

**An address delivered before the Society for the Reformation of Morals : in Weymouth and Braintree, at their annual meeting, April 13, 1818 / by Noah Fifiield.**

### **Contributors**

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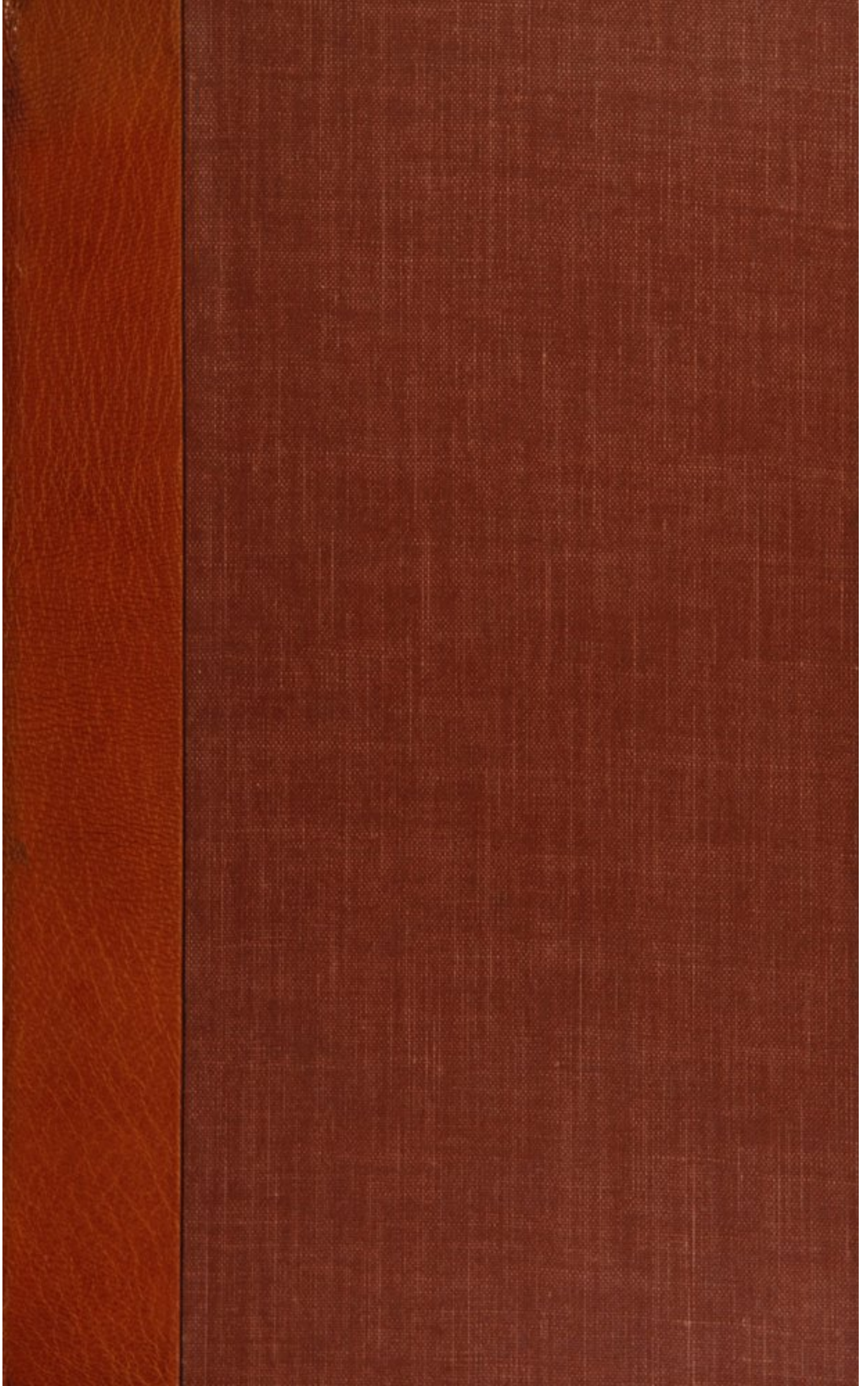
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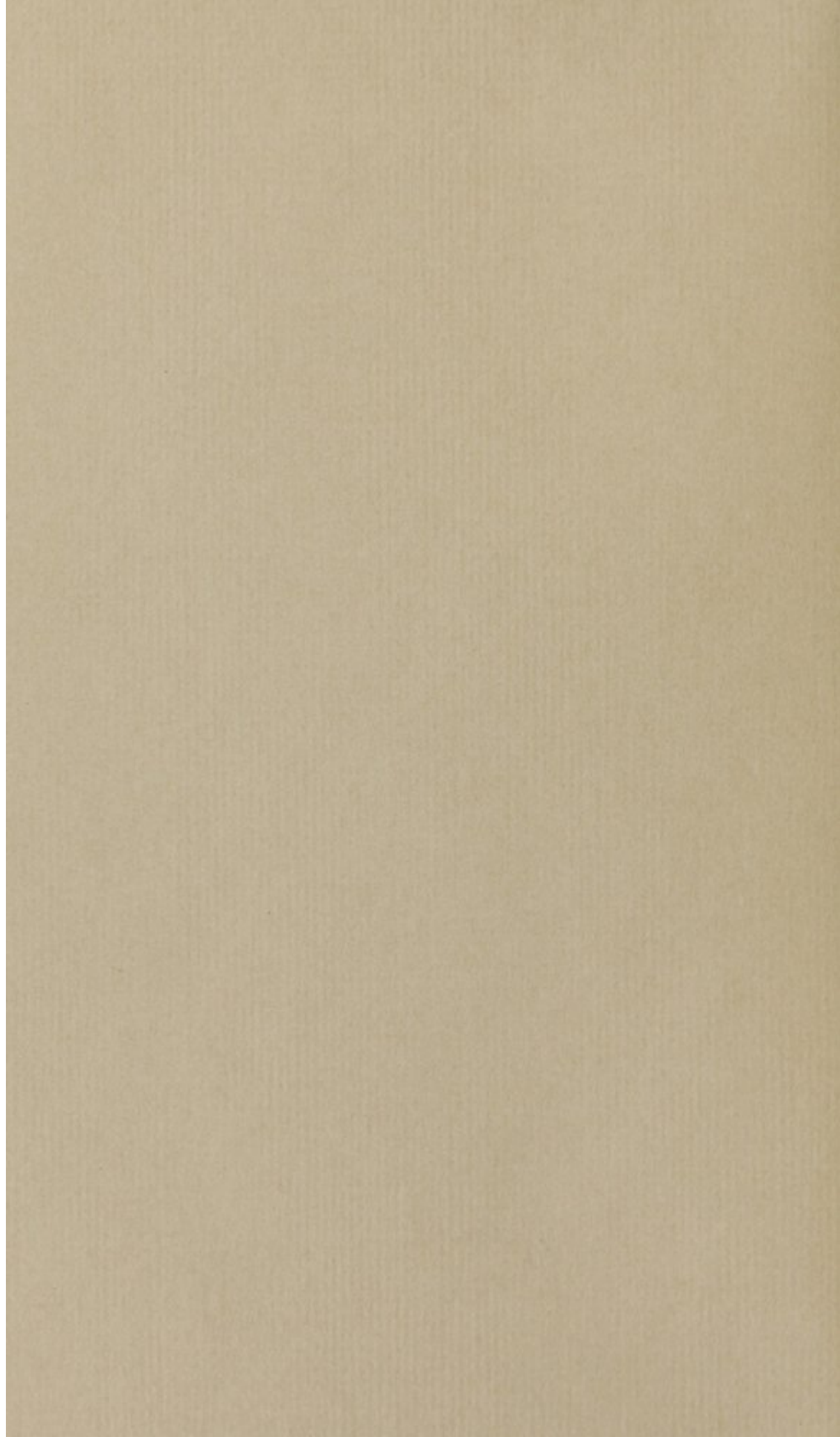
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WASHINGTON, D.C.







