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# LIFE AND HEALTH



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September,  
1907

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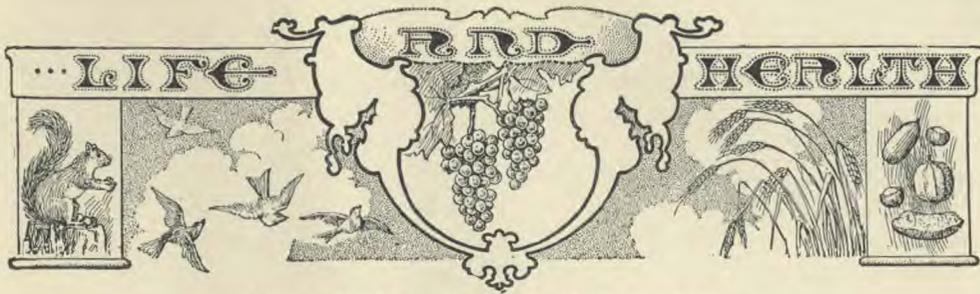
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"Something better is the law of all true living."

Vol. XXII Takoma Park Station, Washington, D. C., September, 1907 No. 9

## The Alcohol Habit and Our Food

D. H. KRESS, M. D.



ALCOHOLISM is a disease. For this, as for every other disease, there exists a cause. The most successful and only way to get rid of any disease permanently, is by the removal of its causes. The poor drunkard who was admonished to sober up and be a man, voiced the feeling of drunkards in general, when he replied, "You good people have a great deal to say about my drink, but you have nothing to say about my thirst." The drunkard drinks because he has an excessive thirst, or craving for drink. It is not a thirst for water; if it were, water would quench it. It is a craving for something stronger, for a narcotic or poisonous stimulant.

But why does this unnatural craving exist? We believe it is mainly due to the use of unnatural foods. That there exists an intimate relation between the food and the drink of nations and families is evident to any careful observer. There are certain irritating or stimulating foods which tend to create this craving for narcotics, and alcohol, being the narcotic stimulant most easy of access, is the one chiefly employed to satisfy it.

It will be observed that in countries or families where highly seasoned foods and flesh foods are freely used, alcoholic beverages are also freely employed. There may be exceptions, but this is the rule. The reverse is also true; in homes where the members live upon the simpler non-irritating products of the earth, no such craving exists, and alcoholism is unknown. In the drunkard, then, we merely see the evil results of the habitual use of irritating and stimulating foods and drinks. It is a sad fact, one that should be proclaimed from the pulpit and press, that many a good wife and mother is unconsciously, yet persistently, cultivating in her husband and children a desire for alcohol.

Dr. Haig has shown that flesh meat not only produces a craving for narcotic stimulants, but that it produces thirst by freeing the capillaries and allowing water to run out of the blood, while the alkaline salts of fruits and vegetables not only prevent this, but also introduce into the body water in its purest and best form, thus lessening the desire for drink.

Dr. Lauder Brunton affirms that "schools of cookery for the wives of

working men will do more to abolish drinking habits than any number of teetotal societies."

There is no doubt that he is right, and that a teetotal propaganda, in order to accomplish its ends to the fullest extent, must at the same time educate wives and mothers to prepare wholesome, simple, palatable, non-irritating, and non-stimulating foods for the members of their families.

A short time ago there appeared the following editorial in one of the leading London papers, which created considerable press comment: "I have just turned vegetarian, and I have not the least intention of ever eating flesh again. My friends are surprised; so am I. But whereas they are surprised that I have adopted a vegetarian diet, I am surprised that I had not done it years ago. . . . In one way the effects of this diet have surprised me. I have been a heavy smoker for more than thirty years. I have often smoked as much as two ounces of tobacco in a day. If there was one thing in life which I feared my will was too weak to conquer, it was the habit of smoking. Well, I have been a vegetarian for eight weeks, and I find my passion for tobacco is weakening. . . . Again I have found that I can not drink wine. . . . Why do I write these confessions? Because these things have come upon me as a revelation. Because I begin to see that the great cure for the evil of national intemperance is not teetotal propaganda, but vegetarianism."

Staff Captain Hudson, Matron of the South Newington Inebriates' Home for Women, in a public gathering a short time ago testified as follows to the inestimable blessing of a fleshless diet as an aid in getting rid of the cravings for drink: "Lazy, vicious, bloated, gluttonous, bad-tempered women, who have hitherto needed weeks, and even months, of nursing and watching, to my astonish-

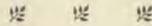
ment and delight, under this new treatment made rapid recovery. The people as a whole are much happier. We do not have violent outbreaks of temper, as we used to. They are more contented, more easily pleased, more amenable to discipline. The general health of all is an increasing wonder to me."

The following case came under my observation about a year ago: Mr. McG. was a heavy drinker and smoker for forty-two years, and as a result, when discovered by one of our canvassers, was crippled up with what was considered an incurable disease. Three months after adopting a simple diet, and abandoning the use of meat and tea, he regained his health, and lost all desire for tobacco and alcohol. In a letter received from him he says: "It seems wonderful to me that I have now no craving for tobacco or drink, and I also find that with a pure dietary, I have no need of drugs." Similar cases might be given, but these are sufficient to demonstrate that God made no mistake when he withheld from his people anciently, whom he desired to be a temperate and patient people, flesh as an article of food. In the beginning man was placed in a garden, surrounded with trees "pleasant to the sight, and good for food," and God said, "Of every tree of the garden thou mayest freely eat." It is practically impossible to follow out this original and divine plan,—that is, eat freely of fruit,—and cultivate a desire for alcoholic beverages at the same time.

We recognize that the grace of God alone can enable the drunkard to get rid of this ruinous habit, but often this grace is neutralized because men and women unconsciously work at cross-purposes with him. They aim to do, in their own way, that which can be done only in God's way, and for this reason there are so many, many defeats that might be

successes. So long as men subsist on stimulating foods, this craving for stimulants will exist, and will continue to be gratified by those who are weak in will power. In the future it will be better

appreciated that the real success of temperance reform lies in food reform, and that women can do more to suppress this mammoth evil by becoming intelligent cooks than in any other way.



## The Medical Use of Alcoholic Drinks

MRS. MARTHA M. ALLEN

*Superintendent of the Department of Medical Temperance for the World's and National Woman's Christian Temperance Union*

It is not many years since the great majority of physicians deemed the somewhat free use of alcoholic liquors to be an essential part of the treatment of almost every diseased condition of the human body. In recent years a marked change has come in this respect, until now a very considerable number of English, German, and American physicians use little or no alcoholic drinks in their practise. Reports of some of the large hospitals, such, for instance, as Bellevue, New York, and Cook County, Chicago, show very small expenditures for alcoholic drinks as compared with former years.

The beginning of this change is attributed by physicians to the stubborn refusal of alcohol as medicine by some reformed men and some "rabid" temperance people who believed that an agent so dangerous as a beverage could not be life-giving as a medicine. The rapid return to health of such persons in cholera and typhoid fever, although physicians and friends expected their obstinacy to result in death, caused thoughtful medical men who observed such cases to doubt the prevailing opinions of the necessity for alcohol. Doubt led to experiment, and experiment to changed opinion and practise. Physicians, like Nathan S. Davis of Chicago, found that

death-rates in typhoid fever were reduced from eighteen, and even twenty-five, per cent to only five per cent by omitting the use of alcohol; and death-rates in pneumonia from twenty-eight, and even thirty-eight, per cent to only twelve per cent by the same omission. Naturally, these facts came out in medical meetings and in medical journals, and other men, anxious to achieve success, and to save life, began to experiment with the non-use of alcohol, greatly to the benefit of their patients.

Some of the men adopting non-alcoholic views were connected with medical colleges and hospitals, hence had opportunity to mold the opinions of many young physicians.

The spirit of scientific research has also been a potent factor in leading to the dethronement of alcohol. In the great laboratories scientists have been carefully studying the effects of alcoholic liquors upon the various organs of the body, and although they differ materially upon some points, yet the result is that those physicians who have most closely followed these investigations have almost or entirely abjured alcoholics as a necessary part of their therapeutic outfit.

For years alcohol was regarded as a valuable, and at times as an essential, stimulant to the circulation. Dr. Frank

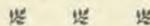
Billings, of Chicago, stated at a medical meeting held in Atlantic City in June, that the stimulant theory regarding alcohol is now practically abandoned. At the same meeting, Dr. J. H. Musser, of Philadelphia, said that he is using less and less alcohol every year. These two men are ex-presidents of the American Medical Association. Dr. Billings, while not entirely non-alcoholic in practice, is strongly opposed to the use of whisky in the treatment of consumption. So are a goodly number of the tuberculosis experts of the country, among them Dr. Trudeau, of Saranac Lake, N. Y.; Dr. Knopf, of New York; Dr. Bowditch, of Harvard Medical School; and Dr. Flick, of Philadelphia.

Some of the leading English physicians, such as Sir Frederick Treves, surgeon to King Edward, Sir Victor Horsley, Sir James Barr, and Prof. Sims Woodhead, have been so outspoken against alcohol as medicine the last year or two that the liquor dealers became alarmed, and concocted a plan to overthrow the good effects of their public utterances. This plan was the issuance of a manifesto favoring alcoholic liquors both as beverage and as medicine, signed

by sixteen physicians of good standing. Not one of the sixteen had ever made any original investigations of alcohol, and some of them admitted that they would not have signed the document had they supposed it emanated from the liquor traffic. However, the manifesto was sent broadcast throughout England by the liquor dealers, and the National Wholesale Liquor Dealers' Association of America has been sending it to physicians and editors all over America.

It is because the medical profession has been laying aside alcohol so largely that they could join in the outcry against the large quantities of alcohol used in such "cheap cocktails" as peruna and Hostetter's stomach bitters. When people learn to avoid overeating, and to otherwise care for their health, there will be little need for the alcoholic prescription or the alcoholic nostrum to allay uneasy sensations and give a feeling of relief. With the large class of people who lack self-control alcoholic drinks may be expected to hold a firm place medically for years yet, but it will be by self-prescription ere long, not upon the advice of a reputable physician.

*Homer, N. Y.*



## Watch the Current

SARAH M. SEVERANCE

ADVANCE of thought marks progress. Fifty years ago the world was quite indifferent to fundamental principles, as purity, temperance, justice. Those who then attempted to rescue the fallen were censured by good women, who "thanked the Lord that they had no taste for such things." Now, our consciences are roused, and we know that only exposure can cure what has so long bestialized humanity. We advance. We shall arrive.

In those days, temperance meant mod-

eration in the use of a "good creature of the Lord." Cider and wine graced the home. The communion cup was intoxicating. Many kept alcohol for sickness, cooks seasoned with it, and the dear old grandmothers made gooseberry wine and spruce beer,—good because they "put no alcohol into it." Now the brewers and wholesale liquor dealers each hold conventions at Atlantic City, and blame each other for the "disreputable resorts and low dives which prejudice the pub-

lic." Both pass temperance resolutions, propose to "do some house cleaning, to cut off, root and branch, all sale to minors, drunkards, criminals, in dance halls, and to expel any dealer who sells to people of intemperate habits, or a drop to a man who can not control himself." In fact, theoretically, the liquor dealer outranks the temperance man who knows that "nothing can be done," that "there would be no drunkenness if all would do as he does," and who votes steadily for liquor candidates. These excellent sentiments show the trend of the current.

Fifty years ago all believed alcohol to be a good tonic, but on page 247, eleventh volume of "Huxley's Life," he says: "You want to know what I think of alcohol as a stimulant to the brain in mental work. I say without hesitation that I would just as soon take a dose of arsenic as I would of alcohol under such circumstances. If a man can not do brain work without stimulants of any kind, he had better turn to hand work; it is nature's indication that she did not mean him to be a head worker." So says science. Our great scientists to-day declare alcohol to be a poison in large or small quantities; famous doctors, like Sir Victor Horsley, Sir Frederick Treves, Sir Thomas Barton, medical leaders in England, refuse to use it as a medicine, and have joined in the petition of fifteen thousand to Parliament, to secure the teaching of scientific temperance in the schools of Britain.

The business world begins to see that liquor does the same for a nation as for a family — produces disease, crime, poverty, and is the enemy of prosperity.

In our childhood, woman had little chance. Much was said of liberty, freedom, etc., but it was all for men. They fought England because of grievances which were nothing compared with the disabilities of women, and then denied to their best friends what they granted

to incompetence and ignorance if embodied in men.

Woman was denied education because "she hain't got intellect;" denied control of property because she "can't comprehend business;" denied fair pay for her work, because assumed to be protected; denied a voice in the laws that control her chance in life and largely mold herself and children, because "she don't know enough to vote," or because political association "would corrupt her," as if, were this slander on men true, it is safe for her to be in the absolute power of those who would corrupt her as an equal.

But gradually the sentiment is changing. England gives her women, even in her colonies, school and municipal suffrage. Australasia gives full suffrage. Finland knows no male or female. Sweden has just enfranchised three hundred thousand women. Women take college prizes, do business successfully, vote quite as wisely as men in four States.

