



## Temperance Department.

### DOCTORS AND GROCERS.

#### LADIES' DRINKING.

The *Record*, speaking of the English medical men's memorial against the Act of Parliament extending to grocers the right to sell intoxicating drinks, says:—

It is now found, on authority that cannot be gainsaid, that the change has done a great injury to the morals of the country. The medical men's memorial on this subject embodied the result of actual observation and experience of a kind which can only fall within the reach of this particular class. It can have arisen from none but the purest and most honorable convictions. As far as the pecuniary interests of the profession are concerned, the grocers' license must have been an advantage; for the increase of intoxication implies the increase of disease, and the increase of disease the increased employment of the profession which deals with it. Medical men are, therefore, acting against their own personal gains, and are but performing a duty they owe to the country and to morality in emphatically calling attention to the great and serious evils connected with the stimulus given to habits of secret drinking by the grocers' license.

This secret drinking is the most fatal form of drunkenness. It does not obtrude itself upon attention or force its offensive features upon public notice. It is a crime done at home in the privacy of the domestic household. It is, therefore, the more dangerous and is known only by its results. Medical men have found themselves called to notice a large increase of drunkenness on the part of females, and of the concomitant diseases which spring from it. Enquiry has traced it back to the facility of procuring wines and spirits from the grocer. It cannot only be had in this manner in single bottles, but can be had surreptitiously. Servants are thus tempted to procure it, and to have recourse to its fatal stimulus. Nor is this all, for mistresses in small households have been brought under the same temptation. The supply of intoxicants is included in the tradesman's account and is easily concealed from view among its items. Even where the tradesman is scrupulously honest, and refuses to allow his account to be made the conscious instrument of concealment, the evil yet finds a lurking place, for men are not accustomed to scrutinize their tradesmen's accounts, but to pass them in the mass without examining the details. Great temptations have in these various ways been put into the way of the sober, and fatal facilities of concealment afforded to those who are already under the deadly spell of drink. The result is that intoxication has largely increased among women, and the fact is so grave as to demand prompt attention and remedy.

There are many reasons why this habit of secret drinking among women is likely to be peculiarly injurious to the morality and to the health of the country. In the first place, secret drinking, because it is secret, is not restrained by the force of public opinion or the checks of public decency. No one sees it but the parties immediately affected, and it is possible that even the heads of a household may be kept for a considerable time in ignorance of the mischief being enacted under their roof. In the next place, it is likely to run into the line, not of furious and excessive fits of intoxication, or, at all events, not to begin with them, however certainly this may be the fatal end, but rather into the line of constant drinking, the application to the glass for artificial strength and spirits all the day long. In some country districts the habit is known as "boozing." The unhappy victims are seldom or ever so drunk as not to know what they are doing, or be incapable of all action; but on the other hand they are always under the influence of liquor more or less, and are seldom, if ever, wholly free from its consequences. We believe ourselves to be quite correct in saying that of the two habits, that of occasional drunkenness and that of habitual partial intoxication, the latter is much the most injurious. The poison saturates more completely the whole frame and the entire constitution, and leads more certainly to that fatal *delirium tremens* which is the peculiar retribution awarded by an avenging Providence to the drunkard's crime.

But there is a further peculiarity in the drunkenness of women, viz. the more dreadful and hopeless tenacity with which the habit exercises its power over its victims. We do not presume to specify the reason with any

confidence, but the peculiarity seems to arise from the greater sensitiveness and delicacy of the female constitution. Once mastered by the love of drink, it is all but powerless to throw it off. Indeed, it is asserted by persons well informed on this subject that there are no instances of drunkard women being restored to habits of sobriety. We trust that the statement is overcharged; but the fact of its being made shows that there must be some ground for it, and some peculiar difficulty in dealing with the female drunkard. All this is very bad; but it is made worse by the position of the women in the household. For the vice of drink is thus brought into the very heart and sacred centre of domestic life. It poisons the home at the fountain head; for if the woman be depraved, what can be expected of the rest? Nor is this all. There is a fatal probability that the habit will grow among the children, and thus react with fearful force on the further increase of the crime already so dreadfully prevalent among the men of this country. There is not a railway bar or refreshment counter in the kingdom which may not utter its significant warning and arouse us to our danger.

Now, if the sale of intoxicants be a provocative cause of this great evil, the sooner it is stopped the better. That it does act in this way we are assured by the large body of medical men of the highest standing who have signed the memorial to which we have alluded. It is, moreover, probable and natural that it should be so, for all experience shows that the multiplication of the temptation is the multiplication of the vice. Whether the grocers' license be the only provoking cause may perhaps be doubted. We have a strong belief that the medical profession has itself much to answer for in this matter, for alcoholic beverages have been far too freely prescribed to all ages and all classes. But if this grocers' license be a step in the same direction, all should combine to insist that it shall be speedily and decisively retracted.—*The Record*.

