

## TEMPERANCE.

### ALCOHOL, HEALTH, AND MORTALITY.

What is the relation of alcohol to public and private health and mortality? In the first place, we say that alcohol is entirely unnecessary to health. No animal but man takes it; the lower animals are healthy without it; many of them endure enormous toil and hardship, but never show the least desire or need for it. The majority even of the human species live strong and long in ignorance of it, and millions of persons in the nations where it is known and used have never tasted it or have long forsworn it with not only no harm but positive good from the want of it. In all conceivable circumstances that might test the question—in fatigue, hard work, exposure, danger, privation, and other trying conditions—it has invariably been found that men not only can do without it, unharmed, but are actually better without it—which is another way of saying that they would have been—as in many such trials their drinking companions are—worse with it, that is, injured by it.

This brings us to the second thing we have to say of alcohol, namely, that it is injurious to health and increases the death rate. We could fill column after column of this journal with testimonies in proof of this, but space forbids. We will only give a few facts. The new and unnatural appetite that it begets for itself—from the slightest desire for it to the strongest crave—affords a perfect certainty that it has altered and injured the system, for the system has naturally and ought not to have any such desire or crave. By the most delicate and reliable mechanical apparatus, Dr. Rudge proved that a quantity of alcohol insufficient to be felt in the system impaired the senses of sight, hearing, and weight. The tissues and functions of the body can be shown to be more or less injured according to the amount of alcohol imbibed and other circumstances—the heart is quickened, for instance, the temperature is lowered, the discharge of effete matter is hindered, the brain and nervous system are disturbed, the muscles are weakened, the internal organs are congested, the blood is poisoned—in short, the thoughts and acts and powers of the drinker are never made better but generally made worse by the presence of alcohol in his system.

What better proof of the mischievous effect of alcohol on health and longevity could any unprejudiced man desire than is afforded in abundance, and with unbroken uniformity, by our insurance and friendly benefit societies? The United Kingdom General and Temperance Provident Institution, for example, divides its insurers into abstainers and non-abstainers, and it appears from its last annual report that, during the past twenty-six years, the percentage of deaths among the abstainers was only 70.7 of what was expected, whereas among the non-abstainers it was 97.5 of the number expected, giving the abstainers a superiority of 26.8 per cent., or a sav-

ing of nearly twenty-seven lives in every hundred. The Sceptre and other insurance associations tell the same story, and the Rechabites and Sons of Temperance Benefit Societies show both a lower mortality and less sickness than other societies whose members differs from theirs only in not being total abstainers.

It has been estimated that the direct annual mortality arising from drinking in the United Kingdom is not less, but probably more, than 40,500, and the indirect 79,500, or 120,000 persons in all. Dr. Richardson, one of the greatest sanitary authorities now living, calculates that the universal practice of total abstinence over a population of 35,000,000, would be equal to a saving of upwards of 200,000 lives annually, or a lengthening of the lives of the people by one-third.

It is well known that not only does drink thus directly injure health and shorten life, but it favours and largely brings about those unsanitary conditions of squalor, accidents, neglect, and unwholesome dwellings to which many sanitarians directly attribute an undue share of our high mortality. It is neither better houses nor higher wages that will lower the death rate so much as the sobriety and wisdom which at once earn those boons and know how to enjoy them. —*Irish Temperance League Journal.*

### A MONTREAL MIRACLE.

#### FACTS PROVED TO BE STRANGER THAN FICTION.

The Remarkable Cure of a Long-Time Sufferer—Rheumatism of Ten Years' Standing Permanently Cured—A Story Full of Interest to all Other Sufferers. Sunday Morning News, Montreal.

Impressed with the persistency with which the most astonishing accounts of cures effected through the agency of Dr. Williams' Pink Pills for Pale People in almost all the newspapers of Canada and the United States, a reporter for The Sunday Morning News, to satisfy himself generally of the genuineness of these cures, determined to investigate a case for himself, which had recently been brought to his notice, where the cure was claimed to be due entirely to the efficacy of this medicine. Aware that Dr. Williams' Pink Pills had been tried in the case of a gentleman residing at 709 Sherbrooke street, in the City of Montreal, who had for years been afflicted periodically with rheumatism, the reporter set out on a journey of inquiry to ascertain what the result had been. Arriving at the home of Mr. Granville, the gentleman referred to, he found him apparently enjoying perfect health.

"You don't look as though you had been suffering a great deal lately, Mr. Granville," said the reporter, accepting the invitation of his host to be seated.

