

intoxicating drinks. Men who go into training for trials of strength in rowing, racing, etc., have learned the necessity of abstaining from all indulgence in such drinks. Edward Hanlan has given his emphatic testimony to the same effect, and Dr. Andrew Clark, of London, who had the opportunity of observing ten thousand persons every year, says, "I will risk all on the statement that alcohol is not a helper, but is a hinderer of work."

Dr. Parkes, of England, who conducted most painstaking experiments in order to test this question thoroughly, employed two gangs of men as nearly equal physically as possible to do similar work. One gang was permitted to use beer, and the other was allowed no intoxicating liquor to drink. For a short time the beer-drinkers gained a slight advantage, but at the end of the day they were left far behind by the others. Next day the practice was reversed, and again it was discovered that the gang abstaining from intoxicating drink were much in advance of the others who had been successful the day before. He sums up the result of this and other experiments by saying, that "Alcohol not only does not help work, but is a serious hinderer of work"; and Dr. Bell also testifies, "Alcohol always diminishes the strength of the body and renders man more susceptible to disease and unfit for any service in which vigor or activity is required."