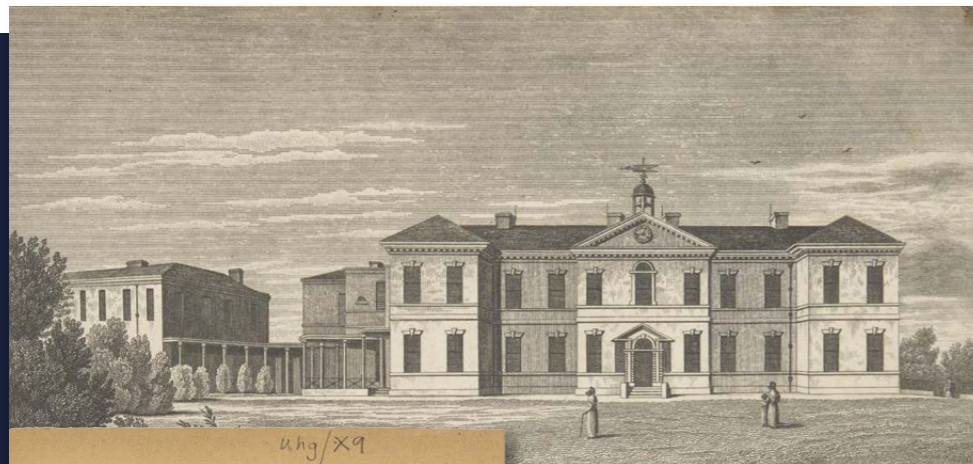


Alcohol and health

Although people had long turned to drink to assist them with their ailments, the identification by medics of specific health impacts from its use helped with temperance efforts to reshape attitudes to alcohol.

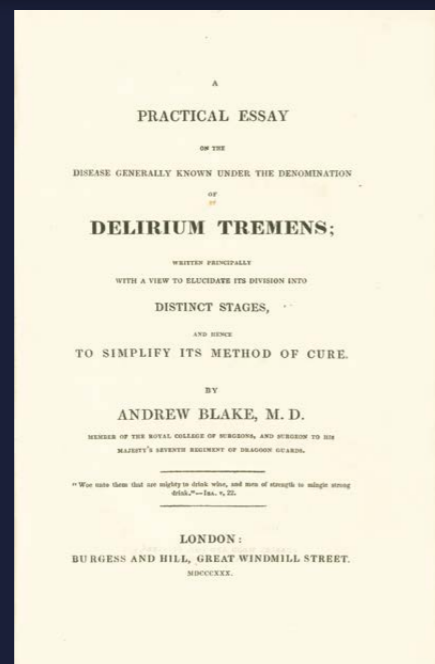


← Engraving of Nottingham General Hospital, from *Annual Reports of the General Hospital, Nottingham*, nos. 1-60, 1782-1842. Records of Nottingham General Hospital, Uhg R 1

↓ Advertisement for the United Kingdom Temperance and General Provident Institution, c.1902. Papers of the Lawson family, Ln2/1/8/8/9

uhg/X9

General Hospital, Nottingham.	
DIET SHEET.	
Division No.	Date 188
ORDERED.	DISCONTINUED.
WINE	
BRANDY	
WHISKY	
GIN	
BEER	
FISH	
RABBIT	
FULL CHOP	
LOW DO.	
COCOA	
SUGAR	
MILK	
RICE PUDDING	
LIGHT PUDDING	
CUSTARD	
SAGO	
LEMON	
ARROWROOT	
BEEF TEA	
BROTH	
EGGS	
FULL DIET	
HOUSE DIET	
MILK DIET	
FEVER DIET	
EXTRAS	
Signed _____ Resident Surgeon.	



↑ A practical essay on the disease generally known under the denomination of *Delirium Tremens*... by Andrew Blake MD, 1830. Papers of the Drury-Lowe family, Dr X 12

The Best Life Office for Abstainers.
The Most for the Money.

The following is from "The Alliance News," of August 18th 1883.

"The advantage which abstainers from intoxicants enjoy in the matter of health is nowhere more emphatically shown than in the superior vitality which accrues to them in the assurance of some of the offices in which abstinence is considered an essential condition. The 'Standard' is well known to have published weekly papers which, at the time they were issued by the Standard Office, recently gave an interesting table which showed the total value of a life policy at death of assumed ages, obtainable for an assumed premium of £10 plus bonus accumulated at the same rate as the bonus declared by each office at its last valuation. The figures with regard to these offices where the particulars for the general and Temperance departments were stated separately, were given as follows:—

Age at entry	25	30	35	40
Assumed age at death	65	65	65	70
UNITED KINGDOM TEMPERANCE AND GENERAL PROVIDENT INSTITUTION.				
General Section	904	722	586	502
Temperance Section	1,006	797	637	545
BOOTHIAN TEMPERANCE.				
General Section	779	647	532	462
Temperance Section	866	719	591	512
SCOTCH.				
General Section	781	608	507	436
Temperance Section	780	648	537	462

It is also interesting to note that the results shown in the Temperance section of the United Kingdom Temperance and General Provident Institution were higher than those of any other office in the whole table which gave particulars for its British office. That the oldest and principal Temperance office should thus come out at the head of the list is a remarkable testimony to the superiority of the lives of abstainers from an insurance point of view."

For Prospectus and full information, apply to J. HENDERSON BROOKES, Secretary, UNITED KINGDOM TEMPERANCE & GENERAL PROVIDENT INSTITUTION, 1, Adelaide Place, London Bridge, London, E.C.

Printed by W. H. & W. G. LEECH, 12, Abchurch Lane, London, E.C.

at one time edited -
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Dedicated life assurance companies were formed to support teetotallers, convinced from actuarial data that they were lower risk prospects than drinkers.

In 1857 Nottingham medic John Higginbottom recounted an outbreak of typhoid fever in Derbyshire in 1810 for readers of the medical journal, *The Lancet*. It had killed a number of wealthier patients, who had been treated with wine, but seemed to have spared poorer residents whose only treatments were fresh air and water. When treating typhoid fever in Basford and Radford in 1813, Higginbottom decided not to use wine. Although he was convinced that his methods produced better outcomes, and his example was reproduced in temperance teaching, Higginbottom risked losing suspicious patients to other practitioners.

Alcohol featured in patient diets in Nottingham's General Hospital and at the General Lunatic Asylum in Sneinton. Higginbottom demanded alcohol be discontinued as a medicine or beverage in the asylum, given that intemperance was noted as a cause of admission. Asylum physician Andrew Blake surveyed the effects of alcohol (and its withdrawal) on the body's vascular and nervous systems in a publication on delirium tremens. In a later edition he praised the experimental work of Nottingham-born Dr John Percy, which had shown how rapidly traces of alcohol could be 'conveyed to the brain'.

Medical knowledge reshaped ideas around the effects of alcohol on an individual's willpower. They would touch on questions of criminal responsibility, helping to recode habitual drinking from a vice that merited prison towards a disease that needed treatment. Options were limited, though private institutions often sold the restorative value of time spent in rural retreats.



↑ John Lawson moved to Nottingham to work for Boots. He was a committed Methodist teacher and temperance campaigner. Receipt for John Lawson's first premium for a life insurance policy with the United Kingdom Temperance and General Provident Institution, 1903. Papers of the Lawson family, Ln2/1/8/8/9

↑ General Hospital Nottingham Diet Sheet, 19th century. Records of Nottingham General Hospital, Uhg X 9



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