the public voice. Hence, we need an enlightened and vigorous public sentiment which will demand the suppression of these nurseries of intemperance. But, *beyond all and above all*, the charity, the love that beareth all things, believeth all things, etc.

And so I might continue mentioning to great length, agencies that might be employed; but it is unnecessary; and I will not weary your patience which I may have tired. This is but a brief synopsis of the work of my life. There have been discouragements, but I do not faint. Truth is mightier than error; virtue, than vice; good, than the evil man. In contending earnestly against intemperance, we

have the help and friendship of Him who is Almighty. We have allies in all that is pure, rational, divine in the human soul; in the progressive intelligence of the age; in whatever elevates public sentiment; in religion, in legislation, in philosophy, in the yearnings of the parent; in the prayers of the Christian; in the teachings of God's house; in the influence of God's spirit. With these allies, friends, helpers, let good men not despair; but be strong in the faith, that, in due time, they shall reap, if they faint not.

And now, friends, let me say one word more in relation to myself. I have now reached the "three score and ten" years that the Psalmist allots as the normal measure of human life. My bank account of material wealth is exceedingly small, but I am constantly receiving testimonies of the good will and wishes of those who have been blessed by my efforts, and the institution which I have the honor to represent.

When I commenced my labors in this field, I was obliged to cultivate unbroken ground and tread unknown paths. Myself, and others who were associated with me, walked by faith alone. We had no precedents to which we could refer. The way was dark, and the clouds were lowering, but the nature of our work was soon heralded, not only over our own country, but the civilized world; and messages were sent to us to inquire about the nature of the blazing star which had arisen in the East of civilized America. Then people and nations have since established institutions similar to our own; and success has attended all which have been conducted on the principle that was first announced by us, and the work will go on as a great factor in the redemption and cure of those who have fallen by the enemy of our race — intemperance.

I have treated, during the last thirty-four years, nearly eleven thousand cases of inebriety, most of whom had descended low in that path; and they have represented all classes of society,—from the presidential mansion to the lowest hovel or habitation—and have embraced national

senators and representatives, judges of our courts, lawyers, physicians, clergymen, and, in fact, there is no calling, high or low, whose representatives have not been under my care. Had I time to give personal histories of cures, I could prove the saying that truth indeed is stranger than fiction.

I will now say, in closing this somewhat lengthy address, that should I, "by reason of strength, reach four score years," I shall continue my work even to the end.

The exercises closed with a fine collation and music. It is very gratifying to note, that among the large number of letters of congratulation and regrets in not being present, were many from old patients whose restoration dated back from ten to thirty years. These letters were full of deep gratitude, and were the most eloquent tributes that could be paid Dr. Day. They will be published in near future.

This occasion will be memorable in our Association's history, as clearly indicating a public recognition of the early pioneers, who so many years have struggled on against all criticism and opposition.

We rejoice in this public tribute to Dr. Day and his work, confident, that in the coming years, a clearer and fuller conception will reveal lines of work and influence unseen at present.

THE USES OF SULPHATE OF SPARTEINE IN CASES OF MORPHINE HABIT. — M. Ball and Dr. Oscar Jennings, after considerable experience in severe cases, have found the best course of treatment for tiding over the difficulties of the time of the compulsory abandonment of the morphine is by hypodermic injection of sulphate of sparteine in doses of from one-sixth to one-third of a grain. This acts as an immediate cardiac stimulant. They do not find sudden and complete suppression of the use of morphine in such cases always advisable, but give some occasionally in dangerous collapse. They testify also to the usefulness of a few drops of a solution of nitro-glycerine put on the tongue as giving momentary relief in moments of crisis.

THE RISING TIDE.

This title describes the very unusual medical agitation manifest both in this country and England, relating to inebriates and alcohol. All the leading medical journals have given opinions freely on the general subject. Ten of the State medical societies which have met since January have had from one to four papers on alcohol or inebriety. Our association seems to have led in this field by its monthly meetings in New York, which began in December, and lasted until April. Twenty-three papers were read and discussed at these meetings. In May the American Medical Association had eight papers read and discussed on the topic of alcohol and opium inebriety. At this same meeting a medical temperance association was formed in which sixty-four physicians became members, the special object of which was the exclusive study of alcohol and its diseases.

Then followed the widely-advertised medical congress.

The managers of the Prohibition Park, at Staten Island, New York, invited several hundred physicians to meet at that place, July 15th and 16th, and discuss the value of alcohol as a food and medicine. Nearly forty physicians accepted and offered papers on the various phases of the subject, thirty of which were read by the authors, and five by other persons, and two or three did not appear. Dr. N. S. Davis of Chicago consented to preside, and Dr. T. D. Crothers was made secretary. As these were the leading officers of the Medical Temperance Association, the meeting became practically the first general meeting of that association.

The opening address by Dr. Davis was a crisp resumé of the latest conclusions concerning alcohol and the superstitions which still clung to it medically.

Dr. Porter of New York followed in a worn-out defense of the food value of alcohol.

Dr. Chenery of Boston gave the extreme arguments condemning its use in every condition of life.

Dr. Keely praised alcohol in a strange, confusing way. Mr. Gustafson read a paper on the effects of alcohol on the brain, giving a fair review of many of the leading experiments and results of the action of alcohol.

Dr. Bradner of Philadelphia followed in the same line showing the possible dangers and uncertainty of this remedy.

In the afternoon session, Dr. Crothers of Hartford urged the disease of drunkenness and its curability in asylums.

Drs. Wheeler and Broady of Chicago showed that alcohol could be dispensed with in the practice of medicine, and Dr. Wood of New York denied this and defended his position.

Dr. Holbrook pointed out the evidence on which the diminished longevity followed from the use of alcohol.

Dr. Green of Ohio answered the question in the affirmative, Does moderate drinking increase the danger when attacked by other disease?

Dr. Thwing of Brooklyn showed the very close relationship between climate and inebriety.

Expenditure, resources, and maintenance of the human economy, physiologically and chemically considered; and what are the effects of alcohol on the physical, chemical, and vital properties of the animal tissues and fluids, were the topics of papers that were not very clear, by Drs. Hartman and Paddock of New York, and Dr. Peekumen of Detroit.

Dr. Cutter of New York showed microscopic views of the alcohol yeast plant, and Dr. Wheeler exhibited and described some new forms of drugs made with the sugar of milk. The new laws for the control and punishment of inebriates in Massachusetts were described at length by Mr. Shaulding, secretary of the prison commission.

The first topic of the second day was, "What Way May Physicians Help to Stay the Ravages of Intemperance?" which was variously presented by Drs. Thomas of Baltimore, Pooler of New York, Owen of New Jersey, and Blackmer of Springfield. "Alcohol in Producing Crime among Women" was the topic of Dr. Hall of Brooklyn. "Ammonia vs. alcohol in pneumonia," "Are Men Able to do More Work Without the

Use of Alcohol," "Is Alcohol a Poison, and Should It be Used except under Medical Direction?" were topics that brought out a wordy discussion. "Does the Moderate Use of Fermented Liquors Injure the Body and Brain," was the topic of two fair conservative papers by Drs. Mann of Brooklyn and Drayton of New York. Drs. Houghton of New York and Crane of Newark struggled with the topic of "The Use and Abuse of Alcohol in Medicine." Why Drs. Rankine of Brooklyn and Morris of Buffalo discussed the "Woman Doctor, her Place and Work," was not clear. "The Responsibility of Prescribing Alcohol," and "The Use of Alcohol, First as a Medicine, Second as a Beverage," were two topics that Drs. Morris of Texas and Roberts of New York did their best to explain. Then Dr. Quimby of Jersey City took up "Alcoholic Beverages," and inquired if they aid digestion and assisted in the assimilation of food, and decided the question in the negative after a strong array of arguments.

"The Hereditary Effect of Alcoholism," was very fairly presented by Drs. Burns of Fort Hamilton and Hanchett of New York City. Dr. Lambert's paper on "The Relations of Alcohol and Heat to the Nerve Centers," was treated very exhaustively. Dr. Davis described "The Temperance Hospital and Its Work," and Dr. Work showed how alcohol affected the heart. Dr. Shepard of Brooklyn, urged the value of the Turkish bath in the treatment of inebriety, and Dr. North believed in general use of all physical and moral means.

The congress closed with some congratulatory speeches, and its real success was clearly a surprise to all. Notwithstanding some dogmatism and extreme theories, the general scope of the papers was good. The constant repetitions of old and new theories showed the sad need of original investigation. The discussions which followed the reading of these papers indicated much thought and eagerness to study and understand the facts. It was clearly impossible to expect any very marked results from a promiscuous gathering of physicians, without any plan, or con-

census of opinion. Notwithstanding this, it was evident that such a movement was necessary to clear away the ground and prepare the way for a more exact study. This medical congress will be a historical event in the future, and will be the beginning of other and more important conventions. As a hint and promise for the future, it was one of the most successful gatherings of the year.