It is beginning to be understood that home making and mothering the world are second to no other business in importance, and that women need power to protect the children. Vice and liquor interests object lest "women be degraded," but the last ditch is, "Women don't want it. When they do, they will have it."

Men should scorn such excuse. They have only to unbind woman, let her do as she pleases. If she does not wish to vote, she need not, but it is really the excuse of those who fear her, who do not believe they can control her.

The United States should not be the last nation to enfranchise women. There is conviction enough, and when our men friends consecrate their political energy to justice, we shall be free. God grant that it come as a right, not as some dire political emergency when there is no other way out. The current is onward.

# Is It Right?

MRS. H. E. HOLLINGSHEAD



IN these days of searching investigation into every known subject that affects humanity physically or spiritually, it is well to study the relation of alcohol to religious observances, and ask the question, Is it right or necessary to use fermented wine in the sacred rite of the sacrament of the Lord's supper?

Religion or salvation has no connection with the work of Satan; the two can not be united in theory or practise. Holiness and sin have no affinity. The law of God says (Lev. 10:9, 10): "Do not drink wine nor strong drink, thou, nor thy sons with thee, when ye go into the tabernacle of the congregation, lest ye die: it shall be a statute forever throughout your generations: and that ye may put difference between holy and unholy, and between unclean and clean." Here is an express prohibition to last forever, and the reason given.

What is the defense of the use of alcoholic wine at the sacrament? They tell us wine is not wine unless fermented (this is not correct), but Christ did not use the word "wine" when he estab-

lished the Lord's supper, but "the fruit of the vine." The fruit of the vine is never alcohol; that is the fruit of decay, as are the other products of decomposition, such as the volatile oils, carbonic acid gas, vinegar, etc. God's bottles are sealed air tight, and the fruit is sweet and wholesome. The fact that the Lord's supper was established during the pass-over week, by our Lord and twelve other Jews, in a Jewish home, where ferment was forbidden under penalty of "being cut off from Israel," is an unanswerable argument against the use of fermented wine. And in the light of to-day on the poisonous effect of alcohol upon the souls and bodies of men, is it consistent to bring this enemy of all righteousness into God's house, and in his name offer it to the "weary and heavy laden" with the drink appetite? Is not that contrary to Christ's express teaching? Does it not in the minds of many bring sacred things into disrepute? The contention of the Woman's Christian Temperance Union is that the use of alcoholic wine at the sacrament of the Lord's supper is contrary to the express and inferential teaching of God's Word.



# THE CONSULTING ROOM



Conducted by J. R. Leadsworth, B. S., M. D., 257 South Hill St., Los Angeles, Cal.

## Chronic Alcoholism

MR. R., business man, aged forty-five, comes to make inquiry relative to cure for chronic alcoholism. He has used liquor moderately for years, and, in order to keep up its exhilarating effect, was compelled to increase the quantity taken daily, until now it is necessary to keep the body fully under its influence. He is very nervous and irritable, and his sleep is broken by horrifying dreams. His appetite is fickle, tongue heavily coated, and sensation of goneness or sinking in stomach until the morning bracer is taken. Patient has tried the Keeley cure and other so-called cures, but was not able to get rid of the uncomfortable desire for drink; had at last come to the conclusion that, unless deliverance could be had from the vicious habit, he would simply abandon hope and plunge into one prolonged spree with a view of ending all. This patient was accompanied by his best friend, his wife, who had stood by him in spite of his miserable failures to break loose from this huge octopus which threatened to wreck his once happy home, to unfit him for any business position, and to leave him a miserable outcast.

This case is not an uncommon one; many of them are frequenters of the physician's office. As in this case, they are usually men of more than ordinary ability. But the ordinary drug remedies are, as a rule, ineffective in affording the promised relief, or, if perchance success is attained in breaking up the habit of drink, it is done by substituting a more

pernicious habit, that of depending upon some stimulating or narcotic drug.

## Diet and Drink

No one understands better than the man who stands behind the bar and deals out the poisoning, soul- and body-destroying alcoholic beverages, the relation between an improper diet and liquor drinking. The free lunch provided for the patrons of his place is not served with a view to being philanthropic. Experience has taught that by providing such indigestible substances as pickled pigs' feet, head-cheese, Spanish stew, and other like articles, highly seasoned with hot sauces, condiments, mustard, like seed sown upon good ground, they yield some sixty-fold and some an hundredfold in replenishing the exchequer of the barkeeper. The fond mother whose daily prayer is that her boy may be kept from the pitfalls of the saloon would do well to consider the influence her morning meal may have in creating an unnatural thirst for something stronger than pure water. It is not surprising that, after hurriedly swallowing a meal of mush cooked three minutes, fried potatoes and pork, hot cakes and sirup, flushed down with a cup or two of coffee, he would be desperate enough to drink any kind of fire-water before many hours had passed; and it does not require many drinks under such conditions until the most even-tempered lad imagines the whole world is against him, and that he must fight, perhaps must kill his best friend.

### Fiery Thirst Producers

We were interested in a visit to the Hofbrauhaus, one of the largest and most famous breweries and beer halls in Munich, where the famous Munchen brew flows almost like water to the thousands of guests who nightly throng its gilded halls. While a charge is made for the beer, on the tables is provided a free lunch, consisting principally of vegetables that are hot when they are cold, such as radishes and onions. A few mouthfuls of such a lunch would, naturally, burn its way from the mouth to the stomach. At least another schooner of beer would be required to quiet the burning sensation produced by this hot-cold food, after which the procedure is likely to be repeated.

### Dietetic Treatment

Inasmuch as the diet is found to be such a factor in producing an uncontrollable thirst, most frequently satisfied by recourse to alcoholic drink, it would seem that a plain, non-stimulating diet would be the first consideration in getting rid of the drink habit; and experience abundantly proves that such is the case. So, in this case, we will provide our patient with an abundance of luscious, juicy fruit, which contains an abundance of water. The fruit acids contained therein have a favorable influence upon the appetite and excretory organs. Grains should be used freely, and the

great variety of their preparation enables one to satisfy the most fastidious taste with something that is both nutritious and palatable. If found to agree, milk products may be used, especially fresh buttermilk.

### General Treatment

Fomentations should be applied over the stomach and liver three times daily after meals, followed by the wet girdle, which may be left in place until the next set of fomentations is given. Short sweat-baths daily, or every other day, are also valuable to encourage free elimination of body wastes. If retained in the body, these substances have a depressing influence upon the nervous system, to overcome which the craving for stimulants returns with its old-time force. For sleeplessness, the neutral bath, temperature 94° to 96° degrees, prolonged for half an hour just before retiring, is good. This may be supplemented, if necessary, with hot and cold applications to the spine. The patient should spend much time in the open air, and, if the strength will permit, an occupation of floral culture and gardening would serve to develop and strengthen the vital processes. Regular hours for sleep, eating, recreation, and work should be adopted. By living right and doing right, the desires and inclinations can be kept under, and there will be no time nor place left for the old-time evil propensities.





"But unto you that fear my name shall the Sun of righteousness arise with healing in his wings ["beams," R. V., margin]." Mal. 4:2.

Conducted by Augusta C. Bainbridge, 612 Tenth Ave., Station M, San Francisco, Cal.

## God's Power to Save from the Drink Habit

MRS. A. C. BAINBRIDGE



SINCE man began to wander from God, there has been no other one thing that has led so many men and women in that direction as the liquor habit. And there is nothing so powerful to bring them back as the Word of God. Since there is salvation to the uttermost, and no human being can go beyond that, no one need despair for himself or for another.

Wherever, in God's name, the work of rescuing the drunkard has been undertaken, God has wonderfully and signally owned the effort.

Just the presentation of the gospel, and poor, needy, hungry souls respond. Christ Jesus, the Saviour of the body, is the help the poor drunkard wants, and that should be given to him freely. This is the "Rescue" view of the question, and one we all must face, as we live among men in this world. But another question comes: Why should they need to be rescued? Some, no doubt, step into a drunkard's life voluntarily, holding the idea that it is care free, and feeling sure they will avoid the pit; but many, many more perish for lack of knowledge. Many do not know that

alcohol is a poison, and that all who drink it, either in a greater or less degree, are in that degree poisoned. Those who do know, those to whom God has given light on this important subject, hold a very responsible position. Many a soul has needed this light; and what shall we say of him who had it, but did not hold it out?

Medical men, even those who do not have a Christian experience, hold this view. The *New York State Journal of Medicine* puts it this way in a recent article:—

"The people look to the medical profession for instruction and guidance in matters of health. The time has come when we should take a positive stand on this question. We know the vast harm that alcoholic beverages are inflicting upon the people. Its ravages are known as well as those of typhoid and tuberculosis. We know them so well that we scarcely need discuss them among ourselves. It devolves upon us to instruct the public as to the dangers of alcohol, just as it does to instruct them concerning the danger of polluted water or bad milk."

Then, what should be a Christian's

attitude? How much more God has said in his Word than science has yet fathomed! When this message of warning is given, we need not throw over it the pall of despair, as if there were no help. God is able to save. He is able to keep. When the properly instructed child meets the temptation to use intoxicants, he needs God's help to overcome the tempter; and he can be taught that that help is instant and constant. He does not need to fall. He can live and be free. This choice is his own; but when he chooses, he chooses all there is in it. Perhaps in the first glass, this is not thought of; but all who enter the pathway soon find that their steps are following others along the same road.

But having traveled this road, and fallen, as many do, is there still hope for those who choose to turn back? Go into any of the gospel missions where loving, believing men and women labor for the lost, and hear the ringing testimonies:—

"One year ago I was a stupid drunkard. I worked only to earn a little

money to buy drink. I had not seen my mother or my home for years, and I cared only for the bottle. Hearing the music, I came in here. A voice seemed to say to me, 'This is for you, Jim; this is for you.' And when the invitation was given, I walked up to that bench, and giving my worthless life to God, I took the salvation he offered, and, praise his name, I have never wanted a drink since. He took my taste for it all away, and made me a free man."

"Last Tuesday I knelt at that bench and prayed the best I could. I asked God to save me from the curse of drink. I dared not go out of the hall that night, and the watchman let me sleep there in the corner. When morning came, and I knew I must go out, I trembled with fear. The watchman said to me, 'Why, man, you're free! Didn't you pray last evening, and didn't He hear, and aren't you free? Go on your way trusting; keep saying as you go past those doors, I'm free in him; I'm free in him.' Well, I went, and he made his word good, and he's keeping me yet."



# HEALTHFUL COOKERY



## AND HOUSEHOLD SUGGESTIONS

Conducted by Mrs. D. A. Fitch, Glendale, Cal.

### Home Temperance

MRS. D. A. FITCH

It is in the home that principles of good and evil are developed. The mother has it in her power to teach her children such habits that it will be improbable if not impossible for her sons and daughters to be led astray. Is this prerogative exercised to the extent it should be?—No; our homes fall far short of what they should be. Some homes are simply places for the family to stay, while others are buildings for show and in which to satisfy the demands of abnormal appetites.

To trace the history of the average child, we see that about the first thing it is taught is to be quickly pacified by having something in its mouth. If it is not real food, it may be a substitute in the form of the fictitious nipple. It gives no satisfaction whatever, except as there is a sense of mouth-fulness. The writer is firm in the conviction that much harm is done to the digestive organs by these nipples, and also that their use causes disfigurement of the mouth, especially in giving the child the short upper lip which induces the practise of mouth breathing, and as a result aggravates any tendency to nasal catarrh because the nostrils are left idle.

That something in the mouth of a

child is considered a universal panacea is well illustrated in the case of the boy who, when injured by falling, was offered a cookie, but vehemently exclaimed, "I'm not *hungry*; I'm *hurt*!" Much supposed hunger may be attributed to the practise of overeating, which distends the stomach, leaving the all-gone feeling mis-called hunger.

But to return to the intemperate practise of frequent and irregular feeding. The stomach becomes disordered, the appetite abnormal, thirst ensues, and is satisfied at the expense of rational methods. Greater and still greater demands are constantly made until no common thing satisfies the cravings of thirst, and the partially grown boy becomes a candidate for saloon patronage. A few years go by, and the drunkard's mother mourns as one that can not be comforted, over the result of her own ignorance or carelessness. Perhaps it is a partial relief when the greensward is heaped above his last resting-place.

Truly much more pleasant the picture of a home where the child is nourished on proper food, at regular intervals, and in right quantities, where every pin prick or other uncomfortable condition is not allayed by some species of mouth

stuffing. Older and larger grown, he sits at a table where thankfulness reigns, and where the food is properly cooked, free from thirst-producing articles, as sugar, spices, salt in excess, pepper, and other irritating condiments; where mastication is the business of the meal hour, and the digestive juices are not weakened by drink and semi-sloppy food. He is satisfied with three meals a day, and not a morsel between them. Food properties are studied so that the table is furnished with that which goes to make the best physique for every member of the family. Thirst is overcome by the use of pure cold water between meals. On the table of him who prizes health more than the gratification of a perverted appetite no flesh meats are found. Their stimulating properties do not call for drink to quench abnormal thirst. The nourishing grains, nuts, and legumes, the garden vegetables, and the delicious fruits are quite sufficient to satisfy, leaving no after craving for alcoholic drinks.

