

TEMPERANCE.**A DOCTOR'S VIEWS ON "TEMPERANCE."**

By WILLIAM ODELL, F.R.C.S., ENG.

*From the Temperance Chronicle,
London, Eng.*

[CONTINUED.]

I have given you the physical side of the question, but, of course, there is a higher kind of work, though all work is noble if done in the right way. The work, however, which taxes a man most of all is brain work, and we are told by one of the highest medical authorities that, "of all workers, brain workers are those who can least stand alcohol." That is the opinion of one of the first medical men in England, who, however, is not a teetotaler; but it is borne out by Sir Henry Thompson, who is a teetotaler. I will also give you the opinion of a gentleman who certainly is not much in favour of teetotalism, a brewer, who said to me, "Anybody should know that a man who has any brain work to do must knock off the liquor." Thus we see that for brain work it is absolutely useless to give alcohol or to take it.

During the last few days, I have been taking extracts from the *Western Morning News*, and the following appeared a short time ago in a leading article of that journal:

"There is one phase of the great 'drink question' that does not receive so much at the hands of Temperance reformers as it demands, viz., the evil it wrought in the world by drinking that is short of intoxication. The evils of drunkenness are so apparent to everybody that no voice needs to be raised to point them out—they are admitted on every hand—but the evils of semi-drunkenness, to which we refer, are not so demonstrative in their character, and therefore escape that hearty condemnation to which they are fairly entitled. It has been admirably put by McCrie, that 'there is a difference between not being intoxicated and being sober.' It is this condition of 'mental muddle' that is the cause of not a few of the evils that abound in our day. A person may be able to speak and walk, and yet may be guilty of excess in the use of strong drink. He may not have lost the use of his senses, and yet have lost the sound use of them. The man has taken enough to disturb the balance of his nature, and yet, if an inquiry were to be held, it could not be affirmed that he was drunk in the ordinary acceptance of the world. And while in this condition he says and does many things contrary to the common weal, and, in some instances, most disastrous in its consequences. . . . If men's heads were clear, entirely free from the effects of strong drink, half the crimes which now darken the records of our

social life would be unheard of, and the accidents constantly occurring on sea and land would be reduced to the variest minimum. It is an unfortunate thing for the people of England that recourse to the 'glass has to too great an extent become the recognised medium of showing kindness or hospitality to a friend, and it is regarded as expressive of mutual good feeling and kindly esteem. It would not be difficult to prove that this deplorable custom is largely responsible for the manufacture of drunkards; and so long as it is recognised, so long shall we have to deplore the fall of many young and noble men into intemperate habits. The great want of the present day in regard to the drinking customs of the people, is intelligent convictions concerning the evil of them, and courage to discountenance them. Let prohibition be a personal matter, and the millennium will soon dawn."

Some of you will say, "It is a good thing to take a drop of liquor to keep out the cold," but that is just what it is not. The effect of liquor, as we have seen, is to beat faster; therefore it sends a greater amount of blood through the body in a given time. In addition to that, it has a paralysing effect upon the very small nerves which control the circulation in the skin, and therefore these nerves lose their restraining power, and you get that congestion of the surface which you see so clearly in anybody who has been drinking. This accounts for the particular colour of the face of an old toper. The blood is sent to the surface, and doesn't get properly returned; the vessels after a time lose their elasticity, and, as a consequence, a person gets all this colour in his face, which is no sign of health whatever. There is one thing about the muscular part of the question. You know that of all men those who look the strongest are the brewers' draymen; but of all men they are the most incapable of standing against anything like illness, so that bulk is no more a test of strength than colour is of health. Last summer I went to Exeter, and witnessed the champion swimming match. I spoke to the man who won it, and asked him about his training. I said, "What do you take?" He replied "Half a glass of old ale twice a day." I said "Did you ever train on water alone?" and he said, "Yes, but I lost weight." But he did not say that he lost strength, nor did he show me that the weight he lost was of any use to him. These brewers' draymen are heavy men, but they are no good for actual fatigue. Therefore I think the swimmer was wrong, and, what is more, he was afterwards beaten by the one who had previously come in second.

Do you realize the importance of a healthy stomach, now that cholera threatens? K. D. C. acts as a cholera preventive, by restoring the stomach to healthy action.

It never pays to do wrong no matter how bright the reward may look.