In July the section of medicine of the British Medical Association gave an entire session to the discussion of the effects of alcohol, at the annual meeting at Bournemouth. Dr. Wilks, the surgeon of Guy Hospital, opened the discussion in a long, rambling paper, in which he alternately praised and condemned alcohol as a remedy. He made prominent the fact that alcohol was a sedative and not a stimulant, that it should never be given to children, and never prescribed because the patient was simply weak and debilitated, finally stating that our present knowledge of alcohol was almost purely empirical.

Dr. Bucknill followed, fully agreeing with the paper that alcohol had some merits as a food and medicine.

Dr. Kerr stated at some length his views and reasons for believing alcohol to be a poison and sedative, and also a narcotic. He rarely had occasion to give it, and when he did it was in the form of a tincture.

Dr. Ridge spoke of the danger of paralysis from the use of alcohol. It was its narcotic action that made it so popular. He urged that alcohol be recognized as a medicine, and treated as any other poison was.

Sir J. Bennett condemned the use of spirits as a medicine, and thought it was of value as a medicine.

Prof. Summola of Naples, Italy, referred to the sobriety of the natives in wine-drinking countries. He had used glycerine in the place of alcohol in fevers, with the best effects, and thought alcohol a dangerous remedy.

Dr. Drysdale was convinced that alcohol was the fertile source of many of the most incurable diseases; as a remedy

it was not certain or safe, and the use of it always shortened life.

Dr. Aubrey, from a long and careful experience, rarely ever used alcohol as a medicine.

Dr. Robertson considered that purity of spirits was at fault, and persons who continued to abuse it should be prevented by State interference.

Dr. Odell believed in total abstinence in all cases, and rare use of spirits as a medicine.

Dr. Cummings thought that it was dangerous advice to use spirits in cases of nervous dyspepsia. He was convinced it could be greatly abused in medicine.

It was significant that a number of physicians asked to be excused from making remarks on this subject, giving as a reason want of accurate knowledge of the subject.

The International Congress of Hygiene and Demography, which met at London in August, took up the subject of alcohol, its use and abuse. Sir Dyse Duckworth opened the discussion. While deploring the prominence of the evils following the use of alcohol, he defended it as a medicine of great value, and of social influence in the progress of civilization. He believed it a food and anæsthetic, and regretted that a certain laxness was growing regarding the punishment of inebriates.

Prof. Westerguard of Copenhagen read the second paper on "The Relation of Alcoholism to Public Health, and the Methods to be Adopted for its Prevention." He discussed the alarming evils which grow out of the indiscriminate sale of alcohol, and the danger to the communities. Reviewing the different methods of control by moral and legal means, he decided that restricted license was so far the most practical. He urged a more careful gathering of statistics and thought that homes for the detention and cure of inebriates promised much in the future.

M. Millett of Berne doubted the right of the State to interfere with the privilege of using wine and spirits, but urged that its excessive use should be checked. He thought a

great distinction should be drawn between distilled and fermented spirits.

Dr. Norman Kerr said that the loss of life through alcoholism was appalling. He had estimated the number of deaths prematurely occurring in the United Kingdom of Great Britain and Ireland every year at 40,000 from personal intemperance. To this direct annual premature fatality of 40,000 inebriates there must be added double that number of deaths of individuals occurring, not directly from their own habits, but indirectly, through accident, violence, starvation, neglect, and disease. The average worth of an adult to the community has been reckoned at 2s. per day. He calculated that these premature deaths meant a loss of £6,260,000 to the nation every year. The waste from alcoholic disease, over and above the waste from alcoholic deaths, was most serious, and he put this loss to our national wealth during 12 months from alcoholic intemperance at £2,880,000, leaving out of the reckoning altogether the considerable number of premature deaths and of attacks of non-fatal maladies arising from alcoholic indulgence in quantities commonly called "moderate," "free," and "generous." To these expenses there must be added a large proportion of expenditure on pauperism, the administration of justice, the police, and other expensive charges. Still further, there was a mass of mental unsoundness, moral disorder, and social tumult. Looking yet further ahead, reading the future from the experience of the past and present, there could be discerned an enormous increase in the next and succeeding generations of mental impairment, defective control, paralyzed will, and degraded *morale* from inherited brain degeneration through the poisonous influence of alcohol on parental organ and tissue. All this mischief was avoidable. How could it be remedied? The remedial process would require time, extending over several generations, but the evil could be remedied. How could this be done?

By recognizing inebriety (or, as Dr. Kerr had ventured to call it, "narcomania," a mania for intoxication or

torpor) as a disease, and drunkenness, as very often but an effect or symptom of disease. A fair proportion of such cases, as the experience of the Dalrymple Home for the Treatment of Inebriety and other similar hospitals proved, could be cured.

II. By amended legislation (the existing Inebriates' Acts applying only to well-off inebriates voluntarily asking to be admitted to a licensed retreat, under the forbidding requirement of appearance before two justices) to provide for (a) compulsory reception and retention of inebriates too demoralized to apply of their own accord, (b) for reception of voluntary applicants on a simple agreement, without appearance before justices, (c) for the care and treatment of the poor and those of limited means.

The adoption of such urgently called for measures in the interests of the individual, of the community, and of the administration of justice, though of vital importance, touched but the fringe of the subject. For the prevention of alcoholism in the future, a knowledge of the poisonous action of alcohol on body and on brain ought to form an integral part of education. Immunity from the physical, mental, moral, and social ravages wrought by alcoholism could be eventually secured only by general abstention from even the "limited" use of intoxicants; their exclusion from social, political, and sacred functions; and the scheduling of alcoholic beverages as a poison under the Pharmacy Acts, or by some other legislative enactment, the prohibition of their manufacture and common sale.

Sir Joseph Fayrer urged that persons in warm climates should be total abstainers, and that the chronic cases could be cured by appropriate remedies in hospitals.

Dr. Hewett of St. Paul, Minn., thought the efforts of women were more successful than others in the temperance cause.

Prof. Allighare was sure the true remedy could be found in legislating for the quality of the alcohol.

Dr. Kinhead of Dublin agreed with Dr. Kerr that in-

riety is a disease, and not a purely voluntary and moral offense. It followed, therefore, that legislation could be directed against it, whereas it was well known that it was useless to attempt to legislate against moral offenses. It has been considered to be the inalienable right of every Briton to get as drunk as he likes, when he likes, and where he likes, and the law cannot punish him unless he does some mischief. Such a law is cruel and silly. With regard to the taking of a pledge, he was not a great advocate of the value of such a proceeding. To keep the pledge when taken was a daily strain upon the will power, and it was this will power that was so weak in these people, while a broken pledge was a shock to the moral system which might lead to a worse state. He concluded that the pledge was useful where a tendency has developed for drink, and where a neurotic tendency exists, and in the young. He urged the establishment of asylums for inebriates.

Dr. Owen explained the strange error which had grown out of his statistics.

Sir Barrington discussed the connection between idiocy, lunacy, and inebriety, and believed that the restrictions of the traffic in no way to be the most practical measures. This closed the discussion which, like the others, was chiefly noted for its uncertainty and doubt, and the evidence of the urgent need of more extended study.

The *London Daily Telegraph* caught the infection of publishing opinions of physicians on inebriety, and recently published two columns of cabled reports and opinions of American physicians.

Dr. Blanchard, superintendent of the Inebriates' Home, New York, declares that there is no specific for inebriety, and that forty per cent. of his cases are cured. He believes that the mental vigor of the patient has much to do with his permanent restoration. He believes that medical and hygienic treatment gives the greatest promise of cure.

Dr. Day of Boston treats all his cases as monomaniacs and diseased. He has had ten thousand cases under his care,

and believes strongly in hereditary influence and in exact physical and medical care.

Mr. Wilkins of Washingtonian Home at Chicago claims to have been fifty years in this work. This is an unusual statement, as the first asylum ever organized only dates back thirty-four years. His plan of treatment is medical, hygienic, intellectual, and moral. He thinks fully sixty per cent. are permanently cured.

Dr. Godding of the insane asylum at Washington has found strichnia the best cure for inebriety. Dypsomania is true insanity. He thinks all asylums fail because they have not power of control for sufficiently long time.

Dr. Dana of Bellevue Hospital describes the method of treatment in that hospital.

Finally Mr. Bunting of New York reiterates his mediæval theories with all his old-time presumption.

These views seemed to have created an intense interest in England. For four weeks the *Telegraph* published daily all sorts of letters, from all sorts of persons, advocating all sorts of theories. Thousands of readers were astonished at the excitement and sudden interest in the subject.

The discussion has not ended, and evidently the British public have commenced to talk and listen to the question, Is inebriety a disease, and can it be cured?

