

# BOVRIL

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The delicious roast beef flavor of BOVRIL pleases the most capricious appetite, and its nutritive qualities tone up and strengthen the digestive system thus bringing back the desire for ordinary food and the power to assimilate it

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Winnipeg, Man.

spirit which make and keep the home a living factor.

"3. Alcohol humbles and only too often destroys the natural dignity and prestige of home and family life.

"4. Alcohol tends to weaken and ultimately overthrow the authority of the family to the great injury of the children.

"5. Alcohol opens the door of the home to the most vicious form of self-indulgence and impurity.

"6. Alcoholism is the implacable enemy of all that belongs to the ethical advance of the community.

"For the reasons here briefly referred to, we of the Salvation Army say that strong drink ought to be banished from the home, from the church—which is the earthly home of the family of Christ—and from the use of all civilized peoples."

### Decline in use of Alcohol by European Hospitals.

No paper was listened to with greater interest than that presented by Doctor Holitscher, of Carlsbad (Bohemia). Doctor Holitscher gave the results of an investigation which he conducted through inquiries addressed to a thousand institutions of Europe, as to the amount of wine, beer, spirits, milk and seltzer water consumed in the years 1895, 1900, 1905, 1906 and 1907, respectively. More than a hundred sheets came completely filled in and were collated. "The result," states Doctor Holitscher, "shows the twelve years. The diminution of the consumption of wine in the three countries taken together amounts to 57.2 per cent. per head in asylums, and 46.3 per cent. in hospitals. In the case of beer, the corresponding figures are 53.3 per cent. and 28.8 per cent.

"The consumption of milk, on the other hand, has risen by 12.7 per cent. in asylums, and 19.3 per cent. in hospitals. Very considerable is the rise in the consumption of seltzer water and lemonade, of which from 20 to 30 fold the amount was required in 1897 that was dispensed in 1895.

"Very large sums were saved through this diminution. Thus the hospitals paid £1,426 (\$8,987.40) loss for alcoholic drinks in 1907, although the number of patients had risen 79 per cent. In German asylums the yearly saving amounts to £6,984 (\$34,221.60), although the increase of patients here also was 79.6 per cent.

"In general, the average consumption of alcohol has considerably fallen during these twelve years, both in asylums and hospitals. From the communications of many doctors who have replied, we may conclude that this decrease will continue, and the consumption of alcohol be still further reduced."

### Extraordinary Decline in Use of Alcohol in European Medical Circles.

No truer keynote of the whole world movement against the alcoholic curse was struck at the London congress than that uttered by Doctor Legrain, Ville Errarr, Paris, in his intensely interesting presentation of the subject of "Alcoholism and Brain Degeneration," on Wednesday, July 21. Noting the terrible ravages which the alcohol poison is everywhere making in the human organ, Doctor Legrain declared:

"Brain capital ought to have a vastly higher value in the eyes of the nations than financial capital has. Every nation ought to strive to protect this capital from every harm. It is most fitting that social poisons, such as alcohol and opium should be regarded with disquietude by all good citizens; and it is most reasonable that a movement shall be organized to bring about their gradual prohibition."

Doctor Legrain, continuing, pointed out that even temporary intoxication was in reality a brief attack of lunacy, and that after repeated doses of alcoholic drink, the brain changes have a tendency to become permanent.

"The transmission of the alcoholic evil," declared Doctor Legrain, "which sends out into the world dwarfed, degenerated, fallen beings for several generations before it is extinguished, is the most deadly blow against the mental capital of a nation." Analyzing the underlying causes of the present worldwide devastation made by alcohol, Doctor Legrain concluded:

"Greed of wealth, demoralization, political indifference, and the weakening of the social conscience, have today allowed alcoholism to spread terribly. This is why the number of the alcoholic insane has grown fearfully. Society is full of persons soaked to the very marrow with alcohol, either pure or adulterated. Alcohol intermingles with the public and private life of most persons. Such habits cause derangements which alarm those of the clearest vision.

"There seems no more hopeful cure than the voluntary giving up of this brain poison. There is no means of general safety of greater value than prohibition. United efforts are justly directed against such poisons as lead phosphorous, substances far less dangerous, with a view to their prohibition. With far more reason should similar efforts be put forth against alcohol. To refrain from doing this would be a distinct sign that we mean to bow before the modern deity, Mammon."

### Once Too Often, Alas!

Here is a sad story from a physician's notebook. Give earnest heed, as the doctor tells it in his own words:

"Ten years ago," he said, "he got so bad that I had a job to get him through. When he was able to listen I told him that another spree would wind him up for a certainty. He told me there wasn't going to be another one.

"He lasted for six straight years, subjecting himself to a veritable torture of temptation all the time at that. On the day when he went back to work in his shop after that last spree he got a quart bottle of fine old Kentucky Bourbon whisky with a rich bouquet.

"This, after loosening the cork, he placed on a little shelf immediately above his workbench. Then he went to work with that bottle of whisky right before his eyes. Every once in a while he'd reach up, take the bottle from the shelf, remove the cork and take long, gloating smells of the whisky.

"You're never going to drown me again, blast you!" he'd say to the bottle as he smelled of the whisky. "I've got you beat—see! I can just fool with you, make a blooming toy of you, and still you can't nail me!" And then, with a final smell at the bottle, he'd cork it up again, put it back on the shelf, and resume his work.

"This sort of thing he kept up for six years without ever taking so much as a sip.

"I told the man frequently that he was torturing himself unnecessarily, that he was racking his nerves without any reason, and that eventually he'd become the victim of an irresistible impulse to drink the whisky.

"No, I won't!" he'd protest. "The stuff made a fool of me for a good many years, and now I'm getting hunk."

"It was a sort of obsession, of course, but it was phenomenal that the man could have been able to carry it along for six years. I should have liked my prediction in his case to break against me, but it didn't.

"One forenoon in the seventh year of abstinence he was going through his stunt of breathing the bouquet of the shelf bottle into his nostrils and gloating in his triumph over it, when the moment of irresistible impulse arrived. He put the bottle to his lips, and never stopped drinking until he had finished the whole quart."

Actions are endowed with a kind of innate motion; once started, their progress cannot be arrested. We have only, therefore, to commence those actions which form character, and they will continue of themselves. This, unfortunately, is true of evil actions also, and their commission should be our greatest fear. Life is an infinite succession of actions, and whatever direction these actions take in the beginning they will continue to pursue for ever. It is as difficult to divert the course of a river that has been flowing for ages as to divert the course of actions that have been performed for years. Habit, then, may be made our best friend, but if we are not careful it will become our worst enemy.—Selected.