Fifield (N.)

O.C.



AN

# ADDRESS

DELIVERED BEFORE THE SOCIETY

FOR THE REFORMATION OF MORALS,

IN WEYMOUTH AND BRAINTREE,

*At their Annual Meeting, April 13, 1818.*

By DR. NOAH FIFIELD, of Weymouth.

"Every inordinate cup is unblessed,  
"And the ingredient is—a Devil."....SHAKS.

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*NOTICE.*

THE method pursued in the following discourse, is, in some measure, like that pursued by Doctors Rush and Trotter, particularly the latter. In some instances the author has availed himself of their sentiments ; also of the sentiments of other authors, as quoted by Dr. Thatcher in his “ American Modern Practice.”





AN

## ADDRESS, &c.

**T**HE object for which this Society was formed, as stated in their constitution, is to suppress intemperance, and its kindred vices—an object highly important to individual and public happiness. To maintain temperance and morality within their proper limits, and preserve those who are yet uncontaminated, require the most benevolent, determined, and persevering efforts. But to reclaim those victims, who have long floated down the strong current of ebriety, in most instances, is beyond the reach of well grounded hope. The task assigned me, on their anniversary, by this respectable society, is to point out “the effects of ardent spirits upon the human body, &c.” By *ardent spirits*, are intended those liquors only, which are obtained by distillation from fermented substances of any kind.