The New York *Independent* organized a form of spectacular symposium on the cause and cure of inebriety. The editor's confused knowledge of the subject, and the startling presumption of some of the writers emphasized more clearly than ever the need of exact scientific study. The strange grouping began with an excellent note on alcoholism, by Dr. McDonald of Clark University, who urged the physical bases of inebriety and its relations to insanity; also the value of asylum treatment. Charles A. Bunting, manager of the New York Christian Home, followed, urging that inebriety was always a sin and vice, to be cured by the "gospel remedy." His statistics to prove that inebriety was not hereditary were startling, and unsupported by any student or writer

of this subject. While urging the moral nature of this disorder, he mentions the physical means essential for cure in practice in his Home.

The next paper on the sources and tendencies to inebriety, by Dr. L. D. Mason of Brooklyn, N. Y., was a clear presentation of the facts which scientific study had indicated, showing the hereditary origin and the physical nature of the drink craze.

Police Justice Kilbreth described his views of the causes of inebriety. He is positive that it comes from laziness and want of home comforts, and that inebriety is always acquired. He believes in short sentences, and doubts the curability in asylums.

The matron of the Hopper Home for Fallen Women described the work and the relation of inebriety as an active cause of crime in women. Dr. Daniel, physician to this Home, gave a startling picture of the bad influence of station-houses on inebriate women, and believes that inebriety should not be treated as a crime.

Dr. Dana of Bellevue Hospital described the treatment of inebriety at that place, and believes that the hereditary element is a strong predisposing cause, and also the danger from bad spirits is not properly considered.

Prentice Mulford, an editor, believed inebriety begins in exhaustion, and its cure depends largely on the influence of mind upon mind.

The matron of the Riverside Rest for Women describes their work, and points out the danger of servant girls using wine when tired.

Charles J. Perry, a druggist, thought inebriety decreasing, and that inebriate asylums are the only places for a radical cure. He has no confidence in specifics for this evil.

Dr. McGlynn, president of the Anti-Poverty Society, urged that poverty and physical exhaustion is more often the cause of inebriety. The best remedy is to improve the social condition, and apply moral remedies.

The editor of the *Independent* summed up the conclusions

which he thinks these papers teach: 1st. That the evil of inebriety is complicated and touches a number of persons and variety of interests. 2d. The results are so serious that every possible method should be used to check it. 3d. The improvement of family life and home influences is all-important. 4th. Coffee-houses and other heathful resorts should be open. 5th. That the gospel method is a successful one, and should always be used. 6th. That medical treatment cures many cases, and the subject should be continually studied. 7th. That inebriate asylums should be maintained and the best medical talent employed in their cure. 8th. The young should be taught the effects of alcohol. 9th. The public should be warned against all advertised remedies as specifics. 10th. The importance of total abstinence and the suppression of the drink traffic should be emphasized.

The North American Review published the opinions of four physicians as to the cure of inebriety with special reference to the alleged facts of specifics for its cure. Dr. Hammond led with an emphatic denunciation of the possibility of any specific. Dr. Crothers discussed the entire subject. Dr. Carpenter doubted any specific remedies, and with Dr. Edison agreed that inebriety was a disease and curable in some cases. The daily papers all over the country joined in a free expression of opinions. Even several clergymen preached on this topic from the pulpit.

This brings only a partial history of the great oncoming discussion and agitation of alcohol and inebriety up to October. Clearly a new tide of scientific thought is coming in.

ALCOHOLISM AND TUBERCULAR DISEASE.—Dr. Hector Mackenzie's paper, read at Bournemouth, was concerned with the relation of alcoholism and phthisis and other forms of tubercular disease. The conclusions he drew were that phthisis was not infrequent among the intemperate, and that in such cases the disease was particularly intractable and ran a rapid course. In a large proportion of cases of phthisis, in which no hereditary tendency could be traced, a history of intemperance could be found.

Abstracts and Reviews.

At a late meeting of the Virginia State Medical Society, Dr. Langhorn of Lynchburgh introduced the following, which was referred to a committee of five Fellows, with power to take such steps as was necessary :

WHEREAS the General Assembly of Virginia, by an act approved March 13, 1872, incorporated an Inebriate Home ;

WHEREAS this act has never been carried into effect,

Resolved, That this society heartily approve the objects of said act, and do earnestly request the Legislature of Virginia, at its next session, to make an appropriation for the purpose of establishing such an institution to be governed by such rules and regulations as to them may seem wise.

A Winter Sanitarium on Columbia Heights, Brooklyn, N. Y., where invalids can have all the quiet medical care and comforts, together with all the pleasures and attractions that New York city can offer, only a few moments away, is a new feature of Dr. Shepard's well-known home. Nervous invalids, who dread long journeys and poor, dreary surroundings, will find this an ideal place, where retirement and every cheerful environment that can be wished for is accessible at all times. A winter home will be very popular at this place.

We take great pleasure in urging our readers to become subscribers of the Humboldt series of monthly volumes. The best literature and thought of the times appear in this series. Send to Humboldt Publishing Co., No. 19 Astor Place, New York city.

MENTAL SUGGESTION; BY DR OCHOROWIEZ, PROF.
OF PSYCHOLOGY IN THE UNIVERSITY OF LONBERGH.
Humboldt Publishing Co., Astor Place, N. Y. City,
1891. Price per double number, \$1.20.

This work of 369 pages is one of the most readable and clearly written of any of the technical works of the year. The title suggests hypnotism, but the author attempts to prove that animal magnetism is the real force. We may differ from him in many of his conclusions, but we must concede that he has given the most complete original treatise on both hypnotism and magnetism which has been written. He has given a clear summary of a vast amount of literature not accessible except in the largest libraries. In brief, every student of psychology should be acquainted with this book. The methods pursued, and the literary style make it a model scientific work to be followed. For clearness and simplicity of expression, we commend it to every medical reader.

M. L. Holbrook & Co. of New York have published a little work which will be greatly praised by all admirers of Carlyle. It is Prof. Flügel's study of the moral and religious development of Thomas Carlyle. As a critical and very just study of Carlyle's belief of Christianity and the higher metaphysical topics of the age it is admirable. It is also a psychological study of special interest to physicians, as showing the growth and development of a rare genius, who struggled against various diseases that warped his entire life. Send to the publisher for a copy.

The New England Medical Monthly celebrated its tenth year by giving the portraits of a large number of prominent medical men who had been contributors. Dr. Wile is a firm believer in evolution, and we may expect great changes in his journalistic work in the future.

The Homiletic Review of New York city is particularly interesting, because of the scholarly reviews of German thought and progress. Other able papers appear that are worth many times the subscription. Send to Funk & Wagnalls, New York city.

The Popular Science Monthly grows more and more valuable, and illustrates in its history the evolution of human thought. No other magazine visitor can bring the physician larger conception of life, and the restless movement of thought in all directions.

"A monthly journal of medicine devoted to the relation of climate, mineral springs, diet, preventive medicine, race, occupation, life insurance, and sanitary science to disease," is the announcement upon the cover of *The Climatologist* published in Philadelphia and edited by Drs. Keating, Packard, and Gardiner. The first number appeared in August and contains some excellent articles, while the form of the new journal is unexceptionable.

Intemperance is a cause of insanity, and insanity is a cause of intemperance.

Drunkenness and insanity both act upon each other as cause and effect. If there is a predisposition to insanity in an individual, indulgence in alcoholics is sure to develop it; and, on the other hand, there are individuals who show their insanity by a disposition to drink. Habitual drinking hurries a man through his life with giant strides. Youth quickly disappears and prematurely assumes the appearance of advanced life. The dull, heavy eye, the hardened features, the livid or jaundiced skin, the tremulous hand, the tottering step, the weakened muscles, and the shattered nervous system, caused by quaffing the poisonous glass, are evidences that the melancholy victims, who ought to be in the prime

of life, are but shadows of mortality, and are on the lightning express for the Stygian shore.

Suppose a habitual drunkard should reform. He will prolong his life by so doing, but never will have the robust health that he would have enjoyed if he had never indulged in intoxicants. It is not true, as commonly supposed, that after a disorder or disease from which we have recovered, we are as before. No disturbance of the normal course of the functions can pass away and leave things exactly as they were. A permanent damage is done; it may not be immediately appreciable, but it is there, and, along with other such items, which nature, in her strict accounting, never drops, it will tell against us to the inevitable shortening of our days.

It is through the accumulation of small injuries that constitutions are commonly undermined, and break down long before their time. If we call to mind how far the average duration of life falls below the possible duration, we see how great is the loss. When, to the numerous partial deductions which bad health entails, we add this great final deduction, it results that ordinarily one-half of life is thrown away.

