

DISCOURSE ON THE EFFECTS OF ARDENT SPIRITS.

Discourse of the Rev. Mr. J. H. Johnson, at the request of the North-Carolina Temperance Society, at Raleigh, N. C. by J. H. Johnson, M. D.

GENTLEMEN.—We are called together for the purpose of forming a society for the promotion of temperance. Impressed with the most solemn conviction of the necessity of the institution, I enter cheerfully on the task assigned me, and propose, 1st, to point out the effects of ardent spirits upon the human body and mind, whether drunk in large or small quantities; 2, their pecuniary influence; 3, their evils upon civil society; 4, their influence upon religious society; 5, the signs by which habitual drunkenness is generally preceded and, 6, illustrate the nature and design of our institution, and endeavor to show the necessity of something of the kind. One remark I will leave to make—that is, I shall not resort to any personal allusions; but the reflections are of a general nature, either taken from books or from general observation.

By ardent spirits, I mean those liquors which are obtained by distillation; such as brandy, rum, gin, whiskey, &c. With wine, cider and beer we have nothing to do at present. They are to be left among those liquors which the members of our society are permitted to use.

1. What are the effects of a moderate dose of ardent spirits upon the human body and mind? When taken into the system that is unaccustomed to them, of spirituous liquors, the following effects may be noticed: 1st, a general glow or warmth in the stomach; 2d, a little fullness of the face and eyes, which afterwards produces a stiffness of the same parts; 3d, for a few moments the appetite is increased; 4th, the mind is sometimes excited to increased action; but soon its swiftness is increased. On the contrary, the mind is not unfrequently clogged by it. I have known some speakers who burst not even drink coffee, least their minds should be disjoined by it. This is the state of excitement, which is soon succeeded by a state of depression. 5. The patient is left more or less languid, according to the state of the system and the quantity taken. 6. The appetite is injured, and the mind is usually slow in its motions. This is, in the general, the effect of a single portion of this baneful article; and from this, it would be no difficult matter to predict the consequence of habitual or daily drinking. But every day's experience supplies us with matter of fact. So habituated are some individuals to daily drinking, that it is with reluctance they sit down to dinner without their glass of spirits. Ardent spirits, taken just before meals, certainly have, in general, a tendency to increase the appetite; in consequence of which an unusual quantity of aliment is received into the stomach; which, with the spirits, produces a temporary phlogosis or inflammation of that organ. This is manifest from the increased thirst, and pain, and fullness felt in the region of the stomach. Now, although this may not presently prove fatal, yet in the end it will not fail to show its effects. That shortness of breath, paleness of countenance, pain in the right side, and general weakness, which people about the age of fifty feel, is owing, generally, to excess of this. In this opinion I am supported by a very eminent French Physician, Dr. Broussais. Besides this, it disposes the system to be more readily affected by all complaints, especially epidemic diseases. And when they are affected, it renders the complaints more dangerous. I am now speaking of daily, and what people call temperate drinkers; and yet, even in this form, it carries off thousands of the human family every year. But who will believe this? And yet, in this opinion I am supported by the highest medical authority. See Rush's works, vol. I. article, a treatise on ardent spirits, &c. Are these sober facts? And have we any more right to kill our selves in twenty years by temperate, than others have by intemperate drinking, to kill themselves in five years? Let this then be not forgotten, that temperate drinking does undermine the constitution, and will, though much more slowly, as certainly destroy life as intemperate drinking.

But besides this, it is the beginning, the first moving cause of one of the most fatal, most distressing and most degrading complaints that, as yet, has ever visited our beloved country; I mean drunkenness. It is our next object to describe the complaint, and then its consequences. I shall describe it briefly in the language of Dr. Rush.