Tending to drink habits is the lack of self-control and self-denial, two traits to which children are now such strangers. To refrain from the use of all things harmful, and even of some not likely to do damage, gives strength of character. To practise self-control is an absolute necessity if one would become temperate. It is temperance itself. It is keeping the body under, as expressed by Paul in 1 Cor. 9: 27.

"Ignorance is no excuse now for the transgression of law. . . . All unnatural excitants are harmful, and they cultivate a desire for liquor. . . . Who will enter in through the gates into the city? Not those who declare that they can not break the force of appetite. . . . He who can not resist temptation with every facility which has been placed within his reach, is not registered in the books of heaven as a man."—"*Christian Temperance and Bible Hygiene.*"

### Temperance Beverages

LEMONADE.—This is so commonly made that no directions are required, though in all probability it is often made stronger of lemon juice than is best, thus requiring too large an amount of sugar to be a really healthful drink.

ORANGEADE.—This is made the same as lemonade, only using the juice of oranges instead of lemons.

FRUIT NECTAR.—A delicious beverage is made by adding to lemonade enough of any fruit juice to give a pleasing color.

FRUIT JUICES.—In their season any palatable fruit juice will be found to quench thirst. This juice may be expressed by first cooking the fruit, or by simply mashing it, and then draining through a cheese-cloth as for jelly. Full strength is not necessary; it will often bear considerable water added.

Fruit juices of full strength may be preserved in jars or bottles the same as fruit itself is canned. The juice from canned fruit is excellent when such fruit is out of season. Dried fruits, as raisins, peaches, apricots, etc., soaked or stewed in considerable water, yield good drinks. Being foods to a greater or less degree, fruit juices make an addition to the meals, and often allay the thirst likely to occur during or after eating.

CIDER.—Of all fruit juices probably none is more used or abused than cider. Fermented, it is not fit to drink. It can not be a temperance beverage, since it contains alcohol. Fresh, it is both nourishing and palatable. Any one who has the apples and the family meat grinder may have excellent home-made cider, much cleaner than that made in the cider-mill. Remove stems, blossom ends, etc., grind the rest, and drain through a cheese-cloth. The remaining pulp may be mixed with water, and under pressure will yield a good drink. This, too, may be bottled to keep.



Conducted by Mrs. M. C. Wilcox, Mountain View, Cal., to whom all questions and communications relating to this department should be addressed.

## A Temperance Man

MAX HILL

A TEMPERANCE man is my neighbor Drake,  
Not even a schooner of beer would he  
take:

He never drinks liquor in any form;  
Indeed, but to mention it raises a storm,  
For Drake is a temperance man.

But nevertheless my neighbor Drake,  
Who never so much as a drop would take,  
Is drunk half the time—'tis all too true;  
A moment and I will explain to you—  
Though Drake is a temperance man.

He's drunk with his work, my neighbor  
Drake,  
For never a moment of rest will he take;  
He goes on the run every day of his life,  
Too busy to love even children and wife,—  
But Drake is a temperance man.

He eats at irregular hours of the day,  
He gulps down his food in a heathenish way,  
And washes it down with black coffee or tea;  
But why he has "heartburn" he never can see,  
For Drake is a temperance man.

His temper is something to worry about,  
And every one near him is finding it out;  
He scolds at his family, swears at his men;  
He piously prays for his neighbor, and then—  
But Drake is a temperance man.

Though he is for temperance out and out,  
His actions proclaim that without a doubt,  
In spite of his words and his most earnest  
prayers,  
He's drunk with his eating, his work, and his  
cares,—  
Still Drake is a temperance man.

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## A Sister's Influence

KATHRINA BLOSSOM WILCOX

OF all the awful, withering, blighting  
curses which have come upon our fair  
land because of sin, that of intemperance  
is the worst and most wide-spread. On  
every hand we see its burning breath,  
and see the results of its devastation.  
The demon is no respecter of persons,  
but invades the homes of the rich and  
the poor, and makes his depredations on  
young and old alike.

We see him on every side, and note

the terrible results of his work, and our  
faces turn pale, and our hearts grow  
cold, as we see one of our own loved  
ones led an unwilling prey to the demon  
of drink.

But what can we do to check the im-  
pending tide of evil that threatens to  
sweep all away in an overwhelming  
flood? We can not hope for national re-  
form. "In vain we deplore the laws  
which permit the liquor traffic," say the

advocates of woman's rights, "but we women are not the lawmakers, and so we are powerless to do anything."

Ah! but you mistake. Where there's a will, there's always a way—not to convert a nation, but to convert an individual—one, two, perhaps more, and one soul saved from wreck and ruin is worth all our efforts and prayers.

Dear girl friends, what sadder sight can we behold than to see a young man, just entering upon manhood's morning, in the full bloom of youth and vigor, led a prey, a partially unwilling prey, no doubt, to the snares of the wily foe—intemperance? Watch him as he smokes his first cigarette with the boys in society. Watch him as he takes his first social glass—at the home of some of his friends, or at the saloon down the street. This may not be the beginning of his downfall, but now it is made more sure. It is like the engagement ring, a pledge of allegiance.

Now turn and look about you at the drunkards' graves, the ruined lives, the wrecked homes, and the poverty-stricken families. Can you let it go on without arousing to quick and determined action? That young man may be your brother, or he may be some friend or lover. In either case, on you rests a part of the responsibility of his salvation.

If he is your brother, take a sisterly interest in him. You have perhaps become too engrossed in your own work, your own pleasures, your own success in the social life, to look out for any of his interests. He comes in and goes out almost as a boarder would. You sometimes notice that he comes in very late, and that he seems to be failing in health, but it is so easy to find fault with some of his ways that he does not know a sister's love.

Between a brother and sister should exist a close and loving intimacy. They should share each other's interests, and

keep each other's confidences. But if you have lost your brother's confidence, it may take some little time and much tact to win it back again. But when you have done so, O the possibilities you have of keeping him from paths of evil!

Begin, first of all, by earnest prayer, asking God to forgive you where you have failed, and to give you wisdom and judgment and guidance; and do not forget to ask each day. Then begin on your brother by offering to do some little, loving, sisterly act for him, or by doing it when he is away. He will respond. Try it again. Make him some dainty dish for his supper. He will no doubt wonder at the change that has come over you, but will respond by some such remark, as, "Say, Grace, you're a jewel," or, "You're a dear little sister, anyway."

Then, as you gradually win his confidence, ask him to go somewhere with you. Praise him when he deserves it. Tell him you are proud of him, or at least of some of his attainments. Do not tell him all his faults, but ever hold up before him a high and lofty standard of noble manhood. Inspire him with high ambitions and lofty aspirations.

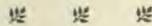
If you do not see immediate results from your efforts, do not be discouraged. Keep on; it is worth while, and every now and then you will see or hear something for your encouragement. But it will take much careful thought and prayer, and a good amount of tact. It may mean the sacrifice of your cherished plans, and self-denial in many ways; but if it will save your brother from eternal ruin, what work could be more noble? What would pay better?

Some of these same principles would apply to a friend or lover. Of course it would not be wisdom to come into as close touch or form as intimate an acquaintance with one outside your own family. But in either case, it is of paramount importance that your influence al-

ways be exerted for good. The influence of example is one of the most potent powers in the universe, and when combined with the expression of beautiful and noble thoughts, and true and pure principles, it is doubly powerful.

A young man who is inspired with high ideals and noble aspirations will not stoop to the low and the base — not if he knows he has a friend who is trusting him, who will not betray his confidences, and who, like himself, is ever aspiring to the truest and purest and noblest in life.

The possibilities which lie before us as young ladies are simply wonderful, if we could but realize it. A young lady *can* help a young man, but it takes wisdom and tact. She must command his respect, his admiration, by her gentle graces and kindly manner. She must win his confidence by her deep interest mingled with the sweet reserve that the Spirit of Christ always gives. And thus she may be the means of rescuing him, or keeping him, from the many and seductive snares of intemperance.



## Mother's Privilege and Responsibility

MRS. M. C. WILCOX

WHAT folly for mothers to mourn and pray for the conversion of a child that is perverse and wayward, when the physical irritation of a sour stomach is such that the child can not be pleasant any more than an intoxicated man can be sober! Do you know, mothers, that wrong combinations of food are a great source of evil? — such as acid fruit and milk, fruit and vegetables, legumes and fruit; and sometimes milk and vegetables will cause serious irritation in a sensitive stomach. These mixtures actually make alcohol in the stomach, and cause a degree of intoxication and inflammation. And can we expect a child with such a stomach to be a sweet, obedient, thoughtful child?

When there is constant irritation of the stomach, boys as well as girls are often made to believe that a glass of soda-water will relieve them. Then comes something stronger, such as wines, beers, etc. These do bring some temporary relief, because they stupefy the sensitive nerves. If mothers could only appreciate the need of a thorough understanding of the principles of diet upon the physical, mental, and moral nature, and

act intelligently in the matter of the preparation of foods, what a large proportion of our boys and girls would be saved from lives of shame and eternal death!

When working with the children, the mother should ever keep in mind the great future that lies before them. They should be trained to meet and resist temptation when still very young. Just as soon as they are old enough to reason, we should begin to talk with them as to why this thing or that thing would not be best. It pays to take time to explain. Oftentimes children surprise us at the amount of good sense they use in making their decisions after the matter has been carefully laid out before them.

Just recently I heard a mother say to her little son after dinner, "Now Harold, mama's very tired. I've been working steadily all the morning over the cook-stove, and there is still much work to be done. I want to counsel with you in regard to what you think would be the best way to get it finished by four o'clock. There are all the dishes to wash, the lamps to clean and fill, porches to sweep,

the kitchen floor to wipe up, lavatory to clean, etc." Immediately the little fellow took in the whole situation, and said, "Why, I can do nearly all that myself. You just sit down and tell me how;" and little Harold, who was usually so fond of his play that it was hard to interest him in doing little odd jobs, took right hold of the work, and it melted away in an astonishingly short time. And Harold was so happy that he could hardly contain himself because he was such a prominent factor in the household department. He has been called into counsel more than once since. The mother herself has been awakened to the fact that she has a power for usefulness in that piece of human clay that was before unknown and unappreciated.

Yes, they can reason; they have quick instincts, keen impulses, that should never be permitted to be wasted in the service of the evil one. And rest assured, dear mothers, if they are not employed with good, they will be with evil.

If children, when very young, are not trained by precept and example to resist the temptation to eat fruit and other things between meals, how can we expect them to learn it when they go out among others who can scarcely pass a confectionary shop or bakery without stopping to get something to "chew on"? They will surely mingle more or less, sooner or later, with this class. It pays to explain to them just why it is not best to do these things, going carefully into detail, and telling them the effect it will have upon them later in life. When a child goes into the pantry on the sly, and gets food, he has taken his first step in stealing. This works a double evil upon the child,—

disturbs digestion, and demoralizes the conscience.

We can not be too careful, dear mothers, about keeping alive "that tender little spark of life called conscience." Beware of that child who does not look ashamed after he has done wrong. Deception has gotten a strong hold upon him.

"Eternal vigilance is the price of safety," so let us never be too busy, mothers, to talk with our children about the effects of wrong-doing. Then, as they can bear it, right while they are under our own roof, let them learn to make their own decisions. They will not then so often disappoint us when they go out from the home, and are thrown on their own judgment to decide matters.

There are so many young people in this world who seem to have no decision of character. They go the way the crowd goes, the way impulse and desire lead. Who is to blame if they have no positiveness about what is right and what is best, if you have always decided for them? No, it isn't best. Instruct and influence them, tell them what the probable outcome will be, then leave the decision to them, with its results.

We need self-reliant, positive people. There is always room for them in society and business. They are the molding powers in this world, and how proud parents feel in after-life if they have laid the foundation so carefully, and sought God so earnestly, that through their influence they are turning the feet of many into the paths of life. This is possible, and much more, for parents. Let us study the science of child culture. It is the grandest science on earth.

# CURRENT COMMENT



Opinions here quoted are not necessarily all approved by the publishers of LIFE AND HEALTH.

## Less Alcohol Prescribed than Formerly

"MANY of the most successful physicians, not only of America, but also of England and continental Europe, have ceased to prescribe any form of alcoholic liquor, and some of them are outspoken against such practise. Indeed, it is stated upon so good an authority as that of Dr. George M. Gould, editor of *American Medicine*, that the majority of physicians do not now prescribe alcoholic liquors. — Mrs. Martha M. Allen, in the *Century Magazine*.

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## Milk and Alcohol in Medicine

At the beginning of the seventh decade of the nineteenth century, the total expenditure for alcohol in the London hospitals was about \$40,000 a year. The expenditure for milk during a corresponding period was about \$15,000. At the present time these figures are exactly reversed. The annual expenditure for alcohol is slightly under \$15,000, while that for milk is more than \$40,000. . . .