Those who have been addicted to the excessive use of alcoholic beverages for a number of years may be restored to a state of sobriety, but they are generally left with an entail of chronic disease which eventually ends their career. They die temperance men, but die as a result of disease contracted by the excessive indulgence in alcoholic liquors years before. There are living to-day, men who once were intemperate, and who will never again use intoxicants, who will die from the effects of their previous use which still cling to the system. The habit of drinking has been abandoned, and nature and remedies are given a chance to do their part toward reinstating the individual in a normal relation toward society and the world, but the vital organs have been injured beyond reparation; the machinery has been nearly worn out, and only works with the semblance of normality by the strictest watchfulness and care.— DR. CLUM.

PROGRESS OF LEGISLATION FOR INEBRIATES.

The voluminous correspondence which for some time past has been occupying a large space in the *Daily Telegraph* is but the latest indication of the increasing interest in the project of thoroughgoing legislation for inebriates now taken by the general public. The persistent though quiet work of the Inebriate's Legislation Committee of the British Medical Association, and of the Society for the Study of Inebriety, has laid the foundation of an enlightened public opinion which will never rest till the great step already gained in the enactment of permanent measures for the medical care of voluntary applicants for treatment in a retreat for inebriates has been followed by effective provision for the poor, as well as for the compulsory reception and detention of such inebriates as have been too will-paralyzed to apply for admission of their own accord. The *Telegraph* letters evidence a strong endorsement of such an amendment of the law, not the least gratifying feature being the acceptance of the results of medical research as a basis of fresh legislation by a member of the legal profession, who agreed with the full legislative proposals of the association, and who is to follow up his endorsement in a paper and suggested bill, to be laid before the Society for the Study of Inebriety. The general feeling evinced at the recent Congress on Hygiene in favor of compulsion, and a national provision clearly indicated the tendency of foreign opinion. In France and one Swiss canton this power already exists, and is proposed by influential statesmen in Austria, and by the German Emperor in a bill to be brought before the Reichstag. From nearly every nation on the Continent of Europe there comes a similar demand. In the United States the number and extent of homes or hospitals for the treatment of inebriety have largely increased, some of these institutions receiving no inconsiderable portion of their revenue from the authorities. Several of our colonies enjoy such compulsory powers as would enable our retreats in England to do immeasurably more effective work — though what has been achieved already has been

most encouraging — than anything yet accomplished under our purely voluntary system. The report of the Inspector of Retreats in England for 1890, just issued, is the most satisfactory which he has yet made. One hundred and nine patients were admitted during the year, the highest number in any twelve months since the passing of the first Inebriates' Act in 1879. The licensees generally state that the longest period of detention permitted by the Act (twelve months) is too short in many cases to accomplish the end in view. A new retreat for twenty women has been opened near Manchester, and a summary is given of the results in the 224 cases in all discharged from the Dalrymple Home at Rickmansworth. Of the 189 cases the history of which has been traced, 104 had been benefited. In England the principle of voluntary surrender of individual freedom in the hope of cure has been, by the existing Inebriates' Acts, permanently established. What is now needed to render the law efficient is legislative provision for compulsion when necessary for the care and treatment of the poor, and for the sweeping away of the present vexatious hindrances to the reception of inebriates themselves applying for admission. — *British Medical Journal.*

MEDICINE AND ALCOHOL.—The First International Medical Congress (President, N. S. Davis, M.D., American Medical Temperance Association of Chicago, Ill.), was held at National Prohibition Park, Richmond County, N. Y., July 15th and 16th. Among the eminent physicians who signed the call for this congress, were Dr. L. D. Mason, Consulting Physician to the Fort Hamilton Asylum for Inebriates; Dr. Orlando B. Douglass, President of the Medical Society of the County of New York; Dr. Edward C. Mann, Brooklyn; Dr. T. D. Crothers, Hartford, Conn., Editor QUARTERLY JOURNAL OF INEBRIETY; Dr. C. S. Illiot, Toronto, Canada; Dr. W. W. French, Chattanooga, Tenn., and more than 200 others, representing every section of America.

The scope of the papers presented were far reaching, and manifested a very general opinion that intoxicating liquors are of little or no value as medicines, and that the pharmacopœia provides satisfactory substitutes. The beverage use of all intoxicating liquors was unqualifiedly condemned.

The report of papers read at this congress are now ready. 12mo, manilla covers. 25 cents, post free. Funk & Wagnalls, publishers, 18 and 20 Astor Place, N. Y.

Editorial.

RECENT LITERATURE ON ALCOHOL.

It is a curious psychological fact that most of the current literature concerning alcohol, its use and abuse, is undoubtedly written by moderate or periodical drinkers, or by total abstainers who have been excessive drinkers, or by another class who have suffered in some indirect way from inebriety.

The strange papers which appear in defense of the therapeutic value of alcohol, from a chemical and physiological basis are founded on theories that are simply assertions, and without support from any facts; also the illogical confused conclusions (so foreign to the authors when they write on other topics) point clearly to an unconscious personal egotism and bias that cannot be mistaken. The hysterical intensity with which they condemn the doubters of the value of alcohol, and the personal bitterness manifested, does not come from a calm, judicial, scientific mind. The credulity in the assumption, that certain experiments have revealed the whole truth, and are infallible, or that certain statements of men eminent in some departments of medicine are equally infallible, points to a distinct personal bias. The narrow egotism of some writers who assume that alcohol and its action on the body are fully known, and those who doubt it are fanatical, are also sad reflections of their alcoholic personality.

While it may not be true that all defenders of alcohol as a medicine and beverage are themselves alcoholic users, it is true that all such views show a narrowness of reading and failure to realize the drift of scientific advance in this direction. On the other side, the bitter dogmatic condemnation of alcohol in every way are strong hints of similar personal conditions that are far from being reliable.

The most that can be said is, that so far, all scientific study of alcohol fails to sustain the common opinion concerning its value as a beverage or medicine. But this does not warrant its general condemnation, or support the wild assertions of reformers. It clearly shows that more study and more facts are needed from which to draw accurate conclusions. The same may be assumed of these extreme writers against the use of spirits. They are personal sufferers, in themselves or families, from alcohol excesses in the past, or they have failed to read carefully the scientific advances of the times.

Another fact appears prominently. Many of these authors of papers which take extreme sides are credulous, unreasoning men, governed largely by mental surroundings. Thus, one has a large clientele of those who believe in alcohol as a beverage, and, unconsciously, such views became firmly fixed in his mind. Or, where his associates are temperance reformers and total abstainers, he forms the same views. A leading physician or a magnetic clergyman may inculcate a theory which is accepted without question, and thus form a permanent impression. A study of the literature of these partisan theories for and against alcohol reveals far more of the personality of the authors than facts of the subject. The same is true of the bitter discussions of the vice and disease of inebriety. The real scientists affirm that from the evidence so far the inebriate is diseased. The subject is in abeyance, and open for other evidence. The opponents deny positively the theory of disease, either past or present, or to come, and refuse all evidence on this point as a fact settled forever. The pseudo-scientists come in with a compromise theory of half vice, half disease, of alcohol, a half medicine and half poison, a half food and a half beverage, and with characteristic confusion, attempt to draw lines where these different states meet and join. All this literally, is a part of the early history of the subject. The vehement critics, who write so fluently and condemn so sharply, are far from being authority, or even voicing the real facts. The

real workers on the front lines never dogmatize, never condemn, but simply ask for evidence, for facts in support of this or that theory. They demand reasons for opinions, even of experts, and refuse to accept any statements on the respectability of the author. Alcohol, its place in medicine, and its action, is simply unknown, and the voluble partisan authors who praise or condemn it, add nothing but confusion and doubt to the whole subject.

DIPSOMANIA IN FICTION.

We predicted long ago that inebriety would, some day, offer a most fascinating field for fiction writers. The childish stories of sensational temperance authors have never approached this topic, except from the most superficial moral side; then only to bring out an emotional conflict, to accord with some supposititious theory. The exaggerations and emotional fictions which, from the bases of these stories, have always repelled readers, simply because they were not in accord with the facts. Among the few writers who have recognized this fact and the new realm awaiting exploration, may be mentioned Walter Besant and his new work called "The Demoniac." This is a story of a young man in good health who suddenly awakens at night with a frenzied thirst and state of delirious nerve and brain irritation. After a time, in despair for relief, he drinks brandy; the result is so pleasing that he finally becomes intoxicated and continues for two days, then becomes disgusted and recovers. Months after a return of this nerve and brain agony comes on, and he finds relief in spirits.

He finds that his grandfather was a dipsomania, and died young from its effects. The idea that he has this disease and is fated becomes an imperative one, and ever after at intervals he gives way to this drink impulse. A regular periodicity is established, and he gives up all hope of restoration, and after an ineffectual effort to stop by a sea voyage retires to a small village and at regular intervals goes off with a ser-

vant and drinks in disguise for two or more days. Finally he is found out and by the means of nurses is carried through one paroxysm without the use of spirits. In the next paroxysm he drowns himself rather than continue such an existence.

