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THE NATIONAL HEALTH MAGAZINE



August, 1914

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WASHINGTON, D. C.



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Abolishes Liquor to Better Service—Uncle Sam's Navy Dry—Transportation Disasters—Alcohol and Accidents—The Evil That Lives After—Alcohol and Longevity—Alcohol and Mental Disorder—Still It Has Defenders—Sentiment Regarding National Prohibition.

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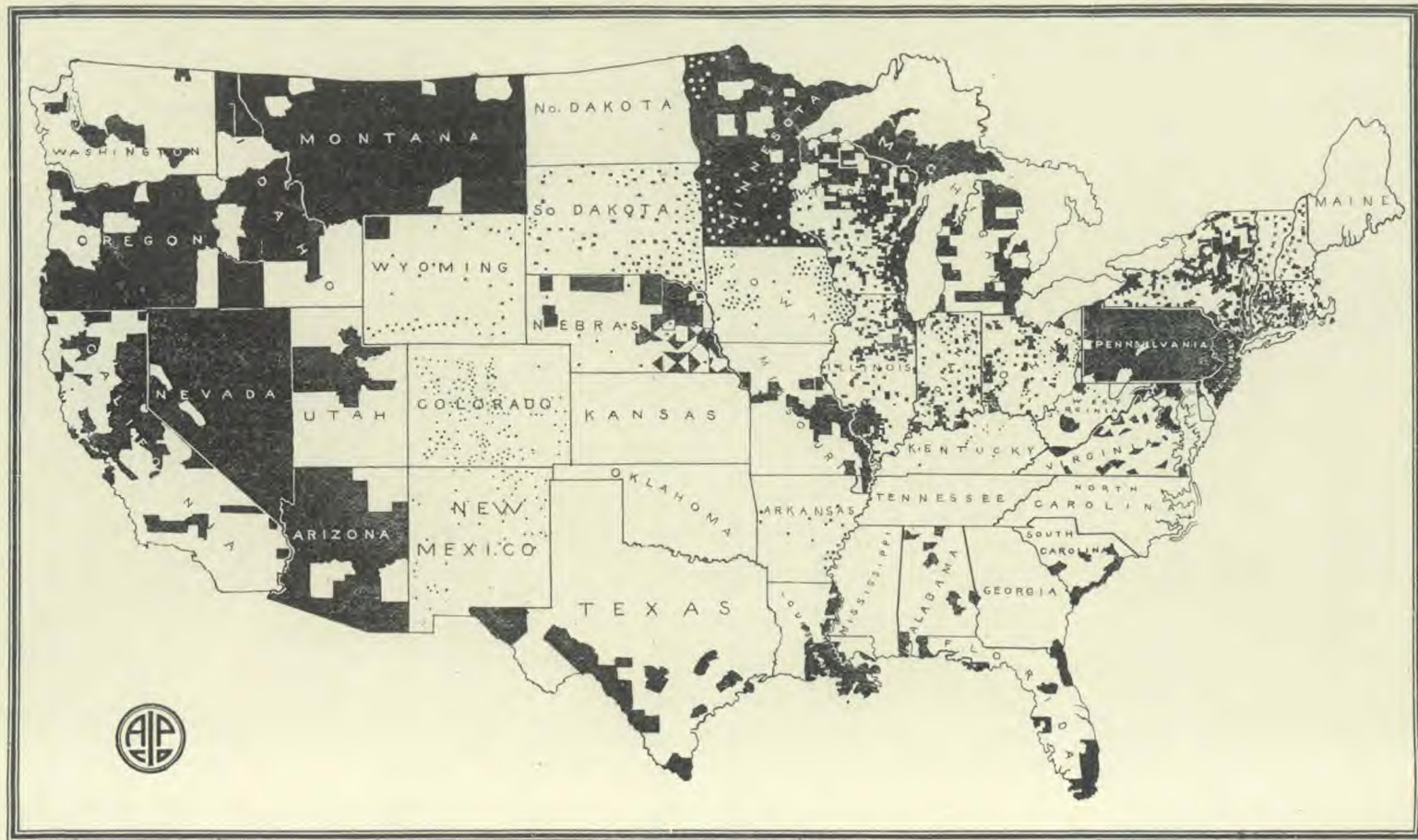
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"WET" AND "DRY" MAP OF THE UNITED STATES, JANUARY 1, 1914

■ WET □ DRY



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# Life & Health

THE NATIONAL HEALTH MAGAZINE

AUGUST  
1914

AIM: To assist in the physical, mental, and moral uplift of humanity through the individual and the home.

George Henry Heald, M. D., Editor

## MAKE IT ALL DRY

The drought is increasing. West Virginia went dry July 1.

Very recently a large section of northern Minnesota went dry through a supreme court decision.

It is drying up in other States. This looks well on the map; but practically it does not count for much as long as there are so many wet centers scattered throughout the dry territory.

Consider carefully what alcohol does for the individual and for

### “ARTICLE —

“Section 1. The sale, manufacture for sale, transportation for sale, importation for sale, of intoxicating liquors for beverage purposes in the United States and all territory subject to the jurisdiction thereof, and exportation for sale thereof, are forever prohibited.

“Sec. 2. The Congress, or the States within their respective jurisdiction, shall have power to enforce this article by all needful legislation.”

the State; and then ask your Congressman to help to make our beloved country all dry.

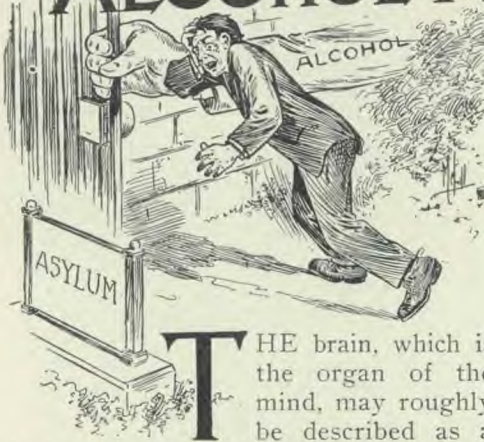
Won't you do it? Your personal letter may not count for *much*, it is true, but it will *count*. Congressmen are very attentive to know what their constituents *want*. You may be sure the saloon interests in your district are trying to make your Congressman believe that the members of his constituency are against prohibition.

They cannot succeed if every person in favor of a clean country will express himself emphatically. Obey that impulse now.



# ALCOHOL AND THE MIND

ALFRED B. OLSEN, M.D., D.P.H.



[Dr. Olsen has lectured in various parts of England on health and temperance. This article is one of a series he has written on the action of alcohol.]

**T**HE brain, which is the organ of the mind, may roughly be described as a thinking machine. But in a broader and more complete sense the mind embraces the feelings, the intellect, and the will, for by the mind we feel, we think and reason, and we will.

The brain is the most highly developed and complicated organ of the human body. It is composed of nerve cells and nerve fibers, with an ample supply of blood and lymph vessels, and a very slight amount of strong, fibrous tissue, which serves as a supporting framework for the organ.

Each nerve cell, of which there are countless millions in the brain and elsewhere in the body, may be likened to a telegraph station, and the long, slender, thread-like branch—the nerve fiber—to the telegraph wire. Roughly speaking, nerve impulses or sensations originate in the nerve cell, and may be transmitted from the brain to an organ or a muscle, as in the case of a motor impulse, which causes the muscle to shorten or contract, and thus do work.

## The Human Brain

From an anatomical standpoint, aside from the majestic form and erect posture of man, his distinguishing feature, compared with the lower animals, is the form, size, and complex structure of his brain. There is little or no difference in the structure of the heart, lungs, or the muscles of the higher animals and those of man, but with the brain it is altogether different. In the lower animals the brain

is very largely an automatic machine which controls the animal functions, such as respiration, circulation, and digestion, and records the feelings and perceptions of the animal.

The fully developed human brain, on the other hand, possesses an intellect and will as well as the power of distinguishing between right and wrong. These highest centers of the mind are not only the most finely organized and delicately balanced, but also appear latest in the process of growth, and they undergo further development even after maturity has been reached. In the child they are practically absent, for the child is a rough specimen of primitive man, a sort of semisavage, using the term in its best sense. In other words, the child must be looked upon as more of a natural animal than a responsible human being, and it is only in the later period of adult life that these higher controlling centers become completely developed, and a real sense of responsibility is acquired.

## The Sense of Responsibility

As the intellect, together with the higher moderating and controlling centers, develops last in the process of growth, so we find also that these centers are more easily injured and upset by unfavorable conditions and disturbing agencies than the mere animal operations. When the functions of the brain are only slightly damaged, it is the higher nerve centers which suffer most. Take the case of the insane patient: the intellect is partially or perhaps even completely destroyed, and control of the will is also lost; but the lower animal functions,



those of nutrition and elimination, for example, go on pretty much undisturbed, and such a person may, from the animal standpoint, exist in a fairly comfortable condition for many years.

#### Influence of Alcohol

It is a matter of common knowledge that alcohol, even in its smallest doses, has both a direct and a specific action on the human brain. The grosser feelings and impulses of the animal nature are stimulated and excited, and, at the same time, the higher controlling centers of the intellect are benumbed, so that there is great danger of the animal impulses acquiring temporary control of the organ, leading to excesses of one kind or another, which indicate clearly the dormant condition of the sense of responsibility. The moment a man or a woman comes under the influence of alcohol a condition of partial insanity is set up, even though the form may be a very mild one, and the symptoms slight. The earlier effect, as in the case of many persons going insane, takes the form of exhilaration and excitement, or what is called in more technical language *mania*. This excitement is visible in the noisy, garrulous speech, and oftentimes in the use of language in which the same person in a sane condition would not indulge. But he is more or less intoxicated, which means that the brain, and with it the mind, is paralyzed by the poison, and the condition is really one of partial and temporary mania, or, in simple language, insanity. Later there comes the feeling of depression, more or less marked in proportion to the susceptibility of the individual, and the amount of alcohol which has been taken. This is the stage of melancholia, simply another variety of insanity; and the poor victim experiences feelings and sensations which render him more or less miserable. The melancholia, or depression stage, gradually wears off, and the victim recovers from his alcohol debauch, and is once more a sane person.

#### The Craving of Appetite

A person who has once been under the influence of alcohol soon feels a desire for more drink, although that desire may be very slight, and in some cases scarcely perceptible. The passing sensation of unnatural stimulation and exhilaration of the nerves leaves with it a demand for further excitement of the same kind, and this demand becomes more pronounced and more assertive in proportion to the extent to which an individual gives way to the temptation. Finally the habit of taking alcoholic beverages, mild or strong, becomes a fixed one, and if at any time it is interfered with, the victim suffers severely from the unpleasant reaction which follows. A violent headache, other aches or pains, severe mental depression, are demands of the nerves for more of the drug. Finally the victim experiences such a strong temptation to resort again to drink that the higher centers are often unable to prevent his giving way to the tempter. Thus men or women may, in spite of the best intentions and contrary to their own sense of right and wrong and to a strong determination to give up the habit, find themselves bound so strongly by the demon of drink that they are no longer able to resist it, and hence succumb again and again, until drunkards' graves are filled.

#### Alcohol Paralyzes the Nerves

The average layman and, unfortunately, many medical men are strongly inclined to look upon alcohol as a stimulant, and fail to realize that its main and more permanent effect is rather that of a depressant. This erroneous view is largely due to the traditional claims made on behalf of alcohol by those who have been deceived by its use. Let it be clearly understood that alcohol is, strictly speaking, not a stimulant, but far more truly a narcotic drug, like opium, and what are considered to be stimulating effects are only transitory, and are due to a passing irritation of the nerves, which is promptly followed by paralysis,



more or less complete and more or less prolonged, according to the size of the dose.

Dr. J. Wigglesworth of the Rainhill Asylum makes this clear in the following statement: "If people would only recognize that the essential effect of alcohol upon the nervous system is a paralyzing one, and that its so-called stimulating properties constitute a delusion and a snare, they would be less ready than they are to contract a habit which, even in what is often called moderation, lowers the efficiency of the nervous system, and thereby impairs alike the happiness and the usefulness of life."

#### Alcohol and Intellect

Although there seems to be a common idea abroad that alcohol in some mysterious and unexplainable way stimulates the intellectual and strengthens the mental faculties of the mind, the truth about the matter is quite the reverse. Many careful experiments have been made with a view to demonstrating the real influence of alcohol upon the intellect, and the results have always proved to be unfavorable.

Professor Sikovsky, of St. Petersburg, tells us that "alcohol diminishes the rapidity of thought."

Professor Youmans makes the following pertinent statements with regard to the influence of alcohol upon the mental faculties: "The very first effect of drinking alcoholic liquor is a perverted action of the mental faculties. Its inroading effects upon mind are not restricted to the employment of excessive quantities; they follow from its common use."

The testimony of Dr. Lediard, which we quote as follows, is still more emphatic: "I state upon authority that it has been proved that small quantities of alcohol, diluted with water, lower the quality of intellectual work, and that this deterioration is due to a slight poisoning of the nervous system."

Count von Haeseler, of Germany, writing of the abstaining soldier, states that

"mentally and physically he is better." He adds: "Brandy is the worst poison of all. Next to it comes beer. Each limits the capacity, and lowers the mind, body, and soul."

#### Alcohol and Brain Work

The capacity of the brain to do any kind of useful work is always hampered by indulgence in alcoholic beverages, and in proportion to the quantity taken. It is a mistake to think that only large doses of alcohol diminish the work of the brain. There is no doubt that small doses of alcohol have an equally retarding influence upon brain activity just in proportion to the quantity taken. The man who expects to get the best service from his thinking machine will not touch alcohol or any similar drug.

Sir Henry Thompson, F. R. C. S., believes that brain workers suffer most from the blighting effects of alcohol. He wrote: "Of all the people I know who cannot stand alcohol, it is the brain workers; and you know it is the brain workers that are increasing in number, and that the people who do not use their brains are going down, and that is a noteworthy incident in relation to the future."

Sir B. W. Richardson makes the following statement: "The evidence is all-perfect that alcohol gives no potential power to brain or muscle."

#### Alcohol and Will Power

But the havoc which alcohol plays upon the controlling power of the will is perhaps the most striking as well as the saddest. Alcohol, in common with such habit drugs as opium and cocaine, upsets the normal balance of the mind: first, by exciting the grosser feelings, appetites, and passions; and, second, by paralyzing the controlling brain centers which have been bestowed upon man for the purpose of keeping the lower animal lusts in subjection. While the operation of these controlling moral centers is in abeyance, the reasoning faculties are also to a large extent interfered with, the judgment becomes perverted and prejudiced, and the



end result is more or less complete destruction of the will power.

The first of nine reasons for total abstinence, according to Dr. J. J. Ridge, is, "Because alcohol is a narcotic drug which prevents the proper performance of the functions of the nervous system, weakens the will, warps the judgment, reduces the power of self-control over thoughts, words, and actions, and thus promotes moral evil."

