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'We have for quite a number of years taken the 'Messenger,' and we are well pleased with it.'—P. H. Hudson, Plympton, Man.

A Wrecked Life.

(The Rev. Canon Ellison, M.T., Chaplain to the late Queen Victoria, in the 'Temperance Tribune.')
Some years ago the body of a young man about twenty-five years of age was found in the Mersey at Liverpool. He was well-dressed, evidently one of the well-to-do-classes. There was no clue to his identity, but in his pocket a paper was found with these words written on it:

'Let me rot! I have good friends, have had good friends, but am now a miserable sinner. Not a farthing. Everything has been done to make me a useful citizen of the world, but I have abused everybody's confidence. Let me perish! God be merciful unto me a sinner! Nothing will be found on me to show who I am, but I might have been in a very comfortable position all the days of my life, if it were not for drink. This accursed stuff has led me to commit suicide.'

The report of the inquest went the rounds of the press. In less than two months the coroner received more than two hundred applications from parents in different parts of the country asking for particulars, such as height, color of hair, etc.—200, that is, who had sons lost to them, and to whom the description in the papers might have applied.

The Moderate Drinker.

(L. D. Mason, M.D., Vice-President American Society for the Study of Alcohol and other Narcotics, in the 'National Advocate.')
The term moderate drinking cannot be used in a scientific or practical or safe sense. A prevalent and popular fallacy is that the moderate drinker may always remain as such, that moderate drinking is always under control, and the habit can be left off at any time and always kept within the limitations of safety and sobriety. 'This false doctrine has ruined more lives than any other argument brought forward to sustain the habitual and moderate use of alcoholic beverages.'

The drink habit is accretive and progressive. Tolerance is easily established, and larger quantities are required to meet the daily growing demand. It is exceptional for the moderate drinker to remain as such. 'As a rule all immoderate, habitual drunkards were once moderate drinkers.' Exception to this does not prove the rule, and no amount of specious sophistry can alter the natural sequence in this particular. The accustomed dose under 'normal' conditions will not be sufficient under 'abnormal' conditions.

The term moderate or temperate use of alcoholic beverages is not definite. There is not any established or definitely ascertained quantity that we can use daily or habitually within the bounds of safety, and exclude any possibility of mental or moral or physical degeneration. This is especially true of the reformed man, or the man with hereditary tendencies, or diseases, or injuries affecting the cerebro-spinal axis, that is, the brain or spinal cord, or chronic painful conditions, in which the alcohol in some form is used for its anaesthetic or narcotic effect. The constant,



In addition, Prohibition would mean legitimate business would return \$400,000 to the farmer and wage earner that the saloon now keeps in its coffers because it makes the smallest returns for labor and raw material of all the great industries. Every vote for Prohibition would help to put your share of the money in your pocket.—'National Prohibition News.'

habitual use of alcoholic beverages even in so-called moderation is more dangerous than its occasional excessive use. Personally, moral considerations excepted, the occasional excessive drinker is safer physically than the every-day habitual moderate drinker, for the latter keeps his blood up to a certain percentage constantly alcoholized, while the former, at least during the interval between his debauches, has a chance of recovering a normal blood current.

Moderate drinkers are more liable to disease than total abstainers, and are regarded as an inferior risk by underwriters for insurance, and therefore not entitled to share the benefits of insurance in the same company with abstainers. There is a marked difference between the abstainer and the non-abstainer or moderate user of spirits or alcoholic beverages as to the death-rate and longevity. Official statistics prove this, and the total abstinence department of any insurance company will give the record.

In the great majority of cases of habitual drunkards the parents or grandparents used alcohol in moderation habitually or in excess. In a study of 600 cases that came under my supervision, in which I made a study of the

family history, none escaped the record of antecedent degeneracy from various forms of narcomania, nervous disease, consumption and other conditions of alcoholic degeneration, there being evidence enough to demonstrate the relative sequence between drinking parents and a drunken posterity. I believe that the starting point of the alcoholic degenerate can be traced not infrequently to the so-called moderate habitual use of alcohol in some form by a respectable, temperate, immediate progenitor who was never drunk, and who prided himself on his self-restraint, and yet this paragon of virtue and respectability was giving to the world, through his poisoned blood (although moderately alcoholized, it is true), a posterity of physical and mental weaklings, and ignorantly and unconsciously starting a race of neurotics, idiots and lunatics, and begetting a long line of alcoholic degenerates. And how many families in this land of ours are free from the alcoholic taint in the direct or collateral branches extending even to one generation back!

The question of communion wine comes in here, and the conditions present the strongest possible plea for the use of the unfermented juice of the grape in the sacrament of the