

The intricate and powerful machinery and delicate tools of these days require just the right touch at the right time and in the right place. Alcohol tends to impair judgment, to make one less careful and exact, more reckless and liable to spoil material, thus making costly mistakes where precision and accuracy are necessary.

Speaking of the recent order of the Russian Government forbidding vodka in the Russian army, Secretary of State William J. Bryan says, in a recent number of *The Commoner*: "If the soldier must give up alcohol because it interferes with his efficiency, why should not the civilian promote his efficiency by giving it up? And if it is demonstrated that alcohol is an evil, and only an evil; if it is proven that it lessens the productive value of the citizen, who will say that the nation should look upon this great evil with indifference merely because a few people want to grow rich out of a drink that is destructive? Why should we condemn opium, morphine and cocaine if we are to worship at the shrine of whiskey and beer?"

4. ON HEALTH.

Everyone desires to be strong, robust, healthy—always able to resist the germs of disease. Scientific experiment and careful observation have proven that alcohol is one of the

strength and vitality, making resistance insufficient, and improvement or cure more difficult, if not impossible.

Some of the most destructive infectious diseases are those incurred in sexual immorality. In a very large number of cases the use of alcohol led the victim into the immoral act and so to exposure to the disease, or produced physical conditions that made the body more easily infected. And then also, in turn, the innocent have so easily become infected.

The drinker's recovery from wounds is greatly retarded. Careful surgeons, investigating this matter among men from 25 to 34 years of age, state that for every 100 days lost through wounds by 1,000 abstainers, an equal number of drinkers lost 372 days; and for every 100 deaths due to wounds to 1,000 abstainers, there were 400 deaths due to wounds to 1,000 drinkers.

The harm worked by alcohol upon the health does not always at once show itself. It may be unnoticed until some other cause reveals the weakness. A bodily strain that is not always suspected in the alcohol user sometimes shows itself in delirium tremens in a drinker after he meets with some bodily injury, although he had never before shown any signs of such an attack. Surgeons dread operations upon regular drinkers as they have to fear both the danger of delirium and lack of the necessary healing power.

There are, occasionally, drinkers who live long lives without seeming to be injured by the habit, though a careful medical examination might show that the drink had done distinct damage. But there are many persons, too, who are exposed to typhoid or smallpox who do not take the disease. No one intentionally takes any risks with smallpox or tuberculosis. He does not buy or sell typhoid germs. But the alcohol used invites the whole list of diseases which alcohol may cause or to which it contributes. Alcohol-caused disease is wholly preventable. The drinker whose habit brings any of it upon him has virtually chosen to reduce his efficiency and chance of a long life of usefulness. The man who understands what good health means and the importance of it must leave out the use of intoxicants.

In several European countries where the workmen have sickness insurance, the officials have been studying the figures. They found in one large group of societies that the men who were chronic drinkers of alcoholic liquors were sick from two to three times as often as the average insured man. Still worse, their sickness lasted from two to three times as long as the sickness of the average insured man.

In Australia, there are two kinds of sick benefit societies, those that receive as members only men who do not use alcoholic drinks and others that do receive drinkers. Members who do not drink alcoholic liquors of any kind were sick on the average only about half as often as the members of the non-abstaining societies which permit drinking. The abstainers averaged 6.4 weeks' absence from work through sickness, while the drinkers averaged 10.9 weeks—four and one-half weeks more. It is easy to figure out from one's own wages how much more the drinkers would lose in being away from work through sickness four weeks and a half longer than the abstainers.

It makes one less able to resist disease; it decreases his chance of getting well quickly and so cuts into the pay envelope.

The Empress of Ireland carried to a watery grave 1,024 souls. The whole Dominion, yes, the whole world was appalled over this awful catastrophe. Strong drink causes the death in Canada of more than three times that number every year. Surely we shall endeavor to destroy this destroyer of our people, and secure that every Canadian shall be a total abstainer from all alcoholic liquors as a beverage.

(To be continued.)

Affection

Affection can never be wasted. When proffered to enrich the heart of another, if refused, it will return to the heart like a sweet refreshing rain. There's an infinite pathos in the tragedy of the heart. After all, it is the refusing heart that shrivels and turns to stone.



A SUBURBAN POND.

Amateur photo. Negative by Miss S. Omerod, Toronto.

most frequent and important causes of impaired resistance. The eminent Dr. Osler, assisted by Dr. McCrae, has published reports showing that in cases of pneumonia, there died 18.5 per cent. of the total abstainers suffering therefrom, while 25 per cent. of the moderate drinkers and 52.8 per cent. of the immoderate drinkers died from the disease. It is very evident that the non-abstainer is much more liable than the total abstainer to contract pneumonia, while his chance of recovery is very much less.

Tuberculosis patients are greatly handicapped by alcoholic habits. Investigations at the Phipps Institute, Philadelphia, indicate that the non-abstainer does not favorably respond to treatment. The body requires all possible strength and vitality, to resist this disease, or having contracted it, to expel it from the body. The use of strong drink impairs this