### ELEVEN DAYS' WORK IN TEN DAYS.

#### HOW LIVES ARE SHORTENED.

Dr. B. W. Richardson, lecturing in Dublin before a large audience, with the President of the Royal College of Surgeons in the chair, made according to the *League Journal* the following points among others with regard to the taking of alcohol:—

Let them look at the harm that had been done as the second point. In the first place, the whole body had been subjected to an undue strain, which really meant so much more work—for example, taking it at the very lowest mark, supposing that 2½ oz. of alcohol had been taken, the full dietetic dose, the strokes of the heart that would follow it within the next twenty-four hours, would be increased at the very lowest 10,000, and therefore, if it were repeated day after day, in ten days there would be 100,000 extra strokes of the heart. Now that was precisely one day's work of the natural heart. Suppose, then, that it was continued for a month, it would give three days' work in a month; and if it was continued for a year, it would give thirty-six days' work extra; and supposing it was continued for a series of years, it would give one year's extra work in ten years. He did not think that they would consider it reasonable that any person should put his heart, and with it his blood vessels to such a strain that in ten years one extra year's work should be done; and if it was continued for sixty years, six years would be taken off that life; but there were scores of thousands of people—he had almost said millions of people—who were putting themselves to this extra work, and to that extent, at all events, shortening their lives, simply by taking that moderate or dietetic dose of stimulants. But when they went further and saw larger doses taken they would see how very easy it was for men to shorten their lives. During all that time, too, the brain and nervous system had been subjected to great over-work, and there was unsteadiness and decrease of muscular action, owing to the fact that there was no equality in the distribution of the forces of the body by which life was maintained. Having illustrated by beautiful diagrams, shown by the magic lantern, the process of digestion in the human body, and how it was impeded by the use of alcohol, the learned lecturer stated that one of the greatest oarsmen and trainers on the Thames had assured him that the secret of his own success and that of his pupils, was the enforcement of total abstinence while training; and the most searching experiments had conclusively proved that more physical as well as mental work could be done by a total abstainer than by a man who used alcohol. The healthful conditions of the prisons both in England and Ireland showed beyond a doubt that the sudden deprivation of the use of alcohol had a most beneficial effect, so that the idea that such a change must be effected by degrees was an erroneous one; and, as if to crown all, in connection with the question of cold, the man who it was proved had got the

nearest to the North Pole in the late Arctic Expedition, and who had gone through more hardships than the rest, and borne them more cheerfully, was a man who had not tasted a drop of strong drink during the whole voyage of the expedition. It had also been proved that in hot climates the soldiers who were total abstainers could go through more fatigue and do more work than those who used alcohol. He did not deny that alcohol was a valuable drug, and was most useful for many purposes; but it was a drug, and nothing but a drug, and he hoped soon it would be a drug in the market. He assured them he was no fanatic in this matter. Alcohol was of great service in chemistry, and he was not prepared to say it was not of great service in medicine. But it must be properly prescribed. On these grounds, as a man of science, he had supported temperance, but he found he could do no real service until he had become a total abstainer himself—and he was bound to say that if all the members of his great and learned profession would follow the same example, and would abstain, these three kingdoms would be sober and far better kingdoms.

### A TESTIMONY.

Chas. Watertown, in the Autobiography of a Naturalist, says:—

"The severe attacks of dysentery, and the former indispositions caused by remaining in unwholesome climates, and by exposure to the weather, seem to have made no inroad into my constitution; for although life's index points to sixty-two, I am a stranger to all sexagenarian disabilities, and can mount to the top of a tree with my wonted steadiness and pleasure. As I am confident that I owe this vigorous state of frame to a total abstinence from all strong liquor, I would fain say a parting word or two to my young reader on this important subject. If he is determined to walk through life's chequered path with ease to himself and with satisfaction to those who take an interest in his welfare, he will have every chance in his favor, provided he makes a firm resolution never to run the risk of losing his reason through an act of intemperance, for the preservation of his reason will always insure to him the fulfilment of his resolution, and his resolution will seldom fail to crown his efforts with success. The position of an irrational ass, cropping thistles on the village common, is infinitely more enviable than that of a rational man under the influence of excessive drinking. Instinct teaches the first to avoid the place of danger, whilst intemperance drives the last headlong into the midst of it. To me there is no sight in civilized society more horribly disgusting than that of a human being in a state of intoxication. The good Jesuit who, six and forty years ago, advised me never to allow strong liquors to approach my lips; conferred a greater benefit on me than if he had put the mines of Potosi at my immediate disposal. I might fill a large volume with the account of miseries and deaths which I could distinctly trace to the pernicious practice of inebriety. I have seen manly strength, and female beauty, and old age itself, in ruins under the fatal pressure of this degrading vice. The knave thrives on the follies of the drunkard, and whole families may trace the commencement of their decay to the dire allurements of the public-house."