In the *first place*, I shall speak of the effects of ardent spirits upon the human body, with the attendant phenomena, from the first degree of excitement, till it ends in complete drunkenness. I shall also notice the symptoms of recovery from a fit of intoxication. *Secondly*, I shall describe the chronic effects of intemperance, a numerous train of diseases, both of body and mind. And, in the *third place*, I shall consider its chronical effects.



The intoxicating quality of all liquors depends upon the *alcohol* they contain : an "*Arabian word* much used in chemistry, signifying an impalpable powder, which the Eastern women used, as a kind of paint for their faces, with the view to improve their complexion. This powder, being impalpable, was called alcohol. This name was given to other subtile powders ; also to spirit of wine exalted to its highest degree of perfection and purity, according to Quincy. "The first effects of ardent spirits," says Dr. Trotter, "are tranquillity of mind and liveliness of countenance ; the powers of imagination become more vivid, the flow of spirits more spontaneous, giving birth to wit and humour ; hesitation gives place to fluency, and every painful affection of the soul is alleviated ; an agreeable heat is diffused over the whole body ; muscular strength is recruited, and the action of the heart and arteries are manifestly increased ; the vigour of the circulation of the blood is augmented ; a sparkling of the eyes may be observed ; a flush or redness is spread over the face, and the whole appearance of the countenance is brightened into a smile. The soul, as if unconscious of its danger, looks with bodily organs, that bespeak rapture to the deceitful bowl, which carries in its draught every degree of sensation, from pleasure to pain, from the purest perception of intellect, to the last confusion of thought ; which raises man above the sphere of mortals, and ends by bringing him to a level with brutes. The mind now has attained the highest degree of pleasurable feelings from vinous stimulus ; it is rapt in reverie, which may be called a boundary between the agreeable sensations of sobriety, and the delirious tumults of thought, which ushers in complete inebriation."

The pleasurable sensations have now been enumerated. The cup continues to go round, with deeper libations from the votaries of Bacchus, till noisy folly, and often, odd gesticulations appear ; next, drowsiness supervenes.

"Voluntary motion is partly lost ; the head nods, the



walk is tottering, the countenance looks swollen and inflamed ; the eyes glare, vision becomes obscure," and the tongue, in some instances, paralyzed.

Such are, in part, the phenomena of drunkenness ; but these phenomena are varied considerably in different persons. Some are good humoured and jocular ; some foam with rage, and more than bestial ferocity ; and, like Alexander, slay the dearest of their friends. Vomiting is often the effect of an excessive use of ardent spirits ; but if this does not happen, sleep ensues accompanied with sonorous breathing. The drunkard at length awakes from his slumber languid and dejected. Here the drunken paroxysm ends, and a new series of complaints arises. A feverish indisposition commences, such as shivering, thirst, sluggishness, inactivity of mind and body, headach, nausea, thirst, peevishness and timidity, with more or less tremor of the whole system.

As was proposed, I shall attend in the *second place*, to the *chronic effects* of ardent spirits upon the body and mind.

"In the body, they dispose to every form of acute diseases." Whenever any place is visited with an epidemic, habitual drunkards are generally, by predisposition of body, in consequence of excessive stimulation, the first affected, and more commonly fall victims to the disease. This has been remarked in almost every epidemic that has visited the United States.\*

2. *Gastritis and Enteritis* :—or inflammation of the stomach and bowels. These complaints often follow large potations of ardent spirits. This ought not to surprise us, when we consider that the stomach and bowels are organs possessed of great sensibility, and that of course they are susceptible of high degrees of inflam-

\* The following diseases are the usual consequences of an habitual use of ardent spirits—Rheumatism, phrenitis or brain fever, pleurisy, &c. The body, after having been excited to the highest degree, from the excessive use of ardent spirits, is often exposed to sudden vicissitudes of heat and cold ; perspiration is checked, which is followed by increased action and turgescence of blood in the vessels of the pleura, brain, or membranes of the joints, according to the particular part affected.



mation, from excessive stimulation. These diseases are often fatal, and sometimes in the course of twenty-four hours.

3. *Ophthalmia* :—Inflammation of the eyes. Inflammation of the eyes was produced by intemperance in the estimation of Solomon the King of Israel, who writes, (Proverbs, Chapter xxiii. 29—32) “Who hath woe? who hath sorrow? who hath contentions? who hath babblings? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine: they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright: At the last, it biteth like a serpent, and stingeth like an adder.” The eye, from the whiteness of its tunics or coats, very soon discovers any turgescence or fulness of blood in its vessels, from intoxication, and a real inflammation, in some instances, follows. In the commencement of this inflammation, after the vessels have become turgid or bloodshot, the vessels elongate toward the transparent part of the eye; dimness of sight is complained of, and spots of opacity then form in the transparent part of the eye, or cornea, as it is called by anatomists. This inflammation, unchecked, will sometimes terminate in the loss of sight in one or both of the eyes.