Commenting upon this complete reversal of feeling in physicians' minds, the *Journal of the American Medical Association* suggests that the contrast between the use of milk and alcohol is likely to be further increased with the progress of medical science. . . .

The decrease in the use of alcohol and the corresponding increase in the consumption of milk represents indeed a definite principle in medication whose significance can not be mistaken. Physicians do not esteem stimulation of the patient by any form of drugs nearly so

much as formerly. Such drugs are very illusory in their effects. They affect the patient favorably for the moment, but the subsequent depression more than makes up for the previous exaltation of spirits and apparent increase of vital force. . . .

In a word, alcohol is going out in medicine, and though, as in the case of nearly all outgrown medical remedies, it still retains a place of supposed importance in popular estimation, this is not justified by the experience and the careful observations of trained medical minds. — *Independent*.

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## Food Value of Alcohol

IT has now been established by several well-known classical researches that up to a point alcohol is a food, and past that point it is a poison. To draw a sharp line of demarcation, which shall define for all persons when its action as a food exactly ceases, and when its effect as a poison begins, is scarcely possible. . . . It can not be regarded as a food in the sense of a true reparative. It is at best a producer of heat and energy, and then frequently at the expense of healthy cellular activity, while its cost, from the point of view of actual food value, has been calculated to be eight times that of bread.— *London Lancet*, Nov. 19, 1904.

[Would the laboring man think it economical to pay forty cents a loaf for each five-cent loaf of bread he buys? Or would he think he was getting his money's worth to be handed out half a thin slice of bread for five cents? That is what there is to the food value of alcohol, taken at its best. When, in addition,

we consider how easily it passes over the line from a food to a poison, is it not wise, is it not economical, to make a better investment of the nickel?]



### Alcohol as a Remedy in Disease

WITHIN the last few years alcohol has become less and less popular as a drug in public hospitals, and where used, has been chiefly employed for external applications, as a bath in fevers. Formerly alcohol was thought to be very useful as a tonic for worn-out elderly persons. This theory is also rapidly passing away. Nearly all the old people's homes and hospitals for the aged have abandoned spirits as a tonic.

It seems to be a settled conviction that alcohol used medicinally as a beverage is depressive, and lowers vitality, lessening the oxygen-carrying properties of the blood corpuscles and increasing the waste of the system. Several authorities urge with great positiveness that the use of alcohol favors the growth of toxins and bacterial products in the body, by its disturbing action on nutrition.—*Review of Reviews.*



### Science and Alcohol

A STORM in a teacup was raised in England by the appearance in the *London Lancet* of an open letter favoring the use of alcohol. The manifesto was signed by sixteen British physicians, many of whom stand so high in the profession as to make the letter at once worthy of notice. A flood of letters immediately appeared in the lay and medical press of Great Britain discussing the sentiments expressed pro and con. A counter-manifesto was issued, signed by men equally eminent, and among whom were Sir Frederick Treves and Sir James Barr. These men emphatically dissented from the opinions expressed in the original document. The inner history of this first document, ac-

ording to our London correspondent, indicates that it was prepared by a man in no way connected with the medical profession. Further, it appears that the letter presented to the signers was materially different from that given the *Lancet* to publish, and a number of signers are said to have retracted their indorsement. It is noteworthy that when the manifesto appeared, the British government was getting ready to introduce a new licensing bill which was worrying the liquor interests. For these reasons it seems a fair deduction that the physicians who signed it and the medical journal that published it were the unwitting dupes of the liquor interests. No sooner had the letter appeared, than it was universally copied in the lay press, and was also distributed in pamphlet form in numerous saloons throughout the British Isles. The manifesto proved such a splendid argument for the liquor interests on the other side of the Atlantic that it is now being used on this side.

The National Wholesale Liquor Dealers' Association has made a photographic reproduction of the original manifesto, and is scattering it broadcast, especially among physicians. . . . We feel sure that the eminent men who signed the document would feel chagrined if they knew to what base use it is being put.—*Journal of the Amer. Med. Assn.*



### Alcohol a Depressant

ALCOHOL is commonly spoken and thought of as a stimulant. . . . Undoubtedly alcohol may be taken at times for its supposed stimulant effect upon the powers of work, but it is indisputable that the action of alcohol and of opium, which has led these drugs to play their part in human life, is their power of producing *peace of mind*. . . . It has long since been discovered that alcohol and opium are antagonistic to worry. Never yet was

the unhappy state of mind that would not yield to an adequate dose of one or the other of them. I submit, then, that there is a very grave and very stupid fallacy in the common conception of alcohol in the West or opium in the East as stimulants. *They are taken and used not as stimulants, but as sedatives. . . .* It has been demonstrated in the case of both of them that their stimulation of the body is, so to speak, preliminary and accidental, and that a depression or soothing or sedation of the bodily functions, and with them the mental functions, is their essential character. . . . [Alcohol] is a substance of paradoxes; in general it does just the reverse of what it seems to do. It is still called a stimulant, as it was half a century ago. At that time not only was it called a stimulant, but it was widely used as a stimulant by doctors. It was supposed to increase vital activity in all directions, and was used as an aid to the body in its fight against disease of all kinds. But in these days of scientific medicine, our whole conception of alcohol has changed. As we have already seen, the public speaks of it as a stimulant, but, in point of fact, uses it as a sedative. . . . Similarly, nowadays, the most scientific physicians both speak of alcohol and use it as a sedative. . . .

Now if the reader remembers or believes nothing else whatever that I say on this subject, . . . I beseech him at least to believe this: *the habitual use of sedatives* — such as alcohol, opium, morphin, sulfonal, trional, veronæ, paraldehyd, chloral, cocain, and their allies — *is to be condemned without qualification as false in principle and fatal in result.* It is true that these drugs will one and all relieve worry, banish care, and procure peace of mind, but it is as true that the worry, the care, and the dispeace will return, bringing seven devils with them, and that the latter end of the man who uses them for this purpose is *not peace.*

They are false friends. For every unit of mental unrest that they remove they will inevitably create many such units. They are false in principle because they make no attack whatever upon the cause of the worry. These drugs will, for the time, by their sedative action arrest those internal sensations which are displeasing, and which make men pessimists, *but* the after result of their action is invariably to cause these sensations to return more abundantly than ever, demanding a larger and an accelerated second dose of the drug. . . . I accuse these drugs as irreconcilable foes of human happiness. . . . Alcohol has no place, use, or purpose in the relief of worry, and its so-called use . . . is never anything but abuse or misuse, always dangerous, always productive of more evil than it relieves, and only too frequently suicidal.—*C. W. Saleeby, M. D., F. R. S. (Edin.), in "Worry: the Disease of the Age."*



### Alcohol and Insanity

THE commissioners in lunacy have told us in their latest report that alcohol is related to some one in five of all cases of insanity. Most medical men would agree that this is a very moderate estimate, and it certainly falls below the figure given by Dr. Clouston, of Edinburgh, one of the first authorities in the world. We may take it, then, that the relation extends to certainly not less than one case in five. In a large proportion of cases added to these, alcohol plays a contributing or subsidiary part; this, even if we ignore the relation of the drug to those passions which, directly or indirectly, lead to so much insanity.

It is certainly true, as the commissioners observe, that weakness of mind may lead to alcoholism; but to interpret this fact as tantamount to "giving away" the whole case against alcohol is an absurdity only to be perpetrated by those who

have a sufficiently obvious end to serve. There are only too many cases where a mental instability which would otherwise never have led to actual insanity has ended therein by means of alcohol. There is established a *vicious circle*, of which the alcohol is an essential part. It can not be too frequently emphasized that heredity supplies only potentialities or tendencies, and that only by the action of a suitable environment, e. g., alcohol, can these be realized. When this fact is understood, we shall hear less of the abominable and utterly unscientific cant which would refer all human ills to an inevitable inheritance.—*Dr. C. W. Saleeby, in The Outlook.*

[Dr. Saleeby, it will be remembered, is a credited author on heredity and allied subjects.—ED.]



#### Alcoholic Medicines

ANOTHER very popular and much-abused class of preparations comprises those sold under the generic titles of bitters, or stomachics. These are, to all intents and purposes, alcoholic drinks. Different preparations exhibit different degrees of strength, but many are equal to strong wines or whisky. The whisky which they contain is flavored with some aromatics or tonics, and they are recommended as sovereign remedies for indigestion. The person who announces himself as a total abstainer thinks that he is justified in using these bitters in order to stimulate appetite and digestive power. The mixtures are purposely made palatable. The presence of some vegetable matter does not detract from the flavor of the alcoholic beverage entering into their composition. It follows that their effect is principally that of alcohol itself,—a primary stimulation succeeded by depression, a false sense of improvement followed by aggravation, a necessity of increasing the frequency and the amount of the dose. The advocate of temperance

may become as devoted to his bitters as the ordinary drinker to his whisky. Indeed, the mixtures of which I speak, very often inspire a taste for drink which can be satisfied only in the usual way, across the bar. I have no doubt that in very many instances the alcohol habit has grown out directly from the constant tipping of so-called bitters. An analogous custom is that of drinking preparations containing ginger. Either because the ordinary alcoholic beverages are not procurable, or because a taste has been acquired for the fiery quality of the ginger, there are those who take their tipples in this form. In addition to the ill effects which a constant recourse to so strong an irritant as ginger must produce upon the mucous membrane, it exposes its consumers to the danger of losing their sight; several cases of this kind, originating in this habit, have been reported.

The malt preparations are likewise often abused. This line of products is manufactured very extensively, and largely used. They contain a percentage of alcohol which renders them a species of beer, and some of them are, in fact, considerably stronger than the beers ordinarily sold in the usual way of the liquor trade. Some of the breweries now make malt preparations "for the use of the medical profession." They are recommended for their nutritious and gently stimulant properties, are extensively sold, and their effect is almost, if not quite, identical with that of beer. Those persons who habitually, and on their own responsibility, consume preparations of malt, might just as well go frankly to the beer saloon and drink in public. It is generally believed that of the two evils, drinking in companionship is less injurious than "secret drinking," as it has been termed.—*Dr. John V. Shoemaker, of Philadelphia, author of many works upon materia medica, and an authority on drugs.*



Conducted by T. E. Bowen, Takoma Park.

## THE FIJIANS

### Description of the Health Habits of This People — An Interview with a Chief

D. H. KRESS, M. D.

[Dr. Kress, who for several years past has been in charge of a large sanitarium near Sydney, Australia, was recently invited to America to conduct the new Sanitarium at Takoma Park, a suburb of Washington. On his way he called at Fiji. The following article gives an account of his visit, from which some points upon the subject of temperance are worthy of careful study, especially when we consider that the important truth of right *eating* lies at the foundation of all true temperance reform.—T. E. B.]

ON Monday, March 25, we reached the islands of Fiji. The ship had scarcely stopped before the natives were on deck with bananas, oranges, mandarins, cocoanuts, etc., offering them for sale to the passengers for a trifling sum. In a short time we were agreeably surprised to meet Mr. S. Carr, a former student at the Avondale School for Christian Workers, who was sent here two years ago to open up a similar school for the purpose of educating the native young people who desired to fit themselves for usefulness. Many have availed themselves of this opportunity, and the school has been a success. Our short

stay would not permit a visit to the school, but I was glad to have the privilege of forming the acquaintance of some of the students. Two of them volunteered to come to the ship early the next morning, and row us to land near one of the native villages.

After we were all safely on shore, Mr. Carr took us to the home of the chief, a fine-looking specimen of humanity. We were introduced to the family, and invited to enter and take a seat upon mats on the floor. The chief and his wife, and the son (a fine fellow), and his wife, formed a circle, at the same time indicating where we should take our places. Everything was done so pleasantly and politely that for the time I actually forgot that I was seated on the floor, the whole matter being so informal. We enjoyed a very pleasant visit. My little boy John seemed to appreciate the novelty more than the rest. Every nook and corner of the cabin was critically inspected by him. This afforded great amusement to the chief and his family.

The chief broke off a piece of sugarcane and desired us to sample it. First, however, he peeled it by vigorously tearing off with his teeth the outer portion. I noticed the fine, white, even set of teeth; and upon inquiry was informed that although he was fifty-four years of age, his teeth were absolutely sound and perfect. This is not an exceptional case; the native

Fijians all possess fine teeth, although they know little about tooth-brushes or tooth pastes. The Fijians are a well-developed, straight, and muscular people, and withal they are good-natured and have pleasant faces and kindly eyes. A stranger may feel perfectly safe among them.

On the way back on the small boat we partook of our morning meal, which was composed of bread, taro, breadfruit, and bananas. The natives know nothing about our modern delicacies and the complicated mixtures which are found in civilized lands. They take the simple foods from the lap of nature, and prepare them in the most simple manner. They eat not more than one or two of these simple foods at a meal. One meal may consist chiefly or wholly of breadfruit, another of bananas, and so on. There can be no doubt their simple habits of eating have much to do with their fine physique, muscular strength, good nature, and well-preserved teeth.

