

THE  
**DECLARATION**  
**OF SEVENTY-FIVE**  
*Physicians of Boston.*

They declare that "ardent spirit, as a drink, is *never* useful for men in health," and furnish the annexed certificate, to be seen and read of all men. This is their deliberate opinion, given after mature reflection, and with a full knowledge of the effects of ardent spirit upon the human system. They make no exception to this rule. All men, they declare, would be better in all situations, without this stimulant. Every man, then, who is in health, by transgressing, violates the laws of life, and not only wastes his property, but he impairs his constitution, and takes one step towards a premature grave. Physicians know this better than any other class of men, and to them, under God, is our country greatly indebted for the rapid progress of the temperance reformation: And to their praise it should be known, that almost without exception, in every part of our land they have come forward with a disinterestedness worthy of all imitation, and have thrown the weight of their character and influence into the scale of temperance. Having long seen and felt the difficulties which the use of ardent spirit presented to the healing art, they have denounced it as "a most subtle and dangerous *poison*," alike unnecessary and injurious to men in health, rendering them no assistance in cold or heat, giving no power to endure fatigue, or recruit an exhausted frame. Such testimony should forever settle the question, "Does drinking ardent spirit do any good?"—And it does settle it, where appetite or interest have not blinded the minds, or where gross ignorance does not prevail.

About fifty millions of dollars, it is estimated, are annually expended in this country, for this poisonous liquid, which is not only unnecessary, but the direct cause of nine-tenths of all the pauperism, crime, wretchedness and wo, which degrade and afflict our fellow-men. Almost every paper records murders committed under the influence of ardent spirit, while the untold, hidden woes which it inflicts, will never be revealed in this world. Shall law-makers sanction the traffic, which causes all this calamity, and waste of property and life? This question is submitted to the people of the United States of America, who, in this land, are the only sovereigns. Read the opinion, and consider it well; then fix it upon the wall of every dwelling, shop, manufactory, steam-boat, tavern, and place of assembly, the grog-shop not excepted; and recollect that it is most disinterested, for ardent spirit causes a large part of all the sickness and accidents which befall mankind; and if it is banished, the change must materially diminish the practice and income of medical men.

They speak *what they do know*, and if all other temperance men are "insane and fanatics," they are in their sober senses, and were so when they signed the annexed opinion, which they freely gave for the benefit of their friends, patrons and countrymen. Let us hear it, and let it sink deeply into all our minds, and influence our lives and conduct.

The Board of Directors of the Boston Society for the Promotion of Temperance, appointed a Committee to obtain from the Physicians of Boston, a united expression of their opinion in regard to the effects of ardent spirit. The following paper was drawn up by one of the faculty, and presented to every regular Physician who could be found in the city. It was signed by *seventy-five*, being all but about five of the regular practitioners of medicine then residing in Boston, and is as follows:

"The subscribers, Physicians of Boston, having been requested by the Directors of the Boston Society for the Promotion of Temperance, to express their opinion in regard to the effects of ardent spirits, hereby *declare* it to be their opinion, that *men in health are NEVER benefitted by the use of ardent spirits*—that, on the contrary, the use of them is a frequent cause of *disease and death*, and often renders such diseases as arise from other causes more difficult of cure, and more fatal in their termination."

Boston, February, 1832.

WILLIAM SPOONER,  
 JAMES JACKSON,  
 WILLIAM INGALLS,  
 JOHN C. WARREN,  
 BENJAMIN SHURTLEFF,  
 JOHN DIXWELL,  
 JOHN RANDALL,  
 J. B. BROWN,  
 WALTER CHANNING,  
 JACOB BIGELOW,  
 GEORGE HAYWARD,  
 S. D. TOWNSEND,  
 GEORGE PARKMAN,  
 ABNER PHELPS,  
 SAMUEL ADAMS,  
 ENOCH HALE, Jr.  
 T. I. PARKER,  
 S. A. SHURTLEFF,  
 JOHN WARE,  
 JOHN HOMANS,  
 WOODBRIDGE STRONG,  
 JOHN JEFFRIES,  
 AMOS FARNSWORTH,  
 ALEXANDER THOMAS,  
 WILLIAM GRIGG,