4. *Gutta Rosacea* :—Tumors and eruptions about the nose and face of different colours and sizes, most commonly of a fiery red or purplish colour. The faces of those who are accustomed to habitual intoxication are frequently covered with these eruptions. Dr. Trotter supposes this appearance to arise from the chemical qualities of “alcohol: by the evolution of hydrogen in the superficial blood vessels; and that it is in these vessels that the hydrogen, or base of inflammable air attracts oxygen, or the base of vital air, from the atmosphere.” Darwin supposes these eruptions or tumors are sympathetic of diseases of the liver.

5. *Hepatitis* :—Inflammation of the Liver. “Hepatic inflammation, both of the acute and chronic species, is



a common effect of hard drinking. The liver, indeed, more than other viscera, appears to be particularly subject to diseases from this cause. The vicissitudes of heat and cold, to which the inebriate is so often exposed, may have some share in the production of this complaint, like other phlegmasiæ; but the chief cause must be the spirituous stimulus. It is not evident whether the inflammation be propagated from the duodenum, or first portion of the intestines along the common and biliary ducts, to the substance of this viscus; or whether the blood, highly charged with alcohol, may not be the means of exciting hepatitis. The chronic species is not a painful disease; is slow in its progress, and frequently gives no alarm, till some incurable affection is the consequence. It is probable, that this inflammation, in some degree or other, always precedes the enlarged liver, and particularly that form of it, which may be properly called the tubercular disease of the liver."

6. *Decay of appetite, sickness, and puking of bile in the morning.* This arises from the excessive stimulation of the stomach by the inordinate use of ardent spirits. It is agreeable to a law of the animal functions, that when any particular organ has been highly excited, it falls into a state of debility, and its functions are either suspended, or become irregular. Hence, to make a good breakfast, as suggested by Dr. Trotter, is a sign of good health; and whoever makes the observation, will find it true.

7. *Icterus* :—Jaundice. This complaint, in a greater or less degree, almost always attends habitual drunkenness; and when concomitant with a diseased state of liver, is often very painful, and generally a fatal disease. It is very often the case, that there is joined to this affection, dropsy; and water is collected in the more dependant parts, such as the legs and feet; or else universal dropsy, in which case, water is collected in almost every cell in the body. Dr. Rush observes, "that the merchants in Charleston cease to



trust the planters of South Carolina, as soon as they perceive them affected with swelled legs and feet."

8. *A fetid breath.* This may arise from an excess of inflammable air, or hydrogen gas, during respiration. For the blood may have been, and probably has been, highly charged with hydrogen, or the base of inflammable air, in the body of the drunkard; and in some way or other, has been accumulated in the lungs. It appears, according to Richerand, in his Chapter on respiration, page 151, "That during respiration, there is sometimes to be found one or two parts of hydrogen gas," and is it not probable, if this quantity is sometimes to be found during the respiration of a temperate man, that its quantity should be increased, during the respiration of an intemperate man:—since alcohol, or the intoxicating qualities of all liquors, is produced by the intimate union of much hydrogen and carbon, according to Lavoisier? It may be said however, and it may be true, that the *chemistry* of our fluids is not altered from their natural state, in consequence of what is taken into the stomach. It is believed, however, aside from the reasonableness of the position, that many facts may be produced, showing that the chemistry of our fluids is, or may be altered, in consequence of what is taken into the stomach.

9. *Frequent belchings* are occasioned by the evolution of gases eliminated from the alimentary mass, which, in the stomach of a drunkard, undergoes a painful fermentation during the progress of digestion.

10. *Podagra*:—Gout. This complaint is often the companion of excess, or of those that love good potations. It has been spoken of as begotten by the god of drunkards. It has rarely been found to assail the temperate and industrious, notwithstanding there may be an inherent diathesis prevalent in the body.

11. The excessive use of ardent spirits produces *schirrus* of the bowels, either by exciting inflammation, or by contracting the lymphatic vessels, or glands of the intestines. It appears that alcohol coagulates the



serum of the blood, and also lymph, and contracts muscular parts. But whether it would have these effects in the living body, may be a question. It however is very probable, that where ardent spirits have been used in an excessive degree, for a considerable time, they interrupt the functions of the stomach, and of the lacteals: a peculiar system of vessels, destined by the great Author of our existence to absorb chyle, or nutritious fluids, to supply the constant waste of our bodies. These lacteals, or chyle vessels, in their course towards the great receptacle of the chyle and lymph, pass through glands for the purpose of intimately mixing, and more perfectly combining their contained elements. Ardent spirits more particularly affect the glands we have been considering. The vessels that constitute their structure, become languid, or act irregularly: the fluids conveyed, accumulate, and only the thinner parts pass through the glandular organs; the grosser parts, that do not pass, indurate, and form tumors. Thus we may see the perilous situation of those who are the subjects of this malady.