"Well, no, you would scarcely suppose from my present appearance and activity that I had just recovered from a most acute attack of chronic rheumatism, which kept him in bed for over two weeks. You see," con-

tinued Mr. Granville, "I am an habitual sufferer from rheumatism, or at least I have been for ten years past, and, although I have tried almost every remedy, it has only been since recently that I have found anything to do me good. It is now about ten years since I first became afflicted with this painful disease, and when it began to come on, having never experienced it before, I was at a complete loss to understand what it was. It was in Chicago that I had my first attack, and I remember the circumstances very well. While walking on the street I was suddenly seized with a violent pain in my left knee, which continued to grow worse until I could walk no longer, and was compelled to call a cab and be driven home. Once there I took to my bed and did not leave it for ten days, being totally unable to move my leg without experiencing the most excruciating pain, which nothing I could get seemed to relieve."

"Did you not have a doctor?" asked the reporter.

"Oh, yes, but he didn't seem to do me much good. He wrapped the limb in flannels and gave me some decoction of salicylic acid to swallow. But it was of no avail. Each year as winter passes into spring I have been seized with this painful disease and laid out for some weeks, nor have I been able until lately to obtain anything which would even help me a little. You would not believe it if I were to recount the various patent remedies which I have taken both externally and internally during all that time in an endeavour to obtain relief. I must have tried a hundred so-called cures, and never experienced any beneficial results until I came across Dr. Williams' Pink Pills. I must frankly confess that at the outset I had no great faith in the pills. I had tried so many medicines, all to no purpose, but I was willing to give them a trial anyway, so I sent out to the drug store on the corner and got a supply. I followed the directions carefully and soon experienced relief, and before I had been taking the Pink Pills long I was able to get out of bed, and although I was still a little stiff, the pain had almost completely disappeared. I am still taking the pills, and shall keep on taking them for some time, and furthermore I don't intend to be without them in future."

"Then you ascribe your relief entirely to the efficacy of Dr. Williams' Pink Pills," suggested the reporter.

"I most certainly do, and Mr. Curtis, the druggist on Bleury street, will verify what I have said."

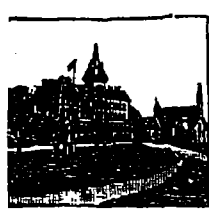
The reporter next visited Mr. H. H. Curtis, the druggist referred to, whose place of business is at 291 Bleury street, and interrogated him with reference to the case. Mr. Curtis stated that he knew of Mr. Granville's ailment and that he had suffered for years, and he had no doubt Pink Pills did all Mr. Granville said. He further said that Pink Pills had a very large sale, and gave universal satisfaction. The reporter then withdrew, quite satisfied with the result of his investigation.

The Dr. Williams' Pink Pills for Pale People are manufactured by the Dr. Williams' Medicine Co., of Brock-

ville, Ont., and Schenectady, N.Y., a firm of unquestioned reliability. Pink Pills are not looked upon as a patent medicine, but rather as a prescription. An analysis of their properties show that these pills are an unailing specific for all diseases arising from an impoverished condition of the blood, or from an impairment of the nervous system, such as loss of appetite, depression of spirits, anæmia, chlorosis or green sickness, general muscular weakness, dizziness, loss of memory, palpitation of the heart, nervous headache, locomotor ataxia, paralysis, sciatica, rheumatism, St. Vitus' dance, the after effects of la grippe, all diseases depending upon a vitiated condition of the blood, such as scrofula, chronic erysipelas, etc. They are also a specific for the troubles peculiar to the female system, correcting irregularities, suppressions, and all forms of female weakness, building anew the blood and restoring the glow of health to pale and sallow cheeks. In the case of men they effect a radical cure in all cases arising from mental worry, overwork, or excesses of any nature. These pills are not a purgative medicine. They contain only life giving properties and nothing that could injure the most delicate system. They act directly on the blood, supplying its life-giving qualities, by assisting it to absorb oxygen, that great supporter of all organic life. In this way the blood, becoming "built up" and being supplied with its lacking constituents, becomes rich and red, nourishes the various organs, stimulating them to activity in the performance of their functions and thus eliminate disease from the system.

Dr. Williams' Pink Pills are sold only in boxes bearing the firm's trade mark and wrapper (printed in red ink). Bear in mind that Dr. Williams' Pink Pills are never sold in bulk, or by the dozen or hundred, and any dealer who offers substitutes in this form is trying to defraud you and should be avoided. The public are also cautioned against all other so called blood builders and nerve tonics, put up in similar form intended to deceive. They are all imitations whose makers hope to reap a pecuniary advantage from the wonderful reputation achieved by Dr. Williams' Pink Pills. Ask your dealer for Dr. Williams' Pink Pills for Pale People and refuse all imitations and substitutes.

Dr. Williams' Pink Pills may be had of all druggists or direct by mail from Dr. Williams' Medicine Company from either address, at 50 cents a box, or six boxes for \$2.50. The price at which these pills are sold makes a course of treatment comparatively inexpensive as compared with other remedies or medical treatment.



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