A fit of drunkenness is marked by some or all of the following symptoms: Uncommon talkativeness or uncommon silence. Great politeness and exceeding good humour. Petulance, peevishness, and a disposition to quarrel. An unmeaning and contemptible simpering or laugh. Profane cursing and swearing. A disposition to unlock the store house of secrets, whether they be their own or other people's. Immodest actions, and especially immodest conversation. Clipping of words, or stopping short, as though the tongue were too stiff to pronounce them. Fighting, quarreling, a bruised nose or a black eye. Now a group of symptoms present themselves, denoting a temporary fit of madness; such as singing, howling, roaring, imitating the noise of certain brute animals; crowing like the chicken, or grunting like the hog, or neighing like the horse, or braying like the jack. Jumping, tearing off each other's clothes, dancing, sometimes naked, breaking glasses, and throwing the chairs about the house. These are some of the symptoms of the first stage of drunkenness; and unfortunately, those who go no further than this, are sometimes said to be only gentlemanly drunk. Most commonly, however, the fit proceeds, and now the second stage is ushered in. The face is flushed, the eyes project, or, in common language, are ready to pop out. Sometimes the unfortunate victim weeps freely. The under lip protruded, puffed out. Winking is less frequent than natural. The head inclines to one shoulder. The under jaw falls. Belching and hiccup takes place. The limbs tremble, and the whole body totters. He now falls upon his seat. He looks around him with a vacant countenance, picks his teeth with his fingers, and utters inarticulate sounds to himself. He attempts to rise, but falls upon his side; turns upon his back, and falls into a deep sleep. Now certain symptoms present themselves which delicacy forbids me to mention. In this situation he continues from 12 to 48 hours, the object of pity and disgust to his family and friends. His recovery is marked by several peculiar symptoms. He first opens his eyes and shuts them again. He gazes and stretches his limbs. He coughs and pukes. His voice is hoarse. He lies with difficulty, and staggers to his chair. He loathes the sight of food, and calls for a glass of spirits to calm his stomach. Now and then he emits a deep sigh or groan from a slight twinge of conscience; but more frequently he scolds and curses every thing that comes in his way. If the fit be not repeated, in two or three days he is able to resume his business. But most frequently it is repeated over and over again, till in fully the poor animal resembles a calf, in stupidity an ass, in roaring a mad-bull, in quarreling and fighting a dog, in cruelty a tiger, in feter a skunk or polecat, in filthiness a hog, in obscenity a goat. These are the outlines of a fit of drunkenness; but who can describe the consequence? It has employed the pens and tongues of orators, patriots and statesmen, of physicians and divines; and yet the subject has not been exhausted; nor am I so vain as to suppose that I can reach the stupendous summit. For even though I had the ability, yet time would fail me to point out all the evils growing out of its fatal crime. We shall endeavor to point out a few of the most prominent, and leave the remainder to your sober consideration. We have a brief glowing description of the sin of intemperance in the 25th chapter of Proverbs:

"Who," says the wise man, "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 white colour in the cup, when it moveth itself aright. At last it biteth like a serpent, it stingeth like an adder. Thine eye shall behold strange women, and thine heart shall utter perverse things; yea thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast. They have stricken me shall, thou say, and I was not sick; they have beaten me, and I felt it not. When shall I awake? I will seek it yet again." In these words are portrayed in lively colors both the nature of drunkenness and its consequences. But to enlarge on this latter.

1. It produces many diseases which prove the outlets to human life. Among these may be enumerated:
 1. A decay of the appetite, with occasional vomiting of bile.
 2. Obstructions of the liver. "The fable," says Dr. Rush, "of Prometheus, on whose liver a vulture was said to prey constantly, as a punishment for his stealing fire from Heaven, was intended to illustrate the painful effects of ardent spirits upon that organ."
 3. Dropsy of every form, particularly swelling of the feet and legs.
 4. Hoarseness and a husky cough.

* I wish to be distinctly understood. When I make use of the word temperate drinking, I mean it in its common acceptation, the habit of drinking a little wine in a state of health. But, as I shall hereafter show, the term is very improperly applied. We should carefully mark the difference between temperance and drunkenness. All unnecessary use of ardent spirits is intemperance—drunkenness is the excessive as well as an unnecessary use of these liquors.

5. Diabetes.
6. Redness and eruptions of different parts of the body. They generally begin in the face, mostly on the nose and extend to the extremities. When they appear in the face, they are called rum-buds. Those who survive the red color of the skin, soon become bloated with a death like paleness in the face. Thus the same fire which produces a red color in iron, will, when pushed to a greater extent, produce a white heat.
7. A fetid or stinking breath.
8. Frequent and disgusting belchings. The immortal Haller relates the case of a man, suddenly destroyed by the vapour taking fire from a candle, just as it was belched out of the stomach.
9. Epilepsy.
10. Gout in all its forms of cholic, palsy, and apoplexy.
11. Madness or mania in all its forms. These diseases are enumerated from the works of Dr. Rush, almost verbatim. But there are some others, which I have observed, and some of which, are of frequent occurrence. These are:
 1. Inflammation of the eyes attended with weeping. Of course, all that have sore eyes are not intemperate, but I seldom see a hard drinker but what has it.
 2. Blistered lips and a fured tongue. These also are exceedingly common.
 3. Mania a potu, or delirium tremens, or as mania of drunkards. I have not known this disease to be produced from any other cause than the sudden cessation of intemperance. This is one of the most distressing complaints, to which the human being is subject. The poor animal, unable to sleep night or day, is distracted by a thousand airy forms and imaginary spectres.