12. *Tabes, Atrophia*:—or emaciation of body. This disease is marked by a gradual wasting of the body, usually unaccompanied with fever, but attended with great debility. It has for its origin, the exhaustion of the vital powers in a degree, from excessive stimulation, and from the contracted, or torpid state of the mesenteric glands, and lacteal vessels; the body ceases to be supplied with healthy chyle;—hence follows, in most instances, emaciation and death.

13. *Syncope*:—Palpitation, or in other words, fainting fits, and palpitation of the heart. These complaints in the drunkard are generally accompanied with excessive debility, and are, oftentimes, the most distressing and alarming diseases to which the physician is called, and sometimes produce instantaneous death.—Upon dissection it has been found, that there is water in the chest, and in the covering of the heart; also,



that its valves are ossified, or converted into bone. The coronary arteries, and sometimes the aorta, or great artery of the heart, is found diseased. Here is organic affection enough, in its worst and most complicated form, to alarm the unwary. This affection, or mass of diseases, has no doubt been, in many instances, brought on by the curbed motion of the heart, from being crowded with blood, and its efforts to relieve itself.

14. *Palsy*. This complaint also is often brought on by the excessive use of ardent spirits, and may discover itself, in the shaking of the head, universal tremor of the whole body, and the tottering gait of the miserable sufferer. This disease arises from debility of the whole muscular system. There is another, and more dangerous form of this disease, which seems to exhibit nearly the same morbid appearances, upon examining the brain after death, as is to be observed in apoplexy; and so far as the writer of this discourse has had knowledge of these complaints, he believes it to have been oftener brought on, by the inordinate use of brandy, than by other spirits. The vessels of the brain are distended with blood, and, in no small degree, the whole sanguiferous system. But, from the delicate structure of the brain, its vessels have not that mechanical support, they have in more muscular parts. Hence, as we might expect, blood or serous fluid is more frequently effused upon the brain, than other parts of the body, where the blood vessels are covered with muscular parts. When either blood, or serous fluid is once effused, it either produces instantaneous death, or voluntary motion is suspended, in one side, or every part of the body, according as the effusion is more or less, and the unhappy victim is launched into eternity, or lives a motionless monument of his folly.

15. *Ulcers*. When habitual excess in drinking ardent spirits has relaxed the solids, and contaminated the fluids, ulcers arise, very difficult of cure, more commonly upon the legs, discharging a very fetid matter,



Ardent spirits also bring on a desquamation, or peeling off of the skin, particularly from the hands.

16. *Madness and idiotism.* These complaints often succeed even a single paroxysm of drunkenness. But we are now to contemplate it in its chronic form, as produced by copious potations of ardent spirits. Madness is produced sometimes, probably, by a gorged state of the vessels of the brain with blood. Violent paroxysms of anger, also, into which many inebriates fall, may occasion the same effect. The brain is stimulated to the highest degree of excitement, and inflammation commences, which in some instances deranges the material part of the brain, as will more fully appear from the testimony of those who have examined the brain of maniacs after death. Dr. Rush informs, in his *Inquiries into the Diseases of the Mind*, page 24, that "in acute madness, there is discoverable in the brain, inflammation, effusions of water in the ventricles of the brain, extravasation and intravasation of blood, and even pus is to be found." In chronic madness, there is found preternatural hardness, and even dryness, in all its parts. Morgagni, in his celebrated work *De Causis et Sedibus Morborum*, according to Dr. Trotter, mentions the same facts. Lieutaud, Dr. Baillie, John Hunter and Mitchell, according to Dr. Rush, corroborate these facts:—"We sometimes discover preternatural softness in the brain, in persons who die of madness."

In order that the mind should exercise its functions in the best manner, it is necessary, it should possess the faculties of perception, memory, imagination and judgment. Any thing in the body, which prevents an object being painted on the retina, or organ of vision, may be considered as a disease in the body preventing perception. Again, an object may be fully painted on the organ of sensation, yet no impression made on the mind. In like manner, in idiotism the structure of the brain is so changed, that the mind can neither perceive,



remember, imagine, or judge, but in a very imperfect manner. Dr. Rush instituted an inquiry, in order to ascertain, what proportion of maniacs in the Philadelphia hospital was occasioned by the excessive use of ardent spirits. The result of this inquiry was, that one third part of the maniacs, in that hospital, brought on their complaints by the excessive use of ardent spirits.

17. *Premature old age.* This may be also the effect of intemperance. The unhappy subjects of this evil, are sometimes exposed to our view, recognized by a pale and lifeless countenance, emaciated form, quivering lips, tottering gait, and a constitution worn out by excess, rather than by the lapse of time.

Thus, we have taken notice of most of the diseases to which the human body is incident, from the habitual use of ardent spirits, the most of which are of a dangerous nature.