The story is, in many respects, true to nature. The onset of the drink paroxysm without any apparent physical conditions to provoke it, is not seen in real life. The first nerve paroxysm where alcohol is found to give perfect relief, is always traceable to some injury or illness, or exhaustion, or mental shock, and rarely comes on in a perfectly healthy person. The first use of alcohol is always as a remedy for this strange psychical and physical pain. The relief is so perfect that it is demanded again and again, without any consciousness of disease.

The hero of the story displays a neurotic diathesis in his early recognition of the disease, and his despair of mind and helpless giving way to the impulse. Had he been described as a nervous neurotic man this would have been natural, but for a strong apparently healthy man, this is a new phase. The low mental resistance and the power of a dominant thought, seen in the necessity of giving way to the drink craze at regular intervals, is very clearly brought out. The medical advice given was practical, but his skepticism, and, while apparently trying to carry it out, intriguing to produce the opposite result, was all true to life. The end, as well as the beginning, was unnatural. Dipsomaniacs rarely commit suicide during the paroxysm, but after it has passed away the melancholy and despair may lead them to this end. As an outline sketch of cases that are growing more frequent in actual life this story has much merit. Evidently the author has partially studied a veritable case and supplied from his imagination what he failed to secure in history of facts. When these cases are clearly understood and the wonderful uniformity of laws which govern their rise and development are studied, we shall have a new field of fiction far beyond the present levels of temperance stories.

MEDICO-LEGAL QUESTIONS

Of Inebriety have received new interest in the following recent cases: William Blunt of New York city left over two million dollars to a low Irish bar maid, who claims to have been legally married to him. In the legal contest, not yet settled, the following facts were brought out:

Blunt was an iron merchant and made a large fortune by careful, steady work, and temperate living. He was a total abstainer, and a most exemplary man in every way. In July, 1889, his wife and only daughter were drowned at Far Rockaway. He suffered from nervous shock and fever and remained in bed for two months, then went to Europe with a son. He began to use wine to excess, and was intoxicated nearly every night, until he returned in the winter of 1890. He went to business again, was much changed in character and conduct. He became untruthful and suspicious of his sons, and had an expert examine his books and accounts twice in three months. He drank at home occasionally to stupor, and would go away alone for a day or more at a time, and come back more irritable and under the influence of spirits. He was seen by two experts, who pronounced him sane.

He grew thinner, and absented himself from home at short intervals, and claimed that he was visiting some iron factories in Pennsylvania.

In December, 1890, he died after a short drink paroxysm at home, and a few days later a will was offered by a low Irish girl, who claimed to be his wife. The question turned on his mental soundness. The marriage was proven and the fact of his partial intoxication at the time. Two physicians, both experts, swore that from all the facts there was no evidence of unsoundness, and that his strange conduct and alcoholic excesses was of no physical importance.

On the other side, a country physician from Vermont, who had been acquainted with him in early life, testified that he was insane and probably suffering from the first stages of

general paresis. I fully sustained this view of the case, and believe the brain shock from the death of his wife was a psychical traumatism, and the drink craze was a symptom of the organic changes, and that inebriety was a most natural sequel, and general paresis was equally indicated.

The common-sense views of the Vermont physician was clearly more accurate and scientific than the learned specialists on the other side.

In the second case, where a conviction of murder in the first degree was found, the following were the disputed facts: Peter Noxon, a wealthy farmer, was always an irritable, nervous man, of violent temper, but soon over it. He was a very temperate, reputable man, in good health up to the summer of 1888, when he suffered from sunstroke. He became very much emaciated and was an invalid for several months. He was given alcohol by the physician as a tonic. In a short time he recovered and became a steady drinker and occasionally to great excess, in which he was maniacal and violent in his excitement. During the year of 1889 and 1890, he abused his family and near relatives and his horses and any one who came in contact with him during the drink paroxysm. He became involved in law suits, was deceitful and dishonest, and exhibited a total change of character. He drank every day and at irregular intervals to delirium and excess. In November, 1890, he killed a merchant, without the slightest provocation or warning, alleging that two weeks previously he had paid him less for some garden produce than the market price. He killed him in revenge for his fraud. Previous to the crime he drank very freely, but was not stupid or wildly delirious. The same miserable conflict of medical testimony appeared on the trial. It appeared to me that any common-sense view of this case would have sustained the theory of insanity and irresponsibility, also that from a marked neurotic ancestry this man inherited a defective and unstable brain and nervous system. The sunstroke was followed by organic changes, and inebriety was both a symptom and an exciting cause, which increased until he

was a literal maniac. It is difficult to understand how a man in this condition, with such a history, could have a sound brain and normal control of it. Yet there were physicians who believed this to be the case, and that this man was responsible, and could have done otherwise had he willed to do so. This was clearly a case of traumatism from sunstroke, developing some form of brain disease and degeneration.

Physicians who still adhere to the theory that the vice and willfulness of inebriety can be made to apply in such cases, are unfortunately behind the advance of science. Court-room theories and law rulings on questions of this kind should be ignored by physicians. The world advances, and new facts and new truths are appearing on every hand.

WORK OF THE ENGLISH SOCIETY FOR THE STUDY OF INEBRIETY.

This society, under the presidency of Dr. Kerr, is doing most excellent work. A mere mention of what they have done for one year is a great stimulus and encouragement for our association.

In the January meeting, two papers were read, one by Dr. Crespi on the "Treatment of Inebriety"; the other, by Dr. Wright of this country, on the "Responsibility of Drunkenness." These were very intelligently discussed. The president presented a short paper on ether drinking.

At the annual meeting in April, Dr. Kerr's annual address was a very suggestive discussion "of recent civil and criminal trials with inebriate complications." This elicited a very wide and suggestive discussion. Resolutions of condolence at the death of Dr. Parrish were warmly endorsed.

At the August meeting Max de Proskowett, the president of the Austrian Inebriate Society, read a very interesting paper on Ruthenian Inebriety, with the story of the cure

and after career of an inebriate in North Austria, after which he described the Austrian law relating to the responsibility of inebriates. This we hope to place before our readers soon. A summary of the statistics of Dalrymple Home was presented.

In the October meeting, Dr. Westcott, coroner of Central London, read a paper on alcoholic poisoning in Central London, and heart disease as a fatal result. Mr. Rowland followed with a paper on the principle of compulsion as relating to inebriety. A very instructive discussion followed, after which Dr. Kerr offered a motion that a full expression of views be solicited from societies and others in favor of compulsion of inebriates, and to urge Parliament by petition to grant this. It will be seen that these were all very practical papers by practical men, and most of them have been very widely read and discussed by both medical and lay press. We send our congratulations to this society for the grand work of the year, and shall go on with renewed confidence and pride that an ever increasing number of distinguished men are following along the same lines of research.

REST ISLAND.

This is the pleasing name of a new inebriate asylum project, the success of which will depend on the good sense and skill of the managers. A small wooded island of one hundred and sixty-seven acres of land has been purchased in Lake Pepin, Minnesota, where buildings are to be erected for the reception and treatment of inebriates. The island is over half a mile from the mainland, and this is supposed to be a strong barrier to prevent escape and make it difficult to procure spirits. An attempt will be made to furnish some profitable employment for the inmates; this with instruction and helpful amusements and perfect isolation from all possible exciting causes, will be a success if carried out practically. Assure the public that this project will be carried out on

broad scientific principles, and that each one will be treated as sick and diseased, needing exact physical means and remedies for their cure, and also convince business men that this is a business project, not to make money but to help men who will help themselves, and the capital necessary to conduct the work will be advanced at once. Make it a faith cure or camp-meeting ground and capital will avoid it, and donations will come reluctantly and with a struggle. If the managers realize this and begin right, they can found one of the great charities of the coming century, if not, a short sickly life and early death are certain to follow.

In most cases inebriety is a self-limited disease. The drink symptom dies out naturally, or concentrates in some other form of morbid impulse. Any remedies or means used at the time of change will be credited as curative. The cessation of the drink impulse is not followed by full restoration, yet the impression prevails that total abstinence is a sign of cure always. Many pronounced paranoias and diseased persons who have abstained from alcohol, are posing as examples of cure from this or that means or remedy — persons in whom the drink impulse has died away naturally, no matter what remedy may be used. This is evident in the common class of those who sign the pledge, or profess conversion, many times only to relapse after each occasion. Finally in apparently the same circumstances, they go through the same formula, and the drink impulse disappears forever.

The real facts are that some organic brain change has taken place, the desire for alcohol ends. Other morbid symptoms may come on, but this disease has subsided or taken on new forms. The bark remedy, the mind cure, hypnotism, or any of the so-called specifics, that are followed by a cessation of a drink impulse, are all examples of this change. Physicians of asylums recognize this, and direct all their efforts to build up and bring the patient back to a normal physiological life, in expectation of the final cessation of the

• drink symptom and restoration of the organic processes. This result may come on any time, and the object of all treatment is to encourage this, and remove the conditions which seem to provoke the drink symptom.