From some one or a complication of the above diseases, the unfortunate victim of intemperance seldom escapes a premature grave. But beside these diseases, which hard drinking directly produces, (and sometimes what the world calls temperate or prudent use has the same effect,) there are other complaints which it invites into the system. Of this class are almost all our summer and fall fevers. And these cases, of all others, are the most difficult of cure. I speak advisedly. I have witnessed this over and over again in the course of my professional calling. Dr. Rush observes, that drunkards seldom escaped the yellow fever; and almost all who had it, died. Let it not be objected, that because some few individuals have escaped the baneful effects of ardent spirits, that therefore it is not dangerous to the generality of mankind. As well might you say, that because some men have taken poison, ratsbane for instance, and recovered; therefore there is no danger in that poison. Arguing from particulars to generalis, is bad logic. Therefore all that can be said, in fairness, is, that a few individuals have escaped much bodily disease; therefore a few individuals may escape again. But I would say, that the great majority have been ruined by it, both soul and body; therefore the great majority will be ruined by it, if they pursue the same course.

Taken in the aggregate, it has been supposed, that not less than 4,000 individuals die in the United States annually of drunkenness. But as large as this number may sound, I am fully persuaded, that it is quite too small. From my own calculation, I have come to the following results. 1. About one-half that die are infants or persons under the age of ten years. Of this number, I say nothing; and yet, how many of these may die of want, or inattention, which intemperance may have produced. 2. This leaves 150,000 persons over that age; that is, over 10 years old, to die annually in the United States. This number is necessary, of the average age be restricted to 30 years; and allowing 9 millions of inhabitants to this country. Of this number, I allow one out of ten die either directly or indirectly of intemperance. And this number is certainly full small, if we consider the number of women and children, who are exposed, take cold and die, in consequence of being either neglected or driven out by their brutal husbands or fathers. One in ten makes up the round number of 15,000; more than the British killed in all the last war. This number gives intemperance a daily meal of 40 persons; and in the course of ten years, not less than 150,000; and which, probably, leaves not less than that number, to feel the miseries of ignorance, vice and poverty, every day. Turn not your eyes away from the frightful result. The original cause, the moving spring, was temperate drinking. And can we indulge with innocence, in the use of such an evil?

Its effects are as injurious to the mind as to the body. It disposes to the commission of all crimes. And the fable of the man, who had the choice of three crimes, choosing drunkenness, and committing the other two, is verified in a thousand instances. It particularly disposes to lying, to theft, to fraud, to uncleanness, to lasciviousness, to profane cursing and swearing, to cruelty and to murder. His name, as Dr. Rush observes, is Legion, for he is many.

We now hear much complaint about the scarcity of money; & yet you cannot conceive what an immense sum is expended every year for ardent spirits. If a man only drinks twice a day, say in the morning and before dinner, and suppose he drinks but a fraction over an ounce at each time, it will produce 6 gallons in the course of 12 months. This will probably average 1 dollar per gallon to the drinker. Six dollars a year, for 20 years, at lawful interest, will produce \$219 98, throwing away the fractions. 220 dollars in a man's pocket, would, in these hard times, be no contemptible sum; and yet this is worse than thrown away by what is commonly called temperate drinking. If this is the result of 20 years' temperate drinking in one individual, what would a drunken family produce in that time? Thousands of dollars no doubt, and yet you shall hear them complain of the want of money. The quantity of money thrown away for this pernicious poison in the United States, is immense. I have extracted from a pamphlet, published a few years past, the quantity & probable cost of ardent spirits in this country in 1810. Perhaps it is now nearly doubled. When the census was taken in that year, the marshals returned upwards of 63 millions gallons either male or imported in the United States. This, at 1 dollar per gallon, cost upwards of 63 millions dollars, a quantity sufficient to pay off the national debt in two years. Alas! and yet we strangely complain of the scarcity of money. Let it not be said, that because the greatest quantity of ardent spirits consumed by our countrymen is made at home, there is no pecuniary loss. The labour spent in manufacturing ardent spirits, for home consumption, if directed to other objects, might be a source of much gain. Beside this, the time spent in drinking it, (and with many this is no small part of their time) might also be usefully employed in acquiring the necessities and conveniences of life. I am aware that observations of this kind, will have but little weight with the idle, lazy drones, who spend hours, and even days, loitering around tipping shops, taverns and stores. But with the thinking part of mankind, the loss of time must ever be considered as a powerful argument against the use of ardent spirits whilst in a state of health. From its influence on our purse, let us turn our attention to its influence on society.

