

## AVOID ALCOHOL FOR HEALTH AND EFFICIENCY.

(By Dr. F. Keller.)

According to Professor Irving Fisher's report to the United States Government, 600,000 lives are sacrificed annually in the United States, and these deaths, he says, can be prevented by preventive measures.

The National French League against Alcohol, with headquarters in Paris, makes a special appeal to the industrialists, on the ground that the habitual use of alcohol lessens the skill of the workman. By depriving him of self-control, he becomes clumsy in his movements, whereby the tendency to accidents is augmented, not only for himself, but for his fellows. Alcoholism attacks all the organs of the body, especially those which have the least power of resistance. The workmen who indulge in the use of alcohol are more liable to tuberculosis and disorders of the nervous system. Alcoholism takes away money which should go for food, clothing, and shelter of the family. It is, therefore, in the interests of the workman, his family, industry, and society that the evils of alcoholism should be combated. As means to this end, the League recommends: Verbal hints and suggestions to the workmen; anti-alcoholic posters in the workrooms; annual lectures in the factory itself for the workers; prohibition of all alcoholic drinks during the hours of labour; sale of low-priced, non-alcoholic beverages; establishment of temperance societies among the workers; and the provision of temperance restaurants.

Every year the State of New York receives into its State asylums 6000 lunatics, a large percentage of whom are the victims of alcoholism.

Healthy family life is the basis of a sound nation, State and community. That this is being accepted universally is shown by the various measures for the promotion of healthful living. At first efforts were made for the restoration of the sick; now **prevention** is the rule of action.

When the strength is used up it is not enough merely to add to it, but reserve force must be stored up. This is best accomplished by periods of rest for mind and body. Only a comparative few recognise this, and have the means to do it. The great

majority of the community do not appreciate this, and are in no position to avail themselves of periods of rest and recreation.

Mr Carnegie, when speaking to students of Aberdeen University, said:—

"There is, no doubt, among you a class which intends to enter the domain of business to win Dame Fortune's golden smiles by assiduously waiting upon her—would-be millionaires. This was the class in which I toiled, not at the University, unfortunately, but in the home of poverty; which, however, was never inclined to hang its head, I assure you. My experience with young men pursuing their careers soon led me to the conclusion that the use of liquor was the rock upon which more were hopelessly wrecked than on any other. The rule for the young men of Scotland—'Touch not, taste not, handle not'—I hope is becoming more popular each succeeding year. One rule I have often suggested to youth, 'Remain teetotallers until you have become millionaires. Certain am I that this would greatly accelerate the victory. Believe me, the young man who drinks or smokes voluntarily handicaps himself in the race of life. That he does either or both shows that he lacks something; he does not know how best to train himself for the race. The coming man leaves nothing to chance; nor, mark you, does he spend his slender means foolishly; certainly not if he is to prove the coming millionaire. You find him stripped for the race, carrying no superfluous weight in the day of trial. Trifles these, no doubt some of you may be thinking—especially smoking—but, remember, we have seen it is almost impossible to know what are trifles. In the race of life a foot ahead wins the race; a pin turns the scale."

Davies, in the "British Medical Journal" of August 8th, 1908, asserts that, as an article of food, alcohol cannot be considered necessary, or even from a dietetic point of view. There are some special conditions that need to be considered in regard to its use, especially from a military service standpoint. These are:—

- (1) Extremes of heat and cold.
- (2) Excessive labour, bodily or mental.
- (3) The peculiar fatigues and exposures incident to war.

(1) **Extremes of Cold.** Sir John Ross wrote: "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." Dr. John Rae maintained that "the greater the cold, the more injurious is the use of alcohol."

**Extremes of Heat.** The amount of disease ascribed to intemperance was described by Dr. J. Maclellan as "something appalling." One-tenth of all the admissions to hospitals for sickness in Bombay were on account of delirium tremens or drunkenness; the numbers admitted for these causes were greater than for any other disease, except fever; and as to deaths, "alcohol destroyed more than either fever, hepatitis, or diarrhoea, and nearly as many as cholera."

(2) **Excessive Labour.** A German observer, Schneider, has recently (1907) examined 1200 mountain climbers, and found that, according to their testimony, as long as continuous efforts and difficulties are to be expected no alcohol should be taken.

(3) **Fatigues and Exposure Incident to War.** The experiences of the British forces in Egypt in 1800, when a body of troops under Sir David Baird marched across the desert from the Red Sea to the Nile (Kossier to Kenh): Of the Red River expedition in Canada in 1870; of the Ashanti campaign in 1874; and of the Nile expedition in 1885—the three latter under Lord Wolseley—all prove that very great exertion and exposure to extremes of temperature can be better borne without alcohol than with it, and that arduous campaigns can be carried on without the use of alcoholic drinks of any kind.

## CHIVALRY.

It's treating a woman politely,  
Provided she isn't a fright;  
It's guarding the girls who act  
rightly,  
If you can be judge of what's right;  
It's being—not just, but so pleasant;  
It's tipping while wages are low;  
It's making a beautiful present,  
And failing to pay what you owe.  
—Alice Duer Miller, in the  
"New York Tribune."