Drugs or restraint which holds the drink symptom in abeyance are never curative, and when followed by a subsidence of this impulse, it is an accidental conjunction of the natural dying away or change of brain function and growth. When such change occurs after long treatment in the best physiological and hygienic conditions, it is reasonable to suppose that these means have contributed more or less to this end. But when this subsidence follows in conditions opposed to this, and from means inadequate to change or alter organic action, clearly some other forces are at work.

The self-limitation of inebriety, and the natural history and progress of the disease are yet to be written.

It is a mournful sight to see eminent men off the track of scientific progress. Particularly, when they unconsciously open the switch, and start down the side track, in full confidence that they are on the main line. Many years ago, Dr. Bucknil of London, asserted that inebriety was a vice, and the American defenders of this view were both ignorant and unfair. In a bitter controversy some excuse might have been made for such a statement, but to-day the reiteration of such views is a sad indication of a wide separation from the main line of scientific advance. Clearly he is side-tracked and slowing-up on the down grade. The old warrior of long ago has fallen back far to the rear, yet he still thinks the battle is going on about him; he still hears the same roar, sees the same enemy, uses the same weapons, and thinks the same line of advance is followed. The night is coming on, and somewhere in the other world we trust Dr. Bucknil will have a clearer vision and see the truth from a higher standpoint.

Clinical Notes and Comments.

INEBRIETY AND CRIME.—In a paper on "Instinctive Criminality," read by Dr. S. A. K. Strahan before the Anthropological Section of the British Association, he quoted some startling statistics bearing on drunkenness as a fruitful agent of crime. Dr. Strahan maintains that what he calls the instinctive criminal, who is better known as a habitual criminal, can no more check the actions of his vicious organization than can the epileptic or the insane, and that instead of being punished with rigorous severity, he ought rather to be treated humanely and with a view to his ultimate reformation. His remarks on the subject of drunkenness, however, are deserving of attention, especially by those responsible for the licensing of public houses. "Carefully drawn statistics of 4,000 criminals who have passed through the Elmira Reformatory, New York, show drunkenness clearly existing in the parents of 38.7 per cent., and probably 11.1 per cent. more. Out of seventy-two criminals whose ancestry Rossi was able to trace, in twenty the father was a drunkard and in eleven the mother. Mano found that on an average 41 per cent. of the criminals he examined had a drunken parent, as against 16 per cent. of normal persons. Dr. Laurent, in his recent valuable work on the habits of the Paris prisons, asserts that drunkenness as combined with some other neurotic condition is to be found almost constantly in the parents of criminals."

THE prevention of alcoholism is a physiological life. The cure of alcoholism is a return to a physiological life. The ways by which either the prevention or cure of alcoholism are to be attained, are as multiform as the individuals involved and the varieties of human existence. At another time we have called attention to the part that good food, well

cooked, so as to be easily digested, plays in the prevention or cure of this disorder. We know of no such potent means for preventing alcoholism as the presence upon every table at every meal, of such food. Labors toward this end should be encouraged by all who desire to see alcoholism wiped out of the community. Another means of preventing alcoholism is the avoidance of exhaustion. The overworked literary, scientific, or business individual must get rid of worry and fatigue, as he feels that he must continue the race though he knows the penalty. A hopeful outlook for the future is the greater attention given to this matter. It is needful to urge the laborer to avoid exertion beyond his strength, and thus avoid the nervous exhaustion that entices to the consumption of alcohol, etc. We have no faith in any specific for drunkenness.—*Dr. Connor in Lancet.*

HEREDITY.

Now if it be true, that through impressions made upon the embryo or foetus through the maternal mind, results in all manner of physical monstrosities; yea, more, if it be true that not only physical deformities may result from arrest of development or mental shock, but that even organs already formed may be disintegrated, through powerful mental impressions made through the maternal mind; and if so much of the physical depend upon this cause, how much more of the mental make-up may depend upon this? How many criminals may attribute their criminal tendencies to this source? How many murderers, when upon the scaffold, in place of attributing their downfall to evil habits and evil associations, might not truthfully attribute their disposition to commit murder to some secret desire of the mother to commit murder, stamping the fatal impress upon her unfortunate offspring; or, perchance, he might truthfully attribute his murderous appetite to the practice enforced upon the majority of rural housewives, of murdering the domestic fowl. Or again, how many of our boys and girls owe their

desire for strong drink or artificial stimulation to the sudden appetite that often springs up with the soon-to-be mother, for strong drink? Or again, how many of our thieves owe their peculiar tendency to purloin to some sudden desire to purloin that overtakes the mother during her gestation? You will remember that the act actually perpetrated by the mother would not impress the child in utero so much as would the mental desire. So with many other peculiar traits of character.—DR. STRANGHAN.

INCOMPETENT PRACTITIONERS.—The Secretary of the State Board of Health of Iowa has publicly declared his conviction that habitual drunkenness constitutes "palpable evidence of incompetency," under the law, and therefore, that he should be deprived of the privilege of practicing his profession and his diploma be revoked. This declaration assumes high ground; and yet it will obtain the hearty approval of the profession at large, and of the people. A physician gifted with the highest attainments, even in their highest exercise, totally uninfluenced by all extraneous causes, is in a condition none too complete for the faithful discharge of his responsible duties, at the bedside of the sick or of the sufferers from injury.

If a physician, therefore, is so far oblivious to the duties and obligation which he owes to himself as such, to say nothing of his relations to his family, as to deliberately and habitually disqualify himself by the use of any intoxicating agent, he cannot act with wisdom and due discrimination; consequently, his power and privilege to practice in any and every instance should be taken from him. He has violated the unwritten contract to render to his patient his services in the most approved manner recognized by the profession. He becomes a dangerous man; his abilities for injury to his patient are vastly increased by reason of his knowledge, which may be grossly perverted and fatal results follow. He should, therefore, be deprived of legal power to do harm in any in-

stance. Georgia, by recent act of the legislature, declares that when a doctor is convicted of drunkenness he can no longer practice medicine in that State.

INEBRIETY, as a disease, is more seriously affecting the moral and civil affairs of state than any other that will come under the notice of the practitioner of medicine. Excepting the poison of syphilis there is none other so productive of far-reaching morbid processes and capable of affecting all the tissues of the body as alcohol. The results either of moderate drinking or chronic alcoholism will extend to generations to come and show in crime, drunkenness, or nervous disorders. Inebriety and its attendant maladies are conditions of progressive degeneration. And while one may stand surprised when he starts out to trace up the history of a patient and finds that it can be followed back to a drinking father or mother, yet it is better for the physician and patient, for the former will know what is required of him, and the latter will recognize the ability that may alleviate his trouble. But practically there is no limit to the possibilities of convincing information on this subject, and the more it is studied the less is there to be said in favor of the use of alcohol in any form.—*Dr. Reeder in Lancet-Clinic.*

TUBERCULAR LESIONS IN ALCOHOLISM.—In thirty cases in which phthisis was present, a dense fibroid pigmented change was almost invariably present in some portion of the lung far more frequently than in other cases of phthisis, gray or yellow tubercles were less common, and caseous bronchopneumonia was quite the exception. The prevalence of these fibroid, and to a certain extent reparative, changes, appears to be associated with the taking of a large amount of alcohol. *Prima facie* the chronic dyspepsia, and irregular habits, the lack of food and the gross improvidence and recklessness of these patients who lead us to expect that their

mortality from phthisis would be high. The Registrar-General's reports, however, show that the mortality from phthisis of publicans and others whose occupations expose them to special temptations to drink is rather below than above the average. But acute tuberculosis and pneumonia are very liable to occur in such patients, and the tubercular nature of the disease may often be overlooked during life. It is noteworthy that about three-fourths of the cases of alcoholic neuritis and about a fifth of those alcoholic cirrhoses of the liver are found, *post mortem*, to have also tubercular lesions. The association of such lesions with cirrhosis is seldom insisted upon, but is of importance. Out of 110 cases of alcoholic cirrhosis, in 23 there were tubercular lesions, phthisis most commonly, but in some acute tuberculosis or tubercular peritonitis. Dr. Pitt's conclusions were that tubercular lesions in the lung in alcoholic subjects generally take a fibroid form, and that tubercular lesions are not frequently associated with alcoholic neuritis and hepatic cirrhosis.—*Med. Press, and Epitome of Medicine.*

A CONGRESS of superintendents of lunatic hospitals at Weimar has passed a resolution approving of the bill for the repression of drunkenness. The clauses making confirmed drunkenness a punishable offense were, however, disapproved of. Persons thus afflicted, it was recommended, should be treated as diseased, and, as such, placed in proper asylums.