**Alcohol and Memory**

There are few if any people who complain of possessing too good a memory, for most persons usually find that faculty inferior to their requirements, and therefore wish to strengthen it. Such people, if they only understood the deleterious influence of alcohol upon the memorizing faculty, would never touch the beverage

in any form. There is not the slightest doubt that alcohol, whether in weak or strong doses, exerts a retarding and destructive influence upon the memory. Kraepelin, among others, has made numerous experiments, both upon persons free from the influence of alcohol and upon those who have taken a dose. He found that when a person was under the influence of alcohol, he was able to memorize sixty figures after repeating them sixty times, but without alcohol the results were one hundred figures and only forty repetitions. When one remembers the stupefying narcotic influence which the drug alcohol exerts upon nerve tissues, it must be perfectly obvious that alcohol can have no other permanent effect than that of weakening and destroying the memory as well as other faculties of the mind.



THE LIQUOR BUSINESS AS SEEN BY THE CARTOONIST



# ALCOHOL AND RACIAL DEGENERACY



L. MERVIN MAUS, COLONEL, MEDICAL CORPS, U.S.A.

**DANGER** THE widespread custom of using alcoholic beverages is a perplexing and difficult problem to attack, on account of the prestige it holds with a large number of men and women of social prominence who still retain very liberal views regarding their use. Many people believe drinking essential to sociability and good fellowship, while others drink because they have inherited a weak and unstable nervous system from drunken parentage, and are unable to resist its craving.

From time immemorial man has used some potent narcotic to increase the joys of life or deaden the edge of sorrow. The ancient monuments of Egypt show the use and abuse of alcohol, and the oldest Chinese manuscripts contain records of drunkenness. In the Vedas we find prayers to the Deity beseeching him to descend to earth and enter into a drunken orgy with his followers so that he might grant their prayers.

The hereditary effects of alcohol have been recognized from the earliest times. Plato forbade newly wedded couples to drink, knowing that drunkenness begets drunkards. Aristotle taught that drunken mothers brought into the world children like themselves. Both Buddha and Mohammed understood the degenerating influences of alcohol, and interdicted its use through religious dogmas. Diogenes declared that stupidity in children resulted from intoxicated parents, and we are informed by mythology that Vulcan's lameness was the result of Jupiter's intemperate habits.

Dr. Norman Kerr says: "Men and women of the highest culture, the purest life, the most exalted aims, have become reckless drunkards. The clearest minds, the keenest intellects, the most subtle reasoners, have been enslaved by alcohol.

The warmest hearts, the kindest souls, the most unselfish spirits, have been transformed under the siren influence of this 'bewitching spirit' into the coldest, most cruel and selfish votaries at the shrine of Bacchus."

There are multitudes of people of both sexes, and in all positions of society, who enter the world with the hall mark of alcohol stamped upon them, and spend their lives in fighting to lead a sober life; and there is no more pathetic sight on earth than to see these poor blighted souls endeavoring to elude the fearful temptations which beset them on every side. Thousands of those who were born under alcoholic influences finally drift into the habit and pass away at an early age.

Occasionally we find brilliant but warped minds among the degenerates of alcoholic families, many of whom live on the borderland between sanity and insanity. Some of them may be wonderful geniuses, brilliant orators and writers, but they are a strange, erratic people, who rapidly pass across the horizon of life after leaving a dazzling but evanescent trail. They are the last members of a once-gifted family, and, like the flicker of a candle, burst into a full blaze before extinction.

Following the general use of whisky as a beverage fifty years ago, we find that many of the prominent families of the country have become extinct. The progeny of such families became drunkards and died childless or left children cursed with some form of degeneracy which rendered fertility impossible. It is only necessary to search the records of the noted families of both North and South to find that alcohol has been the underlying cause in the majority of those which have passed out of existence. . . .



Many who have used alcohol for years notice an absence of vigor and freshness, which returns only after months of abstinence. One of the earliest indications of alcoholic poisoning and permanent injury is severe fatigue and breathlessness on slight exertion, or a disinclination to normal effort. It is not a pleasant thought to feel that we are dying daily through the influence of wine, beer, whisky, and brandy, but that is exactly what is taking place in every man and woman who indulges regularly in intoxicants, even in small quantities.

The custom of taking a drink to stimulate intellect and facilitate speech is logically unsound. No mind is capable of making its best effort when under the influence of even a small amount of alcohol. Helmholtz, the cultivated physicist, declared that even in small quantities alcohol served to banish from his mind all possibility of creative effort or the solution of any abstract problem. For such reasons thousands of the most progressive intellects of the country have entirely abandoned the use of alcoholic beverages.

Premature senile decay and loss of memory are the marked results of alcohol among its regular habitués. The loss of memory is progressive, and appears in the form of verbal amnesia. Regular and constant drinking, although in moderation, also causes the loss of judgment and lessens clear and consecutive reasoning.

Alcohol interferes with the process of metabolism, inasmuch as it possesses an affinity for oxygen, and hence robs the tissues of this important element, which is so deeply concerned in ridding the system of the poisonous wastes which clog the body and invite chronic organic diseases.

The hindrance and delay in tissue changes from this cause lead to increased weight, arteriosclerosis, and general mental and organic degeneracy, with marked waning of the intellectual faculties. A definite alcoholic egotism is noted among

many regular drinkers, whose weakened constitutions and intellects are apparent to every one but themselves. This condition is not infrequently found among confirmed drinkers occupying important positions in business, governmental, and public life.

The great scientist Metchnikoff has taught us that the white corpuscles of the blood are the natural guardians of health. They have the normal function of resisting and destroying malignant germs which gain entrance into the circulation and tissues of the body. When influenced by alcohol, they lose this power of defense and become powerless against the invading enemy.

Two Belgian observers, Massert and Bordet, found that alcohol strongly repelled the white corpuscles, and that small quantities circulating in the blood prevented their migratory character when called upon to functionize. Abbott found this peculiarly the case in erysipelas and cellulitis. The blood plasma has also a defensive quality of guarding the body against malignant germs, which is destroyed by alcohol.

This occurs especially among many drinking men between the ages of forty and fifty years, who are handicapped when attacked with pneumonia, influenza, typhoid fever, or any disease of microbic origin in which depressing toxins are generated. A man from forty to sixty years of age should enjoy the most useful part of his life, if properly born and if he has taken care of himself, especially with reference to alcohol and other poisons, such as morphine and cocaine, or syphilis.

In view of what medicine has taught us regarding the effects of alcohol on racial degeneracy, it seems inconceivable that so many of her disciples should continue its use. Physicians certainly know that they enjoy no advantage in immunity over the hundreds of thousands of men who die annually from its effects. Besides, they must be aware of the fact that the constant use of alcoholics re-



sults in intellectual stagnation, if not regression, a cessation or diminution in mental growth, as the addict approaches middle life. Many drinking men who started out in life with brilliant minds, are far outstripped in the battle of life by the constant, plodding mediocre.

There remains no longer any doubt regarding the ruinous effects of alcohol on the human race, and it becomes not only the duty of the state, but the duty of every intelligent man and woman to join in the crusade against the common enemy. Society must prevent its own ruin and degradation at any cost, and defend the innocent members of the community against the ravages of the great destroyer alcohol. The country would be electrified if called upon to appropriate \$2,000,000,000 annually to suppress some dreadful epidemic, and yet the American people are spending that sum every year in the interests of crime, disease, and death.

During the past year there were about 2,000,000,000 gallons of wine, beer, whisky, brandy, gin, and other alcoholic drinks consumed in the United States, which cost the people as many dollars. The expenditure of this vast sum of money is not only materially responsible for the misery, poverty, robberies, murders, and crimes of our people, but for hundreds of thousands of deaths, and the large army of "intellectually dead," who are to be found in our insane asylums and in our feeble-minded and epileptic institutions.

Recent studies of the vital statistics of the country have revealed an alarming increase in the diseases of degeneracy, and it has become necessary to take an inventory of the moral and physical stock of the people. This condition is principally due to intemperance, immorality, and vice diseases; and unless there is a general reformation in the moral conscience and habits of the people, our great republic, like ancient Babylon, Nineveh, Greece, and Rome, will in turn wither and die.

From a careful study of the statistics of the country, it is believed that America is inflicted with nearly a million degenerates and criminals, at a cost of at least \$250,000,000 annually. Among these unfortunates we find:—

Insane .....	200,000
Feeble-minded and epileptics .....	250,000
Deaf and dumb .....	100,000
Blind .....	100,000
Juvenile delinquents in institutions ...	50,000
Paupers .....	100,000
Prisoners and criminals .....	150,000

Which gives a grand total of ..... 950,000

"Ill fares the land, to hastening ills a prey,  
Where wealth accumulates and men decay.  
Kings and lords may flourish or may fade—  
A breath can make them, as a breath has made;  
But a good yeomanry, the country's pride,  
When once destroyed, can never be supplied."

For this widespread national degeneracy we must look principally to the "racial poison," alcohol, which directly or indirectly is largely responsible for the majority of the mental and physical wrecks brought into the world. A generation ago the progeny of our people was fairly sound, because the high-minded mothers of the land rarely indulged in alcoholic beverages. But today the growing tendency of the youth of both sexes to the use of cocktails and other intoxicants is becoming the greatest menace of the age, and threatens the integrity of the race.

Not only does alcohol destroy the unfortunate habitué, mentally and physically, but it ruins the happiness and prosperity of the family. Those who drink do not seem to realize that the alcoholic habit not only spells suicide by slow degrees, but entails a curse on the children, which descends to the third and fourth generations. When the general public learns that the diseases and evil traits we possess were transmitted by those who are moldering in the grave, thousands of defective sons and daughters will curse the memory of their dead parents, who fastened upon them the seeds of degeneracy.

Dr. L. D. Mason, of Brooklyn, from a study of 7,000 inebriates, found that 60



per cent had alcoholic ancestry, either parents or grandparents. Legrain, of France, after an exhaustive study on this subject, came to the same conclusion. A great many of the greatest authorities who have spent their lives in the study and care of alcoholics, among whom may be mentioned Crothers, Horstley, Sullivan, Kerr, and a host of brilliant American and European physicians, agree that from 40 to 70 per cent of these unfortunates owe their condition to heredity.

One of the Lord Chief Justices of England once said, "If sifted, nine tenths of the crime of England and Wales could be traced to drink." There is little doubt but that this is true of every country and land where intoxicants are in common use. The famous investigation of the Massachusetts Bureau of Labor Statistics revealed the startling fact that 84 per cent of all the criminals under conviction in the State owed the condition which induced the crime, to intemperate habits.

Dr. Hatch, superintendent of the State Hospital, California, points out alcohol and alcoholic heredity as the principal predisposing causes of insanity. We have the testimony of Berkeley, Spitzka, White, Sullivan, and a host of other brilliant and reliable alienists. Madam Tarnowsky found parental alcoholism in the parents of 82 per cent of the women of the town, and Workmüller in 42 per cent of juvenile criminals of weak intellect.

The child born of an intoxicated parent never equals the child born of sober parentage, and rarely rises above mediocrity. While there is more or less immunity to the alcoholic addict, there is never immunity to the parental germ plasm or the maternal ovum, which is invariably injured by the slightest dilution of alcohol in the blood.

Bezzola found that 35 out of 70 idiots were conceived during the wine harvest of fourteen weeks in which the Swiss carouse, while the remaining 35 idiots were conceived during the rest of the

year. Leppich claims that he has observed 97 children who were conceived at the time one or both parents were intoxicated, only 14 of whom were born without noticeable defects. Dr. W. C. Sullivan reports seven authentic cases of this character, one of whom was still-born, while the remaining six died only a few weeks after birth.

The disorders of development among children from parental intoxication vary greatly in character. They range from moderate enfeeblement in mental and physical growth to the lowest grade of idiocy and monstrosity. According to Dr. W. C. Sullivan, 55 per cent of the children of alcoholic mothers are still-born, or die before attaining their second year, while many of those who survive are epileptics, feeble-minded, or idiots. A large number of the remainder suffer from a peculiar degeneracy of brain and nerve supply, which places them in that large and sad army of "erratics."

Tuberculosis is also a common result of intemperance, and is far more common in drinking communities than in prohibition territory. We frequently find the children of the intemperate afflicted with hip joint disease, spinal affections, swollen joints, glandular enlargements, scrofula, and consumption of the lungs. The International Congress on Tuberculosis, which met in Paris in 1905, passed the following resolution: "That in view of the close connection between alcoholism and tuberculosis, this congress strongly emphasizes the importance of combining the fight against tuberculosis with the struggle against alcoholism."

Alcoholism is a very common cause of suicide. Professor Hillier, of Kiel, reports 135 suicides among 230 alcoholics, whose deaths came under his observation. Dr. Sullivan reports that in 220 suicides or attempts, 172, or 78 per cent, were due to alcohol. While it is impossible to secure correct statistics, it is more than probable that hundreds of "floaters," annually found in the harbors of our large cities, committed sui-



cide as a direct or indirect result of alcohol.

Many who denounce ardent spirits, claim beer a wholesome and sustaining food. Beer drinkers are especially liable to fatty and enlarged heart, diseases of the liver and kidneys, complicated with dropsy, arteriosclerosis, gout, and rheumatism. As sequela of beer drinking we find an infected and loaded circulation, embarrassed respiration, functional perversion, hepatic and renal congestion, with a stupor tending toward paralysis, and a diminished vitality which invites disease and death.

The mortality of brewers between the ages of fifty and sixty is about three times as great as that of individuals who follow the ordinary occupations of life. In fact, the mortality of liquor dealers and brewery men, with few exceptions, is greater than that of any other occupation.

Drs. Bauer and Bollinger, of Munich, report that in that city beer drinkers' heart causes one death to every sixteen deaths from other causes. Instead of being a healthful drink, malt beverages are not only unwholesome luxuries with no food value, but are factors in blood vitiation and a fertile cause of organic degeneracy and death.

The critics say that something is the matter with prohibition, as it does not prohibit. In reply, the prohibitionist would like to know what is the matter with Kansas. During the recent drought in the West, when asked whether they wanted assistance, the governor replied that Kansas, with a tidy bank account of \$200,000,000, could weather without hardship worse storms than the drought of last summer. In 97 of 105 counties there were no insane; in 54 of these counties, no feeble-minded; 96 counties with no inebriates; 38 county poorhouses were empty; less than 600 paupers in the State; the jails in 53 counties empty, and 65 counties had no prisoners serving time in penitentiaries. Some counties have called no juries to try criminal cases for

ten years. Instead of mortgages, as was the case twenty years ago, the people of the State hold \$67,000,000 mortgages. Illiteracy is only two per cent, next to the lowest in the land. Decidedly something is the matter with Kansas, and that is constitutional prohibition.