To show their appreciation of our visit, they supplied us with sufficient fruit (it seemed to look at it) to do us on a trip around the world. Two of the bunches of bananas disappeared during the night. We were not sorry, for we had an abundant supply left. The bananas on these islands are certainly very good. The breadfruit is a peculiar product, the size of a man's head, quite heavy, and very compact. When baked or boiled, it is not unlike a well-flavored potato, although it possesses a more agreeable flavor. We brought one of these with us, and had it prepared by the cook. We had it at every meal for two days. At each meal it appeared to improve in taste. Nature has certainly bountifully provided for her children.

The bodily needs of civilized man are no greater than that of the native Fijian, but what a contrast we behold

as we again take our seat at the ship's table, with the following menu before us, from which we are expected to select suitable body- and brain-building material: Smoked blue cod, savory mutton potpie, fricassee of rabbit, deviled kidney, sheep's brain, boiled potatoes, roast beef, mutton, ham, roast leg of lamb and mint sauce, corned beef, cucumber and onions, currant buns, tea, toast, preserves, and apples. We felt at home among the simple natives, but here, surrounded with civilized men and women, we feel somehow as if we were out of our element. Even here our needs are supplied, and we do not find it necessary to feast upon the remains of these carcasses of animals that have been dead for many days, or perhaps weeks, nor do we find it necessary to partake of the broth of abominable things, or to indulge in the various mysteries before us. Many do not appreciate how far civilized man has departed from the simple habits of primitive man.

The world is in need of reforms in eating and drinking, and of well-informed men and women, who, like Daniel and his companions, will purpose in their hearts not to defile themselves with the food or wine of Babylon. These will be blessed with physical, intellectual, and spiritual health just as truly as was Daniel, and will exert a saving influence among the nations. It is a pity to send out missionaries to introduce the evil habits of civilization, and pervert the natural habits of these innocent children of nature. Let the missionaries be sent to these people who understand the need of having them maintain their simple habits in order to elevate them morally, and more will be accomplished by the gospel than has hitherto been thought possible.

### Drink Habits of Mexico

WALTON C. JOHN

MEXICO is a country with many ancient customs. Among these, like every other nation, it has its drinking customs. Long before the advent of the Spaniards, the Indians regaled their thirst with *pulque*.

When Spain conquered the New World, she changed the religion and customs, but, though she brought over her rich wines from her different provinces, the native beverages were never displaced. In later years the beer of Germany and the more modern drinks of France and the United States have found a rapidly increasing use; so Mexico offers to the devotees of Bacchus an unlimited choice of intoxicants.

The principal native liquors are pulque, *mezcal*, *aguardiente*, *tequila*, and quince-wine. Pulque is the fermented juice of the maguey plant. The juice is obtained by scooping out a small cavity in the central stalk, which is covered with a stone to keep out insects. In a day or so the native visits the plant, and after removing the stone, inserts the narrow end of a long gourd. He then sucks the juice into the gourd by means of a small hole at the larger end, after which he pours it into the pig-skins on the back of his faithful burro. Before leaving, he scrapes and enlarges the cavity. At the next visit the quantity of juice is greater. This process is kept up indefinitely until scarcely any of the root is left. When the pig-skins are filled, the donkey is driven to the ranch, from which place the juice is delivered to the pulquerias or pulque shops. It ferments rapidly, and makes a rather viscid and effervescent drink. If kept over a few hours, it becomes sour and hard. There is about four per cent alcohol in pulque.

Mezcal is the distilled product of pulque. It appears almost like diluted al-

cohol, and contains a very high per cent of it. Tequila, which is also distilled from the maguey, and is similar in strength to mezcal, is used more in the western part of Mexico. *Aguardiente* is the Spanish name for brandy, meaning "hot water."

The Mexican laborer in the central districts relies upon pulque almost to the exclusion of any other drink. Before his work in the morning, during the heat of the day, and in the evening he will drink it, and that by the quart. As it is very cheap,—one cent a pint,—it is very freely used. As in other places, the Indians are given to the treating of one another, and often imbibe great quantities, taking as much as a gallon at a single drinking spell. It leaves them either very stupid or happily drunk. In the crowded pulque shops disputes and fighting are common occurrences. A knife will be drawn, and they will fight to the death.

Outside of the central districts of Mexico, pulque is scarce, so the natives drink the distilled liquors.

The signs on the pulque shops of Mexico are very unique. Over the doors of these places one may see such expressions as these, painted in glaring letters, *El Diablo* (The Devil); *El Infiernillo* (Little Hell); *El Purgatorio* (Purgatory); *El Pomposo* (The Pompons); *El Borracho* (The Drunkard); anything to attract and suggest excitement. As a general rule, they are very well named.

The middle classes of Mexico drink a large quantity of the wines—red, port, and sherry. The drinking of these at meal-time is the custom. While in many cases very small children are not permitted to use it, nevertheless there are thousands who learn the use of wine before they are twelve years old.

The wealthier classes of Mexicans and Spaniards drink the imported wines and  
(Continued on third cover page)

# QUESTIONS AND ANSWERS



Conducted by G. A. Hare, M. S., M. D., Fresno, Cal.

**285. Fruit as a Temperance Food—Free Lunch-Counter a School of Intemperance.**—L. B. S., Mont.: "What is the best food for a person who has a decided appetite for alcoholic drink?"

*Ans.*—Fruits, grains, nuts, vegetables, and milk, nicely prepared in pleasing variety, without spices or condiments, should constitute the diet of any one who wishes to overcome the desire for alcoholic liquors. Fruit and fruit juices will greatly lessen the desire for alcohol. There is no class of foods that comes nearer being an antidote to the desire for alcohol than fruit, and especially fruit juices. Fruit juices, properly sweetened, and served with carbonated water, are especially grateful during the warm season. Flesh foods, rich and highly seasoned foods, spices and condiments, are irritating not only to the sensitive surface of the digestive tract, but they irritate the liver, kidneys, and nerves, and create a thirst that is not satisfied with water, but too often demands alcoholic stimulants or narcotics. Persons who make large use of this class of foods usually think they must have tea, coffee, wine, or other alcoholic drinks. Cut these all out if you would be free from the desire for stimulants. You will find at the same time that you have a clearer head and an increased capacity for hard work.

The saloons understand that all hard drinkers are flesh eaters, and arrange a free lunch-counter near the bar, and keep it well supplied with beef, Spanish pickled pigs' feet, and other meat dishes, clam broth, meat broth, pickles, cheese, sandwiches, cold tongue, Saratoga chips, all of which are so generously salted, peppered, and spiced that they would drive any man to drink something; and with a feeling of obligation to the generous(?) barkeeper, the patron buys a drink of liquor. The free lunch-counter is not run with any generous desire to feed the hungry, but with the shrewd knowledge that by getting a man to eat such food, he will want to buy liquor to satisfy the unnatural thirst which such food creates. The free lunch-counter is a most eloquent lesson

on the influence of food in creating an appetite for alcoholic drinks.

Fruit is never found on a free lunch-counter; it has no place in a saloon. Why?—It doesn't pay. It lessens the desire for alcohol. If a vegetable ever finds its way to such a counter, it is embalmed with salt, pepper, and mustard. Radishes are the only exception, and they are of value only because of the irritating oil found in the skin.

**286. Periodical Drinking, Dipsomania.**—Mrs. A. W., Cal.: "My husband is usually a sober man. He may go for weeks without touching a drop, and then a sudden impulse—an uncontrollable impulse—seizes him to imbibe. For a time he resists. I have seen him pace the floor in agony before one of his attacks. Finally he yields, takes a glass, and then it is only a short time until he is in a most degraded condition, physically, mentally, and morally. He does not usually appear around home during his debauch; but when he returns, the craving for drink for the time satisfied, he is a mere wreck of his former self, and it is some time before he makes a presentable appearance. When he is sober, he is industrious, and he does his work so well that his employers retain him notwithstanding his periodical attacks. He always hates himself when he recovers, and in every way does what he can to make amends. I used to be hopeful at such times that his bitter experience had been sufficient to deter him from any future relapses; but the drama is repeated with such regularity that I have come to take it almost as a matter of course. Having seen your answers to questions, it has occurred to me that you might be able to give me some suggestions which would help me to reform my husband."

*Ans.*—Your husband is an example of a class of periodical drinkers that is very difficult to cure, for the reason that such dipsomaniacs are suffering from a diseased condition of the nervous system which manifests itself in these periodical spells, at which time the craving for alcoholics is almost uncontrollable. Such persons need help not only at the time of the attack, but need it every day. The first essential to the successful treatment of these cases is that the *patient must want to be*

cured, and must co-operate heartily in all that is essential to his cure. The home life must be made pleasant. Friction must be eliminated. This always requires thorough co-operation, especially on the part of the patient. Worry, anxiety, and overwork must be avoided. Mental depression must never be permitted, but cheerfulness and hope must be constantly cultivated. There is nothing more helpful for this class of persons than a well-founded religious hope. It alone will often prove the turning-point for victory in these cases.

Regularity in every department of life must be cultivated. Not less than eight hours' sleep should be taken. The influence of diet is a most important factor. Tea, coffee, tobacco, and flesh foods, together with all spices and irritating foods, should be excluded. A simple diet of fruits, grains, vegetables, and nuts, so prepared that they will be both attractive and agreeable to the stomach, should be adopted. A little thoughtful taste displayed in the preparation of the food and arrangement of the meal adds an unspeakable charm to the home life. In such cases as your husband's, fruits should be used freely. Fruit juices are especially valuable in satisfying the craving for stimulants. See answer to question, "Fruit as a Temperance Food" in this issue.

**287. Inherited Appetite.**—Mrs. N. N. C., III.: "Is the appetite or desire for alcoholic liquors always inherited by the children of a father who is a hard drinker, the same as consumption is inherited? And if so, can it be overcome by proper training, or will the danger of becoming drunkards always threaten such children? My husband was a hard drinker, and I want to save my three boys."

*Ans.*—The thirst for liquor may be, and often is, inherited; but we are glad to tell you that it is not always so. There are many exceptions. If the tendency to drink liquor and the tendency to consumption and other constitutional diseases is early recognized, and the child is properly trained, it may not only be wholly overcome, but the very weakest spot, be it either of appetite or of physical development, may be made one of the strongest characteristics of his life. Proper training will work marvelous transformations. Viewing the child from the standpoint of inherited tendency either to disease or to depraved appetite, we would emphasize the words of wisdom: "Train up a child in the way he should go: and when he is old, he will not depart from it." Work hopefully, enthusiastically, unceasingly, intelli-

gently, along right lines, and you will succeed in overcoming the inherited tendency to depraved appetite or consumption.

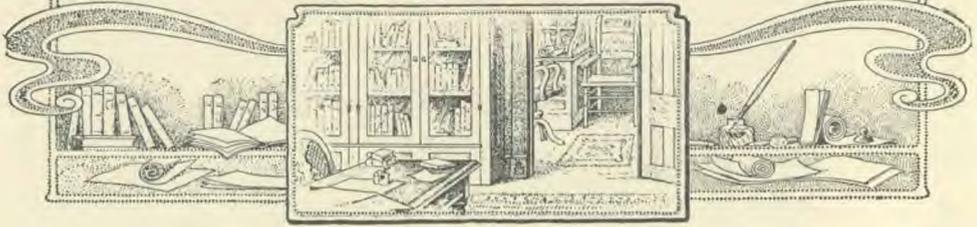
**288. Wayward Son.**—Mrs. A. M., N. Y.: "My boy, aged seventeen, runs with a crowd of boys about his own age. He is a good-dispositioned boy, and generally well disposed when away from other boys; but when with them, his disposition seems to change, and he seems to have no control of himself. He often comes in after we are all in bed, and I fear he is drinking—in fact, I know he has drunk, for he has confessed as much, and has promised to give it up. I believe he wants to do what is right, but he seems to be powerless in the presence of his companions. If you will give me any suggestion that will help me to save my boy, you will earn the lasting gratitude of a distracted mother."

*Ans.*—Keep your boy from evil associations. "Evil associations corrupt good manners." Not only keep your boy in your own heart,—all mothers do this,—but keep yourself in your boy's heart. Many mothers fail in this. To do this, be a child with your child. Enter heartily into his sports, his pastimes, and his work. Tactfully and skilfully incorporate yourself into his whole life. Do it heartily, sincerely, with your whole soul; don't assume it, for you can't fool a boy; he'll soon know you're shamming, and will turn you down. Help him to select his associates, and then cultivate closely their acquaintance. Make your home the headquarters for your boy and his companions. Entwine yourself in the hearts of his associates, and maintain such an atmosphere in your home as will lift them up and make a noble life attractive to them.

