

# Is Alcohol a Necessity?

## IMPORTANT MEDICAL TESTIMONY.

Its Medical Value is greatly Exaggerated—  
There Are Other Drugs That Can Be  
Used In Its Place—The Danger of  
Prescribing It—Safer Remedies  
Available In Nearly Every  
Case—Read Carefully

In a recent issue of the *English Medical Journal* appeared an article by J. Jaeger, M.D., B.S., B.Sc. Lond., physician to the London Temperance Hospital, dealing with the subject of "Substitutes for Alcohol." This paper is so comprehensive and complete, that we can not do better than place the most of it before our readers. Dr. Jaeger says—

By the term *substitutes* I intend all those drugs, some of them compounded with alcohol, which have a similar physiological action, and all other measures which have like method. By *alternatives* I intend all those other plans or drugs which may be used to produce a desired result, for which alcohol is given, by some other physiological action. It is, of course, beyond dispute that alcohol has an action of some sort when taken into the body, both in health and disease. I have, moreover, never been able to admit (as some abstainers would have us do) that alcohol can never be of any service in the treatment of disease. Its action on tissue and function is definite, and, when properly understood and suitably applied, it is capable of effecting certain objects. But to say that it is useful in the treatment of disease and to say that it is indispensable are two different things. There can, I think, scarcely be two opinions as to whether alcoholic liquors are over prescribed unnecessarily.

It is my strong conviction that if every medical man would recognize it as a duty never to recommend alcoholic liquors until some substitute or alternative thereof had been given a fair trial, two things would happen—the importance of alcohol as a drug would be soon recognized by them and by the general public to have been immensely exaggerated, and the progress of temperance among the people would be greatly accelerated. To those who endeavor to rescue their fellows from the alcohol habit it is often disheartening that so many are led to return to their former ways, and are lost to the temperance movement by the recommendation of alcohol by some medical man. Even if alcohol be the only drug which will effect the object aimed at, there are few cases (if any) where alcohol cannot be administered in a pure form, with the same precautions as to dose and repetition as we are accustomed to employ in the use of opium or chloral.

The self-administration of narcotics is always attended with great risk, as it so often leads to a craving for the particular narcotic which is being taken, so that the feeling of need or desire for the repetition of the dose becomes more imperative. The individual comes to be more or less addicted to the use of the drug. All this is admitted, but it is not so generally understood that alcohol is one of the class of narcotics which can, and does, develop the desire for its continued use when it is put into the patient's hands, or when it comes to be known by the patient what will satisfy his desire. Hence it is that so many continue to take alcoholic liquors after the symptoms for which they have been prescribed have all disappeared, while a certain number become confirmed dipsomaniacs. If, then, the symptoms can be cured or relieved without the patient's knowing that he is taking alcohol, or in an unpleasant form, or, still better, by other means altogether, the risk of developing this craving for alcohol, either in moderate or immoderate doses will not be incurred. Further, the so frequent prescription of alcohol tends to encourage in the public mind an exaggerated idea of its value. Hence they regard it as *par excellence*, the first remedy to be resorted to in almost every emergency, whether it is suitable or not.

For these reasons it seems to me very desirable that the profession should pay special attention to discover substitutes and alternatives for alcohol and alcoholic liquors.

(1) *Alcohol as a stimulant.* It is an interesting question how far alcohol is entitled to this name, but one too wide to be properly discussed in this paper. Suffice it to say that it seems to me only entitled to be called a stimulant indirectly through its effect upon the circulation. Its direct action upon the nervous system is that of a narcotic or sedative, though here also, through the normal balancing of nerve centres, one against another, there may be an apparently stimulating action by paralysis of inhibitory nerves.

Alcohol will relax arterial spasm, and cause a temporary increase in the force and frequency of the pulse. Practically we have several agents which can be used instead of alcohol. The simplest is *Acet.*, which is a potent factor in warming the body and rousing the circulation in many alcoholic mixtures. A draught of hot liquid, either plain water or sweetened water, or milk and water, or infusions of tea, coffee, cocoa, sage or mint, or hot oatmeal and water, will increase the force and frequency of the heart, and dilate the vessels of the periphery quite as effectually as alcohol. In some cases external heat is valuable, either dry or in the form of the wet pack.

If we desire a drug, we have in ether a rapid diffusible stimulant quite as powerful and rather more rapid than alcohol. In cases of severe shock or collapse, a con-

dition in which stomach absorption is at a low ebb, we can inject a drachm of ether sub-cutaneously, or give an enema of turpentine and hot gruel.