The last census of the United States, 1910, showed 187,454 institutional cases of insanity, and probably enough cases under private care to raise the number to 200,000 at the least. The cost of buildings to house these unfortunate intellectually dead aggregates \$250,000,000, while the annual outlay for their maintenance amounts to \$50,000,000.

In India, with a population of 300,000,000, notwithstanding her scourges of famine, plague, and pestilence, insanity is almost infinitesimal compared with that of Great Britain. China, with a population of 400,000,000, has an exceedingly low rate of mental alienation; in fact, in no part of the world is there less mental trouble. Mulhall, in 1903, stated that in India there was 1 case of insanity to 4,340 population, while in the United States there was 1 to 490 persons.

New York State, with a population of 9,113,000, has 31,265 cases of insanity, 1 to 290, as compared with fourteen Southern States, Kentucky, Tennessee, Alabama, Mississippi, Texas, Oklahoma, Arkansas, Louisiana, New Mexico, Florida, Georgia, South Carolina, Virginia, and West Virginia, with a population of 27,886,000 and only 31,734 cases of insanity, or 1 to 880.

While other causes no doubt influence the large ratio of insane in the State of New York, 1 to 290 of the population, as compared with the fourteen States of the South and Southwest, 1 to 880, it is believed that the great preponderance of liquor dealers in the former, 35,275, over those in the fourteen States, 12,000, is the principal cause of the difference.

The relative proportion of insanity in the following States is in keeping with its legislative policy regarding sales of intoxicants:—



Kansas .....	1 to 873
Indiana .....	1 to 609
Maine .....	1 to 590
New Hampshire .....	1 to 473
Ohio .....	1 to 449
Illinois .....	1 to 437
Rhode Island .....	1 to 436
Michigan .....	1 to 419
Wisconsin .....	1 to 376
Virginia .....	1 to 375
Connecticut .....	1 to 311
New York .....	1 to 290

In order to remove this great racial curse, it becomes necessary to educate the masses and secure prohibition. Teach total abstinence in every school, college, and university throughout the breadth and depth of the land. Teach the young men to avoid clubs in which alcoholic drinks are sold. Drinking clubs are responsible for the ruin and downfall of thousands of our most promising young men and women, and should be abolished.

No woman should marry an intemperate man with the idea of reforming him. It is a dangerous risk, and nine times in ten will end in misery and sorrow. Alcoholics, as a rule, are heredi-

tary degenerates, and are no more able to resist the call for alcohol than a man with ague can prevent shivering.

Young men should likewise inquire well into the character of the woman before taking a partner for life. Study well the character and family history of the parents, remembering that the daughter is a chip from the same block and will develop on similar lines. Avoid the silly young woman who belongs to the moron class and cares little beyond dress and the frivolities of life. Such women make poor wives and miserable mothers, should they by chance have children. Many women of this class are charming and bewitching, but are hopeless blanks.

In the history of the world there never was a time when men and women of strong character and fearless courage were more greatly needed — ardent apostles of the higher standards of life — to counteract the vicious tendencies of the age, through religious, moral, and temperance instruction, adopting “A sane and healthy nation” as the motto for their war cry.— *Medical Record.*



THE MEMBERS OF THE FAMILY



# TRUTH ABOUT THE DEMON RUM

EDWIN F. BOWERS, M.D.



[The facts carefully recorded in this article are worthy of the earnest attention of every reader.]

**M**OST potent and greatest of all factors in the deterioration of humanity."

This is the characterization of alcohol by the most eminent living authority on nervous and mental diseases, himself a drinking man, predisposed in favor of liquor. Approaching his subject with the calm, unbiased mien of a true scientist, Dr. Emil Kraepelin, professor of mental diseases in the University of Munich, has demonstrated that alcohol is a narcotic first, last, and always; that the stimulation is merely imaginary; and that one does less and poorer work under its influence, although, curiously enough, he thinks he is turning out more and better work than usual.

Kraepelin and his coworkers have also demonstrated that it is not the fourth or the fifth drink that intoxicates; it is the sum of the first, second, and third. On direct evidence and supporting testimony they have made out a very strong case indeed against alcohol.

Dr. Kraepelin has for nearly twenty-five years been investigating the psychic effects produced by drugs, with a view to securing a comprehensive knowledge of the incipient symptoms and processes of mental diseases. He was led to undertake this investigation in order to resolve insanity into its simple elements; to find the least common multiple, as it were.

To this end he attempted artificially to produce upon normal individuals, in his wonderfully equipped psychological

laboratory, simple sets of psychic derangements, that he might study the various phenomena in their beginning and development, and apply the knowledge so gained toward curing certain phases of mental aberration. He used for this purpose various chemical substances,—caffeine, opium and its derivatives, bromine, cocaine, sulphonal, and finally our old friend alcohol, known to its enemies as the Demon Rum. The phenomena produced by alcoholic stimulants were so extremely rich and striking that Kraepelin decided to devote particular attention to the drug.

By the use of instruments of absolute precision, which could not be coerced, wheedled, or browbeaten into giving an unfair decision, the professor and his pupils, many of whom are among the most eminent experimental scientists in the world, established the fact that alcohol causes degeneration. They assert that it uniformly affects all the faculties, and the higher and more involved the faculty, the more definite and measurable the effects. Also they declare that the physiological and psychological action of alcohol is cumulative; that if it is continually used, even in small doses, the harm is increasingly manifested. They emphasize that the average human cannot preserve his stomach and his brains in it for many consecutive years without injuring both; that his powers of coordination are certain to be impeded, and the destruction of his tissues and protoplasm hastened.

Much of interest also developed from their studies relating to the effects of



liquor upon heredity, insanity, and that disease of the will which conduces to vice and criminality. But with this last aspect we are not now concerned. Our present interest centers in the means whereby it was shown that the drug decreased resistance to fatigue, and reduced the total output in writing, adding, and typesetting; also how, and how much, it retarded memorizing, coordinate impulses, and the free association of ideas; and finally how the little "white militia of the blood" (the leucocytes) were paralyzed by it and rendered *hors de combat*, and how this predisposed to the loss of recuperative power during the ravages of disease.

Now, there is a wide difference of opinion among authorities as to just when a man is drunk, and this also varies considerably with locality. For instance, in Boston a man is intoxicated when he cannot name offhand the ten decisive battles of the world. In New York a man is intoxicated when he himself acknowledges it. And in other parts of the country they cheerfully maintain that a man is never drunk until he falls down, can't get up, and has to hang to the ground to keep from rolling off the earth. But scientists say that a man is under the influence of liquor when his muscular or mental speed or endurance limits have suffered a diminution as a result of his having imbibed.

He may not know it, but those little clocks, intricate wheels, and serene mechanical devices of the laboratory will know it, and the tale they tell is final. There is no appeal from their decision.

A group of men — who were kept in ignorance of the real nature of the tests, who understood only that they were expected to persist to the limit of their endurance — was capable of a definite average quantity of work. This average was determined with almost mathematical certainty by experiments made dozens of times, under absolutely similar conditions as regarded time of day, food, exercise, and surroundings.

A good index of the degree of a man's

capability for work is the weight he can continue to lift with the index finger of his right hand. So the ergograph, a celebrated laboratory device invented by Prof. Angelo Mosso, was brought into requisition. In manipulating this the fingers were clenched round a wooden peg, — all but the index finger, — the arm held immovable by being clamped to the arm of a chair. A weight of several kilograms, suspended by a small rope that passed over a pulley, was raised and lowered until the subjects were forced to desist from exhaustion. This process was repeated twelve times, with rests of a minute intervening — like the rounds in a boxing contest. Each pull was automatically recorded by a pencil on a strip of paper, registered by a line. The sum of the lengths of all the lines was translated into "meter kilograms," which meant the work accomplished in raising one kilogram one meter against the pull of gravity.

These experiments were made ten times a day, and the total average for each man calculated for a number of days, under conditions of absolute abstinence from drink. Then the men were given the alcoholic equivalent of a "good glass" of Bordeaux wine after each meal, and the experiments repeated. The consequences were a diminution in the subjects' ability to withstand the fatigue of weight lifting, amounting to an average of from 7.6 to 8 per cent. These experiments were repeated hundreds of times by scientists in various parts of Europe, and always with similar results. In every instance a definite, measurable loss in muscular efficiency was demonstrated.

Having been shown these effects on resistance to fatigue, the learned professors advanced to the consideration of principles involving combined muscular and mental processes. The "writing balance," invented by Professor Kraepelin, was subpoenaed as chief witness in this case. This ingenious contrivance had attached to it a fifth-second chronometer, which automatically registered



time on a rotating drum covered with carbon paper. On the record obtained in this manner the time required in writing a set of characters can be computed with an error of less than one two-hundredth of a second. The unit of time on which the trials were based was called a "zeta," and corresponded to one one-hundredth of a second.

The daily exercises began at 8 A. M. The subject's hand was connected with the apparatus, and the figures 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, were written twice with pencil at top speed. Then the sequence reversed—10, 9, 8, 7, 6, etc.—was twice written; then the German letters "inm," also twice. These were repeated ten times, and the total average time consumed by each man was measured. Then he received his allotment of wine, as with the ergograph experiments.

After five minutes they resumed their writing, carrying out their appointed task in scribbling as before—and proved that, while the spirit was willing, the flesh, with its controlling nerve pulses, was weakened; for they had, every man of them, measurably slowed up. The degree of retardation, after writing 1 to 10 under the influence of the small amount of alcohol administered (about what the ordinary drinker would take with his dinner), amounted to 5.6 per cent. In writing 10 to 1 the retardation was greater, amounting to 7 per cent. This was accounted for by the increasing complexity of the stunt, it being a more novel combination than the straight progression of numbers. With the "inm" the deviation from normal was even more apparent, averaging 7.3 per cent. Again and again these same general results were secured, though new crews were used for each demonstration.

Similar results followed in the coordination tests, where the subject was required to "snap down" a telegraphic switch at the unexpected flash of a light or sound of a gong; the time elapsing between flashing the light or striking the gong and closing the switch being measured by the "zeta" chronometer. In

every case the rapidity of the coordinating responses was decreased from 6 to 8.3 per cent.

Next, a number of accountants of all grades were selected, and their average ability to add one-figure columns was estimated for one week. They were then given daily, in divided doses, the equivalent of three and one-half cups of claret. A marked and progressive diminution in their output was noticed, beginning with 3.1 per cent the first day. After two weeks of this steady, moderate alcoholic allowance the percentage increased to 15.3.

Similar experiments were then tried on typesetters. These were required to set type from printed pages (to insure absolute uniformity of copy), and the total number of ems a day was computed for a week. Then, with daily gentlemanly drinks, they lost an average of 9.6 per cent in efficiency by the end of the week.

Remember all these tests were made upon men habituated to drinking. In fact, there are hardly any other kind in Europe; in Germany or Bavaria, at any rate.

The Bavarian, German, Swedish, Danish, and Dutch subjects selected by the dispassionate professors were anything but total abstainers. They are, always have been, and in all probability always will be drinkers, as their fathers and grandfathers before them have been, and in all likelihood their children will follow in their alcoholic footsteps.

As the experimenters gradually worked up to the more complex mental processes, the decrease in efficiency became more noticeable. This was particularly marked in the memory tests conducted by Professor Kraepelin and one of his pupils, Dr. Kürtz, which contemplated committing to memory for a half hour every morning as many twelve-place figures as was possible for each subject to remember. The students would curl their legs round the chairs, chew the end of their pencils, look up at the ceiling, and mumble "one six nine.



eight seven three, two one eight, one six two," or some other group of twelve numbers, until they could say them standing on one foot, with their hands tied behind their backs. They would then tackle the next group, committing as many twelve-number sets to memory as was possible in the course of the half hour, repeating each set in a whisper to a mentor seated beside them. This was carried out for a fortnight, after which their average was computed.

Then the subjects were given a little drink each morning, just about what would be considered a good "eye opener" by the average drinker. Immediately they dropped behind in their studies. The next two weeks showed an average reduction of 6.2 per cent in the number of twelve-place figures committed to memory.

Not the least interesting feature in all this work was the absolute uniformity in results. The reports in one series were never forwarded until the conclusion of the experiments in another psychological clinic. Then these were compared. Their consistency was almost startling.

All these demonstrations deal only with very moderate indulgence in alcohol, such indulgence as we are accustomed to say is "good for a man," "helps him to do his work," or "stimulates his mental activity." If the deviation had been increased in proportion to the amount administered, it is probable that the cautious professors would have had to use a yardstick or a table of logarithms in order to compute the delinquency.

Perhaps the most convincing observation was concerned in the free "association of ideas." This, when the condition is raised to the fourth dimension, causes the party of the first part to forget his watch and chain, the number of the house in which he lives, and his wife's first name. He is then in a state for which the vulgar have a variety of picturesque names. The scientist calls it "alcoholic inhibition," and he can usu-

ally define the gradients with precision.

However, we are now considering alcoholic inhibition in embryo — before it grows up and develops, as it were — and the various methods employed in classifying its general characteristics. To illustrate, if the name of an object is spoken, immediately one thinks of something in connection with that object. Professor Kraepelin's subjects were requested to write these down, enumerating as many associated objects as occurred to them in the space of five minutes. Two words were given at each *séance*, five minutes being allotted to each subject. This was repeated at intervals during the day for ten days, and the average number of suggested things reckoned up. Then each evening preceding the next ten days a generous "nightcap" was donated, and the results of the following ten days' "association" computed. A loss in coordinating power in this series amounted to as high as 27 per cent.

This was a remarkably convincing demonstration, and proves conclusively that one who drinks much is living only a small part of his normal life: for his brain is narcotized, partly paralyzed by the action of liquor.

It may be of interest here to note that Professor Münsterberg of Harvard now uses a modification of this association test as a basis for determining the adaptability of a student for certain branches of study, or the subsequent selection of a life profession. If, for example, "tool chest" is suggested, immediately come to mind the possible contents of that tool chest. If the aspirant for carpentry honors can think of only a few tools that should adorn and decorate that tool chest, the chances are that he might make a much better street car conductor than he would a contractor. And also, by the same token, when a group of young men have, as a lesson in suggestion, a number of objects, to which they are to add coordinate objects, and, under the influence of a nocturnal libation, fail to remember what they should remember



the following morning, they are intoxicated to an appreciable (and measurable) degree.

So these studies in exact science, conducted under the strictest test conditions, indicate that alcohol is a depressant, an anesthetic, and a narcotic, and that its first effects on the sensory and motor nerves are to diminish acuteness and pervert activity. The first noticeable effect of sending the blood to the head and surging through the brain with increased velocity is not increased vigor, but increased irritation, which comes just before anesthesia and diminution of power. In other words, the drinker deludes himself. He only thinks he is thinking; for his very first drink has produced a definite, measurable degree of intoxication.