INEBRIETY is curable in nearly all cases in the early stages. After repeated poisoning or intoxications for years, conditions of degenerations come on, from which recovery is very rare. The drink impulse may die out, or be permanently checked, but the injury to the brain and nervous system remains.

EUROPHEN.

This new antiseptic medicament designed to replace iodoform is obtained by the action of iodine upon isobutylorthocresol. Its pharmacology and bacteriology have been studied by Siebel, and its therapeutic action by Eichhoff.

Europphen is an amorphous yellow powder, exhaling a slight odor resembling that of saffron. It is insoluble in water and in glycerine, and more soluble than iodoform in alcohol, ether, chloroform, and the oils. Europphen adheres better than iodoform to the skin and to open wounds, and an equal quantity of it by weight will cover a surface five times greater.

This iodide of isobutylorthocresol is not toxic. Dogs were found to take two to three grammes of it with impunity, and the human organism will bear one gramme of it without unpleasant phenomena, save a slight feeling of weight in the stomach.

The urine of patients who had absorbed Europphen did not contain iodine.

Eichhoff employed it successfully in dressing both hard and soft chancres. He used it as a powder and also in the form of a one per cent. or two per cent. ointment. He furthermore employed it successfully in hypodermic injections, for syphilitic patients suffering from the secondary and tertiary symptoms of syphilis. These injections consisted of one gramme of Europphen to one hundred grammes of olive oil, and of this, one-half to one cubic centimeter was injected daily in one dose. Eichhoff employed Europphen in varicose ulcer and ulcerative lupus, as well as in eczema, psoriasis, and favus, in all of which it proved to be efficacious.

Ointments containing one per cent. to two per cent. Europphen are as strong as need be used. Five per cent. ointments caused a certain amount of irritation.—*La Semaine Medicale*, July 29, 1891; *Repertoire de pharmacie*, Aug. 10, 1891.

Dreamless Sleep.—About eighteen months ago a friend of mine from America told me of the wonderful effects of a medicine, much used in the States, called Bromidia, which is a combination of chloral, bromide, potass, cannabis indica, and hyoscyamus. I obtained some, and have ordered it regularly for over a year; and have found it excellent in the pain of rheumatism, pneumonia, and cancer; also in the sleeplessness of scarlatina and alcoholism. It has never failed me in procuring sleep, without the disagreeable dreams and after effects of opium. The dose is ʒss , to ʒj , every hour till sleep is procured. I have also found it of much service in cases of tonsillitis, used as a gargle with glycerine and carbolic acid. — *Extract from recent article in Edinburgh Med. Journal*, by J. Lindsay Porteous, M.D. F.R.C.S., ed. [BATTLE & Co., Chemists' Corporation, St. Louis, Mo., U. S. A.]

A letter addressed to the *Antikamnia Chemical Co.* by Dr. Eggers appeared in the July Number, with some sentences cut out which materially changed the spirit of the author. We regret this, but take pleasure in saying that *antikamnia* is an excellent succedaneum for *morphia*, and put up in tablets of five grains each is most available. We should most sincerely urge its trial in the alcoholic and opium cases as a safe and agreeable narcotic. Send to this company for a package, and try it.

Cerebral Sedative, compound of Parke, Davis & Co., has been on the market for years. In a long experience we have found this an exceeding practical medicine that is unrivaled.

Lactopeptine has become a fixed remedy for gastric derangements, and is not rivaled by any other drug in the market.

Fellows' Hypophosphites is prescribed regularly as a tonic of rare power and value.

The Georgia *Lithia Water* of Bowdin springs is attracting great attention, and rapidly becoming the great medicinal water of the Southern country.

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For further particulars and circulars, address the Dean,