And who can measure its baneful influence upon civil society? Is he a young man of promising talents; the hopes of his father, and the joy of his mother? Wherever he goes he seems to diffuse peace and happiness around him. To him the poor look for advice and protection, nor do they look in vain; for he sooths in the morning, and does not withhold in the evening. The rich also receive him into the bosom of their families with pleasure, on account of his amiable character. His fellow citizens long for an opportunity to honor him; and he is elected to fill the next vacancy. If any thing is yet to be said, he is at last overtaken. The serpent intemperance has coiled around his heart. His father hears—what did I say—he sees it. He now admonishes; but it is too late. At last, he brings down the gray hairs of his father in sorrow to the grave. His mother, deprived of her earthly rod and staff in his father, as her last resort, seeks consolation in her son. But alas! she too finds him invincible in the work of self destruction. Her tears, her groans, her sighs, are unheard and unheeded, until at last, cruelly treated and neglected by her son, she too dies heart-broken, with just enough resolution, to commend her soul to God. He now becomes the dread and shame of his relations. The poor now look up to him in vain for advice; for alas, he is now as incapable of giving as receiving it. No man receives him into his house, without mingled grief and contempt. At last, almost forgotten and unloved, he too is buried before he lives out half his days. Young men, this is only a picture of what you may be, if you persist in drinking a little. Is he a father? and did he not excite promising hopes of raising a family for God and his country? But alas! the viper of intemperance has bitten him. Behold him swollen, bloated, enfeebled, idle, profligate, prodigal, and vicious. His children durst not approach him. See how the little innocents hide in the corners, get under the stairs, or slip under the beds, as tho' a wild animal was turned loose in the room. Behold them grow up uneducated, unemployed, idle, vicious & useless; as certainly inheriting their father's crimes as his poverty. Thus they become the bane and curse of the neighborhood where they reside.

Is he a husband? and was he tenderly and affectionately such? Did the wife of his youth, and the companion of his bosom look to and receive

from him streams of consolation as pure and as free as the air she breathed? And how is it now since the altar of intemperance has got fast hold upon him? Is she dejected and melancholy? Has the virgin rose of health given way to the paleness of death? What mean those sighs and moans, instead of songs, as she passes through her chamber? Does she indeed bear the marks of her brutal violence? Oh shame to human nature! Matrons of my beloved country, is this the end of your promised happiness? and do further evils still await you? Yes, worse, if worse can be. Soon you are to be turned out of your houses, to have the heavens for your curtain, and the cold earth for a bed. And when the cold wind blows, and the snow of heaven descends, your helpless babes, shivering, cry for the want of bread, will you not say with the Psalmist, Oh! that I had the wings of a dove, then would I have fled to some distant land, that I might escape all this evil. The first, the moving cause was temperate drinking. Take warning from this, mothers and daughters. (To be concluded in our next.)

JACKSON MEETINGS.

A numerous meeting of the citizens of Wilkes county, friendly to the election of Gen. Andrew Jackson as President of the United States, took place in the Court-house in Wilkesborough, on Tuesday the 5th of February. Several delegates also attended from the adjoining counties of the same Electoral District.

Gen. Montfort Stokes was unanimously called to the chair, and Richard Allen, Esq. and Col. William Hampton, appointed secretaries. The object of the meeting was briefly and forcibly explained, in an eloquent address by Samuel King, Esq. one of the delegation from the county of Iredell. A committee was appointed to draft a preamble and resolutions expressive of the sentiments of the present meeting, to wit: Col. John Martin, Gen. George L. Davidson, Samuel King, Esq. Hugh M. Stokes, Esq. and Maj. Meredith Thurmond; who retired for a short time, and on returning reported the following preamble and resolutions, which were read and unanimously adopted.

The crisis has arrived, when the just powers of the general government, and particularly the extraordinary powers of the Executive, as pointed out in the Constitution of the United States, should be clearly and distinctly marked. It remains for this generation to limit or to extend the far distant and shadowy boundaries of that colossal power which is now assumed and acted upon by the present Chief Magistrate of the Union. That this creature of the constitution shall have the power to enlarge its authority and prerogative, with the growth and greatness of the country, by trampling upon the local sovereignties of the States, we firmly and positively deny. Already has the present Administration arrogated to itself the right to become the source, the centre and depository of all political power and public opinion; and instead of conducting the affairs of the nation upon the plain and simple republican plan of protection in peace and in war, and cherishing the perpetual harmony of the confederate states, it has attempted to exhibit a splendid and pompous government, calculated to dazzle and astonish the world, and to entangle the destinies of this happy land of liberty with the unsettled and precarious destinies of other nations.