Dr. Johnson may have been right when he said that "wine makes a man pleased with himself, which is no small matter." But the man doesn't "please" the stoical ergograph, the smug "writing balance," the sturdy tables of figures, and the memory and association stunts.

Much more the ruthless Kraepelin proved concerning the inhibiting effects of drink upon the brain, nerves, and senses,—how, for instance, a person able before taking a drink to distinguish letters, or to hear sounds at a certain distance, after the libation suffers an impairment of vision and hearing that can be stated in exact figures. The same thing occurs with the senses of smell, taste, and touch, and their enfeeblement can also be measured with astounding accuracy—although the person experimented upon never recognizes that he is "under the influence."

The chief physiological action of alcohol was strikingly shown when the leucocytes, the "white soldiers of the blood," were subjected to its influence. Under the microscope it was demonstrated that even a moderate quantity absorbed into the blood paralyzed the white corpuscles (phagocytes). They

behaved like drunken sots, they couldn't move fast enough to catch the disease germs, and when placed in the midst of a clump of malignant microbes were unable to kill and devour them. In a chronic alcoholic the microscope shows that the fighting powers of the white corpuscles are permanently reduced. This accounts for the lowered vitality of heavy drinkers, and explains why pneumonia, typhoid, or grave infectious diseases are so fatal among them.

In fact, after continued heavy drinking, the microscope reveals that the phagocytes have lost their real nature, have returned to a condition of savagery, and instead of defending their host and his body cells, have become degenerate cannibals, feeding upon the tissues and organs like disease germs.

The favorite food of these alcoholized corpuscles is the tender cells of latest development, the highest and most delicate in the biological scale. These are the brain cells. In proof of this, the presence of the gray matter of the brain can be demonstrated in the bodies of the leucocytes of drunkards. This explains mental degeneracy among these unfortunates, and furnishes a rather convincing argument against the excessive use of liquors.

In fact, Professor Kraepelin, his pupils, and the scientists who have recorded, duplicated, and checked up his astonishing experiments, are now practically unanimous in asserting that any and all use of alcohol is excessive, that those who dally with the product of fermentation are running grave physiological, physical, and psychical risks.

And then, having proved beyond cavil that alcohol is the most dangerous enemy known to man, the able scientists, being German before they were scientists, went out and refreshed themselves with beer—which is one of the inconsistencies in human nature that give life its variety.



# DOES THE USE OF BEER AND WINE MAKE FOR TEMPERANCE?



D. H. KRESS, M.D.

IT has been and is maintained that the use of wine and beer lessens the sale of whisky, brandy, and other strong alcoholic drinks, and therefore makes for temperance. The *American Wine Press*, the organ of the wine trade, claims that "as long as the French people drink their native wines, just so long the French people will be a sober and temperate race," and that "it is now necessary for the French people to choose between alcohol, which is doing them so much harm, and wine, which, as formerly used, made for good health and temperance."

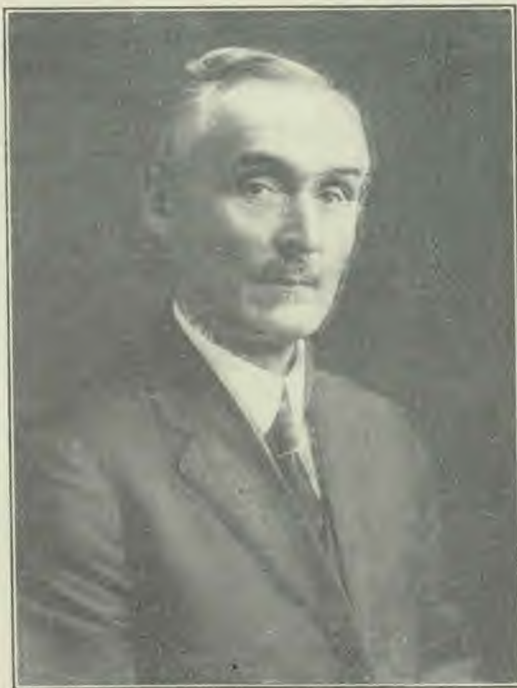
For centuries wine has been the national drink of France. If it makes for temperance, why is it that the French people are turning more and more to the use of stronger alcoholic beverages? That they are doing this will be seen from the official report of the United States Consular Service. In it is this statement: "The French people, who

were formerly large consumers of light wines, are turning to stronger beverages, including absinth, and the number of suicides is increasing in corresponding ratio."

The French government removed the taxation on wine in order to encourage wine drinking among its people. But it is evident that this act did not make for temperance. The milder alcoholic beverages seem merely to have paved the way and created the appetite for whisky, brandy, and stronger alcoholic drinks.

France finds herself today one of the largest consumers of strong alcoholic beverages per capita of any country of the world. Encouraging the use of wine has not made for temperance in France; neither

has it made for health, for France is a dying nation. S. H. Leroy Beaulieu, professor in the free school of political science, says: "The French people are rushing to suicide. If they continue on in this course, the French nation, those of French stock, will have lost a fifth of their number before the expira-



DR. D. H. KRESS



tion of the present century, and will absolutely have vanished from Europe by the end of the twenty-second century. The French people are gradually committing suicide. They are tightening the cord about the national neck; the breath of life is becoming feebler, and now is but a gasp which must soon end in silence."

The beer industry in the United States has developed practically during the past sixty years. Previous to this,



GOING TO SCHOOL

Entering the school as a freshman.      Graduating with full honors.

very little beer was sold. Whisky, brandy, and other spirituous liquors were used. The average consumption of alcohol was at that time one and one-third gallons per capita annually. Now the breweries turn out about sixty-five million barrels of beer annually.

The annual consumption of pure alcohol per capita in the beer consumed is at present over one and one-half gallons. There is more alcohol consumed in the beer that is used than was consumed sixty years ago in the form of whisky, brandy, and all the other alcoholic beverages combined.

The increase in the use of beer has, however, not resulted in a decrease in the use of the stronger drinks. The average consumption of alcohol per

capita has increased from one and one-third gallons to over one and one-half gallons. That is, we are consuming over twice the amount of alcohol per capita we did sixty years ago.

Which is doing the greater injury, beer or whisky? Whisky, which contains fifty per cent alcohol with pure water added to reduce it to four per cent, is less injurious than is beer, which contains four per cent of alcohol, and other questionable products. The beer drinker becomes a physical degenerate earlier in life than does the whisky drinker. He dies young, and for this reason is always regarded a poor risk by life insurance companies. It is difficult to find a beer drinker with normal liver, kidneys, heart, or other vital organs. He has an abundance of flesh, but it is inferior in quality. In the city of Munich, where beer drinking is so common, Dr. Ballinger, director of the Anatomico-Pathological Institution, says, "It is difficult to find an adult male resident with a normal heart or kidneys."

The moral degeneracy produced by beer seems to be equally marked. Professor Binz, of the University of Bonn, in speaking of the use of beer by the students of Germany, says: "The flooding of the stomach and brain with beer, so prevalent among our students, I regard as a national evil, whether considered from the hygienic, economic, or intellectual point of view." In speaking of its moral effects, Dr. A. Forel, of the University of Zurich, says: "One only needs to study in Germany the bee-jokes, beer conversation, and beer literature. Among the academic youth of Germany the drinking of beer has truly killed the ideals and the ethics, and has produced an incredible vulgarity."

Dr. Edward Hartman says: "Although of all nations Germany has the greatest capacity for culture, the general culture of its higher classes is undergoing frightful retrogression, because of the beer consumption of its students." Germany is becoming alarmed, and is now doing all she can to discourage the



use of beer. Beer has not made for either health or temperance in Germany. Kaiser Wilhelm has recently predicted that in the next great war the nation which consumes the least alcohol will win. This statement is doubly significant, coming as it does from beer-drinking Germany's representative.

Beer for years has been the favorite drink in England, as wine has been in France. In the year 1825, when the duty on the strong alcoholic drinks was reduced from twelve shillings a gallon to seven shillings, we are informed that "the thirst for the new liquid spread with all the rapidity of lightning." England's leading statesmen reasoned that this wave of intemperance and crime could be stayed by affording greater facility for the sale of beer. An act was passed in 1830 allowing beer to be sold without a license; all that was demanded was for two to certify that the retailer was a respectable person. This, it was thought, would wean the people from the use of spirits and result in the improvement of morals.

Lord Brougham in advocating this measure said, "It was giving the people what under present circumstances might be called a *moral species of beverage*." The Duke of Wellington also favored it. He said he was sure the measure would be attended with the most beneficial consequences to the lower orders. The Chancellor of the Exchequer declared the measure would produce "a more wholesome beverage, and would improve the morals."

When this bill was finally passed, England's leaders thought a great victory had been scored. The Duke of Wellington proclaimed it a greater achievement than any of his military victories. These men were sadly disappointed in the results, for a wave of general demoralization followed. Rev. Sydney Smith, who favored the bill and who also expected much good would be accomplished by it, afterward said: "The new beer bill has begun its operations. Everybody is drunk. Those who are not singing are sprawling. The sov-

ereign people are in a beastly state."

Another writer said that from his own knowledge he could declare that these beer shops had made many who were previously sober and industrious, drunkards, and many mothers had also become tipplers. The English press, which before had favored the bill, now changed its attitude and wrote against it.

The *Globe* said: "The injury done by the beer act to the peace and order of the rural neighborhood, not to men-



THOSE PRETTY WHISKY ADVERTISEMENTS

They show the young man when he starts but not when he finishes. This cartoon shows start and finish.

tion domestic unhappiness, industry, and economy, has been proved by witnesses from every class of society to have exceeded the evils of any single act of internal administration passed within the memory of man."

The *Liverpool Mail* said: "A more pernicious concession to popular opinion, and so prejudicial to public morals in the rural districts, in villages, hamlets, and roadsides of England, never was made by the blind senators of a bad government in the worst times."

Neither did it accomplish its design in diminishing the number of public houses, or the sale of distilled liquors.



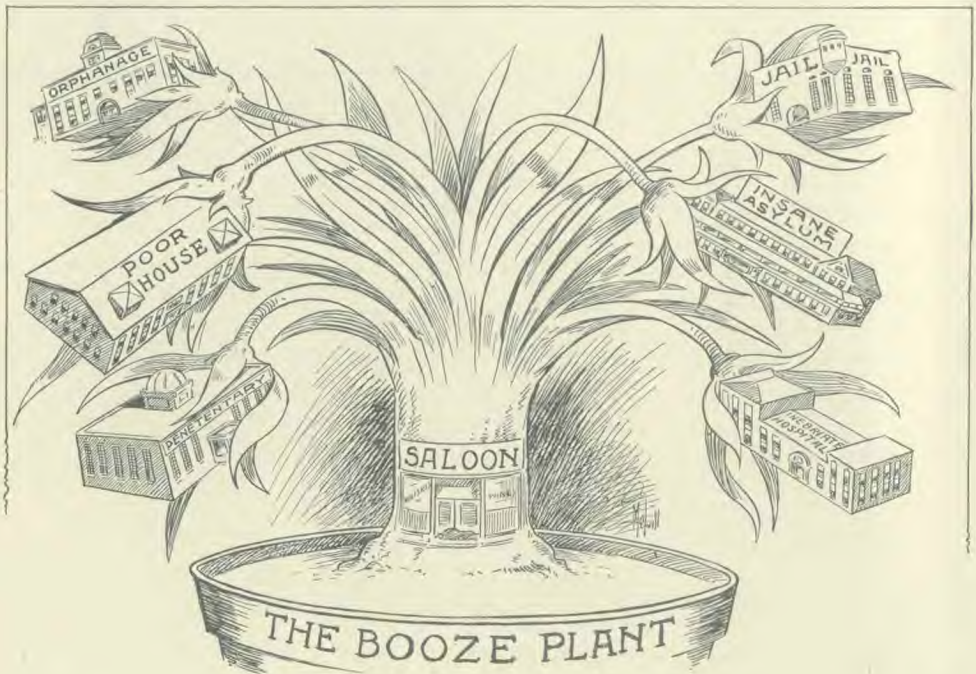
A select committee of the House of Commons reported: "The act, without destroying a single public house, had added fifty thousand still more baleful houses to the list of temptations so baleful to the people."

G. F. Drury, Esq., a magistrate, said: "The beer bill has done more to brutalize the English laborer, and to take him from his family and fireside to the worst associations, than almost any measure that could have been devised. It has furnished victims for the jails, the hulks, and the gallows, and has frightfully extended the evils of pauperism and moral debasement."

In 1869, or forty years later, a committee for the lower house of the Convocation of Canterbury, reported: "This measure, though introduced in 1830 for the avowed purpose of repressing in-

temperance by counteracting the temptations to the excessive drinking of ardent spirits afforded in public houses, has been abundantly proved not only to have failed of its benevolent purpose, but to have served throughout the country to multiply and intensify the very evils it was intended to remove." Some one has said, "That 'free beer' diminishes drunkenness may be logic, but it isn't fact."

It is evident, from the experiences of other countries as well as our own, that the use of beer and wine paves the way, by creating the appetite, for stronger drinks. Instead of lessening the consumption of whisky, brandy, and other strong alcoholic drinks, beer and wine increase it; and instead of making for health, they are possibly more injurious than the stronger drinks.





# BACK WITH THE SALOON AS A "SAFETY FIRST" MEASURE<sup>1</sup>

THOMAS D. WEST

**T**HE very fact that saloons endeavor to cluster around industrial plants and to locate as close as they can to the entrances and exits, demonstrates that there are highly prized opportunities in such locations for the sale of intoxicating liquors. The patronage of these saloons must be chiefly among the employees of the factory, or they would not be located there.

The annual bill for the consumption of beer, liquors, and wines in our country is said to be in the neighborhood of \$2,000,000,000. A surprising percentage of this vast consumption befalls the brains of men who are intrusted with the handling of machinery, tools, and appliances in the diverse industries of the United States. The tipplers among these men are bound to be less cautious than others, even when engaged in dangerous employments.

Many instances are cited by employers and liability insurance agencies of the responsibility of the near-by saloon for the maiming and killing of men in factories, and of its being at the bottom of various kinds of trouble when men have carried its sense-destroying influence into their workaday hours.

That the close proximity of saloons to establishments having machinery or tools in any form is one of the chief

contributing factors in accidents, should interest every manufacturer, society, State or municipal authority, now taking any active part in our nation's rampant crusade of "safety first."