### HEAL THYSELF.

The Rev. Canon Wilberforce, at a meeting of the Scottish Permissive Bill Association, made a speech which is reported as follows in the *League Journal*:—

At the present moment they were called upon to contemplate a battle in the East characterized by more bloody fighting than any war in history. They saw one nation armed with the invader's sword, and they were looking at another nation defending themselves with the utmost gallantry and heroism, and the miserable victims of that war were having their wounds staunch and their sores healed by British hands. Then they had that famine in India, where the poor sufferers were being relieved by British money, British sympathy, and British love. By that course he believed our country was laying by in store for ourselves some of that great blessing in the beatitudes—"Blessed are the merciful, for they shall obtain mercy." But those who looked deeper down into the sores of this country could not help feeling that the following sentence was true—"Physician, heal thyself." He believed that he was not exaggerating when he said that the spread of the sin of intemperance in our country was threatening our very existence as a nation. Indeed, in the matter of England's intemperance exaggeration is impossible. No mass of dynamite was ever more surely thrust under the wall of a beleaguered city than was this corrupting evil of intemperance, sapping every vital of our nation's power. There were mutterings to be heard of coming storms. Amongst our great wage-earning

classes there were signs of great dissatisfaction, pointing that the just equipoise between labor and capital had not been arrived at to the satisfaction of the nation. On all sides troubles were threatening those who earned their bread by their work. Whence did all that danger come? Was England poorer than she was? No. There was money enough in Great Britain for everybody. It was that they had to deal with the hundred and fifty millions of money which had been wasted last year only in intoxicating drink. It was notorious that in estimating the cost to the nation of the liquor traffic they must add another hundred and fifty millions, and that made three hundred millions of money wasted in that which was desolating the country in every direction. Mr. Wilberforce then referred to the misery which that intemperance caused in the homes of the people, and for the overcoming of the evil he was in favor of every remedy. He did not care though they set free all the Circassians, Bashi-Bazouks, and Ziebachs, so long as they ruined it. Besides, the intemperance of which they complained was as life in the upper classes as amongst the lower classes, and as soon as they took away the attraction then the counter-attraction would draw the other way. He then referred to the various plans that had been proposed to remedy the evil, but the only way to get quit of them was to get quit of the thing itself. And as to trusting to education, the history of the past told them that some of our best and most highly-educated men in this country had been intemperate, and therefore he would not wait till the great evil of intemperance was educated out of the country by the school boards. The great remedy was for every man to cease its use at his own table, and then the goal they were seeking to reach would soon be arrived at. Mr. Wilberforce concluded an earnest and eloquent speech by pointing out the influence of women in this cause, and urging, above all, the influence of Christianity as that which alone could relieve the country of that which was weighing it down.

WHERE DOES THE SIN COMMENCE?—The Right Hon. John Bright, M. P., in an address on temperance, referring to the sin of drunkenness, said: "To drink deeply—to be drunk—is a sin; this is not denied. At what point does the taking of strong drink become a sin? The state in which the body is when not excited by intoxicating drink is its proper and natural state; drunkenness is the state furthest removed from it. The state of drunkenness is a state of sin; at what stage does it become a sin? We suppose a man perfectly sober who has not tasted anything which can intoxicate; one glass excites him, and to some extent disturbs the state of sobriety; and so far destroys it; another glass excites him still more; a third fires his eye, heats his blood, loosens his tongue, inflames his passions; a fourth increases all this; a fifth makes him foolish and partially insane; a sixth makes him savage; a seventh or an eighth makes him stupid—a senseless, degraded mass; his reason is quenched, his faculties are for the time destroyed. Every noble and generous and holy principle within him withers, and the image of God is polluted and defiled. This is sin, awful sin; for 'drunkards shall not inherit the kingdom of God.' But where does the sin begin? At the first glass, at the first step towards complete intoxication, or at the sixth or seventh or eighth? Is not every step from the natural state of the system towards the state of stupid intoxication an advance in sin, and a yielding to the unwearied tempter of the soul? Reader, think of this—think of your own danger; for who is so strong that he may not fall? Think of the millions who lie bound in the chains of this 'foul spirit,' and ask yourself, Are you doing your duty in discountenancing the cause of so much sin and misery? If you cannot say 'Yes' with a clear conscience, rise superior to foolish and wicked customs, and join your influence and your example to the efforts of those who have declared war against the causes of the sin of drunkenness which will only terminate with their extermination from the surface of the earth."

WHY THE WOUNDED TURKS RECOVER.—The *Daily Telegraph's* special correspondent, writing from "near Adrianople," and speaking of the rapid recovery of the wounded Turks, says of one of them:—"The man had led such an abstemious life, never drinking anything but water—a strong fact for our teetotal sympathizers—as a good and conscientious Turk, that, although horribly wounded, there is little or no fever or inflammation, and the wounds appear to be healing rapidly. By the way, I ought to mention, that, were it not for the abstemiousness of the Turks, twice as many of the wounded would die."

—The London Temperance Hospital, established to prove that every kind of disease could be treated without alcohol, and which has been in existence four years, held its annual meeting May 30. The report showed that it had had almost exceptional success as regards the number of its patients and in the results of their treatment.