Study your boy. Observe his inclinations, and encourage every strong tendency along right lines. Does he love flowers? Study them with him. Make him acquainted with the marvelous work and life of Luther Burbank. Read with him such books as "New Creations in Plant Life." If he likes pets, encourage this tendency. See that he gives them proper care. Show him what training will do for an animal, both in appearance and in disposition. If there is a liking for history, music, painting, or mechanical work, make yourself his most fascinating instructor. Narrate to him most interesting events; acquaint him with the biographies of successful men in the lines in which he shows an interest. Study with him the history of music, famous paintings, or the lives of great artists. Tactfully emphasize the admirable traits in the characters studied. In short, make *your* home, *his* home, the most

(Continued on page 277)

# EDITORIAL



## Physicians and Alcohol

"To any one familiar with modern text-books upon clinical medicine, toxicology, pharmacology, dietetics, therapeutics, criminology, pathology, and several other sciences, it must appear as one of the most significant indictments of the human intellect that, half a century ago, alcohol was actually asserted to be necessary for health," so says Dr. C. W. Saleeby in *The Outlook*, and he continues: "There has never been any kind of evidence or proof, or presumption or probability, of that assertion." But if such a belief fifty years ago, when the habit of making close observations of phenomena and drawing careful conclusions therefrom had not been developed as it now is, could be so characterized, what may we say to-day of physicians — not backwoodsmen, but men who have had at least a chance to know the result of the latest researches on the subject, men well up in their profession, and generally respected — who, notwithstanding all that has been demonstrated regarding the effects of alcohol in moderate as well as excessive doses, still maintain the position that alcohol is necessary to health? Dr. Saleeby continues: "We see now that doctors of half a century ago were wrong, and egregiously wrong, upon every specific point connected with the properties of alcohol." Then alcohol was supposed to keep one warm. The clinical thermometer has demonstrated the opposite; namely, that "in whatever dose, dilution, or combination administered, al-

cohol has never yet raised the temperature of any warm-blooded organism." And so we might proceed, showing that the belief concerning alcohol has been completely changed in half a century; yet there are still a few doctors of the "old school" who have not ceased to swear by Prince Alcohol. They may be assured of an appreciative audience among those who have their means invested in the liquor business. In fact, the liquor dealers are publishing far and wide the statements of a few of these learned men.

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THE *Living Age* for Aug. 25, 1906, has an article by R. Brudenell Carter, a physician. This article appeared originally in *Cornhill Magazine*. Dr. Carter regrets the exaggerated statements which have sometimes been made by the advocates of temperance, and which he says have resulted "in a popular tendency to dismiss as exaggerations even the most reasonable warnings against the seductions of indulgence."

Dr. Carter firmly believes that there is a legitimate justification for the moderate use of alcoholic drinks, and for that reason the following statements taken from his article will be all the more significant.

Speaking of the sense of warmth due to the local effect of the stimulant, and its probable relation to the popular belief in alcohol as a cold-resisting agency, he says: "This belief is absolutely erro-

neous; for nothing can be more certain than that a dose of alcohol lowers the temperature of the body as a whole, and that anything more than a very small quantity of it is definitely injurious when severe cold is to be encountered."

The doctor has noted the effect of eating and drinking habits on longevity. "People are said to die of gout, or of heart-disease, or of kidney disease, or of liver disease, or of a complication of these maladies; but what they really die of when they die prematurely, is usually degeneration of tissue consequent upon superfluous food and upon superfluous wine, or upon the daily recurring overtaxation of the vital organs." "The foregoing observations," he continues, "are intended of course to apply only to persons or classes of persons who lead perfectly orderly and decorous lives, and who would be shocked and indignant if they were individually described as victims of excess. This, however, is precisely what they are."

So even by Dr. Carter's admission, there are many people — so-called moderate drinkers — who shorten their lives by excess. He also tacitly admits that a person can thus drink to excess and shorten his life without knowing that he is beyond the bounds of moderation.

His own experience and observation have convinced him that "most men who are actively engaged in the serious pursuits of life may take a small quantity of alcoholic drink freely with decided advantage, and that it will supply them with material for the sustentation of tissue or for the maintenance of temperature [note what he has previously said about alcohol lowering temperature] at a smaller expenditure of force than would be required for the digestion of an equivalent solid nutritive material." This has been definitely and absolutely disproved by careful experiment. He continues, "I believe that the quantity which can be

consumed in this way is small, *much smaller than is generally supposed, and that it becomes still less as vital activities are diminished by advancing years.* Everything beyond it may, in strict language, be regarded as excess; and it is probable that continued excess, even to a very small daily degree, always does more or less harm to the person committing it."

Considering the tendency to increase rather than diminish the consumption of alcohol as age comes on, it stands to reason that if the safe quantity, even by his admission is "much smaller than is generally supposed," any one who uses alcohol habitually — no matter how moderately — is tampering with a dangerous foe. Some men can safely walk a tight rope across the Niagara chasm. I would not for that reason advise everybody to try it. Discretion is the better part of valor.

Insurance men who have studied the data concerning hundreds of thousands of lives have learned that the abstainer has a much better chance for life than the moderate drinker. Some insurance societies consider abstainers so much better risks that they put them in a class by themselves with decidedly lower premium rates.

Dr. Carter himself uses alcoholic drinks. Tobacco, he does not use. He dislikes the smell and taste of it in all its forms; so in his article "Alcohol and Tobacco" we find him defending a moderate use of alcohol and condemning the use of tobacco. Against the use of tobacco he employs a number of arguments which, to one not himself a user of liquor, would seem to apply with equal force to the use of alcohol. Here for instance: "I believe in the absolute superiority of the undrugged nervous system to the drugged one, and am convinced in my own mind that the tobacco [alcohol] must have lowered, and can never have

raised the quality of the totality of the work that was done under its influence. I think every one who has known London well for the last five and twenty years would be able to cite more than a few examples of heavy smokers [drinkers] whose careers of promise had closed more or less under a cloud of intellectual failure or of social discredit, such as would naturally have been attendant upon the victims of narcotics of other kinds." O doctor, you're just a little biased!



### Alcohol and Degeneration

THE committee appointed by the American Medical Temperance Association to study into the causes producing nervous and mental degeneracy in school children, discovered many causes; but alcohol habituation on the part of the parents was so marked a feature that Dr. Mac Nichol afterward conducted a personal investigation into the family history of some 55,000 children, fifty-eight per cent of which were deficient in intelligence, and forty-two per cent were actual dullards.

Dr. J. M. Aiken, Professor of Nervous and Mental Diseases, Lincoln University, comments as follows on the work of Dr. Mac Nichol: "The personal attitude of these 55,000 children to alcoholic drinks showed seventy-three per cent of them total abstainers. The parental attitude to alcoholic drinks was known in 20,174 cases; 6,624 were children of drinking parents, 13,523 were children of abstaining parents. Among the 6,624 children of drinking parents, fifty-three per cent were dullards. Among the 13,523 children of abstaining parents, ten per cent were reported as dullards. This close correspondence between the drinking habits of the parents and the mental deficiency of the children can not be the result of mere accident. The eye strain, various neuritic manifestations, and in-

ability of certain students to measure up to the normal average with those of even age, social and intellectual advantages, are usually charged to environment, badly ventilated and improperly lighted schoolrooms, a faulty curriculum, and to alleged unqualified instructors who presume to know more than the student. Too often we mistake these *symptoms* for *causes*, which upon a more careful examination are found to be alcoholism in the parents or grandparents." That is, according to Dr. Aiken, the eye strain and nervous disorders, usually assigned as causes of the pupil's deficiency, are themselves only symptoms of a disturbance whose principal cause lies in the intemperance of the child's ancestors.

The observations of Dr. Mac Nichol, though possibly more extensive than those of some others, have only emphasized what had already been recognized as a profound truth.

Morel, the Paris physician who spent years studying the youthful progeny of drinking parents said, "I am confirmed in my previous convictions as to the baneful effects produced by alcohol, not only on the individuals who use it, but also on their descendants."

Remember these are not the hastily spoken words of a theorist or an advocate, but the carefully weighed words of a trained observer.

Dr. August Forel gives particulars regarding ten families in which the parents were drinkers. Of the fifty-seven children born in these families, twelve died in infancy, thirty-six were either idiotic, epileptic, misshapen, or had serious nervous trouble; only nine remained normal. In ten families in which the parents were abstainers there were sixty-one children, five of which died in infancy, six had nervous and mental defects, and fifty remained normal.

These statistics (and others of a similar nature might be given) show conclu-

sively that the penalties for the sins of the father are visited on the children. Some students of heredity will tell us that the "sins of the father" (that is, the intemperance) are the result of the sins of *his* ancestors. Undoubtedly this is in a large measure also. All the more necessary is it that these people, weakened by heredity, be surrounded by such influences as will prevent their transmitting a greater heritage of evil to their own descendants.



### Alcohol and Natural Selection

THERE is a class of sociologists who believe that inebriety is its own cure, in that it cuts off the family of the inebriate — which, according to the theory, includes the people most likely to have a tendency toward alcoholic excess — in the third generation at the farthest, leaving the inebriate without further descendants to inherit his abnormal proclivity. "Nature herself wipes out inebriety in every race, by the simple expedient of killing off the inebriates."

This theory makes alcoholism merely a symptom of an inherited nervous instability characteristic of certain families, and transmitted from generation to generation, whether the parent happens to give way to his abnormal tendency to find temporary relief in alcoholic or drug stimulation or not; and the excessive use of alcohol by one person markedly reduces his own productiveness and that of his children, so that his direct line dies out in about three generations. According to this belief, the normal person using a small quantity of alcoholic drink or other stimulant is not likely thereby to form a habit; the formation of the habit being of itself evidence of family degeneracy.

Julian Willard Hilburn, in *American Medicine*, makes the following pertinent comment on this belief:—

"Alcoholic selection can never put an end to inebriety, for the nervously unstable stock is replenished as fast as it dies out. Now that temperance has become a requisite to a livelihood in all branches of trade and skilled labor, alcohol is more a selective agency than ever. The fittest who survive must learn to do without it; the unfit gravitate to it, and are eventually destroyed. It is one of nature's refuse consumers."

That is the point exactly. The old degenerate stock is being killed off by "alcoholic selection," but it is alcohol that is causing the ranks of the degenerate to fill up again as soon as they are broken.

It is well to consider in this connection the observed fact that "bad air, excess of carbonic acid, tends to create a craving for alcohol; that underfeeding and exhaustion tend to create a craving for alcohol, just as shock and dysentery do, by weakening the system and making a stimulant welcome. Sanitary improvement, the elimination of the sweat-shop, the alleviation of poverty, will doubtless in some degree lessen inebriety." And this is not theory, but fact, as is shown by the reduction in the consumption of liquor in New York tenement districts as a direct result of improved housing conditions and better hygiene.

This being so, it naturally follows that whatever increases poverty and squalor and bad hygienic conditions, generally favors inebriety; and that is what the drink habit is doing constantly. It creates a vicious circle. Drunkenness causes poverty, and poverty causes drunkenness, and the circle ever widens, drawing new victims into the vortex; so that while liquor may kill off strains which have become weakened—"the socially unfit"—it is ever adding to this motley crowd new candidates for a dishonored grave—new lines of degenerates to be killed off in like manner.

DR. ARCHDALL REID, of England, believes that the race will never become sober until its susceptible strains have drunk themselves to death. He believes, therefore, that all restrictive devices, legal enactments, etc., are wrong, and likely to be disastrous. The example is held up of the Latin races — a sober people, supposed to be so because long habituation to wine has killed off all the susceptibles and left a race capable of withstanding the alluring temptation and fatal charms of alcohol.

But this theory has recently been disproved so far as the French are concerned. Deprived to a certain extent of their native wines, stronger drinks have been used, with the result that drunkenness is on the rapid increase in the French republic, showing that hundreds of years of habituation to the wine-glass have not by any means killed off the race of "susceptibles."



#### Alcohol and the Consumptive

IN 1905 Dr. Wiley was reported to have made the statement that alcohol has justly attained a high place as a food material for persons troubled with tuberculosis. Shortly afterward, Dr. Knopf, the New York tuberculosis expert, vehemently protested against "the harm that is done by such announcements in the public press." Dr. Knopf himself said, regarding the use of alcohol by tubercular patients: "Extensive experience in the treatment of tuberculosis has taught me that alcohol can never be considered a food for the consumptive. There is so little food value in alcohol, and it is so easy to overstep the amount that can be assimilated by the system, in which case the deleterious effects far exceed the benefit derived, that it is not safe to recommend it as a food at all. . . . To preach that alcohol is a food in tuberculosis is to my mind an

error so grave, so fearfully dangerous, that I repeat that I can not let it pass without the strongest possible protest."

In the anti-tuberculosis campaign Dr. Knopf takes pains to teach the people that alcohol is not a food for consumptives, and is in no sense a cure for consumption.

It is such statements as this attributed to Dr. Wiley — made, perhaps, with good intent — that the liquor interests are glad to appropriate and make the most of in the interest of a propaganda in favor of increased consumption of spirits. We believe that Dr. Knopf, with his daily contact with scores perhaps of the city's consumptive poor, is in a better position to speak with authority on this subject than is Dr. Wiley in his laboratory. Theoretically, alcohol *may* be a food; in practise, it proves to be one of exceedingly doubtful utility, with the capacity for harm far outweighing any good that it may do.