It is inconceivable that any man or body of men proposing to take an active interest in "safety first" work should hesitate about doing all in their power to assist the work of "back with the saloon

The laws of today say to our industries, If a man in your employ loses his fingers, an eye, or a limb, you or your insurance agencies are liable to the payment of a heavy indemnity. Still saloons are licensed to be located next door to factories, to sell employees drink that will weaken their

Mr. West is the manager of the West Steel Foundry Company, Cleveland, Ohio. A "self-trained" foundryman, he is author of several books on metallurgy and shop practice. For many years he has taken an active interest in social questions, and he comes forward with the interesting suggestion that, as a safety measure, there should be a prohibition zone around industrial plants, just as around schools and churches.

limbs, befuddle their intellects, and thus render them liable to accidents that all the best safety appliances and watchfulness of managers, superintendents, or foremen in this world cannot prevent. This inconsistent outwitting of justice, common sense, and humanity, supported by laws, is responsible for many of the 2,000,000 injuries and 35,000 deaths that occur annually in the United States.

The author of this article knows from experience what he is writing about. He is chairman and managing director of a hazardous industry located in Cleveland, and for some years there has been a saloon within a few feet of his office

<sup>1</sup> Reprinted from the *Survey* of Dec. 20, 1913.



and the employees' entrance. But, thanks to John Krause and Edward W. Horn, the county license commissioners of Cuyahoga County, who realized the importance of "back with the saloon," on Nov. 24, 1913, this saloon, with others near industries in our city, was closed.

#### Drinking in Work Hours

The manner in which our employees would scheme to leave their post of duty to steal out to the saloon and get back without being caught, displayed great ingenuity. It showed that these men were not lacking in intelligence. Nevertheless, intoxicants could get the better of these capable men and make them not only wholly incapable of exercising care or good judgment in protecting themselves and others from injury, but actually make them instrumental in causing accidents that would not occur among level-headed men.

When saloons are in such close proximity to industries that men can get to them and back again within five to fifteen minutes, they can slip out occasionally without being missed. Under such circumstances a "boss" may not have reason to suspect there has been any drinking until he hears loud talk, a quarrel begins, or some one is injured or killed.

There is only one sure safeguard against these accidents. That is for our laws to permit no saloon to be located so near a factory that the men can reach it, unnoticed by gatemen or watchmen, by breaking through or aeroplaning fences. This security calls for saloons' being all the way from five hundred to one thousand or more feet, according to conditions and locality, clear of the plant limits.

There are three distinct conditions that demand special consideration, any one of which would justify refusing licenses to saloons seeking to be near industrial plants:—

First, saloons should be kept back from all industries that have work of a hazardous character, or where it is es-

pecially necessary for operatives to keep their wits about them to avoid injuring themselves or others, or where care must be exercised to do good work and avoid destruction of property by fire, violence, or accidents.

Second, industries that are called upon to work men at nighttime especially should be free from the danger of quarreling, trouble, strikes, and accidents due to the existence of near-by saloons.

Third, all saloons should be refused licenses wherever girls and women who pass them must traverse lonely or squalid districts in their journeying to and from their homes.

We are informed of one large firm employing men and women, where the latter in passing saloons on their way to work were often accosted by tipsy men, bums, and loiterers. Finally it became so unbearable that their employers, in seeking to protect them, went to great expense in making new gate entrances to an adjoining street where there was no saloon, in order that women operatives might journey without danger of insult to and from their homes. There were no laws or means to keep back the saloon, however, and it was but a few months before a new saloon was located for full-blast operation on each side of the company's new gate entrances.

#### The Saloon Lunch

The location of saloons near industrial plants is objectionable not only for all the above reasons, but also on the ground that it causes many to acquire the habit of drinking, with all its evils, who otherwise would not do so. Young people, seeing older men sneak out for a drink, think they show smartness by imitating them. Men fighting their enslaving appetites get wafts of beer from buckets, bottles, and the breath of tipplers, and are often driven back to drink in spite of a manly fight.

Some take the position that intoxicants are a necessary stimulant to many, especially in hot work or during the summer time. Experience shows that



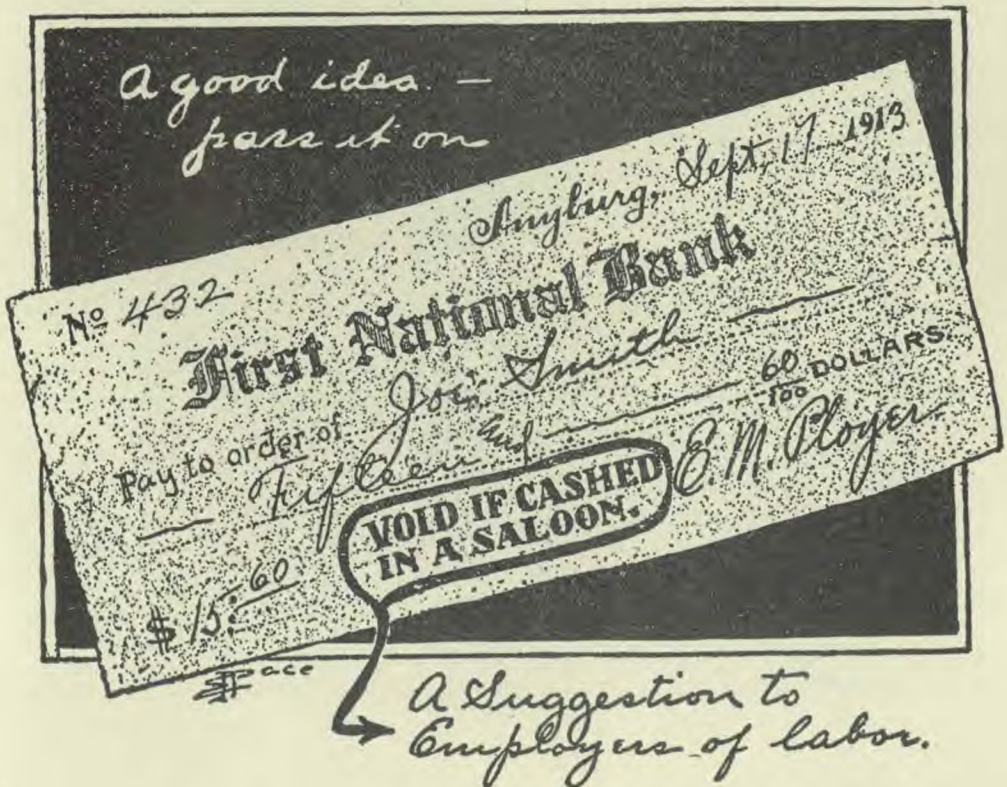
this is an error. There is no hotter work than attending crucible furnaces, where the man has to stand directly over seething pots of molten steel with a blazing flame coming up all around, his clothes protected by asbestos covering. This is the hottest work imaginable,—a perfect Hades,—but we know men who in this work would never for one moment think of drinking anything but water. Again, the writer, a small man, a teetotaler, carried “bull ladles” of molten metal in his younger days without difficulty, when much larger men drinking beer, and thinking it necessary, would “play out.”

There are those who maintain that saloons are needed in the neighborhood of industrial plants so that the employees may be able to obtain hot soup for lunch. We do not deny that to those who have developed a craving for liquor it would be something of a hardship to be deprived of the saloon. There is no rea-

son, however, why beer drinking must accompany a luncheon of hot soup. Meals in an industrial neighborhood can certainly be supplied in a much more respectable and beneficial way than by having saloons anchored to our industries.

The United States census for 1910 gives the State of Ohio 5,828 barrooms. Under the new law the permissible ratio of saloons to population is now one to 500 people. Consequently, on Nov. 24, 1913, 2,647 saloons were compelled to quit business in our State. In Cleveland we had 2,184 bars, of which 898 were closed after the above date.

This limitation of one saloon to 500 population will no doubt be attacked as unconstitutional. Some are even now taking the position that if they cannot be granted a retail license, there is nothing to stop their conducting a wholesale business by selling not less than two gallons of intoxicants at one time.





Such a license practice as above would undoubtedly be more harmful to "safety first" than retailing. Wholesale selling by saloons close to factories would simply mean that a workman who was formerly satisfied, when stealing out, to take one drink at the bar, or carry it into the shop workroom in a little tin



"PERSONAL LIBERTY"

pail or pocket bottle, would then either have to carry it in a water pail or drink all he could at the bar and place whatever was left in a locker to be provided by the saloon keeper. Whatever the choice, the result would be worse than present practice.

A large number of the licenses rejected in Cleveland were in close proximity to industrial concerns. The writer took a lively interest in this activity, having been appointed chairman of a committee to conduct a national campaign to push back the saloon from the doorways of industrial plants. This campaign was resolved upon at an en-

thusiastic session of the convention of American Foundrymen's Association which met in Chicago, Oct. 16, 1913.

The committee, when completed, will comprise a member of our association from every State, and will seek to enlist the earnest cooperation of the governors, legislatures, and license commissioners of each State as far as possible in the work of "back with the saloon." This committee will also, as the writer is now doing single-handed, appeal to our country's industrial, reform, and labor publications to give all possible publicity to this issue. In this connection, the writer desires to thank George Smart, editor of the *Iron Trade Review*, for much good he has done the cause by editorials and by publishing articles of the writer's on the subject.

It is to be distinctly understood that this crusade of "back with the saloon" is wholly in the interest of "safety first." The writer was drawn into this work through the interest he had previously taken as pioneer in safety work by starting the American Anti-Accident Association at Sharpsville, Pa., Jan. 22, 1908. On Feb. 11, 1909, a public meeting was held in New York City to solicit the cooperation of our leading industries, editors, and insurance companies in this work. The meeting gave impetus to a national campaign to prevent accidents, which is now attracting the attention of welfare workers as much as any other issue of the hour, if not more.

It is natural, therefore, that the writer should realize the confidence which the American Foundrymen's Association has placed in him, and be desirous of doing the best he can to accomplish effective results. He hopes that the powers that be in our various States will effectually respond to the appeals of this article and the forthcoming later solicitations of our American Foundrymen's Association Committee.



# NATION-WIDE PROHIBITION

S. B. HORTON

[See frontispiece — "Wet" and "Dry" Map.]



**I**N April and May Congressional Committees on the Judiciary gave four days to hearings on the subject of national prohibition, provision for which was contemplated in House Joint Resolution 168 and Senate Joint Resolutions 88 and 50. Before the House Committee on the Judiciary appeared Representative Richmond Pearson Hobson, Dr. Edwin C. Dinwiddie, national representative of the Anti-Saloon League of America, the leaders of the W. C. T. U., besides representatives from the different Protestant churches, including the Seventh-day Adventist. These hearings were the outcome of a demonstration which took place in the city of Washington on December 10, last, when memorials in behalf of an amend-

ment providing for nation-wide prohibition were presented to representatives of the Senate and House, on the Capitol steps. The provision for nation-wide prohibition, if adopted, will become part of the Constitution.

**Unless checked, the prohibitionists will accomplish their purpose. There are grave probabilities that a Constitutional amendment will go to the States within a year, or possibly even sooner, and once sent to the States no power on earth can prevent its eventual ratification. — General Counsel of the National Wholesale Liquor Dealers' Association, to Mr. Edward Marshall, a writer in New York Times. Quoted in New Republic, May 22, 1914.**

The reasons assigned for the need of such an amendment to the national Constitution were set forth in a preamble which stated that "scientific research has demonstrated that alcohol is a narcotic poison, destructive and degenerating to the human organism, and that its distribution as a

beverage or contained in foods lays a staggering economic burden upon the shoulders of the people," etc.

Strong speeches were made before both committees, from which we present the following excerpts. Representative



THE MEMORABLE PETITION TO CONGRESS FOR NATIONAL PROHIBITION



Mobson said, among other things:—

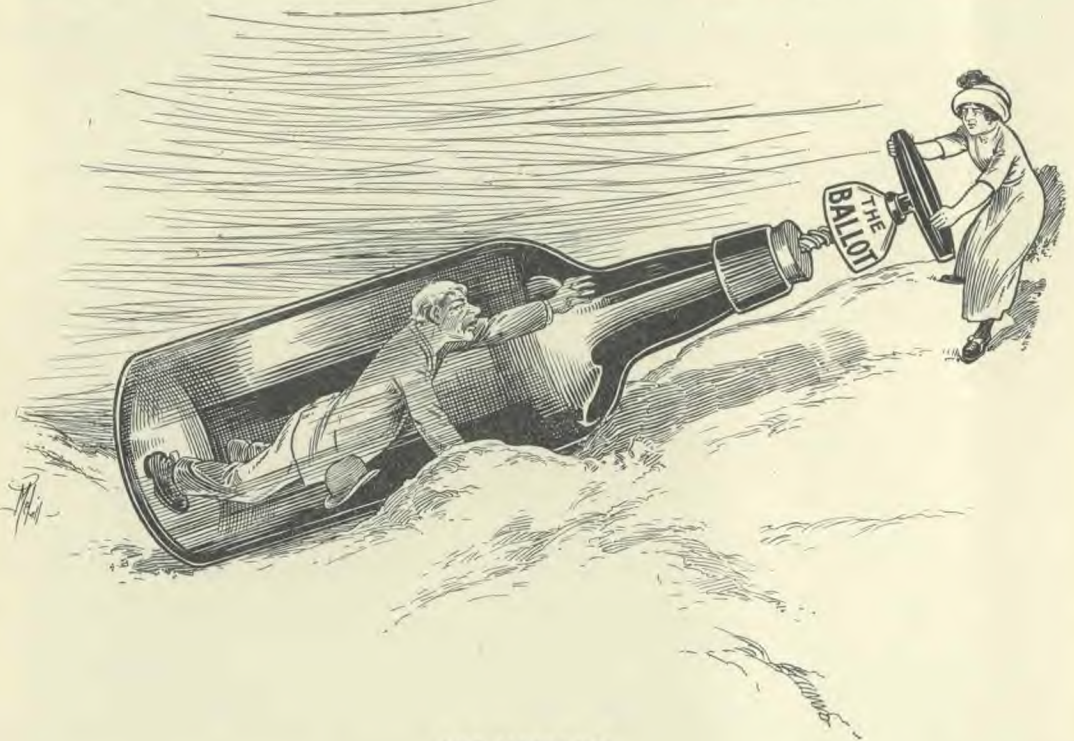
“Careful investigations, substantial, systematic, and scientific, indicate that over two thirds of the drinkers began drinking and had contracted the habit before they were twenty-one years of age; that nearly one third contracted the habit before they were sixteen years of age, and that actually seven per cent contracted the habit before they were twelve years of age. Now, another analysis: Who is it that teaches the boy to drink? It is not the drinker. There would be very few men base enough, though they drink themselves, to go and teach boys to drink. It is only done by those whose business is developed and expanded by the development of the appetite in the boy, so that when he grows up as a drinking man they can get the profit. That is what is done. It is done by the organized liquor interests, and they do it systematically. You go into any city in the country and you will see how it is done. Now, then, the moment you kill the liquor interest of America, the organized liquor business, you stop the debauching of the youth. In other words, the federal government kills the monster. It is not undertaking to affect the old people, but the moment you kill this monster, the moment you destroy the liquor interest of America, it gives the boy a chance to grow up sober; then the next generation will be sober, and that is the organic cure.”