**A VICTORIA COUNTY
MIRACLE.****HOW TWO SUFFERERS REGAINED
HEALTH AND STRENGTH.**

Mr. and Mrs. Jas. Lawson Tell the Story of Their Renewed Health and Strength—They Find Health After Many Remedies Had Failed.

From the Woodville Independent.

The *Independent* has published a number of well authenticated cases of most remarkable cures by the use of Dr. Williams' Pink Pills for Pale People. Many of these cures have occurred in our own province, and all of them have been vouched for by newspapers of well known standing, whose disinterestedness leaves no room to doubt the accuracy of the statements made. But if anything were needed to convince the skeptical among our readers [if any there be] and bring into greater prominence the surpassing merit of this wonderful life-giving remedy, it is found in the fact that the *Independent* has been able to give the particulars of several remarkable cures in our own neighborhood, every detail of which can be easily verified by any interested in so doing. A short time ago we gave the particulars of the recovery of little George Veal, which has attracted so much notice and added to the fame of Dr. Williams' Pink Pills in this locality. A few days ago this case was the topic of conversation in one of our local stores, when a gentleman present said he knew of a case in town even more surprising. The *Independent*, alert for anything that would interest its readers, asked for some further particulars, and was informed that the person referred to was Mrs. James Lawson, an esteemed resident of Woodville, who had been utterly helpless for a time, her recovery disappeared of, and who is now, through the almost magical virtues of Dr. Williams' Pink Pills, recovered and able to be about once more. A few days after this, meeting Mr. Lawson on the street, *The Independent* inquired if it were true, as stated, that his wife owed her recovery to the use of Dr. Williams' Pink Pills. Yes, replied Mr. L., and not only my wife but I was cured by them also. If you will call at the house you can have the full particulars if you want them. Mr. Lawson has been a resident of Woodville for over twenty years, and is well known and highly respected by all. On calling at his house we found both Mr. and Mrs. Lawson at home, and quite willing to give the desired information. They are an intelligent couple and those acquainted with them will have no hesitation in giving implicit confidence to their statements. Mr. Lawson stated that he had been ailing for years; his appetite failed; he became weak and unable to work. He received medical assistance, but found it of no avail, and at last he was confined to the house with little prospect of recovery as was thought. He had read of the wonderful cures effected by Dr. Williams' Pink Pills and determined to give them a trial. He soon found benefit from them, and continuing

their use entirely recovered, and is now enjoying better health than he has previously done for years, and is quite as able as formerly to do a day's work.

Mrs. Lawson also told of her terrible sufferings. For three years she had been unable to do housework, and for nine months was confined to bed, being so helpless that she had to be lifted like a child. She had consulted doctors in Toronto and taken their prescriptions, but found no relief. Her nervous system was wholly unstrung and she suffered from disease of the spine. The doctors told her it would be necessary to perform an operation on her spine, otherwise she could not get relief. She refused to have the operation performed, knowing that it would make her a cripple for life, and she considered that condition as bad as her then state of suffering. At last she began the use of Dr. Williams' Pink Pills, and had not been taking them long when she found their good effects. She found herself getting stronger, and was able to leave her bed. At first she had to use crutches, but continuing the use of Pink Pills she was able to throw away first one and then the other of the crutches, and is now not only able to walk freely, but to attend to her household duties as formerly. In fact she says that she is now stronger than she has been for many years. Her appetite has returned, her nerve and spine troubles have disappeared, and she rejoices in complete recovery which she attributes solely to the use of Dr. Williams' Pink Pills, and which she recommends to those troubled with nervous prostration, diseases of the spine or general debility. Both Mr. and Mrs. Lawson attribute their recovery under Providence to the use of this marvellous medicine which has been such a blessing in our land, and they are willing that all others should enjoy the knowledge of their wonderful virtue.

Dr. Williams' Pink Pills are a perfect blood builder and nerve restorer, curing such diseases as rheumatism, neuralgia, partial paralysis, locomotor ataxia, St. Vitus' dance, nervous headache, nervous prostration and the tired feeling therefrom, the after effects of la grippe, influenza and severe colds, diseases depending on humors in the blood, such as scrofula, chronic erysipelas, etc. Pink Pills give a healthy glow to pale and sallow complexions, and are a specific for the troubles peculiar to the female system, and 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 manufactured by the Dr. Williams' Medicine Co., of Brockville, Ont., and Schenectady, N.Y., and are sold only in boxes bearing the firm's trade mark and wrapper at 50c a box, or six boxes for \$2.50. 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 no matter what name be given them. They are all imitations whose makers hope to reap a

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