I am now, agreeably to the plan proposed, in the *third place*, to inquire into the chemical effects of ardent spirits upon the human body. Alcohol, or that substance which is obtained from the distillation of wine, and all fermented liquors, possess more or less sameness of quality. "They appear to be formed by the intimate union of much hydrogen and carbon—substances, which are the bases of inflammable and fixed airs. As an article in the materia medica, alcohol has been classed with *narcotics*,\* medicines which induce stupor and sleep ;—and is it not very probable, that all narcotic substances, such as opium, hen-bane, &c. may

[Notes by a medical Friend.]

\* Saussure in his analysis of alcohol, makes it to contain as follows :

Oxygen,	37 85
Carbon,	43 65
Hydrogen,	14 94
Azote,	3 52
Ashes,	0 04

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100 00

*Thomson's Elements of Chemistry*, p. 145.



produce these effects, from the hydrogen and carbon they contain?\*

It is well known, that in those countries where ardent spirits are prohibited, the poorer class of people make use of opium, instead of ardent spirits. And it is used in every country, more or less, for the same purposes. The first effects of these substances, like ardent spirits, are probably excitative, and all the consequent phenomena, exhibited in the body, are, in some measure, like those produced by ardent spirits, and their excessive use will, it is believed, bring on all those evils and diseases, which are brought on by the excessive use of ardent spirits. Dr. Trotter states, that wine was not introduced into Great-Britain until about the thirteenth century, and that it was then confined to the shop of the apothecary. It appears from the writings of Chaptal, a French chemist, that brandy was not known in France, till the thirteenth century. It was in Languedoc where it was first made. In speaking of the effects of ardent spirits, opium, and other narcotics upon the body, or as seen in the body, it has been observed, that they arise from the hydrogen and carbon they contain. This has been

\* It seems doubtful in the opinion of some physicians, whether *alcohol* should be classed with *narcotic* substances. Orfila on Poisons, p. 346, says,—

“2d. Alcohol acts with less energy, when injected into the cellular substance than when introduced into the stomach.

“3d. It begins by determining a strong excitement of the brain, to which insensibility and coma succeed.

“4th. Its first effects are the result of the action, it exercises on the nervous extremities, which is propagated to the brain; it is however afterwards absorbed.

“5th. There is no similarity, as has been pretended, between its action and that of opium. Opium acts after being absorbed; it is therefore much more effective when injected into the cellular substance of the thigh, than if it were introduced into the stomach, because in the first case absorption is more energetic: Alcohol, on the contrary, acting on the nervous extremities, must produce much more rapid and intense phenomena in the stomach than when applied to the thigh. Alcohol occasions constantly, both on man and on dogs, an excitation of variable duration, which is followed by a comatose state, and great insensibility: Opium, on the contrary, first produces a state of somnolency, always attended with palsy of the lower extremities, and which is soon followed by the most horrid convulsive phenomena; so that animals perish by being in a real state of excitation. Opium does not inflame the texture of the stomach; alcohol on the contrary produces a violent phlogosis or inflammation.”



observed with a view, if possible, to account for many of the phenomena exhibited in the body from drunkenness. I shall now endeavour to entertain you with an account of hydrogen and carbonic acid gases ; not because we suppose these gases are already mixed with the blood, but because hydrogen and carbon constitute a proportion of their primary elements.

Hydrogen gas is not proper for respiration. The Abbe Fontana assures us, that he could not take more than three inspirations of this air. Count Morrozo has proved that animals perish in it, in a quarter of a minute. Hydrogen gas is not combustible alone ; It burns by the concurrence of vital air, and is about twelve times lighter than atmospheric air. Pilatre de Rozier mixt one ninth part of atmospheric air with very pure hydrogen gas. He respired this mixture, and attempted to set it on fire ; the consequence was an explosion, so dreadful, that he imagined all his teeth blown out. This gas possesses a disagreeable fetor, and as before suggested, in the eighth head of this discourse, may account for the disagreeable odour recognized in the breath of drunkards. Dr. Trotter, or Thatcher, relates from Dr. Haller, the case of a notorious drunkard having been suddenly destroyed by the accidental contact of the flame of a candle with the combustible *lava* discharged from his stomach. Buquet accustomed himself to take ether,\* to the amount of a half pint per day, and he could, by aid of a candle, set his breath in a blaze.

This account is taken from the Medical Repository, page 179, vol. II. of the 3d Hexade, where may be seen a detail of the fate of a Mrs. Boyer, aged 72, who lived at No. 292, Dean-street, Paris—It is supposed her constant habits of inebriation rendered her the subject of a spontaneous combustion, which was completed in less than three hours. In the same paper are references to many other similar, and well authenticated cases.

\* Which is nothing more than spirits of wine mixed with oxygen.