Ammonia and its carbonate are valuable stimulants, both the reflex action of the ammonia gas on the branches of the fifth nerve when inhaled, and by their direct action on nerve centres when absorbed. If we use aromatic spirits of ammonia we have the effect of alcohol as well, without having to send the patient to the public-house or wine-merchant, or encouraging the pernicious drinking customs of society. It is necessary, however, to caution against the regular or frequent resort to this drug, as, in spite of its medicinal character and flavor, it can, like all other alcohols and narcotics, create an imperative and distressing craving for itself.

Camphor also is a powerful cardiac stimulant, very useful in incipient inflammatory action and in the depression of fever. Where there is spasm of the cutaneous vessels, as in some cases of shock and depression by cold, nitrate of amyl or other nitrates will speedily relax them, especially if assisted by external warmth. Dover's powder is of great value under such circumstances.

As a cardiac stimulant small doses of digitalis or strophanthus, repeated every hour or half-hour, will prove useful. In the intervals a small quantity of beef-tea, or meat extract may be administered. Such treatment is far more suitable for cases of severe hemorrhage, with fainting and even collapse or convulsions, than the alcohol which is so commonly given. The latter relaxes arterial spasm, and tends to renew the hemorrhage, while digitalis assists in sealing the arteries up.

The advantage of beef extract over alcohol as a stimulant was demonstrated experimentally by the late Professor Parkes, and on a large scale also, in the *Ashantee war*; beef-extract was found to be quite as stimulating and reviving to fatigued men, and not to be followed by the same depression as occurred after a ration of rum, when the men had to continue marching. We are told that at the end of the march many of the men, especially the elder ones, were eager to get the rum, their own ration and that of any others who would part with it, but this phenomenon is not without parallel in less exceptional circumstances, and is in no need of an elaborate theory for its explanation.

It should be mentioned also, that we have in caffeine and then real nerve stimulants, stimulants of the will power, agents which render the mind more active and wide-awake, if taken in moderate doses. A hot cup of tea or coffee is a pure stimulant, not, of course, feeding the nerve cells, but facilitating the discharge of their nerve-force. Hence the too frequent use of these beverages may induce a state of exhaustion, especially if proper food is not taken.

The craving for a stimulant which many feel in greater or less degree, and especially those who have been addicted to drink, may be combated by almost all the above substitutes. In addition to these, tincture of capsicum, in five or ten-drop doses, a teaspoonful of confection of black pepper, and small doses of nux vomica or arsenic, are often useful.

(2) *Alcohol as a sedative.* We are all aware that alcohol, chiefly in the form of spirits, is often given to procure sleep and to relieve pain, such as that of neuralgia, dyspepsia, colic, diarrhoea, dysmenorrhoea. It is as a sedative that alcohol is so invidious and seductive, in cases of chronic disease, as it frequently resorts to the drink craving is almost certainly developed. Hence the importance in many cases of rather boring patients the ill we have to do of lying to others that we know not of. It is clear that other narcotics, such as opium, morphia, chloroform, chloral, are open to the same objection, and the victims of these drugs are terribly numerous. The advantage of them lies in the fact that they may be kept more easily under the control of the medical man or some judicious attendant, so that they can be cut off if desirable. It would be impossible to indicate here the various substitutes for alcohol appropriate to every ache and pain for the relief of which it is resorted to. We have, however, many anaesthetics, local or general, besides those I have mentioned, such as gelsemium, the bromides, belladonna, menthol, cocaine, besides the appropriate use of blisters, sinapisms, and moist or dry heat. In the case of true neuralgia we have quinine, its sulphate and hydrobromate,gelsemium, arsenic, phosphorus, croton-chloral, aceto, besides warmth, blisters, vibration and massage. For sleeplessness we have the bromides, morphia, chloral, cannabis indica, camphor, urethane, and other things; not that all these are advisable in every case, but adapted to one or another. In many instances some form of dyspepsia is the cause of the sleeplessness, palpitation, or other uneasy feeling for which a sedative is desired, and when this is cured the symptoms vanish.

(3) *Alcohol as an anti-spasmodic.* We have in chloroform, ether, hydrocyanic acid, in nitrate of amyl and nitro glycerine, and sweet spirits of nitre, in camphor and musk bromide of camphor; in asafoetida, valerian, musk and aromatics, substances which will diminish spasm, whether of voluntary or involuntary muscle. We have besides warmth, either external or applied internally, by the infusion of hot water into the bowels, with or without oil of turpentine—massage also is frequently useful.

(4) *Alcohol as a tonic.* Alcohol can only be called a tonic on the *lucus a non lucendo* principle. For its action in relaxing unstriated muscular fibre, which entitles it to be called an anti-spasmodic, disentitles it of all claim to give tone. The sense of exhilaration which follows small doses of alcohol has been mistaken for real strength and increase of vitality.