#### Alcohol and Crime

DR. OTTO JULIUSBERGER, writing in a Berlin paper, the *Hilfe*, states his belief, as a result of careful study of statistics, that *the main source of crime is to be found in the excessive use of alcohol.* This is in line with the observation of Sir Richard Temple (who stated that if the soldiers stationed in India could stop drinking, they would be practically free from crime) and others. It was Liszt, the criminologist, who said, "Our penalties do not improve nor frighten criminals; they do not at all prevent crime, but work the other way, strengthening it." This leads Juliusberger to advocate an educational crusade against the evil. He says that one of the chief prejudices in favor of alcoholic drinks is the belief in their value for nourishment and strength. The moment these idols fall to the ground, the diffusion of crime will cease.

He urges the teaching of the effects of alcohol in the public schools, and believes that a similar line of instruction should be carried on in the penitentiaries, teaching the victims that alcohol is their destroyer.

Yes, possibly something may be accomplished by such instruction in the penitentiaries, but it is rather late to be of much use to ruined and hardened characters. Much more benefit should accrue as the result of a vigorous educational campaign in the schools.

But *why should the government be so inconsistent as to prescribe the teaching of temperance in the schools, and then license men to open drink shops convenient to the pupils?* Many towns and counties, and a few States, are seeing the inconsistency, and are proceeding to do the only logical thing—abolish the license.



### Uncle Sam a Partner in Crime

ONE thing is queer to us poor unsophisticated mortals who are not learned in the science of civil government. It is this: Uncle Sam looks with complacency on the man who makes fire-water which crazes men. His courts even set free murderers and others who have committed crime when under the influence of this same fire-water. [Stage whisper: Uncle Sam gets a "rake off" (so-called "infernal revenue") from the man who makes the fire-water, and the subsidiary governments get a "rake off" (license) from the man who sells the fire-water.]

The *one crime which Uncle Sam will in no wise condone, is the unpardonable one of neglecting or refusing to give Uncle Sam his share of the ill-gotten gain.* These "illicit" distillers are out-laws, not because they make fire-water to craze men and make criminals, but because they do not give Uncle Sam *his share* of the blood money!

This is the logic of the license and in-

ternal revenue system, and it is all you can make out of it. Smooth it over as you may, throw up a cloud of dust in the form of sophisms, yet the horrible nakedness of the whole thing is still evident.

It resolves itself down to this: Uncle Sam is a partner in every crime that is caused by drink. And who is Uncle Sam? He is YOU and I, the voters! It is for us to say whether this terrible stigma shall remain on the government.



### A Reductio ad Absurdum

A CONTEMPORARY says that a remedy for the alcohol habit is not the harsh method of the law,—harshness can not lift up the fallen,—but the gentler method of moral suasion. Perhaps; but we do not just remember where moral suasion has made any remarkable inroads on the liquor traffic; *and we have never known the liquor men to object to moral suasion; it does not affect their business in the least.* When men begin to wonder why the government should be a partner in the business which makes criminals, and begin to vote accordingly, *then the liquor interests and the brewery interests become alarmed,* as will be seen from a perusal of the proceedings of their recent national conventions. *There is nothing the liquor men so fear as the determined vote of people who have become tired of having a government-licensed trap for their sons and daughters on every corner.*

For this very reason they are glad to have good people—of whatever pretension—advocate moral suasion. Moral suasion, forsooth! why not license places to sell cocain and opium and morphin to your boys and girls, and then rely on moral suasion to keep them from evil? Why not license brothels and open hell-holes on all your residence streets, and

then use moral suasion to keep your boys pure?

They need moral stamina, and if these temptations are not in their way, they will not be sufficiently "developed"!

It is one thing for a government to refuse to regulate the private life of an individual. It is another thing, and quite indefensible, for the government to give its sanction—for a money consideration—to a business which is acknowledged to add notably to the amount of crime committed.



### Why the Alcohol in Patent Medicines Is Dangerous

IN *The Ladies' Home Journal* for March, 1907, Henry Leffman, A. M., M. D., Professor of Toxicology and Hygiene at the Woman's Medical College of Pennsylvania,—“not only one of the foremost chemists and authorities on chemistry, but also one of the most careful and conservative of writers,”—says that the danger from alcohol arises from two conditions: it is not a food, and its use, even in small amounts, is liable to lead to habit. He explains why alcohol is not a food, stating that no matter how hungry one may be, a certain amount of food satisfies the appetite, and after that no more can be eaten, and even the thought of more produces a feeling of disgust. Alcoholic beverages, according to Leffman, do not show this effect.

“Most people are so susceptible to the taste of alcoholic beverages that they will use them at any time, and continue until overpowered by them. This is a matter of common observation. In most cases in which a person is made even slightly uncomfortable through overindulgence in true food, the distaste, or surfeit, will continue some time, but nothing of this kind is commonly observed with alcoholic beverages. Drunkenness does not develop a sense of disgust; the usual result is that the victim, unless influenced by

powerful moral impulses, will repeat the excess at the first opportunity.

“The second great danger from alcohol is the ease with which a habit is established which leads to the use of it in substitution for true food, and in excess of the small amount which the human body can destroy. Persons who never take enough of alcoholic beverages to produce visible effects are yet generally so under the spell of these as to be incapable of controlling their liking.

“Taking these two dangers into consideration, it is possible to understand the baleful effects of alcohol in medicines. Men and women in the best of health are injured by the use of this alcohol. How much more, then, must the injury be to the sick?”

The person who is weakened by disease is thereby rendered the more susceptible to alcoholic addiction. A man in sound health may not be in much danger of forming the alcohol habit. The sickness which calls for such stimulation as the patent medicine affords, is the best preparation for the formation of the alcohol habit. The healthy person, who is in no need of stimulation, is least likely to feel that call for continued stimulation which rapidly becomes an unconquerable habit. For the sake of the example, and for the salvation of his weaker brother, he can well afford to let all stimulants alone, as he will suffer no inconvenience thereby. *The man who is inconvenienced by deprivation of alcohol should see in that fact the handwriting on the wall, and throw his entire manhood into the determination to dispense with it entirely, patent medicines included.*



### Patent Medicines as “Booze”

SAMUEL HOPKINS ADAMS tells of a lady, a prominent W. C. T. U. worker, who visited her brother in the East, and was much distressed because of his habits

of dissipation. It seems he frequently took a cocktail before dinner, and came home with the odor of it on his breath. Bitter tears were shed by this earnest temperance woman over her brother's lost condition. One day when he had not had his usual drink, he detected something on her breath during her period of weeping, which led him to accuse her of being drunk herself. She immediately went into a fit of hysterics at the brutal insinuation.

A physician was called, and, in as polite language as possible of course, confirmed the diagnosis. It was ascertained that she had taken that afternoon about half a bottle of "Swamp Root." Naturally the brother was amused at his sister's predicament, but his amusement turned to alarm when he learned that she could not get along without frequent use of this patent medicine. She very naturally had great antipathy for the whisky sold in small glasses over the bar, or sold in flasks to fit the hip pocket; but she had a very friendly feeling for whisky dispensed under a swamp-root label, of course never realizing that the stimulating effect of the "medicine" was due to alcohol.

If her brother had not discovered the nature of her booze in time to save her, she might have gone on with something stronger, as peruna.

Another example of the insidious effect of patent medicines of the alcohol class was copied in *LIFE AND HEALTH* a few years ago, from *The Journal of the American Medical Association*.

"A respected clergyman fell ill, and the family physician was called. After examining the patient carefully, the doctor asked for a private interview with the patient's adult son.

"I am sorry to tell you your father undoubtedly is suffering from chronic alcoholism," said the physician.

"Chronic alcoholism! Why, that's

ridiculous! Father never drank a drop of liquor in his life, and we know all there is to know about his habits.'

"Well, my boy, it's chronic alcoholism, nevertheless, and at this present moment your father is drunk. How has his health been recently? Has he been taking any medicine?'

"Why, for some time, six months, I should say, father has complained of feeling unusually tired. A few months ago a friend of his recommended peruna to him, assuring him that it would build him up. Since then he has taken many bottles of it, and I am quite sure that he has taken nothing else.'"

A physician who had practised for a number of years in Columbus—where peruna is made—assured me that the expression "peruna-drunk" is very common in that city.

But peruna is simply a typical example of that class of medicines which are used freely in prohibition States where the law keeps honest whisky across the border.

"Wine is a mocker, and strong drink is raging;" but patent medicines are rank deceivers, and seducers in addition.



### Alarm of the Liquor Dealers

THE National Liquor Sellers are evidently alarmed at the temperance wave that is sweeping the country. Notwithstanding their most persistent efforts, a town or a city here, a county there, and perhaps an entire State another place are welcoming a legal abatement of the saloon nuisance. The educational campaign by temperance workers has led the people in not a few places to realize that it is their duty and privilege to be free from the bondage of the saloon interests. Here are a few testimonials from the recent liquor dealers' convention to the activity of the temperance workers:—

"At no time, at least in recent years, has the liquor trade had as much to con-

tend with as during the past year. Efforts to restrict and suppress the sale of liquor have been strongly urged, and few sections of the country have been free from agitation. Every function of government has been called into play to accomplish restrictions."

"The past year has been one of continuous activity. Attacks on the trade have been widespread, varied, and persistent. No part of the country has escaped. Legislative bodies have been deluged with bills hostile and unjust in character."

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### Beer Ashamed of the Company It Has Been Keeping

THE brewer is beginning to draw his mantle closely around himself in order to avoid contamination by the vile and unworthy manufacturer of stronger liquors. Among the choice expressions indicative of the change of sentiment among the brewers that adorned the recent brewers' convention, the following may be selected as typical:—

"We shall find it necessary to separate the brewer's interest from that of the distillers and dealers of liquor, and no longer allow public opinion to associate the brewer's interest with that of the distillers of liquor. It appears to me such an idea is entitled to the consideration of our association, as there is absolutely nothing in common with the two interests. . . . I don't see why the brewers should continue to fight the battles of the liquor interests.

"Our continuance to associate with the liquor interests in fighting our enemies will not enable us to make known to the public the true nature of our business and product and its beneficial qualities, therefore the prejudice against the brewery

business will be kept up correspondingly with that of the liquor interests.

"Our experience should have warned us by this time that we must stand together and fight our own battles in the future, independent of the liquor interest, in order to regain and uphold the dignity of our business."

Now the readers of LIFE AND HEALTH are a simple folk, so to speak, and may have never heard of the "beneficial qualities" of the brewer's product, and "the dignity of our business"! It is certainly too bad that the beer drunk should be classed with the whisky drunk!

In this connection it might be well to question whether beer is as harmless as the brewers would have us suppose. The following quotation from an article by Julian Willard Helburn, in the *American Magazine* for September, 1906, gives the valuable testimony of an experienced hospital physician on the subject:—

"The supposedly harmless malt liquors are slower in bringing on delirium tremens than whisky, but usually bring on an uglier attack. Contrary to general opinion, they are responsible for a considerable share of the inebriety of this country. Some years ago Dr. Chas. L. Dana, at that time visiting physician to Bellevue Hospital, recorded the form of liquor used by nearly two hundred inebriate patients. A third drank whisky, nearly a third beer and whisky, and a quarter malt liquors altogether. The rest took anything that contained alcohol, from peruna to tincture of soap."

Let the people who believe that beer is a preventive of drunkenness think on this: *One fourth of all the inebriates* in Dr. Dana's report—which is probably quite representative—*were accustomed to use malt liquors only.* In addition to this, another one third used beer and whisky; and it is more than likely that a goodly number of these began with beer.



UNITED STATES SENATOR TILLMAN, in an interview at Augusta, Ga., July 16, expressed his belief that the Georgia prohibition bill would pass, and said: "South Carolina will pass a similar bill, and *when that is done*, South Carolina will be dry as a bone. My State," he continued, "would go dry to-morrow under these conditions."

A FRENCH physician, discussing atonic dyspepsia and its remedies, says: "With regard to alcoholic bitters, which are popular as 'aperitifs,' they should all be rigorously excluded from the pharmacopœa, because the frequent contact of alcohol with the empty stomach is *deplorable in its consequences*, especially in persons suffering with gastric insufficiency."

JULIUS HORTVET, Minnesota's State chemist, has just completed an examination of a miscellaneous collection of liquors which have been sent in for analysis on the ground that they contained many adulterations more harmful than the alcohol itself. In his report, Mr. Hortvet declares that alcohol is without doubt the worst poison in whisky, whether "pure" or "blended."

THE Val Blatz Brewing Company, which owned a large share of the joint property in Kansas seized by the Supreme Court Commission in that State, has confessed judgment in the ouster and receivership suits instituted against it by Attorney-General Jackson, and has announced that it will dispose of all its property in Kansas, and permanently withdraw from the State.

"ON to Washington" is the slogan proposed by Judge Anderson Roddenberry, one of the leaders in the State prohibition fight in Georgia, who, flushed with the victory of the prohibition forces in the senate of that State, with prospects of another victory in the House, is demanding that Georgians enlist in the fight for national prohibition. It is practically conceded that Georgia will become a prohibition State on January 1 next.

RECENTLY the Supreme Court of Indiana has handed down a decision which must be very comforting to the saloon interests. This decision has stirred up the temperance people. A correspondent of an Indiana paper makes this significant statement: "Another Dred Scott Decision has been rendered by Judge Jordan of Indiana, and it will not be long till the voters of Indiana cross [X] that Jordan."