Their truth is not very questionable, when we consider that both the solid and fluid parts of those, accustomed to drink strong drink, abound, probably, with more hydrogen and carbon, than in the temperate; for carbon, with hydrogen, constitutes oil or fat; and it is well known, that oil or fat will burn with rapidity.

Having now narrated the properties of hydrogen gas, and its base; and their effects upon the human body; I shall, *secondly*, consider the properties of carbonic acid gas, and its effects. This gas is unfit for respiration. History informs us that two slaves, whom Tiberius caused to descend into the Grotto del Cano, were immediately stifled; and that two criminals, whom Peter de Toledo ordered to be shut in there, suffered the same fate.—Pilatre de Rozier caused himself to be fastened with cords, and let down into a vat of beer in fermentation. He had scarcely been immersed in the carbonic acid vapour, before slight prickings obliged him to shut his eyes; a violent suffocation prevented him from respiring; he felt giddiness, accompanied with those noises which characterize apoplexy; and when he was drawn up, his sight remained dim for several minutes; the blood had filled the jugulars; his countenance had become purple, and he neither heard, nor spoke, but with great difficulty. From what has been said, may we not infer, that the excess of carbon and hydrogen in the blood of inebriates, occasions the peculiar lividness of their countenances, which is so often observable? It has been found, that the arterial blood of a professed drunkard is darker, and approaches more nearly to the colour of venous blood, as stated by Dr. Trotter. This arises from the excess of hydrogen and carbon, as before observed. May not this state of the blood be favourable to the production of apoplexy? for we find that inebriates are more subject to fits of apoplexy, than the temperate. Dr. Maclean, in his work on hydrothorax,



says, those who make free use of porter and ale, "furnish dark, rich, thick blood; and that the complexion is either of a sallow, dark red, or livid hue;" nor does the blood drawn, look like "the blood of the athletic, muscular water drinker."

The vermilion colour of the blood arises from the oxygen which it contains, as may be seen by taking the blackest venous blood, and exposing it to a pure atmosphere. When thus exposed, the external part of the blood will soon become florid from the absorption of oxygen. Dr. Priestly filled a bladder with black venous blood; and although the bladder was closed, yet so much oxygen, or the base of vital air, passed through its membranes, or coats, as to render that part of the blood florid, which was in contact with the sides of the bladder. Again, take blood of a pure vermilion colour, and expose it to an atmosphere of carbonic acid gas, and it will very soon become black. These observations have been made with a view to show, that if there is an excess of carbon and hydrogen in the blood of inebriates, as we believe there is, this may account, as before hinted, for that livid appearance, which is often observable in the countenances of drunkards. Thus I have gone through the discussion of the several propositions proposed, in pointing out the effects of ardent spirits upon the human body, though very imperfectly, yet as particularly as circumstances would admit. I shall close with such remarks as the nature of our subject suggests.

In the first place, I shall take notice of "the occasions and circumstances, which may render ardent spirits necessary." First—"They are said to be necessary in very cold weather; but this is far from being true, for the temporary warmth they occasion, is always succeeded by a greater disposition in the body to be affected by cold." As there is no nutriment in ardent spirits for recruiting the body, and giving permanent



strength, their operation is transient, and the seemingly momentary good, is often at the expense of frost-bitten parts, and even of life itself.

2. It has been said, that ardent spirits are "necessary in very warm weather. Experience proves that they increase, rather than diminish, the effects of heat upon the body." "Even in the warm climate of the West-Indies, Dr. Bell asserts, that rum, whether used habitually with moderation, or in excessive quantities, always diminishes the strength of the body." "Dr. Mosely, who resided many years in the West-Indies, says, that those who drink nothing but water, or make it their principal drink, are little affected by the climate, and can undergo the greatest fatigue without inconvenience, and are never subject to troublesome or dangerous diseases." And I believe it has been the uniform opinion of all the noted physicians, who have lived any time in the West-Indies, that ardent spirits are manifestly injurious.—It is probable that some of my hearers are ready to make the inquiry, whether ardent spirits are ever necessary, in any condition of the human body? And if so, what is that condition? And farther—If ardent spirits are not necessary, but hurtful in most cases, can any substitute be pointed out, which will not abridge, but prolong human life? which will strengthen our bodies, and enable us with cheerfulness to go through all those toils and vicissitudes allotted to the state of man? In answer to the first inquiry, whether ardent spirits are ever necessary, in any condition of the human body, &c. I answer, they are: *First*, "When the body has been suddenly exhausted of its strength, and a disposition to faintness has been induced. Here a few spoonfuls of spirit alone, or mixed with water, may be taken with safety and advantage." *Secondly*, "When the body has been exposed for a long time to wet weather, combined with cold." In this case, a small quantity of ardent spirits may be neces-