It is well known that relaxation of the blood-vessels throughout the body is one of the first effects of alcohol. The arteries of the retina have been observed to dilate after very small doses of alcohol. The diminution of tone is well seen in the tracings of the pulse under the influence of alcohol. If one needs a tonic, therefore, alcohol is one of the things to be shunned altogether.

But alcoholic beverages contain other things besides alcohol. Beer contains in fusion of hops or other bitter stomachics. Some wines contain tannin. These ingredients, by creating or stimulating the appetite, increase the strength and vital power in certain cases. But we have a large number of drugs which will do the same without the disadvantages and opposition arising from the presence of alcohol, and if the flavor be objected to, many of them can be taken in the form of coated pills.

The external use of cold, either by a dripping sheet, cold sponging, or a shower-bath, according to the power of reaction, is a valuable means of giving real tone. Iron, quinine, nux vomica and other drugs, are useful in appropriate cases.

Who is frequently prescribed for those young persons who are growing rapidly, and whose strength does not seem to keep pace with their growth. It is important to know that alcohol is by no means necessary in such circumstances, nor indeed, in my opinion, even desirable. There is often found in such cases a defective appetite, perhaps even subacute gastric catarrh, which may be due to imperfect mastication through bad teeth, or aggravated by it. There are other causes, such as late hours, bad habits, improper food or irregular meals. In such cases those means must be resorted to which are so effectual in improving the condition and strengthening the heart of athletes. Regular and regulated meals, cod liver oil, exercise, a good amount of rest and sleep—these, with the addition of iron, or hypophosphites of soda and lime, will do more than anything else to invigorate the bodily health.

### Proceedings under the Scott Act.

Two cases were decided lately at Hec-ton against Bernard Heslon, of Adja-la, and George McFarlane, of Bradford. Heslon did not appear, neither did the witnesses against him. The constable who served him or attempted to do so, served the wrong man, as they did not know Heslon and he had rented his bar, and a strange man had just that day come in. But the witnesses in Adja-la are determined not to obey the summons. There has been a very great deal of trouble with both Tottenham and Adja-la, and it is probable that if fifty summonses were sent into Adja-la, not one of the fifty would pay the least attention to them. They are bound to defy the law. The inspector is trying them again this week, and if they do not come he will have to get a force and send into Adja-la for them. The constables received a warrant for a man at Loretto, a little village in Adja-la. This warrant is for non-payment of time, and after the constable got the witness served in the Heslon case, they come back to Loretto to arrest Joseph King, but found about fifteen men there armed with sticks, spades, pieces of iron; and one man drew his revolver and told them not to dare to arrest King, and as they did not know the man they thought it better to not attempt it. They will try again this week. In serving summonses two men are always sent, as one is not safe, as they have threatened to let the horse loose, break the rig, and all kinds of things. A warrant has been sent after George McFarlane, and he gave the constable the money to pay the fine, if convicted, but the constable gave him a bond that bound him to hand the money back if he, McFarlane, appeared at court, which he did, and as the witnesses did not appear he went out of the court room and cleared out. The magistrate adjourned the court to Cooks-town and made a conviction—\$50 and costs—and sent a distress warrant after his goods, he settled \$21 15, in all \$71 15. H. Hill, of Lefroy, fined \$50 and costs. James Collier case dismissed, as witness swore the liquor was got on the 31st day of October, and information was laid on 1st February—the first day the new P.M. came to the county, but as this was one day late as the time had expired. For next week (Tuesday) about ten summonses are issued.

*LITTLE GERTRUDE*, in the course of her four years of existence, had never seen a colored person. Therefore, when Professor Cicero Peters—whose specialty is legion, and who whitewashes one day and puts down carpets the next, thus making extremes meet—came to her house in spring cleaning times, her first sensation was awe, which gave way to curiosity when she perceived that the dark hued visitor, so far from being an ogre, was disposed to being a big playfellow. After the professor had laughed and joked and told stories, Gertrude ventured upon a startling personal inquiry. "Mr. Peters, have you any little tar babies at home?" To say that Professor Peters laughed would but faintly describe the effect of the question. Dentists' snow win-dows seemed to leap up in his mouth in rapid succession, one after another, and for hours afterward he was heard to ejaculate "tah babies" at five minute intervals."—*Boston Transcript.*

First lady—Has your husband quit smoking yet? Second lady (just returned from the far west)—Well, he ought to by this time; he's been dead six months.