CHARLES CHOATE,  
 CHARLES WALKER,  
 HENRY DYER,  
 JOHN C. HOWARD,  
 DANIEL T. COIT,  
 BENJ. T. PRESCOTT,  
 ISAAC PORTER,  
 MARTIN GAY,  
 JAMES WOOD,  
 THOMAS GRAY, Jr.  
 DANIEL HARWOOD,  
 AGUSTUS A. GOULD,  
 Z. B. ADAMS,  
 D. OSGOOD,  
 WILLIAMS BRADFORD,  
 J. F. FLAGG,  
 EDWARD REYNOLDS, Jr.  
 THOMAS W. PARSONS,  
 J. G. STEVENSON,  
 JOHN D. FISHER,  
 WINSLOW LEWIS, Jr.  
 GEORGE B. DOANE,  
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 D. HUMPHREYS STORER,  
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 JOSEPH W. McKEAN,  
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 THOMAS H. THOMPSON,  
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 EDWARD WARREN,  
 BENJAMIN F. WING,  
 A. SEATON,  
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 ALBERT WILLIAMS,  
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They declare that "ardent spirit, as a drink, is never useful for men in health," and though the annexed certificate, to be seen and read of all men after mature reflection, and with a full knowledge of the effects of ardent spirit upon the human system. They make it a maxim to this rule. All men, they declare, would be better in all situations, without this stimulant. It is true, that who is in health, by temperance, violates the laws of life, and not only wastes his property, but he impairs his constitution, and takes one step towards a premature grave. Physicians know this better than any other class of men, and to them, under God, is our country greatly indebted for the rapid progress of the temperance reformation. And to their praise it should be known, that a man without exception, in every part of our land, they have come forward with a calculatedness worthy of all imitation, and have thrown the weight of their character and influence into the scale. They have done it as a most subtle and dangerous enemy, like unnecessary and injurious to men in health, and having them no assistance in cold or heat, giving no power to endure fatigue, or to resist an exhausted frame. Such a man, they should never settle the question, "Does drinking ardent spirit do any good?"—And it does not, it wastes the intellect, and interest have not filled the mind, or where gross ignorance does not prevail.

About fifty millions of dollars, it is estimated, are annually expended in this country, for this poisonous fluid, which is not only unnecessary, but the direct cause of disease, and of all the pain, sorrow, crime, wretchedness and woe, which we see and feel all our fellow-men. Almost every paper records murders committed under the influence of ardent spirit, with the usual, hidden words which it falls, will never be revealed in this world. Shall law-makers sanction the traffic, which causes all this calamity, and waste of property and life? This question is submitted to the people of the United States of America, who, in this land, are the only sovereigns. I read the evidence, and consider it well; then let it upon the walls of every dwelling, shop, manufactory, steam boat, tavern, and place of assembly, the grog-shop not excepted; and recollect that it is most disastrous, for ardent spirit causes a large part of all the sickness and accidents which befall mankind; and that it is banished, the change must necessarily diminish the practice and income of medical men.

They speak of the law, and all other temperance men are in-  
and of health, they are in their own hands, and were so when they signed the annexed opinion, which they freely gave for the benefit of their friends, patients and countrymen. Let us bear it, and let us sink deeply into all our beds, and influence our lives and conduct.

The Board of Directors of the Boston Society for the Promotion of Temperance, organized a Committee to obtain from the Physicians of Boston, a united expression of their opinion in regard to the effects of ardent spirit. The following paper was drawn up by one of the faculty, and presented to every regular Physician who could be found in the city. It was signed by seventy-five, being all but three of the regular practitioners of medicine then residing in Boston, and is as follows:

"The subscribers, Physicians of Boston, having been requested by the Directors of the Boston Society for the Promotion of Temperance, to express their opinion in regard to the effects of ardent spirit, do hereby declare it to be their opinion, that use of health are very greatly benefited by the use of ardent spirit. On the contrary, the use of them is a potent cause of disease and death, and often renders such diseases as arise from other causes more difficult of cure, and more fatal in their termination."

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