THE report of the consumption of alcohol in Europe in 1906 goes to show "that those classes of the population which consume the largest quantities of alcohol show also the largest decline in the birth-rate. The greatest fall in the birth-rate was in those countries where the consumption of beer, gin, whisky, and cognac [brandy] are increasing. It seems that in the countries where light wines are used, there is not much change in the birth-rate."

NORTH CAROLINA prohibition sentiment is reflected in the North Carolina *Baptist*, which in its latest issue says: "Resolved to the last analysis, there is but one way to judge the liquor business: Is it right or wrong? Upon this test the people of this State are dividing into two classes—those who want the saloon to stay, and those who want it wiped out, root and branch, from the State. Those who are opposed to the saloon in any form at any place at any time are in the majority in North Carolina."

UNITED STATES Special Agent W. E. Johnson has been busy for the past ten months rounding up the whisky desperadoes in Indian Territory. So successful had been his work, that "nigger whisky" sold in most parts of the Territory at two, and even three, dollars a pint. It was hard to get. But Johnson was not satisfied with anything short of the complete demoralization of the outlaw forces. At present the ringleaders are all locked up without bail, but two of Johnson's men were shot, one dying immediately. The other will probably recover.

FOLLOWING the example of the brewers, or, perhaps, more correctly, stirred by the same threatening current events adverse to their trade, the twelfth annual convention of the National Wholesale Liquor Dealers' Association of America raises an even more strenuous note of warning and alarm against the apparently irresistible progress of prohibition sentiment, legislation, and law enforcement during the past year.

THE Supreme Court of Ohio on June 25 handed down an important decision under the State liquor laws in the case of the State against Linder, coming from Erie County. Linder was prosecuted for operating a saloon in a "dry" township. The court charged the jury that liquor might be given away in a "dry" territory, though it could not be sold. The State took exceptions to this ruling, and carried the case to the Supreme Court. The latter sustained the exception.

A WRITER, commenting on the fact that some scientists have "discovered" that wine possesses antiseptic properties, suggests that in the enthusiasm of their new discovery these scientists have forgotten some of the other properties of wine. After raising the query as to what would be the net value of an antiseptic treatment which incited a craving and imperiled the man's future, the writer continues: "The discovery of these Pasteur doctors is about as practical a suggestion as would be the assertion of some other absent-minded scientist, that, as gunpowder can be oxidized easily, and readily gives off heat, it ought to be an excellent domestic fuel. One trial in any stove would satisfy the most incredulous."

ONE of Kansas' temperance workers recently, while traveling on the train, engaged his seat mate in conversation which after a few minutes naturally drifted to the question of the prohibitory law. His companion proved to be an agent of the Schlitz Brewing Company, and in the course of the conversation said: "Anybody who says that prohibition does not prohibit is either a liar or a fool. I am now on my way to Wisconsin. I also work in North Dakota, and I can sell more beer in Wisconsin in four days than I can sell in North Dakota in four months. Our company is not telling this, but we are doing all we can to disgust the people with prohibition, so that if the question ever comes to the people, they will vote out prohibition."—*Kansas Issue.*

THE Report of the Board of Trustees of the National Brewers' Association states: "An increase of nearly five and a quarter million barrels during one single fiscal year—the latest of which we have a complete revenue report—may safely be accepted alike as an evidence of continued national prosperity and as a fairly reliable gauge of the growing popularity of our product." No doubt, to the brewer, his own personal prosperity means national prosperity! We are not convinced that "a growing popularity of our product" and "continued national prosperity" bear the relation of cause and effect.

MORE than three hundred leading beer manufacturers recently convened at Atlantic City. The convention devoted its attention exhaustively to the remarkable current progress of the prohibition cause, and listened to detailed reports from every State in the Union where the liquor business is now being threatened by awakening public sentiment. What the leaders of the brewing industry think of the outlook for their business, despite their increased beer sales, is vividly manifest in the following militant call to arms presented by the so-called "Vigilance Committee," and which was afterward unanimously adopted as the utterance of the convention itself: "The recent alarming growth and intensification of the prohibitory spirit, as shown in this exhaustive review, call for the gravest concern on our part, and point the necessity for a general closing up of our ranks and the adoption of vigorous measures of defense."

IN the *Scientific American*, supplement of April 20, 1907, Prof. A. Durig discusses some experiments recently made by him to determine the effect of alcohol on the capacity for work, especially for mountain climbing. "On the whole," he concludes, "the experiments proved that alcohol is oxidized in the body, and can replace other substances, especially carbohydrates, and afford energy for muscular labor, but that *the quantity of alcohol required to produce any considerable amount of energy is too great to be taken with safety.* (About half a gallon of spirits would be required to finish the work of a day's mountain climbing.) It was also proved that alcohol is less economical (without regard to cost) than other foods, as it has a lower efficiency, or in other words, involves a greater waste of energy. Hence, though alcohol is theoretically a food, *it has no practical value to the worker as a source of energy.*" (Italics supplied.)

GENERAL-SUPERINTENDENT MURPHY of the Pittsburgh Street Railway Company says, "In seventeen years' experience I have had occasion to promote many of our men from the ranks of conductors and motor-men to officers, and in no case has a man using whisky come up to the requirements."

THE brewers are exceedingly happy over the increasingly close relations of the beer business with the United States government, and the Advisory Committee's report goes into details to the extent of over one thousand words in its summary of the friendly, sympathetic, and gratuitous assistance which Uncle Sam's officials have given the brewing industry during the past year.

THE British antarctic expedition which will soon sail to carry on explorations in south polar regions, in charge of Lieutenant Shackleton, will be a strictly abstinent expedition. Lieutenant Shackleton knows well the danger resulting from the use of alcohol where the temperature drops from sixty to seventy degrees below zero, and follows in this wise precaution his great predecessor, Sir John Ross, whose emphatic utterance after his arctic voyage in 1829-33 was couched in the following terms: "The most irresistible proof of the value of abstinence was when we abandoned our ship and were obliged to leave behind us all our wine and spirits. It was remarkable to observe how much stronger and more able the men were to do their work when they had nothing but water to drink."

To seven thousand circulars sent out by the Commission of Labor to large employers of men, requesting information as to how far the drinking habit would bar men from securing employment in their establishment, there were 6,976 replies, of which 5,363, or seventy-seven per cent, stated that no one would be employed who was known to be drinking, and every one found using spirits would be discharged. The reason given in their replies was that drinking men are unreliable, and the institution always sustains loss as the result of retaining such men. The remaining 1,613, or twenty-three per cent, answered that excessive drinkers were discharged, that moderate drinkers were retained, but were usually considered less reliable than abstainers. Many said, in addition, that these moderate drinkers were never employed in responsible positions or in work necessitating the use of good judgment and accurate thought.

THE Hygiene Commission of the Chamber of Deputies of France on June 24 rejected a bill for the total prohibition of absinth, but the agitation to that end will go forward without interruption. Its consideration by the Chamber Commission was in itself a victory for the temperance forces.

THE Associated Prohibition Press of Chicago is now sending out weekly to the press of the United States more than 8,000 words, emphasizing the progress of prohibition in the United States and the world. Great movements begin small, and at first increase almost imperceptibly. Later they acquire a momentum which sweeps everything before them. It seems to be thus with the prohibition movement. At least these numerous successes are the cause of alarm on the part of the large brewery and wholesale liquor interests.

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(Concluded from page 265)

attractive place in the world for your boy and his chosen companions, and teach him to select for his associates only such boys as he admires for noble, manly qualities such as he would like to imitate.

Teach your boy the value of a clear head, sound muscles, and strong nerves—that they are worth more than money to him; convince him that *it doesn't pay to drink or smoke*; show him the results of dissipation on the boys of his acquaintance who have gone downhill; show him what an advantage the boys have who keep their nerves and brain in good trim. Teach him by example as well as by precept that it is manly to do right, and cowardly to do wrong. Teach him that he can carry such an influence with him that no acquaintance will ever ask him to drink or smoke, and no associate will ever drink or smoke in his presence without an apology for so doing.

In the government of children by arbitrary power, remember that prohibition is a good thing, and there are times in the family when it should be firmly exercised. But remember also that God's law is a law of prohibition; it points out the wrong, and it is a perfect law: but in infinite wisdom the great Lawgiver recognized that it was not enough. Unceasing ministrations of eternal love are needed to reform or redeem a man. That mother who in wisdom daily reveals this love in a practical manner to her son lives in his heart and life. Such mothers never die; their lives are eternal.

# LIFE AND HEALTH

(Continuing Pacific Health Journal)

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

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\* If questions are sent to this Office in connection with other matter, they should be written on a separate sheet addressed to the editor; otherwise they may be overlooked. The editor does not look over the business correspondence.

All questions must be accompanied by return postage. If the reply is not worth that much to the inquirer, it is not of sufficient value to take up our time in replying. We are glad to answer all reasonable questions of subscribers, but we do not wish to pay two cents each time for the privilege of doing so.

☞

A NUMBER of prominent W. C. T. U. women have kindly written for this issue of LIFE AND HEALTH.

Mrs. H. E. Hollingshead, 2224 East Ninety-fifth St., Cleveland, Ohio, is Superintendent of Unfermented Wine at Sacramento.

Mrs. Martha M. Allen, 20 Cayuga St., Homer, N. Y., Superintendent of the Department of Medical Temperance, has issued a book of 419 pages, "Alcohol a

Dangerous and Unnecessary Medicine," which sells at \$1.25, and a score or so of excellent leaflets on the medical use of alcohol, which are sold at prices varying from 30 cents to \$1.00 a hundred, or 2 cents each by the single copy. Address as above.

Mrs. A. C. Bainbridge, of 612 Tenth Ave., San Francisco, Cal., will need no introduction to any LIFE AND HEALTH reader.

Mrs. Sarah M. Severance was for years the editor of the Outlook Department of the W. C. T. U. State paper for California.

Mrs. Mary E. Teats, 3517 Grant Boul., Chicago, Ill., National Evangelist, W. C. T. U. of America, has furnished an article on purity, which will be reserved for a later number.

☞

"FOOD, fingers, and flies is the alliterary tripod upon which the propagation of typhoid fever stands."

If you need an awl for puncturing any substance, and have none, drive a small nail through. This is a good substitute.

THERE may be other soaps just as good, but to wash with naphtha soap, carefully following directions, saves much work, time, and fuel. Garments in which is perspiration should be soaked in clear water first, as the value of the suds is much lessened by them.

## HYGIENIC COOKING OIL AMERICA'S BEST

For more than five years we have been furnishing to our people everywhere, the very best salad, table and cooking oil America affords. An absolute

pure vegetable product, containing no chemicals or animal fat of any kind. Easily digested, does not become rancid, and next to olive oil. Satisfaction guaranteed. Sole agents for America.

FIVE GALLON CAN, \$3.85. TEN GALLON CAN, \$7.50

70 cts. per gal. in bbl. (about 50 gal.) and ½ bbl. (about 30 gal.) lots. By freight direct from the factory in Louisville, Ky., to you. Send stamp for cook booklet and circulars, also cash with each order to

DR. O. C. GODSMARK  
Chattanooga, Tenn

(Continued from page 263)

### Drink Habits of Mexico

beers just about as the French and the Germans do.

The physical effect of the drink habit upon the Mexican is very bad. A large per cent of the people die of diseases which are directly or indirectly caused by alcoholism.

The excessive use of condiments augments the thirst for alcoholic beverages.

It is to be hoped that the governmental instruction on temperance and hygiene will arouse the masses to see the evils in their eating and drinking.

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### Let the Children Help

"How can the mother of eight children look so young?" asked a friend who found her time fully occupied in caring for her little ones. The lady in question was a fair-faced matron of

forty-five, who looked at least five years younger.

"She teaches the children to help almost as soon as they can walk," was the reply; and this was the secret of her management.

A mother should not be a slave to her children, for it makes them selfish and exacting. Laziness is almost a crime in this busy world, and if the mother will teach them to bear their part of the burden of housekeeping early in life, it will develop industrious habits, and they will always like to work. It also teaches them to appreciate her and her work for them as they never will do if they know nothing about it. Look around you and see which mothers are loved and honored most in their old age; almost invariably it is those whose children have been taught to work, instead of those who have willingly made drudges of themselves to spare the children.—*Selected.*

# LISTERINE

The original antiseptic compound

¶ Listerine is peculiarly free from irritating properties, even when applied to the most delicate of the tissues, whilst its volatile constituents give it more healing and penetrating power than is possessed by a purely mineral antiseptic solution; hence it is quite generally accepted as the standard antiseptic preparation for general use in domestic medicine, and for those purposes where a poisonous or corrosive disinfectant can not be used with safety. ¶ It is the best antiseptic for daily employment in the care and preservation of the teeth.

Literature more fully descriptive of Listerine may be had upon request, but the best advertisement of Listerine is—**LISTERINE**

**Lambert Pharmacal Company, St. Louis, U. S. A.**



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