Senator Sheppard, in his speech before the subcommittee of the Committee

on the Judiciary of the United States Senate, said, among other things:—

“The proponents of the national prohibition amendment assert that the American Republic cannot endure if the liquor traffic continues to absorb the earnings and the energies of the people—to threaten their moral and material welfare. The annual consumption of wines and liquors now averages about twenty-two gallons for every man, woman, and child in the United States. We assert that this country cannot withstand the economic loss that comes from an annual waste of two and a quarter billions of dollars, a sum more than double the national debt, and from the use of millions of fertile acres for the production of grain and fruit to be rotted into alcohol, but for which these acres would be making bread and meat for the nation's sustenance. It is an evil transcending the scope of police powers that pertain to the morals, the health, the physical safety of State populations, although it is partially within the scope of such powers. It portends economic disaster for the nation. The nation is threatened, and the nation must act. The preservation of the republic demands that the traffic in intoxicating liquors shall cease. It is an evil of such proportions and of such character that the nation must take part in the struggle against it.”

An interesting contribution to the question was given by Mr. Anderson, Anti-Saloon League representative from





New York State, in which he presented the following letter:—

"Keeley Institute,  
"Dwight, Ill.

"GENTLEMEN: Our customers are your prospective patients.

"We can put on your desk a mailing list of over 50,000 individual consumers of liquor. The list is the result of thousands of dollars of advertising.

"Each individual on the list is a regular user of liquor.

"The list of names is new, live, and active. We know because we have circularized it regularly. We will furnish this list in quantities at the prices listed below. Remittance to accompany each order.

"40,000-50,000 .....	\$400
"20,000 .....	300
"10,000 .....	200

"We will not furnish this list in lots of less than 10,000. Discontinuance of business January 1 is the occasion of our selling our mailing list.

"Yours truly,

"KENTUCKY DISTILLERS' Co.;  
"W. FRANKLIN, President."

One of the most pertinent addresses

on the subject was delivered by Rev. Charles F. Morris, colored, of Norfolk, Va. We quote from his speech as follows:—

"Speaking more particularly about my own people, my people were protected before they became free. About once a year the laws were relaxed a little bit. We had practical prohibition in the South before the war. We were property then, and we were not allowed to destroy ourselves; but things relaxed a little bit during Christmas, and we could get a good drink once a year, which was looked forward to joyfully by a good many. But since the war our people have been free to destroy themselves. . . .

"There are 1,500 Negro men in the penitentiary of Virginia, ninety-nine per cent of whom are there through the influence of liquor, which caused them to commit crime. I will venture to say that before the war there was not a crime against womanhood in the South that was committed by my race. I believe Bishop Haygood stated some years ago that there was perhaps one case in Alabama. During the war, when the chivalry of the South marched away, these black men, to the number of a million, went into the fields and



THE UNIVERSAL VERDICT

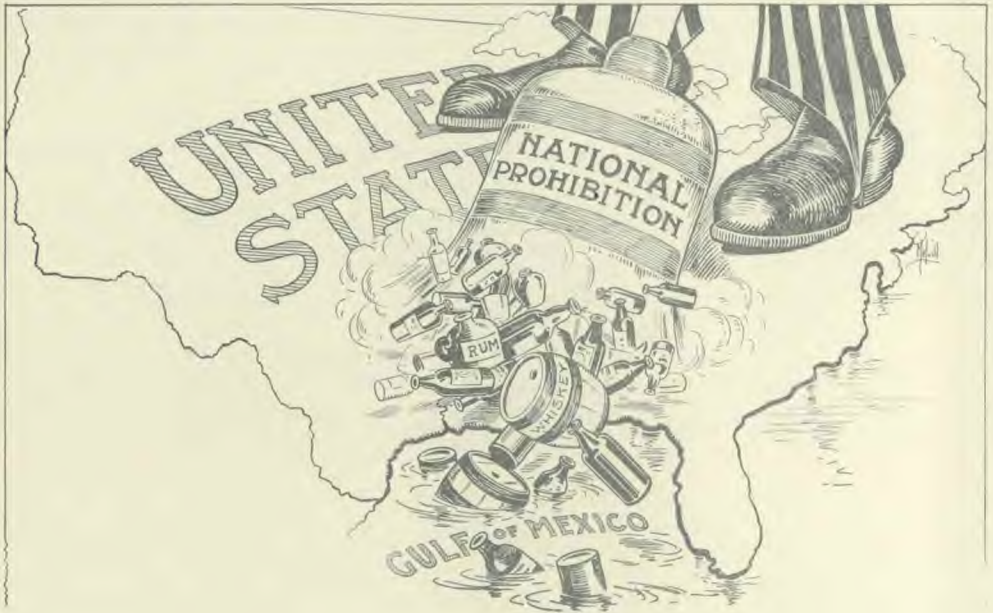


fed the armies that would have been starved into submission within a year if they had not wrought there. And at night the black man came from his toil in the field and laid himself as a guard before the door of the woman that had bred his master; and during all that time not a baby was brained, not a woman was wronged in all that turbulent period, and the main reason for that was that the black man could not get liquor. With the manhood of the South away on the battle field and liquor at the door, God only knows what red record would have been written at that time. We ask you now to free the black man from something to which he was not a slave before the war."

Mr. Dinwiddie exhibited letters from governors in prohibition States, from which he read extracts showing the great good that had been accomplished through the operation of prohibition laws. He referred also to the speech of Emperor William of Germany, in which he advised his nation to free itself from the evil of alcohol and drink, because, he said, "Alcohol causes nine tenths of the crime, undermines the

nervous system, weakens the nation."

The House Committee on the Judiciary reported without recommendation the Joint Resolution 168, and it was placed upon the calendar for the consideration of the House. In the meantime, a caucus of the ruling party in the House decided to postpone consideration of national prohibition until the next session of Congress, which will convene on the first Monday of December of the current year. It must be admitted that the resolution placed members of the House in an embarrassing position when we consider that election day, when another Congress is to be voted for, comes in November. And as the Hobson amendment is the first measure of its kind to be placed squarely before Congress, the matter of going on record one way or the other by the members is of supreme importance to their political welfare.





# CLIPPINGS

[This article by Geo. F. Butler, A. M., M. D., appeared in the *Medical Times*, June, 1914.—Ed.]

## The Testimony of the Psychological Laboratory

WE will consider the much-argued question of alcohol and its effects on man. Does whisky make a person more brilliant or less so? Formerly we had no exact proofs on this question, either for or against, and a great many persons could always be found on both sides of it, some interpreting their experience as indicating the affirmative, and some the negative. And we were bothered with the matter of the personal equation. Some were held to be made more brilliant and some less, but how much more or how much less, or in what ways, it has been left to experimental psychology to determine with exactness, and this it does as follows:—

We first ask the subject, any given person, to go through, in his normal condition, a series of mental operations, measuring his speed in terms of a thousandth of a second. We give him a common sum in addition, noting accurately the time he consumes in finding the answer. We then pass him a list of fifty words, and he is asked to read them to himself, at the same time speaking instantly the first word suggested to him by the sight of each word in the list, and we mark the nature of the spoken word as well as the time employed in thinking what word to speak. Then we measure the celerity and accuracy with which he counts the number of words on the page of a book. We ask him to repeat the first line of the first poem or other writing that comes into his head, noting the time that

he requires to begin speaking. After this we test his memory by giving him a number of ideas of our own, and asking him to put as many of them as he remembers, and as quickly as he can, into words of his own, and these results also we accurately record.

There are countless other tests that can be given the subject, each one of which may throw, in its results, a little light on the problem of this individual's mind-content in its normal condition, the sum of all of them putting him before us in all his nakedness; but those given here are enough to indicate the method employed. Then, having been tested in all these particulars while in the normal condition, he is given similar tests while under the influence of this or that dose of stimulant, and the sums of the two results are compared with all the certainty and accuracy of a mathematical problem, and we find that, in this man's case, certain differences are manifest between the normal and alcoholic conditions of mind. We then go through the tests with other men, and find as a result, without a single exception, that the only sense in which any or all of these men can be said to show increased brilliance under the impetus of alcohol, is in the matter of outer images, things, objects of space and time, superficials; and this only for a few minutes, after which the mind drops back to a slower working than before. Ideas initiative, mental accuracy, determination, are dulled almost to the point of extinction, depending upon the amount of the dose or doses taken.

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[The following editorial from the *Medical Times*, a staid medical journal, not in any way identified with an antialcohol propaganda, is significant as showing how the medical profession is coming to regard the liquor business.—Ed.]

## Alcoholism

NO class is better acquainted with the dreadful social effects of alcoholism than the medical profession, and we are interested in the sociological phases of the subject hardly less than in the scientific. Therefore we are interested in the efforts of the prohibitionists to prohibit. We know that prohibition of the conventional sort does not prohibit, and we know why. We are as anxious as any one to see the last of a destroying vice, but we cannot see how anything short of the cessation of manufacture can affect the situation. Prohibition of the sale of alcohol is futile as long as the stuff is manufactured for other than legitimate purposes. Just as the amount of cocaine needed for legitimate purposes is approximately known, why should not the same knowledge be had of alcohol? Why should not legislation upon alcohol be instituted similar to that upon cocaine? The chief difference in the two poisons, practically

speaking, is that one accomplishes its demoralization quickly, the other slowly. As medical men we are interested in preventing mental and physical demoralization, however brought about and whether at a slow or rapid rate. Theoretical discussions as to the food value of alcohol and its rational use are rather beside the point, since there is very little rational use of the stuff. It cannot be denied that, as commonly used, poisonous effects are induced. And what used to be a supposed rational use, namely, the employment of alcohol in certain diseases, has dwindled greatly. Our alcoholics might well be left to destroy themselves as a matter of personal freedom and of riddance to the community, were it not for the social havoc that flows from the vice. This makes it a concern of government. It is not those who profit commercially from the sale of the poison that should decide the issue, but those whose lives and happiness are in jeopardy.



In this connection a word might be said anent alcoholic finance. One who has been much in touch with active financiers of all degrees of importance will have been impressed with their seeming dependence upon "booze." It is our opinion that much of the queerness of our high finance is traceable to alcohol. There is a deal of artificially induced courage on the "street." Courage is needed in many of the affairs that are "pulled off" in the financial district, and so is imagination. Both are quickened by gin fizzes and cocktails. What we call our effete civilization is really a pretty lively game of cutthroat competition in certain phases; not all the courage of men is displayed on the frontier and on battle fields. Our neurasthenics cannot stand up with strong men in the competitive financial struggle without the aid of strong drink. The ultimate nervous breakdowns and cardiovascular disas-

ters are not due wholly to stress and strain, but largely to alcoholism as well. Visit the midday clubs, restaurants, hotels, and cafés, and take note.

We cannot ignore the tendency of men who by drastic measures are deprived of alcohol to seek other and worse drugs, yet from all accounts the use of such drugs is increasing mightily even where there is little or no restriction with respect to alcohol. We have this problem to deal with in any case. All of these habits have their roots deep down in social pathology, and it is not enough to apply drastic disciplinary measures of the sort suggested; we must put our house in thorough order and make life worth living before we can hope to abate practices through which men futilely attempt to meet the aimless grind of this gray old world. Who can blame them for occasionally inducing a roseate anesthesia?

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[The following confession by a liquor periodical, and the comments by the *Outlook*, speak for themselves.—Ed.]

### The Handwriting on the Wall

THE prohibition fight henceforth will be nation wide, and contemplates writing into the national Constitution a prohibition of the manufacture and sale of all alcoholic beverages. To accomplish this result will require the ratification of thirty-six out of the forty-eight States of the Union. Of these, nine are already in line through State prohibition—Maine, Kansas, North Dakota, Oklahoma, Mississippi, Georgia, Tennessee, North Carolina, West Virginia. The last five have been added within a period of six years. In addition to these there are eighteen States in which a major part of the people live in territory made dry by local option, and in which we may be assured prohibition sentiment predominates. . . .

The most influential argument against prohibition is that it is not effective, that "prohibition does not prohibit." This is not basic nor moral; the fact of failure to enforce is no argument against even the expediency, much less against the moral issue involved. Ultimately all questions must be settled by moral standards; only in this way can mankind be saved from self-effacement. The liquor traffic cannot save itself by declaring that government is incapable of coping with the problem it presents; when the people decide that it must go, it will be banished. . . .

For this the liquor business is to blame; it seems incapable of learning any lesson of advancement or any motive but profit. To perpetuate itself it has formed alliances with the slums that repel all conscientious and patriotic citizens. It deliberately aids the most corrupt political powers, and backs with all its resources the most unworthy men, the most corrupt and recreant officials. It does not aid the purification of municipal, State, or national administration. Why?—Because it has to ask immunity for its own lawlessness. . . .

The case of the liquor traffic is called for

adjudication by the American people, and must be ready for trial. Other cases may be called later, but the one before the court cannot be postponed. . . . There are billions of property involved. . . . But when the people decide that the truth is being told about the alcoholic liquor trade, the money value will not count; for conscience, aroused, puts the value of a man above all other things.—*National Liquor Dealers' Journal*.

### A Confession, Not a Charge

THE above quotation is not, as might be expected, taken from the columns of a journal devoted to the cause of prohibition. It is part of a leading editorial which appeared in the pages of the *National Liquor Dealers' Journal*. The writer of that editorial is apparently convinced that the liquor business will wake up to its impending ruin just about soon enough to attend its own funeral. From such a source this statement comes as an extraordinary confession of fact and fear. "To us," says the *Liquor Dealers' Journal* in this same editorial, "there is the handwriting on the wall, and its interpretation spells doom."

The progress which the antialcohol movement has made in the last decade is one of the most significant testimonials to the awakening social consciousness of the nation. The anti-alcohol movement is growing because it is proving its case in the court of popular judgment. It is the result of a sentiment both scientific and democratic.

The rapidity with which the desire for national prohibition is spreading is shown, not only by the serious regard bestowed upon it by organs of the liquor traffic, but by the fact that it now for the first time begins to loom above the horizon of national politics as a practical issue. . . .

In New York State the Anti-Saloon League has presented to the legislature an optional liquor prohibition law which represents the



fruit of twenty years' experience in drafting anti-liquor legislation. Needless to say, this proposed law has "teeth" of very obvious character. Perhaps the chief merit of this proposed law lies in its provisions for enforcement and the obtaining of evidence against offenders. This bill is frankly intended to prepare the Empire State for ultimate national prohibition, such as was proposed to Congress in the resolution of the Anti-Saloon League carried to the Capitol last December by a committee of one thousand men and women.