# LAW AND ORDER.

## SOMETHING ABOUT THE CITIZENS' LEAGUE OF CHICAGO.

A Great Movement in the States—An Example for Canada—Enforcing the Law as the Result

In view of the frequent outrages perpetrated in the Dominion by the liquor men, and of the impudent and open hostility shown to the Scott Act in many quarters, we desire to lay before our readers particulars of a plan adopted with marked success by the temperance party in the States, that these or like measures may be taken with the liquor traders of the Dominion.

Chicago has originated a movement which bids fair to be of much service to the promotion of temperance wherever adopted. Under the title of "The Citizens' League for the Suppression of the Sale of Liquor to Minors," a band of noble workers, of whom F. F. Elmendorf was the first president, and Mr. Andrew Paxton a prominent worker, have accomplished much good in the interests of law and order in Chicago. From the tenth annual report and from a lecture recently delivered by Mr. Andrew Paxton, who is now devoting his whole time to the promotion of the objects of the organization, we call the following interesting particulars of the work:—

The law and order movement originated with Mr. Andrew Paxton in the City of Chicago in November 1887. It is an excellent effort, the object of which is to

### USE THE PROVISIONS OF THE EXISTING LAWS

regulating the liquor traffic to the advancement of the temperance cause. Of course, much of the success of the movement depends on the state of the law, and the ease or difficulty with which the provisions can be applied. Mr. Paxton looked very carefully into the statutes of the States, and was able to

### PICK OUT SOME IMPORTANT REGULATIONS

which appeared to be altogether ignored. Chiefly the league regards as important the illegality of supplying liquor to minors. There are also provisions prohibiting the sale to persons already drunken or to such as are in the habit of becoming intoxicated. Again the law closed all saloons on Sunday, and made

### THE LIQUOR SELLER RESPONSIBLE FOR ANY PAIDS ARISING FROM HIS TRADE.

These laws Mr. Paxton held sufficient strenuously enforced, to prohibit the traffic. To compel the observance of these statutes, the law and order movement under the title of the Citizens' League came into operation. At this time the saloons were reported to be filled with boys and girls, and one-fourth of all the arrests in the city were made from amongst this class.

At this time too the saloons were in proportion of one to every 125 of the population. It was with things in this condition that Mr. Andrew Paxton and President Elmendorf, began with other workers to labor. They made a charge and secured a conviction. Other convictions followed. Then the liquor dealers grew alarmed and formed an opposition "Liberty League."

### IN ONE YEAR 300 LICENSES WERE REVOKED

The liquor sellers, however, not to be beaten, went to work in the election of county commissioners, and of course convictions became rare. But soon these men were removed and things went on better until Mayor Heath retired, and the "Liberty" party got in their own men. So there have been many ups and downs in the good work, but in the main the temperance party were eminently successful, dancing saloons, music houses, and ordinary drinking saloons going down before them on all sides. Thus they are encouraged to hope the day is fast dawning when "Chicago, long looked upon as the Sodom of the States, will become a model city." Having made so good a commencement it is not to be expected that the committee would fail to continue its efforts. From the report now to hand it is evident that time has not caused their energies to abate. We quote the following:—

The success which has attended the efforts of the Citizens' League to suppress the sale of liquor to minors and drunkards in this city has attracted attention in all parts of the United States, and in foreign lands. Communications are constantly pouring in to us for information and assistance in the organization of similar leagues in other places, and a National League has been organized in Boston. During the past year

### THE LEAGUE PROSECUTED 1,134 SALOON KEEPERS,

and preferred 1,273 charges as follows: For selling to minors, 448, keeping disorderly house, 292, selling to drunkards, 1,121, open after midnight and having no license, 134. Of this number, 1,151 were drunk by justices, and 17 by the Criminal Court; 1,0 were held by the Criminal Court, and 230 cases were either nolle prosequi or defendants discharged. Since the organization of the League 9,039 charges have been brought against saloon keepers, and fines were inflicted in 5,730 cases and 384 offenders were held to the grand jury. A glance at the comparative statement in another page will show how clear and the number of minors arrested in 1877, while in the same period the number of juveniles depraved has been stemmed by the efforts of the League. In 1877, the number of general arrests was 28,035, of which 6,818 were minors, while in 1887, the general arrests numbered 46,503 and the number of minors arrested was 1,330; in other words, while the population of the city has about doubled since the League was organized, the number of minors arrested in 1887, only exceeded by about 100 the number arrested in 1877, while in the same period the number of general arrests has increased by about 18,000. Notwithstanding the enormous increase in the population of Chicago during the decade, there are fewer places where liquor is sold now in proportion to the population than in 1877. The League was organized for at the time there were four thousand licensed and unlicensed saloons, whereas now there are only about 2,000 licensed saloons in the city, and practically none unlicensed.

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