In reference to our foreign relations, we view with surprise and indignation the attempt of the President, without consultation or advice of the Senate, to send Ambassadors on a crusade to other countries, to seek out business where we have none. That the first officer of the government should publicly avow an authority to commission and send Ambassadors when and where he pleased, is as unfortunate and humiliating to him, as it is alarming to the people. If the fate of this country is to be sealed by such usurpations; if the executive power is to supersede and swallow up all others; it is high time that the states, and the people in their sovereign capacity, should struggle for their political existence, and prostrate the administration that has dared so wantonly to usurp their dearest rights; and teach aspirants to office, that neither letters, nor birth, nor arrogance, constitutes a passport to civil or political immunity.

With respect to our domestic affairs, we deny the right claimed by the present administration and their abettors of enriching one portion of the American people at the expense of the other, by laying heavy duties on imported goods for the benefit of manufacturers.

These sentiments are offered not only from a deep conviction of their justice, but also from the stand it becomes us to take at the approaching Presidential Election. The citizens of the United States in looking forward with intense interest and anxiety to the choice of a President; for which

office two conspicuous individuals, John Q. Adams and Andrew Jackson, are placed before them. The supporters of John Quincy Adams put in their claim for him as the greatest statesman in this country. But we have not been able to discover the evidences of this superiority. We admit that he was a scholar, and reared in the political creed of his father, of whose conduct as President, we have heretofore had a most unfortunate experience. It is believed, that prior to the year 1802, the only notice he attracted, was the publication of a work under the signature of *Publius*, containing sentiments highly aristocratic and hostile to the freedom of our infant institutions, and what may be justly termed the peculiarities of a foreign partiality. At the year 1802, he was elected to the Senate of the United States, by the legislature of Massachusetts, for the avowed purpose of heading the federal ranks in Congress, and arraying its members and talents against the administration of Mr. Jefferson, at that time President, and head of the Republican party. For this, we have the contemporaneous testimony of our deceased countryman Fisher Ames. For five years he did not disappoint the expectations of his friends and supporters. He carried on the opposition, until success became hopeless; when, by a species of political summer, he suddenly abandoned his friends and their cause, united with his former adversaries; and was afterwards appointed, at various times, Ambassador to England, France, Russia, and to the Conference at Ghent. In none of these employments did he exhibit more than ordinary talents for diplomacy. In all of them, he was under the direction and controul of the government, except at Ghent. There, indeed, if we are to believe Mr. Russell and Mr. Clay, he attempted to assume greater and more extensive powers of negotiation, than had been conferred upon him, by proposing to the English Commissioners an exchange of the free navigation of the Mississippi for the freedom of the Northern Fisheries. Mr. Adams has often discovered a want of that energy and patriotism necessary in a Chief Magistrate of this free country; particularly in his famous letter to Harris, in which he magnifies the power and resources of our enemies, and despairingly diminishes our own—calling ours a feeble and penurious government, destitute of adequate forces either on sea or land; and by acting as chairman of a meeting in Boston, where the conduct of Governor Strong and the Massachusetts legislature were applauded for refusing their aid in the late war; and where the corrupt germ of the Hartford Convention was planted. How different from this was the conduct of Jackson at Orleans, where he stimulated the people to resistance at the risk of every thing dear, by his own courage and example.

In 1817, Mr. Adams was appointed Secretary of State, and continued in that office until his elevation to the Presidency in 1825, without any sensible addition to his character or fame, unless it be his courtly letter to the Senate of the U. States, upon *Etiquette* his long and laboured report upon weights and measures, and his Florida Treaty. As Chief Magistrate of the country, he has, by want of foresight or management, lost for us the valuable West India trade. He has trampled upon the rights of a sovereign State, by abrogating a solemn treaty, without any ostensible reason, unless because it was made under the auspices of a distinguished individual; then at the head of the War Department. He has attempted to destroy the neutral character of the United States, by an expensive and fruitless mission to Panama and Tacubaya, which ended in disappointment and disgrace. He has endeavored to establish a kind of Executive prerogative, that may at pleasure dispense with the advice and consent of the senate, in relation to foreign embassies. And lastly, he has rewarded, by lucrative appointments, many members of congress who voted for him contrary to the known wishes of their constituents. This catalogue of objections might be greatly enlarged; but we willingly abandon the task.

Gen. Andrew Jackson was cradled in the War of the Revolution, which secured the Independence of the United States; and received the rudiments of a limited education in North Carolina, where he also acquired the profession of the law. At an early period, he removed to Tennessee, where his talents as a legislator and jurist were exercised with zeal and ability in the formation of one of the most democratic constitutions in the Union; and in the discharge of the important duties of a Judge. In the stormy period of 1798, he was in Congress, and was the firm