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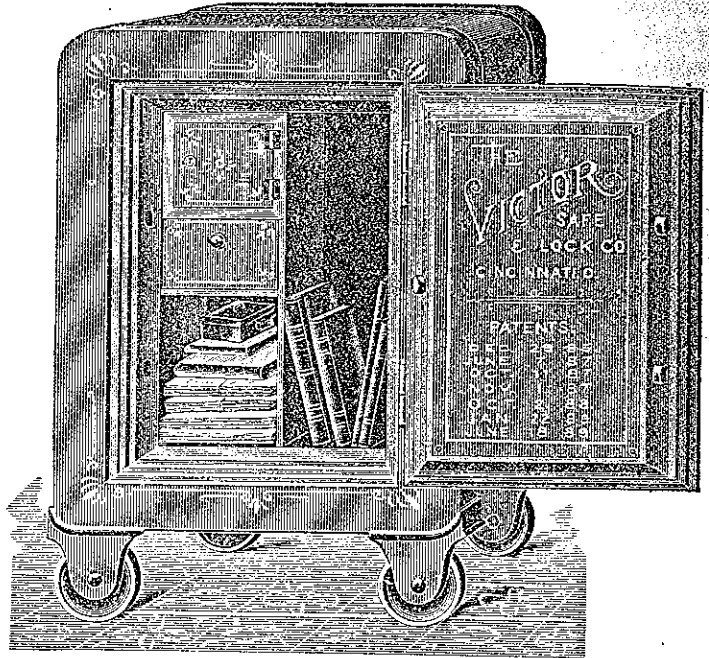
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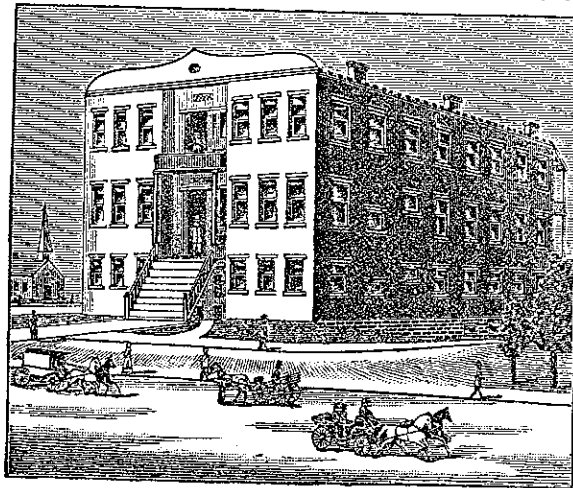
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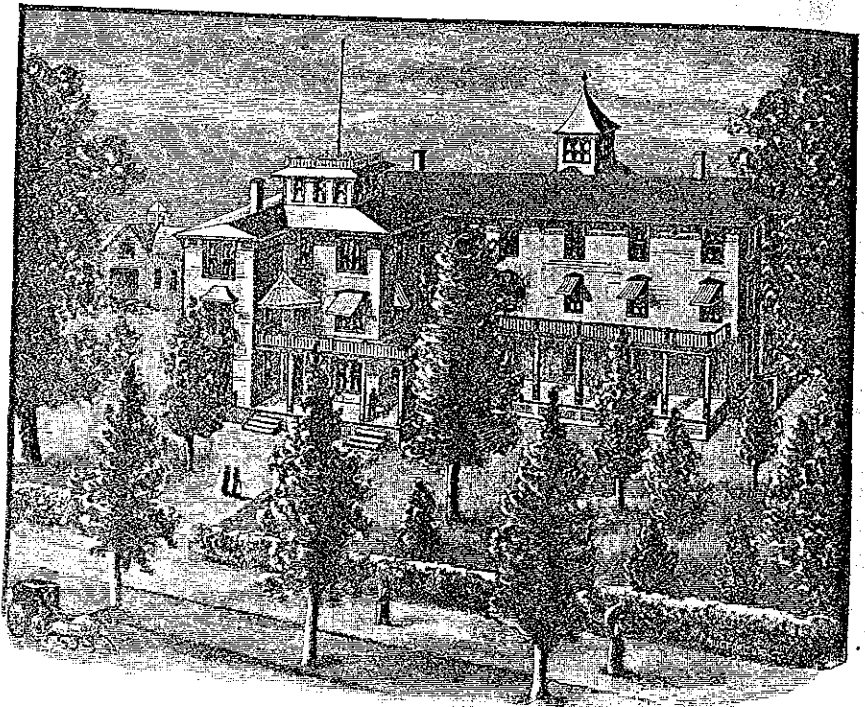
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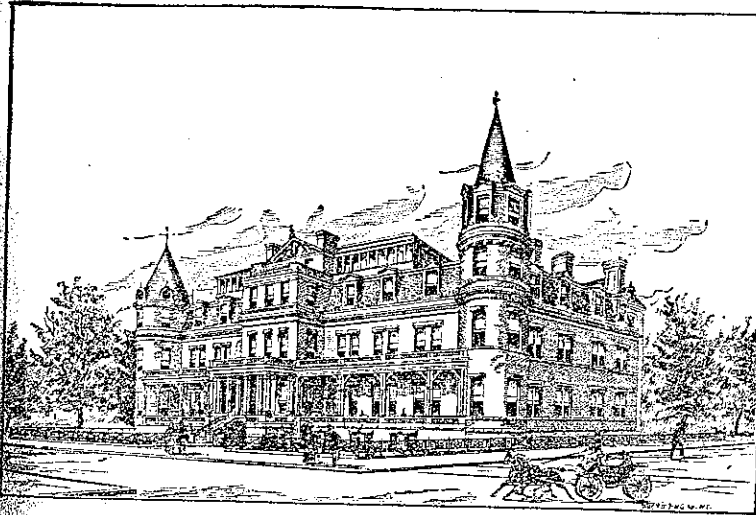
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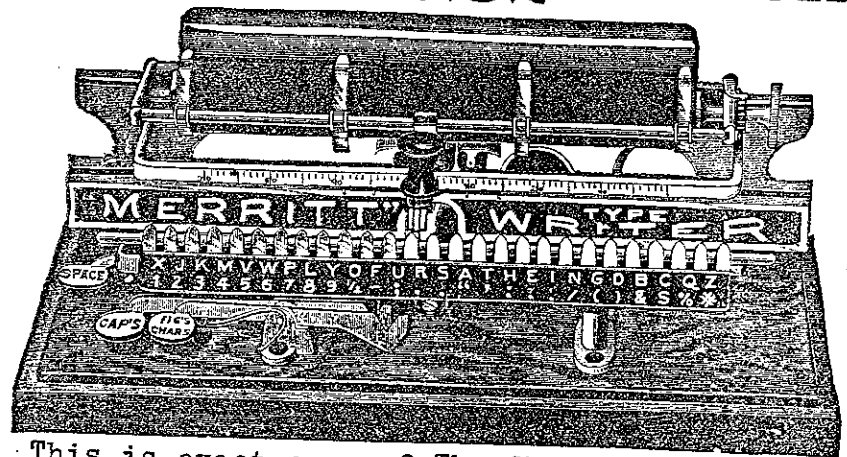
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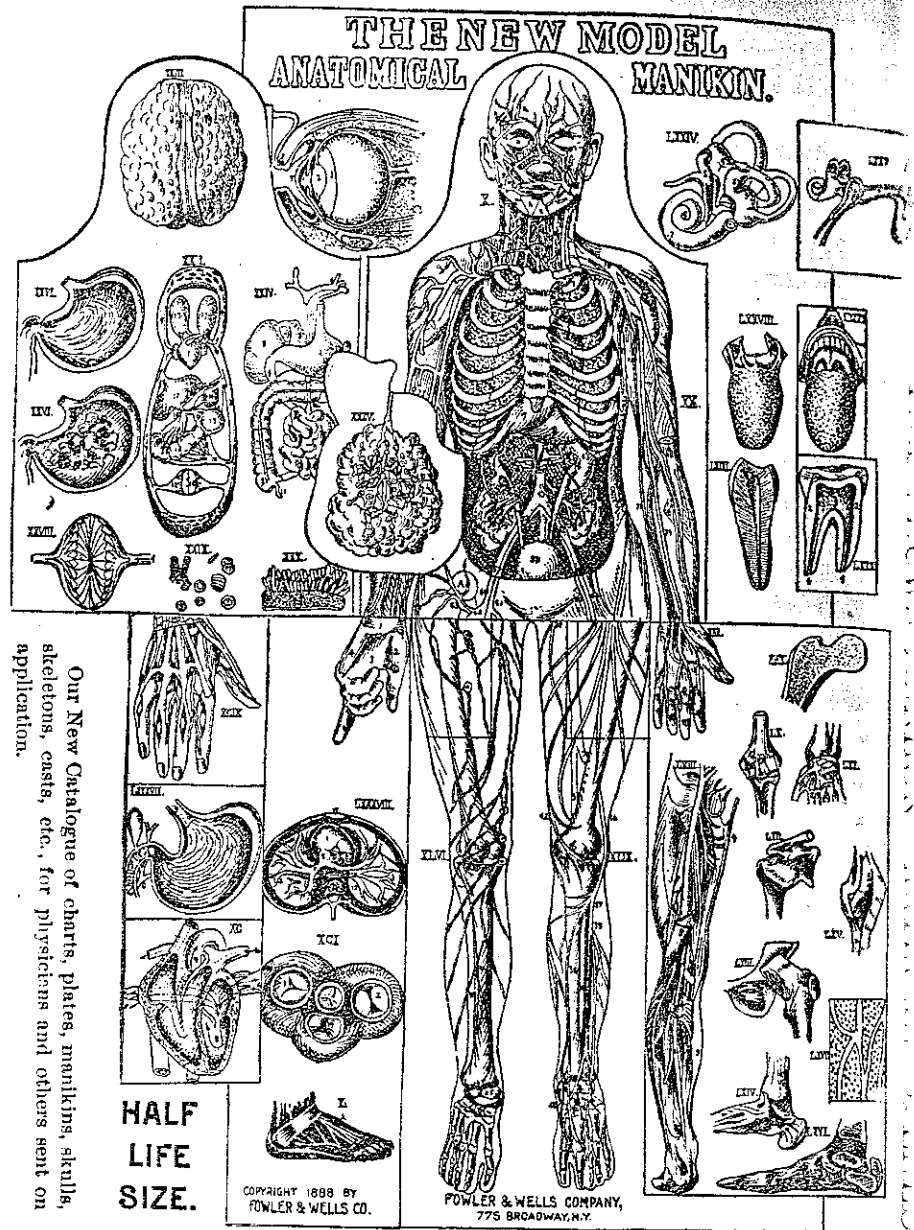
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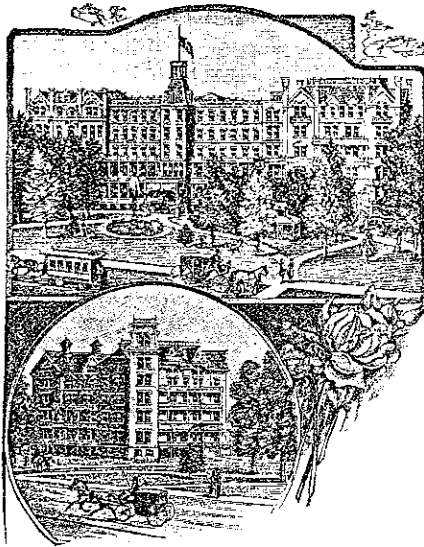
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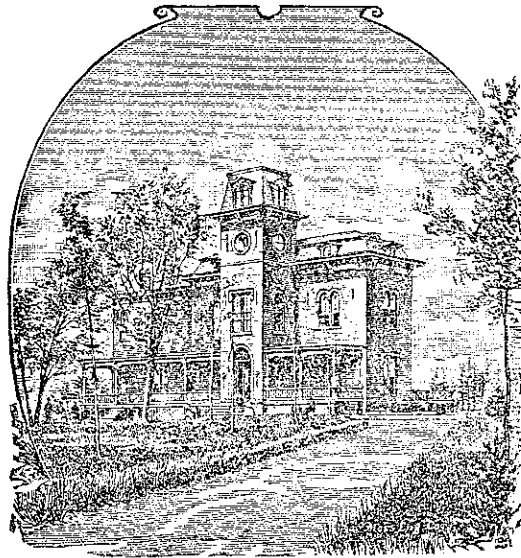
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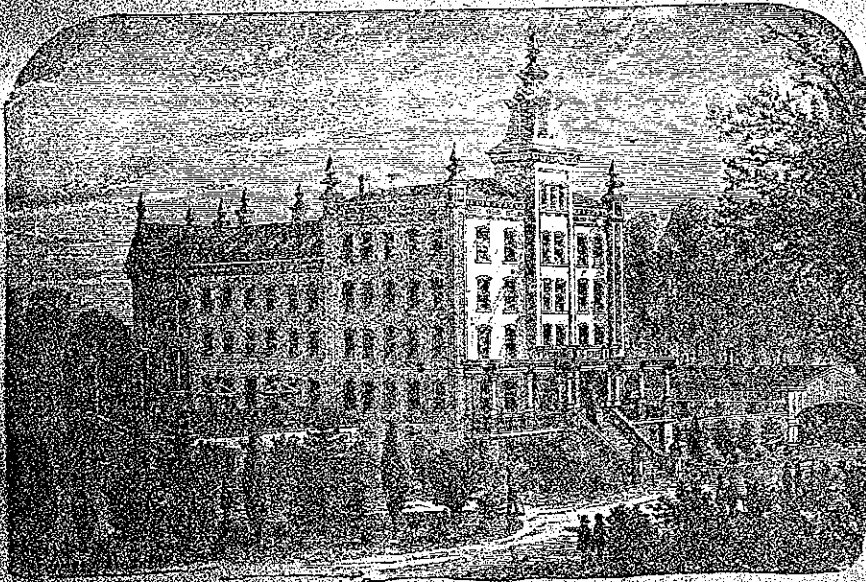
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