The advantages of national prohibition over State prohibition may be stated as follows: Importation from outside the borders of the

country could be prevented as well as the transportation of liquor from one State to another. Placing the suppression of the liquor traffic in federal hands would furthermore eliminate local liquor selling and manufacturing, just as federal taxation of liquor production has so effectively prevented the operation of illicit stills throughout the country. Federal prohibition, if effective, would take away the chief weapon and the chief opportunity for corruption from the local politician of undesirable tendencies. The question of national prohibition is one which we expect to see brought before the country with increasing insistence.—*Outlook, March 14, 1914.*

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## FIFTY DOCTORS AGAINST ALCOHOL

**I**N 1911, in connection with the annual meeting of the British Medical Association, fifty medical men gave addresses in Birmingham and the surrounding district, on alcohol and the human body.

The following compilation of the leading thought expressed in these fifty addresses, is particularly valuable as a condensed statement of what is recognized and supported by the very best evidence up to the present day:—

That alcohol does not quench but awakens thirst.

That alcohol is of no value when work is to be done.

That alcohol diminishes the quality and total output of manual work of all kinds.

That alcohol causes great deterioration of the quality of intellectual work.

That alcohol blunts perception and feeling, impairs moral sense, and impedes intellectual processes.

That alcohol, when taken by children, checks growth and development, both mentally and bodily.

That alcohol weakens the power of self-control, thus leading to immorality and crime, poverty and misery.

That alcohol has a narcotic poisonous action, and must be classed with chloroform and ether.

That alcohol predisposes both directly and indirectly to infectious fevers.

That alcohol is now known to be one of the most important factors in rendering patients more susceptible to the attacks of the tubercle bacillus, and so to tuberculosis.

That in pneumonia and typhoid fever alcohol does more harm than good.

That alcohol hastens the end in a fatal illness, but prolongs the duration of the illness in those cases in which the patient recovers.

That alcohol predisposes to heat stroke in hot weather.

That alcohol causes rapid loss of heat in cold weather.

That alcohol causes degeneration of the heart and blood vessels.

That alcohol is one of the great predisposing causes of heart failure and cerebral hemorrhage.

That alcohol often causes neuritis, or inflammation of the nerves.

That alcohol is one of the great causes of degeneration, or too rapid aging of the tissues of the body.

That those who take no alcohol can perform more work, possess greater powers of endurance, have less sickness, and recover more quickly than nonabstainers, while they are unaffected by any of those diseases specially caused by alcohol.

That the great amount of drinking of alcoholic liquors among the working classes is one of the greatest evils of the day, destroying more than anything else the health, happiness, and welfare of those classes.

That the universal abstinence from alcoholic liquors as beverages would contribute greatly to the health, prosperity, morality, and happiness of the human race.

That the general adoption of abstinence from all intoxicating beverages is the most natural, surest, simplest, and quickest method of removing the evils which result from their use, and is the first great step toward the solution of many of the most difficult social problems by which we are confronted.—*Medical Temperance Review.*



## AMERICAN COURT DECISIONS AND THE LIQUOR TRAFFIC

IT is not necessary for the sake of justifying the State legislation now under consideration, to array the appalling statistics of misery, pauperism, and crime which have their origin in the use or abuse of ardent spirits.—*U. S. Supreme Court, Mugler vs. Kansas*, 8 U. S., 123, U. S., 295.



No one possesses an inalienable or constitutional right to keep a saloon for the sale of intoxicating liquors.—*The State vs. Gerhardt*, 145 Ind., 439, at page 462.



If the public safety or the public morals require the discontinuance of any manufacture or traffic, the hand of the legislature cannot be stayed from providing for its discontinuance by any incidental inconvenience which individuals or corporations may suffer.—*Beer Co. vs. Mass.*, 97 U. S., 32.



It is said that "what a man shall drink, equally with what he shall eat, is not properly matter for legislation." There is in this position an assumption of a fact which does not exist, that when liquors are taken in excess the injuries are confined to the party offending. The injury, it is true, first falls upon him in his health, which the habit undermines; in his morals, which it weakens; and in the self-abasement which it creates. But as it leads to neglect of business and waste of property and general demoralization, it affects those who are immediately connected with and dependent upon him.—*Crowley vs. Christensen*, 137 U. S., 86.



That it [the liquor traffic] produces from four fifths to nine tenths of all the crime committed is the united testimony of those judges, prison keepers, sheriffs, and others engaged in the administration of the criminal law, who have investigated the subject.—*Indiana Supreme Court*, 1855.



It [the prohibitory law] seeks to promote the general welfare by prohibiting an excessive vice which is doing more to disqualify men for self-government than all other influences combined.—*Our House, No. 2, vs. the State*, 4 Freeman (Iowa), 172.



That the right to sell liquors is not an inherent right of a citizen of the United States is beyond cavil.—*Adams vs. Cronier*, 69 Pac. Rep., 594.



We presume no one would have the hardihood to contend that the retail sale of intoxicating drink does not tend, in a large degree, to demoralize the community, to foster vice, produce crime and beggary, want and misery.—*Prohibition vs. City of Chicago*, 68 Ill., 44.



There is no statistical or economical proposition better established, nor one to which a more general assent is given by reading and intelligent minds, than this: That the use of intoxicating liquors as a drink is the cause of more want, pauperism, suffering, crime, and public expense than any other cause, or perhaps it should be said, than all other causes combined. Every State applies the most stringent legal power to lotteries, gambling, keeping gambling houses and implements, and to debauchery and obscenity, and no one questions the right and justice of it; and yet how small is the weight of woe produced by all these united, when compared with that which is created by the use of intoxicating drinks alone.—*Iowa Supreme Court, Lantz vs. State*, 2 Iowa, 164.



Liquor in its nature is dangerous to the morals, good order, health, and safety of the people, and is not to be placed on the same footing with the ordinary commodities of life. We do not suppose there is a more potent factor in keeping up the necessity for asylums, penitentiaries, and jails, and in producing pauperism and immorality throughout the entire country, than liquor.—*State ex rel. George vs. Acker*, 26 L. R. A., 351, 352.



# EDITORIAL

## THE SINISTER CHARACTER OF ALCOHOLIC INDULGENCE



At the thirty-eighth annual meeting of the American Academy of Medicine, a paper on "The Physical Character of Crimes of the Alcoholic," was read by Dr. T. D. Crothers, who for years has made a study of narcotic and drug habits. Regarding the general characteristics of alcoholics, he says:—

"A large number of alcoholics are seldom seen intoxicated. Such persons drink wine at the table, or spirits and beer at regular intervals. They are called moderate drinkers, and for a time at least pass for normal, healthy persons; they carry on their business relations without exciting suspicion of ill health or attracting attention in any particular way, and to many persons they appear as examples of health and vigor.

"The alcoholic may become intoxicated under peculiar circumstances, but he never abstains. Spirits are continually used. The toxemia is evident from the deranged and lowered activities, particularly of the senses; and the functional correction of impulses is irregular and defective."

And yet these same alcoholics may be held up as examples of how well a man may manifest self-possession and restraint in the use of intoxicating liquors. The fact is, as Dr. Crothers has shown, many of these so-called moderate drinkers are powder magazines, waiting only the spark to explode their moral nature and self-restraint. One does not know when such a person may commit a fiendish crime.

Regarding the offenses committed by alcoholics, Dr. Crothers says:—

"The crimes committed by the alcoholic are coarse, blundering, stupid, impulsive acts, seldom preceded by preparation, motives, or premeditation. They are from obsessions and morbid impulses of short duration. Such persons kill their wives and children, without any reason, assault their associates, set fire to buildings, put obstructions on railroad tracks, and are coarse kleptomaniacs, and then offer the most childish explanations for their conduct, or deny having committed the act."

That such cases of wholesale murder and coarse crime are of daily occurrence the newspapers testify. Turn over the pages of any daily and some crimes of this kind will be found recorded. True, it is not stated that the man was an alcoholic, for ordinarily the "moderate drinker" who seldom if ever gets intoxicated is not usually known to be an alcoholic.

We have learned to shut the stable door after the horse has been stolen. We are adepts in preventing, or in trying to prevent, the crime that has already



been committed. We shut up men who have run amuck, in a hospital for the criminally insane; but we have yet to take the first intelligent step toward the prevention of the crime. In disease, we have learned that there are causes, and that if these causes are removed the disease may be prevented; and that it is cheaper, and better, and easier to prevent disease, after we have learned the cause, than it is to cure it after it has obtained a foothold. We have the same lesson to learn regarding crime. As we have recognized the agency of the mosquito and the fly in the production of disease, and are applying our remedies to the cause, so in the matter of crime we must detect the causes, and there apply the remedy. One important cause of many of our most atrocious crimes, according to most excellent authority, is alcoholism,—MODERATE DRINKING, so-called,—and here is where we should apply the remedy. Not every person who uses liquor is an alcoholic; but many are who are not so suspected until the dastardly deed is done, and perhaps a family wiped out.

When we have come to appreciate the importance of prevention rather than punishment of crime, and when we have come to understand the relation that exists between alcoholism — moderate drinking, so-called — and crime, we shall realize that the government could be in better business than licensing the manufacture and sale of that which causes alcoholism.

Some will say that the alcoholism is the result of an unstable nervous organism, and that it is not necessarily the result of alcoholic indulgence; but the evidence is accumulating that this nervous instability is an alcoholic heritage handed down from the parents. We are pointed to wine-drinking and beer-drinking countries, with the statement that in these countries the people are not affected as they are where stronger drinks are habitually taken; but the same cry for deliverance from the drink curse is being raised in these very countries. There are alcoholics in France and in Germany and in Italy. Wherever alcohol is used as a routine, there alcoholics are in the process of formation; and, unfortunately, we do not know the state of affairs in a certain case until in blind fury the victim of the terrible malady has wiped his family and perhaps himself out of existence.

Even when these alcoholics have been placed in an institution for a period, they are not safe. They have a latent insanity which is apt to become manifest at any time. As Dr. Crothers says:—

“Because they have not drunk spirits for a long time, it is assumed that they have recovered and are normal. This is a grave error, which any careful study will show. There are many persons who are skeletons of their families, with concealed delusions that are likely to develop into crime. Such persons ought to be confined, but public sentiment and false notions refuse to consider them irresponsible or insane.

“A recent example was of a man who had drunk heavily for twenty years, principally spirits, and was never intoxicated. He was able to carry on quite a large business with success. After an attack of delirium, lasting for two or three weeks, he recovered and remained abstinent. His brain was feeble, and he gave up business. To his intimate associates he exhibited delusions, and five years afterward these delusions culminated in a brutal homicide, after which he drank to great excess. He was tried for murder, convicted, and hanged.”

This was not prevention, but “cure.” It was shutting the stable door after



the horse had been stolen. Had society shut that man up in a special home for alcoholics, it would have prevented a murder and an execution — or legal murder. But society said, "NO; let him go free; and if he does wrong, we will punish him!" But society must learn less crude methods. Not only must the alcoholic, who is a potentially insane criminal, be confined, but the BUSINESS which is manufacturing these potential criminals must be throttled.

*J. H. Heald.*



SEEING THINGS

Robert Charlton, a likely boy, 20 years old, pleaded guilty at Wooster, Ohio, to the charge of robbery, committed while he was drunk. While waiting for his trial, he drew the above cartoon. The licensed liquor caught this talented boy, ruined his reputation, and sent him to prison. The State authorized a pirate to sell the liquor and then threw the boy into prison because he got caught in the trap set for the purpose of catching youngsters.





**Abolishes Liquor to Better Service** WHEN Secretary Daniels issued the order abolishing liquor from the navy, it was for the purpose of increasing the efficiency and the reliability of that branch of the government, on which the nation willingly spends millions of dollars annually. He said that he feels sure

to have no effect, unless perhaps a temporary stimulating effect, has a determined detrimental effect on muscular and mental control, such an order from the head of the navy is strictly in accord with the latest pronouncements of science. In proportion as this order is carried out, we may expect a lessening of accidents and an increase in efficiency in our already efficient navy.

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THE PASSING OF THE OLD NAVY

that the efficiency of the service will be greatly improved by the order.

"If I had not felt so," he is quoted, "I should never have issued the order. The fact is that on the modern battleship, in particular, there is so much machinery, electrical and steam, that it is of the greatest importance that those in charge of it be not exposed to any opportunity of being in the slightest degree influenced by alcohol."

Since scientists, by precise laboratory methods, have shown that the small minimum dose of alcohol, supposed generally

**Uncle Sam's Navy Dry**

FOR a long time alcoholic beverages have been debarred to seamen in the navy when on duty. A recent order from the head of the Navy Department makes the sauce for the goose the sauce for the gander, and the officers are included in the prohibition, which forbids "the use or introduction for drinking purposes of alcoholic liquors on board any naval vessels or within any naval yard or station." Commenting on the order, the *Journal A. M. A.* says:—

"The development of scientific methods and the use of instruments of precision in warfare have made alcohol absolutely detrimental to the modern naval man. Sea fights in the past have been won by brute hardihood and physical endurance, which could perhaps be stimulated, temporarily at least, by large doses of alcohol. The modern warship is a floating laboratory of delicate and accurate machines. The gun pointer who directs a fourteen-inch rifle on the modern man-of-war needs not only personal courage, but also steadiness of nerve, clearness of vision, and fine muscular coordination. All these, modern physiology has shown to be impaired by even small amounts of alcohol."

"The nation needs on its battleships today the *most capable, clear-headed, cool-brained, steady-handed men, and these men are not found among the habitual or occasional users of alcohol in any form* [italics supplied]. Entirely aside from moral and sentimental reasons, and considered simply as a scientific



regulation in the interest of efficiency, this order will recommend itself to the vast majority of the American people."

In other words, the navy wants men who are men. Why may not those who are not in the navy be men? Must men be at their highest only in order to hold a government position? Do not all the other relations of life call for men who are men? Is not the admission that the navy cannot afford to allow even a minimum of alcohol a hint to the wise that the nation as a whole cannot afford it? If patriotism banished alcohol from the navy, will not a greater patriotism eventually banish it from our nation?

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**Transportation Disasters**      THE *New York Medical Journal* of January 10 discussed the medical aspects of transportation disasters. After referring to mechanical safety devices and to the influence of imperfect color perception, the *Journal* makes the following significant statement regarding the effect of alcohol on disasters:—

"Special attention should be paid to the devotees of alcohol, and its use should be a bar to license. The heat and the stress of a 'run,' especially in locomotive engines, act very badly on those addicted to alcohol, either steadily or dipsomaniacally. Many examples of poor judgment, ignoring of signals, physical inability, or exhaustion would then be eliminated. Alcoholic sclerosis, its allied mental phenomena, and incipient general paresis are incompatible with work of this kind.

"In short, legislation should be introduced as a measure of logical progress, putting under uniform control all operators of interstate vehicles, allowing the issuance of no licenses or renewals except after medical examination. The examination should take into consideration all physical elements necessary to [having an influence upon] the operation engaged in,—especially cardiovascular sclerosis, mental disease (especially general paresis), and the alcoholic tendency and psychoses."

