

## CHAPTER XVI.

### SOME CONSTRUCTIVE IDEAS.

The solution of the problem of alcoholism is bound up with the encouragement and development of certain ameliorative schemes. In Britain since 1914 the growth of the Industrial Canteen movement stands out conspicuously. The lack of any adequate provision for feeding workmen was one of the greatest incentives to the excessive consumption of liquor. A great many employees live a long way from their work and find it impossible to go home for a midday meal. This being the case, they take it wherever there is space available, frequently in the very room where they have worked, often with dirty hands and in a cramped position. It was the custom in Britain for the workman to bring cold food with them, usually bread and cheese only, with which many of them repaired to the nearest public house rather than remain in or around the factory. Very often the workman is quite insufficiently supplied with food, which in itself increases the temptation to drink, and the effect of liquor, taken with too little food, is far more injurious and more quickly intoxicating than it would be if con-