sary in order to keep up the tone of our organs. In any other condition of the human body, than those mentioned, it is believed, they are not required. Very different conclusions, however, would be drawn, if one were to judge from the custom of the present day; for after the most trivial service, people are invited to drink some kind of ardent spirits, and they do drink, as if it were necessary, the excitability of their organs should be kept at the same standard. But this is very far from being the case. "The Roman armies were allowed only vinegar and water in all their expeditions, although they marched and fought in almost every clime. Yet with this simple beverage, beneath a load of arms which weighed sixty pounds, they conquered the world!" "In the history of this republic, no mention is made of a habit of intoxication." *Thirdly*, If ardent spirits are hurtful, and afford no substantial nourishment to the body, as I believe to be the case, it may be expected that I shall point out some substitutes, by which it will be enabled to go through more labour with good health, and be exposed to a less number of accidents, than if ardent spirits were freely used. These consist of a considerable variety; such as cider, cider and water, vinegar and water, molasses and water, milk and water, wine and water, lemon juice and water, sweetened with sugar. All these acids carry off heat, and are grateful cordials. Many labourers, and all people, in some degree, during the warm season, frequently feel a sinking faintness at the stomach, which must be relieved, in order to perform much labour, or to take much comfort. This for a time may be effectually relieved, by taking a little food with some cordial drink, such as ginger and water, or beer made with hops, and perhaps this is as good a drink as can be used, especially if it has been bottled, and kept in a cool place. In some of these ways, all men will be enabled to go through more arduous business without



injury to their health, with more ease, and to better effect, than by the aid of ardent spirits. "In every country and nation, where ardent spirits have been introduced, thousands of the human race have fallen victims to their inordinate use. As it respects our own country, it has been made to appear from substantial documents, that twenty-four millions of gallons of ardent spirits are distilled annually in the United States, and that the importation in former years fell but little short of eight millions of gallons annually. So that more than thirty millions of gallons have been consumed in this country annually. Supposing on an average, that a thousand gallons, or ten hogsheads of these spirits, have produced the premature death of one person in one year, then it follows, that the thirty millions of gallons have brought to an untimely grave, in one year, thirty thousand accountable beings. It is thought that not less than thirty thousand *do* die yearly in the United States, from the inordinate use of brandy, rum, gin, and whiskey, not to mention a still greater number of persons, whom these liquors have rendered useless and worse than useless to society."

My friends, how degrading! what a picture of the depravity of man! Has compassion become extinct in our souls? have we no bowels of mercy toward our fellow men? shall we see the silver cord loosed, and the wheel broken at the cistern, and make no efforts to check this deadly evil? Why will you not arise in your might, and combine your efforts to check this sweeping deluge? What man is there, not destitute of the feelings of philanthropy, whose compassion is not extinct, that would not stretch forth his hand, and snatch from the vortex of destruction a fellow creature? It is presumed there is none. But is it not of unspeakably greater importance, when we see our neighbours, our friends, our acquaintance, through the excessive use of ardent spirits, fast hastening into that world "from



which no traveller returns," probably unprepared to meet their God;—is it not, I say, of far greater importance, to use every effort in our power to preserve them from impending ruin; and if we find admonition, precept and example unavailable, to wrest from their hands the fatal poison? My friends, is it not a melancholy consideration, that in a christian land, such apathy should possess the greater part of mankind, and that so many among us are under the influence of such sickly delicacy, that they are afraid to make vigorous efforts to ameliorate the state of society, lest it will be said they are intermeddling with, and concern themselves about other men's matters! Can such, or any other consideration, justify their neglect! If, my friends, we make no efforts to reclaim the intemperate, can we expect to meet the approbation of Him who is to be our Judge? If we saw ~~the~~ fatal dagger in the hand of our neighbour, raised to be plunged into his heart, and it was in our power to wrest it from his hand, should we hesitate to do it? No, my friends! Shall we hesitate then to snatch the poisonous bowl from the lips of the intemperate, by which they are ready to perish? God forbid! But alas! how many among us adopt the evasive exclamation of unfeeling Cain; "Am I my brother's keeper!" Lord of compassion! how long shall this be the melancholy case! We however trust, that the time is not far distant, if not already come, when a more general spirit of benevolence will pervade the earth, and when mankind will be more disposed to come up to the help of the Lord, by suppressing those iniquities which subvert the laws of civilized society. And now let me congratulate you, my friends, on this our anniversary, that our lives have been spared, and that we have again been permitted to assemble, to devise means "to suppress intemperance and its kindred vices." Let us renew our efforts to do whatsoever our hands find to do in carrying into effect



this great and benevolent object, in a conciliatory, yet energetic manner. Although our success may not have been equal to our expectations, and though we may not in future realize the extent of our wishes; yet we hope to be instrumental of that good, which will insure the approbation of our consciences, and of our God.