Some day, perhaps, it will be fully realized that it is criminal to trust the lives of passengers to men who drink liquor. Keep liquor from all transportation employees, and a large proportion of the accidents involving loss of life will be avoided.

### Alcohol and Accidents

DR. T. D. CROTHERS has made a life-study

of inebriety, and he knows the effects of alcohol on the human subject about as well as any man. His life work, we might say, is the care and restoration of victims of narcotic habits. In a recent number of the (London) *Medical Temperance Review*, in an article entitled "Defective Vision From Alcohol," he gives some facts which are well worth consideration. For instance:—

"An analysis of the causes of accidents on railroads and with motor cars brings out the startling fact that in over fifty per cent of these cases alcohol is the responsible cause. One authority traced two hundred accidents occurring with motor cars, a large part of which [were] attended with fatality, to the use of alcohol just before the accident. In most of these cases the drivers were not intoxicated, nor supposed to be under the influence of spirits.

"Many of these cases are illustrated in the following: The driver, supposed to be a temperate man, failed, after two glasses of spirits, to see the red lights of danger on the bridge, and plunged down into the stream below. Another driver, after taking a single glass of brandy, tried to cross the track before an approaching train, and was killed. In another accident a man, supposed to be temperate, complained of cold and took some whisky to relieve himself, and a half hour later he went around a curve at high speed and down an embankment. These are very common incidents, and can be duplicated in almost every section of the country."

"Recently the fact has come to notice that defective vision due specifically to alcohol is a far more frequent cause of carelessness and disaster than any other condition.

"This is seen in persons who are supposed to be temperate, and who are not recognized as drinking men, or are even known to take spirits at long intervals. Men whose eyesight is supposed to be normal suddenly develop temporary defects from the use of spirits, and later these functional disturbances pass away.

"A railroad engineer who had been repeatedly examined and was found to have good sight, showed a surprising defect in not seeing the red lights of warning, and not heeding the danger signal that was against him. This occurred on several occasions in the course of a year. At other times he seemed normal and recognized the signals naturally. Inquiry was made, and it was found that on the return trip of a long journey he had taken spirits for



weariness and fatigue, and for the next two hours his eyesight was seriously affected. His color sense was destroyed or so dimmed as to be unrecognized. He stopped the train on several occasions, thinking an obstruction was before him. The inference was clear that alcohol had disturbed the sight, and that he was unable to recognize the signals for some little time and until the effects of the spirits wore off.

"In another case a tower man showed startling confusion in the movement of the switches and the display of signals. Several slight accidents happened. It was finally determined that he had taken a glass of spirits, although he was not a drinking man. Not infrequently gatemen and persons operating switches make mistakes which are traceable to some unknown conditions of mind and eyesight. Later it is found they had been drinking.

"Recently a gateman who had spent half an hour in a near-by saloon permitted a funeral procession to cross the track at the time for a fast express. One carriage load of people was destroyed. . . .

"The foreman of a bridge-construction company, after a dinner at which spirits were taken, neglected to use the ordinary precaution of fastening the rails to permit the safe crossing of a train. As a result a very serious accident followed, in which several cars were wrecked and one or two persons killed.

"The railroad companies have a great variety of facts pointing to alcohol as an active cause, which are not made public, and, in fact, are concealed to a large extent. From the train dispatcher down to the gateman, the entire transportation service of the great trunk lines, the number of accidents due to spirits alone far exceeds that of any other one cause."

"In a more accurate study of the casualties, the failures of responsible persons are not traceable to excessive use of spirits, except in rare instances. The gate tender, the switchman, or the tower man may be apparently bewildered by spirits, but he is not permitted to continue his work in this condition. The peril of his mental condition is recognized.

"It is the man who is not intoxicated, who may have drunk only one or two glasses, and apparently seems in no way worse or different for his use of spirits [that is apt to cause a deplorable accident]. His sudden disabilities, entirely unforeseen, are the direct cause of the casualty which follows. The spirits, even in small quantities, have covered up his real condition, and given him a false estimate of his ability and a certain recklessness of conduct that he was not aware of. . . .

"The engineer, suffering from a sense of fatigue and weariness, reasons that the disappearance of these symptoms from a glass of spirits is evidence of [the return of] his former alertness of mind and senses; and when the effects wear off and more spirits are taken, the delusion of strength becomes more and more fixed in his mind. . . .

"If the exact physiological effects of alcohol on the brain were recognized and known, there would be no spirits taken, and the accidents which follow would be diminished."

**The Evil That Lives After** IN a recent issue of the *Long Island Medical Journal* is an editorial article entitled "The Evil That Men Do Lives After Them." This statement, true in Shakespeare's day, and always true, is apt to be accepted as a general proposition by most people, without a question; but the "evil" referred to in this article is the use of alcoholic liquors. It seems that an old account book had been found containing the accounts of a merchant in one of the seaport towns of Long Island, dating back to the early years of the last century. To quote from the editorial:—

"In turning the pages of the ancient journal one is impressed with the fact that approximately one half of the entries are for alcoholic liquors. In fact, many of the inhabitants seem to have bought little else.

"It occurred to us that it might be interesting to learn something of the progeny of these individuals. On making a casual inquiry of a former resident, we were informed that several members of the present generation were notorious alcoholics, and that practically all these families had furnished several inmates for our local insane asylums during the past twenty-five years.

"One Mary 'Jones' of the same village, who was totally blind as a result of having once drunk wood alcohol during a debauch, died recently of nephritis, at the age of forty-five. The first page of her grandfather's account shows the following ominous entry:—

		JOHN "JONES"	£	S.	D.
1814					
Oct. 7	1½ yds. calico .....		4	6	
Oct. 12	1 quart rum .....		3	6	
Oct. 21	1 quart rum .....		3	6	
Oct. 28	1 quart rum .....				
	1 pint brandy & 2 lbs. sugar		6	6	

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**Alcohol and Longevity** THE statistician of the Metropolitan Life Insurance Company, in a paper in the *American Journal of Public Health*, entitled "Possibilities of Reducing Mortality at the Higher Age Groups," gives a very convincing temperance lesson, particularly because it was written from the standpoint of the insurance man and not of the temperance worker.

Insurance men are not, as such, interested in the moral phase of the liquor question; their business leads them to study habits from the standpoint of the



effect upon length of life; and the material at their hand in the shape of records and statistics enables them to get at the truth as no other body of men can.

Regarding the effect of alcohol on longevity, Dr. Dublin says:—

"The effects of the intemperate use of alcohol upon middle-age mortality are closely related to those of the venereal diseases; indeed, there seems to be a distinct correlation between these two forms of indulgence. The statistical analysis of the subject is full of difficulties in view of the reticence of physicians to report the facts of alcoholism on the death certificate. Yet the evidence is unmistakable that there is a marked influence on middle- and old-age mortality from this cause. The title 'Alcoholism' (acute and chronic) in the census returns showed, in 1911, the not very significant rate of 4.9 per 100,000; but this is only a trace of the deaths resulting from alcoholism. No one can estimate the annual mortality loss that is hidden behind such returns as 'pneumonia,' 'acute and chronic nephritis,' 'cirrhosis of the liver,' 'organic heart disease,' and 'arteriosclerosis,' all of which causes are now, as we observed, on the increase in their incidence at the higher ages. If further evidence of the causal relation between alcoholism and higher mortality were necessary, we should need only refer to the body of facts which have been accumulating in insurance offices, showing that total

abstainers are by far the best risks, and that the mortality rates observed in various occupations are significantly tinged by the degree of exposure to alcohol which is characteristic of the occupation.

"We cannot, therefore, observe without alarm the reports of the steadily increasing consumption of alcoholic beverages in the United States during the last thirty years as shown by the reports of the Commissioner of Internal Revenue. In the period 1881-90, the per capita consumption of liquors and wines was 13.21 gallons, whereas in 1912 the figure per capita had risen to 21.98 gallons, an increase of 66.4 per cent since the earlier date. In this changed condition, almost the sole contributing factor has been the consumption of malt liquors. We are becoming, as a nation, too free in the use of alcohol; and it is high time that the lesson which Germany has apparently learned and is taking to heart, as is shown by the reductions in the consumption of alcoholic beverages recently observed in that country, were applied among us before further damage is done."

It will be noted that while the temperance people are sending up a shout because such a large area of the United States is "dry," this careful observer is alarmed at the steady increase of liquor consumption. Let us not be deceived by the amount of our "dry" territory.

**The best antiseptic for purposes of personal hygiene**

# LISTERINE

There is a tendency upon the part of the public to consider the dental toilet completed with the use of the tooth-brush and a dentifrice in paste or powder form.

It is not possible with the brush and either paste or powder to cleanse the interstitial surfaces of the teeth; here the use of dental floss is imperative, and after meals, or in any event before retiring at night, it should be employed to dislodge the remaining shreds of food substance wedged between the teeth. The tooth-brush and a paste or powder may then be employed for their frictionary effect, moving the brush from the gum margin toward the cutting edge or grinding surface of the teeth, and not toward the gum margin, lest these tissues be loosened from their attachment about the teeth and the sensitive dentin exposed. Rotate the brush upon the grinding surfaces of the molars to remove any food which may be lodged in the fissures of these teeth. The mouth should then be rinsed with an antiseptic solution of suitable strength, for which there is nothing comparable to Listerine, one part, tepid water ten to fifteen parts, forcing the Listerine to and fro between the teeth that all of their exposed surfaces may be brought under its antiseptic influence.

This procedure faithfully pursued will insure the conservation of the teeth.

**LAMBERT PHARMACAL COMPANY**  
 LOCUST AND TWENTY-FIRST STREETS : : ST. LOUIS, MO.



**Alcohol and Mental Disorder** IN Rosenau's "Preventive Medicine and Hygiene," just issued, is a chapter by Thomas W. Salmon, M. D., past assistant surgeon, United States Public Health Service, director of special studies, National Committee for Mental Hygiene, and formerly chairman of the New York State Board of Alienists, a most thoroughly competent man to judge as to the relation between alcohol and mental disorder. He says, on pages 301, 302:—

"It is a strange commentary upon human frailty that all the poisons which assail man through accident, and the dangerous trades in which he must engage, and all the poisons which are elaborated within his system, as in nephritis, diabetes, thyroidism, and acromegaly, are together responsible for but a small fraction of the number of cases of mental disease due to his deliberate ingestion of one poisonous substance—alcohol.

"It is likely that alcohol, as a predisposing or as an immediate cause, is responsible for more than a third of all admissions to our hospitals for the insane. . . .

"There is hardly a mental disease which is not influenced unfavorably by alcoholic habits. They lend a tremendous impetus to the retrogressive changes in senility; and, as has been said, the acquisition of alcoholism by defectives often results in acute mental symptoms when none need have occurred. Statistics collected independently by several investigators show that the parents of nearly fifty per cent of defective children were alcoholics. It is held by many psychiatrists that no other single cause of imbecility and idiocy, except mental defectiveness in the parent, can compare with alcoholism in the parents, intemperance of mothers during pregnancy being thought to be particularly likely to result in mental defect in the offspring."

Referring to the fact that the Francis Galton Laboratory of Eugenics has done some work pointing toward the opposite conclusion, Dr. Salmon says: "The weight of evidence, however, is in favor of the relationship between alcoholism and mental defect indicated above."

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**Still It Has Defenders** IN the face of all the evidence there is against the liquor evil, it is strange that some men who apparently are not doing it because they have money invested in the business, continue to defend the liquor business as at the worst a necessary evil, and possibly even a benefit. It is

just as necessary as slavery, and is perpetuated by the same class, who believe that what has existed in the past is right and must continue to exist, notwithstanding the frequent appearance in the newspapers of such items as this:—

"KILLED WIFE WHILE DRUNK,  
THEN HAD SOUND SLEEP

"PROVIDENCE, R. I., September 30.—Patrick F. Hanley, twenty-nine, reported to the police today that he had found his wife terribly beaten and dead on the kitchen floor. In the next room their four children were sleeping. Hanley was later arrested, and confessed that he had killed his wife with his bare fists. He said he had returned home intoxicated last night, quarreled with his wife, killed her, and then went to bed and slept soundly."

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**National Prohibition Sentiment** A PROMINENT worker in the educational campaign against alcohol, but who was skeptical as to the success of prohibition, having been convinced that prohibition is coming to be a political issue, made a canvass in his community in order to learn where the people stood on the subject. He writes his results to the *Outlook*. He first interviewed a banker, in no way interested in the temperance movement, who said:—

"While I could not vote for State prohibition, I should not have the face to vote against national prohibition, because it would take so much corruption out of politics, and be into the bargain such an economic saving."

The second person interviewed, a prominent Boston physician, answered:—

"I should vote for national prohibition. Science has set her face against alcohol. Medicine, in my opinion, would be better off, on the whole, without it. The neurotic drinker might turn to drugs, but he is few and far between compared with the social drinker and the constant, moderate drinker. They would be saved."

A printer, an Irish Catholic, said:—

"Alcohol is the curse of my race. National prohibition would get my vote, for, even if it did not do everything, it would do something."

A liquor dealer said:—

"Two years ago, at a meeting of liquor dealers, we gave ourselves twenty years of life. This year we agreed that ten years was about all we could hope for."



## NOTICE TO OUR READERS

¶ Although the regular departments were crowded out of this issue, we were unable to use all the temperance matter which we had in type.

¶ The regular departments will appear as usual in the next (September) issue, which will be a VACATION AND RECREATION NUMBER.

¶ Dr. H. W. Miller, superintendent of the Washington Sanitarium, Takoma Park, D. C., will hereafter conduct the Questions and Answers department. Questions should be addressed to him as above. Questions accompanied with return postage will be answered by mail. Only such questions as are of general interest will be answered in the magazine.—Editor.



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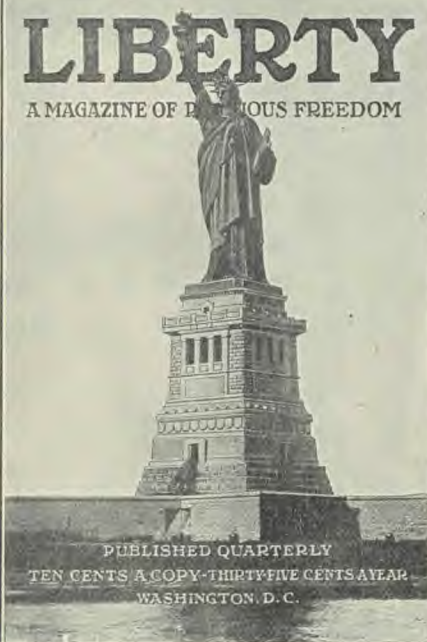
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